**TIPS FOR THE ROAD**

Bright, reflective clothing increases visibility. Use a helmet to protect your brain! Your helmet should be snug but not tight. It should sit level on your head (not tilted back) with the front edge no more than a width of approximately 2 fingers above your eyebrows.

Be aware of low angle sun during fall and spring as motorists may not see you.

Use hand signals to let pedestrians, cyclists and drivers know your intentions. Make eye contact with motorists to make sure they are aware of your presence.

Take the full travel lane if the road is too narrow for motorists to pass. Avoid weaving around parked cars. Riding predictably increases safety for all roadway users.

Be aware of your surroundings. Avoid using earphones, texting or talking on a cell phone while riding.

“Sharrows” (shared roadway markings) are placed on roadways that are links in the bicycling network. They indicate where bicyclists can ride safely and alert motorists to the presence of bicyclists.

When biking in a park or shared use path, be mindful of other users. Paths are designed for low speed use. Stay to the right when using a path. Pass on the left and use an audible warning when passing. Ride single file during congested conditions.

Cross railroad tracks at a 90° angle (perpendicular). Tracks can be slippery when wet. Ride around storm and sewer grating.

Securely lock your bike with a U-lock or cable lock. Secure detachable items and leave your bike where others can keep an eye on it.

Bikes operated or parked on UW property are required to have a $5 permit, which can be acquired through the UW Police Department.

**TRAFFIC LAWS**

In Wyoming, a person riding a bicycle has all the rights and responsibilities as a motor vehicle driver. Obey all signs, lane markings and traffic control devices.

Stop at stop signs and red lights. Yield to pedestrians. The posted speed limit should be obeyed by all roadway users.

Keep at least one hand on the handlebars at all times. Persons riding bicycles upon a roadway shall not ride more than two abreast except on paths or lanes of roadways set aside for the use of bicycles.

Avoid bicycling while under the influence of alcohol or controlled substances. Violations are the same for bicyclists and motorists.

Every person operating a bicycle upon a roadway shall ride as close to the right side of the roadway as practicable (or safe).

Bicycling on sidewalks is prohibited except where the sidewalk is part of a designated and marked bicycle path.

A front white light (emitting >500') and rear red reflector attached to the bicycle are required when bicycling at night.

Every bicycle shall be equipped with a brake which will enable the operator to make the braked wheels skid on dry, level, clean pavement.

**HAND SIGNALS FOR TURNING**

Left

Right

Stop

See TransPark for detailed route and parking info for campus: uwyo.edu/transpark

Additional campus buildings and a full map can be found at: uwyo.edu/bike

**BIKE MAP**

**UNIVERSITY OF WYOMING**

**BIKE SHOPS IN LARAMIE**

**All Terrain Sports**
412 Grand Ave · (307) 721-8036

**Pedal House**
207 S 1st St · (307) 742-5533

**ACME Bicycles**
2900 Grand Ave · (307) 745-3300

**BICYCLE FRIENDLY COMMUNITY**

A project in conjuction with:

Pedal House
Laramie BikeNet

With funding from:

ACME Bicycles

LARAMIEBIKENET.ORG
BIKE MAP

MOUNTAIN BIKING IN THE SNOWIES:
Corner Mountain Trailhead 33 miles
Little Laramie Trailhead 34 miles

MOUNTAIN BIKING EAST OF LARAMIE:
Happy Jack Recreation Area: 12 miles
Castle Rock State Park: 25 miles

HERBICK LANE ROAD RIDE: 130 miles round trip
MOUNTAIN BIKING EAST: 22 miles round trip

9TH STREET/ROGERS CANYON ROAD RIDE: 122 miles round trip

SOLDIER SPRINGS & HOWE ROAD RIDE: 10 miles round trip