

On the mountain bike trail...

CONTROL YOUR BICYCLE.

Inattention can cause disaster. Excessive speed frightens and injures people, gives mountain biking a bad name, and results in trail closures.

ALWAYS YIELD.

Make your approach known well in advance. A friendly greeting is considerate and appreciated. Show your respect when passing others by slowing to walking speed or even stopping, especially in the presence of horses. Anticipate that other trail users may be around corners or in blind spots.

PLAN AHEAD.

Know your equipment, your ability, and the area in which you are riding - and prepare accordingly. Be self-sufficient at all times, keep your bike in good repair, and carry necessary supplies for changes in weather.

WEAR A HELMET.

Properly fitted helmets significantly reduce the likelihood of a serious head injury. In NYS, cyclists under the age of 14 are required to wear a helmet. It is highly recommended that ALL bicyclists wear helmets.

GET INVOLVED!

Volunteer for trail maintenance or clean-up days. A day or two a year is a small price to pay for the privilege of riding in the woods. Showing land managers that you are willing to give something back to the land that you use makes a huge impression. When they know they can count on you for assistance, policy makers are more likely to decide in your favor.

For further information:

General:

NYS Governor's Traffic Safety Committee

Empire State Plaza
Swan Street Building, Room 414
Albany, NY 12228
Phone: (518) 474-5777 Fax: (518)473-6946

NYS Department of Transportation

Bicycling Hotline 1 - 888 - BIKE-NYS
Pedestrian Hotline 1 - 888 - WALK-NYS

Mountain Biking:

The International Mountain Biking Association

<http://www.imba.com/>

Local:

Contact your county Cornell Cooperative Extension association.

Developed by the
NYS 4-H Bicycle Safety Education Program
Department of Biological & Environmental Engineering
Riley-Robb Hall
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Ithaca, NY 14853
Phone: (607) 255-2498 Fax: (607) 255-4080
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Sharing the Path

Recreational multi-use paths and trails have become very popular with novice cyclists, families and casual, recreational riders. A consequence of their success is congestion and safety has become a major issue. Whether cycling, walking, skating, jogging, or mountain biking, if all trail users follow these simple rules, your trip will be safer and more enjoyable.



Sharing the recreational way

PLAY BY THE RULES.

Pay attention to posted regulations and abide by them.

BE COURTEOUS.

All trail users including bicyclists, joggers, walkers, skaters and wheelchair users should be respectful of other users regardless of their mode, speed or level of skill.

KEEP RIGHT AND BE PREDICTABLE.

Stay as near to the right side of the path as is safe, except when passing another user. Travel in a consistent and predictable manner. Always look behind before changing position on the path.

PASS ON THE LEFT.

Pass others going in your direction on their left. Look ahead and back to make sure the lane is clear before you pull out. Pass with ample separation. Do not move back to the right until safely past. Fast traffic is responsible for yielding to slower and on-coming traffic.

DON'T BE A TRAIL HOG.

When in a group, including your pets, use no more than half the trail so as not to block the flow of other users. Keep your pets on a short leash and clean up after them.

GIVE AUDIBLE SIGNAL WHEN PASSING.

Give a clear warning signal before passing. This signal may be produced by your voice, a bell, or horn. Warn in advance so that you have time to maneuver if necessary. "Passing on your left" is the most common signal used to alert other users of your approach.

YIELD WHEN ENTERING & CROSSING TRAILS.

When entering or crossing a trail at uncontrolled points, yield to traffic on another trail or road.

USE LIGHTS AT NIGHT.

When using a trail any time from dusk to dawn, be equipped with lights. Remember, reflectors and reflective clothing are useless if there is no light source to shine on them.

CLEAN UP LITTER.

If you drop something please remove it immediately. Go the extra mile and pack out more trash than you brought.

RESPECT THE ENVIRONMENT.

Do not harm the trail or its surroundings.

DON'T USE A TRAIL UNDER THE INFLUENCE OF ALCOHOL OR DRUGS.

You may need all of your reflexes quickly.

HAVE YOU OUTGROWN TRAILS?

Multi-use paths have engineering and design limits. If your speed or style endangers other users, check for alternative routes better suited to your needs. Selecting the right location is safer and more enjoyable for all concerned.

On the mountain bike trail



Mountain bicycling offers special pleasures. Whether you enjoy easy riding off the main road or the more adventuresome trail riding on single track and forest roads, make sure you are safe, responsible and courteous to other trail users. It's **your** responsibility. In general, all the tips for the recreational path user apply to the off-road mountain biker. In addition:

RIDE ON OPEN TRAILS ONLY.

Respect trail and road closures, private property, and requirements for permits and authorization. Some park and forest trails are also off limits. Help keep trails open by setting an example of responsible cycling for all to see.

PRACTICE MINIMUM IMPACT BICYCLING.

Don't ride when the ground will be marred, such as on certain soils after a rain. Never ride off the trail or skid your tires. Pack out what you pack in.

