



- Exercising boosts stamina and improves heart health.
- Exercising 30 minutes a day - 5 miles of moderate pace - recommended daily amount for physical activity.
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Same Roads, Same Rights - Same Responsibilities

A bicyclist shares the same rights and responsibilities as a motorist on public roads as well as on bicycle paths. Bicyclists who enjoy the laws, safe riding and responsibilities, and communicate their presence with other users, please join the team.

Ride Safely

Use your head - Wear a helmet. Use a properly fitted helmet to absorb shock and protect your brain. Helmets can reduce the risk of serious injury or death by up to 85%.

Wear reflective clothing. Always wear riding lights at night.

Be alert. Avoid cell phones. Use a cell phone only when stopped at a red light or in a safe area. Use a headset or speakerphone. Avoid driving while talking on a handheld cell phone.

Maintain a predictable straight line of travel. Maintain your lane. Do not swerve or weave. Do not weave in and out of lanes.

Take the space you need. Signal and move into the lane. Signal to the right side of the lane. Signal to the left side of the lane.

Use caution riding over train tracks and storm drains. Approach tracks at 45-degree angle. Avoid riding over storm drains. Use caution riding over storm drains.

Roadblocks: Why slow to check. Roadblocks can be a hazard. Use caution. Roadblocks can be a hazard. Use caution. Roadblocks can be a hazard. Use caution.

Maintain all bike components in good working order. Roadblocks can be a hazard. Use caution. Roadblocks can be a hazard. Use caution.

Obey all traffic laws

Always ride in the same direction as traffic.

Obey traffic signs, stop signs, and all other traffic control devices.

Signal before making turns, changing lanes, slowing down, or stopping.

Cycling laws should be legal, not blocking the flow of traffic is not.

Ride on the right as its safe and practical except when driving and passing. Cyclists and other users are responsible for a safe ride. It is the responsibility of the cyclist to be aware of their surroundings.

When overtaking other vehicles, always pass on the left. Do not pass on the right.

Adults are responsible for their children obeying traffic laws. Do not allow children to ride on the road.

Right of way: When riding during hours of darkness, the use of a front light during the day has been found to be a significant safety benefit. Use a front light during the day.

Don't drink and ride. If you drink and ride, you are a danger to yourself and others. Do not drink and ride. Do not drink and ride. Do not drink and ride.

Be Courteous on Trails

Share Right. Yield to the left. Yield to the right. Yield to the right. Yield to the right. Yield to the right.

Communicate your approach. Use a bell or horn to alert others of your approach. Use a bell or horn to alert others of your approach.

Avoid your speed around vulnerable users. Slow down to avoid collisions with vulnerable users. Slow down to avoid collisions with vulnerable users.

Please avoid always be visible on narrow trails. Use caution on narrow trails. Use caution on narrow trails.

Keep your bike and gear maintenance checks. Use caution on narrow trails. Use caution on narrow trails.

Bike Shops & Repair

- 1 Evergreen Bike Shop (EBS)
- 2 Sports Authority - West Olympia
- 3 MBI Olympia
- 4 Fellowship Bicycle Center
- 5 Old Stone Bicycle
- 6 Deacon's River Cycles - Olympia
- 7 Deacon's River Cycles - Tumwater
- 8 Bike Tech
- 9 Jay's Bike Shop
- 10 Sports Authority - Lacey

