

Mountain Biking Rules:

1. Ride on open trails only – Federal and state wilderness are always off-limits to cycling.
2. Right of way:
 1. Equestrian – first in line
 2. Hikers and joggers – second on right of way
 3. Bicycles – lowest in the totem pole
3. Announce when passing – Slow down to a walking pace when passing hikers or equestrians. Use a friendly greeting or a bell.
4. Never pass a horse rapidly - Horses can get startled easily. Slow down and wait till the horseback rider gives you a signal to pass.
5. Give distance to all wild animals – Never startle any animals.
6. Stay on the trail:

When reaching a vista or a cliff, leave the bike away from the cliff and walk to the point.

Never ride around fallen trees or mud holes. Instead cross over them. Never create another path or trail.
7. Zero Impact – Be aware of the impact you are making on the trail. Never leave evidence of your passing on any trail.
8. Avoid unnecessary breakdowns – Always be prepared. Check your bicycle and equipments and always bring spare parts.

Road Biking Rules:

1. Obey all signs and traffic lights.
2. Ride with the traffic and never against it.
3. Wear a helmet.
4. Wear bright clothing in darkness.
5. Use lights in darkness.
6. Use hand signals when turning.
7. Ride single file on busy roads.
8. Safety- Make an eye contact with drivers and never assume they see you.
9. Never ride on sidewalks. Announce yourself or use bike bells when passing.
10. Walk bikes on crosswalks.

Safety Tips:

1. Never ride alone
2. Plan your route
3. Inform someone
4. Wear a helmet
5. Check weather forecast
6. Carry a jacket
7. Keep hydrated
8. Avoid darkness
9. Avoid busy roads
10. Always keep safety in mind

Essential Gears:

A. Repair Kit

2-Spare tubes
Pump
Tire patch kit
Tire levers
Multi tool
Spoke wrench
Spare spokes
Chain tool
Allen keys
Duct tape

B. Other important Items

Mobile phone
Wind breaker
Compass
First Aid
ID
Whistle
Emergency light
Energy bars
Space blanket
GPS
Money
Backpacks or hydration packs with water

Trailside Hazards:

Poison Oak – The distinguishing features are clusters of three leaves with gently lobed edges. If you are exposed, be careful not to infect eye. Carefully handle your clothing. Wash your skin as soon as possible. Use over the counter Techno scrub.

Ticks – Spot check while in the trail and when you finish. If beaten, look for a distinctive ring around the site. If you see one, there is a possibility that it may be a Lyme disease. Save the tick for analysis.

Rattlesnakes – They are not aggressive but they do take a stand when startled. Check before you seat on rocks or logs. These poisonous snakes usually sound an alarm when you are in their space. Slowly move away when you encounter one.

Mountain Lion – are predators, when encountered, do not turn your back and ride away. Make yourself big and stare them down as you slowly back away. Never bend over or crouch down. Do not show any fear. Do not look like a prey, look like a predator. Lift your bike up as a shield. It will also make you look bigger. Never run away.