



BE SEEN: Motorists may not expect bicyclists on the roadway, and faster speeds are common on many county roads. Pause in high-visibility

We Recommend That You...

places to have a snack, check your bike, or take a rest. Hillcrests and blind corners are plentiful in the county, and a better place to stop is usually just down the road. When riding in low light, use reflectors and lights to stand out to motorists.

STICK TO THE SIDE: Ride close to the side of the road where possible, but beware of uneven shoulders, drainage grates, and debris. Ride ' single file to allow faster traffic to pass safely.

TUNE IN: County riding will bring you to beautiful places. Stay alert to your surroundings. Use rear-view mirrors and shoulder checks to be aware of vehicles approaching from behind. Look ahead for oncoming motorists, and don't use headphones or cell phones while on your bike.

HILLS AHEAD: The rolling county hills can be rewarding to conquer and a blast to cruise down. To stay safe, be alert to road conditions and approaching cars, especially entering curves. Maintaining a center of gravity towards the rear of the bike can help you maintain control while going downhill.

KNOW THE RULES OF THE ROAD: Bicyclists need to follow the same laws as motorists. Never ride against traffic, obey road signs, and signal your turns. When riding in a group, communicate with your fellow riders to stay safe, avoid collisions, and make each other aware of road and traffic conditions.

For your personal safety, wearing a helmet while bicycling is the most effective way to protect your brain if you're in a crash. Make sure you wear it properly. Wearing a helmet improperly is the same as not wearing one at all.

HOW TO FIT A HELMET

- » Place the helmet on your head without fastening the straps
- » There should be a two fingers width between your eyebrows and helmet
- » There should be little movement when you shake your head from side to side
- » The side straps should come to a point just below your ears forming a "Y" shape
- » When your mouth is closed, there should be about half an inch between the chin strap and your chin



can take in order keep both yourself and Fido safe. Keep in mind what works in one situation, may not work in another. Many times dogs will retreat if you simply shout a firm "No!" or "Go Home!" These phrases are heard often enough to cause the dog to stop and remind him that you are human—not a scary extraterrestrial invading its territory. You might also spray it with your water bottle.

nothing
COMPARES to the SIMPLE
PLEASURE of
a BIKE RIDE
- John F. Kennedy



For map revisions go to
www.bloomington.in.gov/bike