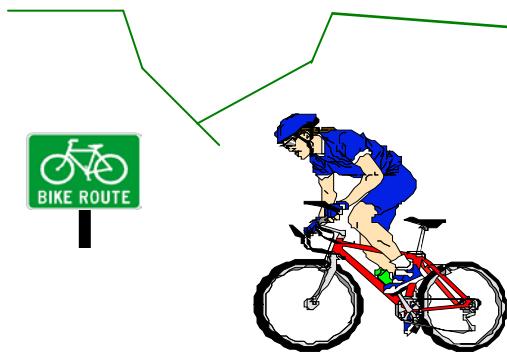


# BICYCLING

## THE TRANSPORTATION ALTERNATIVE

Today, people are interested in living a happier, healthier and more active lifestyle. Some ride to preserve the environment. The temperate climate of the Grand Valley fosters cycling for recreation, commuting to work or school, and even running errands.



This map presents a number of routes in Mesa County that are well suited to bicycle use. Many of them offer quick and expedient routes to work or to school; others offer scenic recreational roads allowing cyclists to enjoy riding through beautiful Mesa County.

However, no driving or riding experience is totally free of dangers. Take the time to review the rules of safe riding and always wear your helmet. Make bike riding a fun, healthy and safe experience in Mesa County!

For Information on Bike Routes call:

K **Urban Trails Committee 245-0045**

K **City of Grand Junction 256-4110**

For Helmet Information, call:

K **Mesa County Health Dept. 248-6953**

Re-CYCLE!  
Share this map with a friend - pass it along when  
you're finished using it



## Bicycle Routes and Safety Guide

P.O.Box 2477, Grand Junction CO 81502

# Bicycle Routes

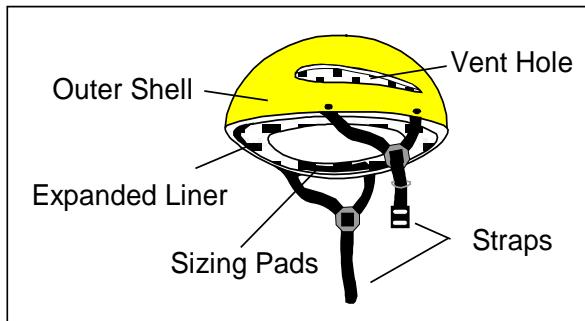


and  
Safety  
Guide.....

For The GRAND VALLEY

## ALWAYS WEAR YOUR HELMET!

A helmet can save your life. Seventy-five percent of all bicycle rider fatalities are a result of head injuries.



A helmet reduces the risk of serious head and brain injury by 85-88 %.

**Start Children Safe-Start Them With a Helmet.** Remember that children imitate what their parents do.

## BE CONSIDERATE- BE SAFE

There are numerous special routes and paths designed for bicyclists. Where available, bicyclists must use the bikepath and not the roadway. Remember that bicycling is prohibited on crosswalks and posted sidewalks. Dismount and walk your bike at crosswalks and wherever indicated.

Be aware of the needs of pedestrians, especially children and the elderly. Make sure that *they* are aware of your presence, and never ride too close to them. **Courtesy paves the way for more trails and respect for cyclists.**

### SAFETY ACCESSORIES:

HELMET	Headlight	Eye Protection
Riding gloves	Horn or Bell	
Rear-view Mirror	Pack/rack for carrying	

Helmets should be as much a part of your bicycling as tires or brakes. Select a certified helmet that meets the safety standards of the U.S. Consumer Product Safety Commission (CPSC), or one of the voluntary bicycle helmet standards, such as ASTM, Snell, or ANSI.

## AVOIDING HAZARDS

Ride defensively. Know what your bike can do in emergency situations. Make sure you are visible to the motorists around you, especially at night. Don't make sudden, unpredictable moves. Remember:

- Sand or gravel can cause a loss of control.
- Avoid glass, debris, puddles, sewer grates and road cracks.
- Cross railroad tracks straight on.
- Watch for car doors and unfriendly dogs.

## Give Your Bike a Maintenance Check:

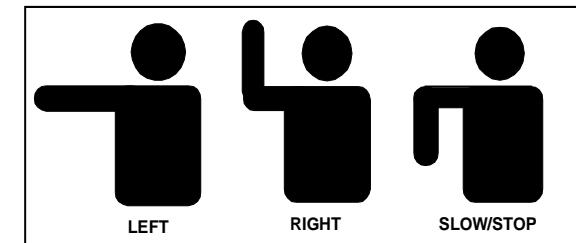
- Check tires for proper inflation and possible puncture-causing thorns or nails.
- Make sure you have brakes that stop your bicycle within 25 feet at 10 MPH in good conditions.
- After dark, state law requires both a white headlight and 3" red reflector visible for 500 feet (about 2 city blocks).
- Side reflectors and red taillights add to your visibility and safety.

## Give The Rider a Maintenance check:

- Learn and practice the rules of safe bicycling. Make your children aware of them, too.
- Don't drink and ride. Don't take foolhardy chances. Pace yourself.
- Maintain yourself. Maintain your bicycle.

## BASIC "RULES OF THE ROAD"

- Never assume the right-of-way.
- Ride as far on the right side (with the flow of traffic) of the lane.
- Ride single file on roadways whenever a hazard or motor vehicle is in your lane or within 300 feet of you. When riding two abreast, stay within a single lane.
- Obey all traffic signs and signals. Use proper signals to turn, slow or stop. Signal 100 feet prior to a turn and while stopped.



- Never carry more people than the bicycle was designed to carry, or attach either rider or bicycle to a motor vehicle.
- Always keep at least one hand on the handlebars at all times.
- Always yield to pedestrians.