

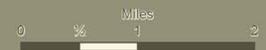
BIKE THE VALLEY! 2012



Mahoning and Trumbull Counties

RULES OF THE ROAD

- You have a legal right to the road! Bicycles are legally vehicles in Ohio, and bicycle operators have all the rights and all the duties of other vehicle operators, on all non-freeway roads.
- If you wouldn't do something driving your car, you shouldn't do it riding your bike. The rules for bicyclists are the same as for motorists. If you have a driver's license, you know them already.
- Ride on the right side of the road. Riding against traffic is far more dangerous.
- Obey all traffic lights and stop signs.
- Obey lane markings. Never ride straight from a right turn only lane. Never turn left from the right edge of the road.
- Stop and yield before entering the road from a driveway.
- Never ride in the dark without a proper headlight, taillight and reflectors.
- Signal your turns, but don't turn until it's clear. Don't violate someone's right of way.



BASIC SAFETY TIPS

- Ride on the right side of the road. Never ride facing traffic. Riding facing traffic is far more dangerous than riding with traffic. Want to keep an eye on traffic? Use a rear-view mirror.
- Use lights at night. Reflectors are not enough! The law requires a headlight and taillight.
- Ride your bike as a vehicle. Cyclists have the same rights to the road as other vehicle operators, and cyclists must follow the same rules!
- Stay off sidewalks. Sidewalk riding is more dangerous than properly riding the road.
- Follow all the rules of the road. Obey traffic lights, stop signs and lane markings.
- Ride straight and steady. Don't weave in between parked cars.
- Stay out of the gutter! Gutter riders are less visible, have less room to avoid potholes, and are more likely to be cut off by motorists. You have a legal right to the road, not just the gutter!
- Stay out of the door zone! Car doors can pop open and knock you into traffic. Give parked cars at least five feet of clearance.
- Make eye contact with motorists. It helps get motorists' attention and can warn you if you're not noticed.
- Choose your left turn style. If you have the skill, first signal, then move toward road center when clear behind, then turn left when clear ahead. Too difficult? You may prefer to ride straight, stop at the far right corner, turn your bike toward the left, then cross when it's clear.
- Share the lane when safe passing is possible. When it's safe to share the lane, let faster vehicles pass.
- Don't share narrow lanes. If a lane's too narrow to safely share, discourage unsafe passing by riding near lane center. You have a legal right to safe use of the lane!
- Watch the road surface. Avoid potholes, gravel, glass, and slippery wet metal.
- Don't get clothing caught in your bike. Tie your shoelaces short, use safety pins or other devices to contain pants cuffs and keep jackets from dangling into your spokes or chain.
- Carry packages only in bags, baskets or racks. Don't carry items in your hands or arms while you ride.
- Use extra care in the rain. Roads are slippery, and bike brakes don't work as well when wet.
- Cross train tracks carefully. Cross at a right angle, or your wheel may stick in the slot and cause a crash.
- Keep your bike in good repair. Check your brakes and tires. Be sure nothing is loose.

PARTNERS

Out-Spokin' Wheelman Bicycle Club
P.O. Box 838
Youngstown, Ohio 44501
www.outspokinwheelmen.com



Ohio Bicycle Federation
www.ohiobike.org

Trumbull County Health Department
176 Chestnut Avenue NE
Warren, Ohio 44483
www.tcbh.org

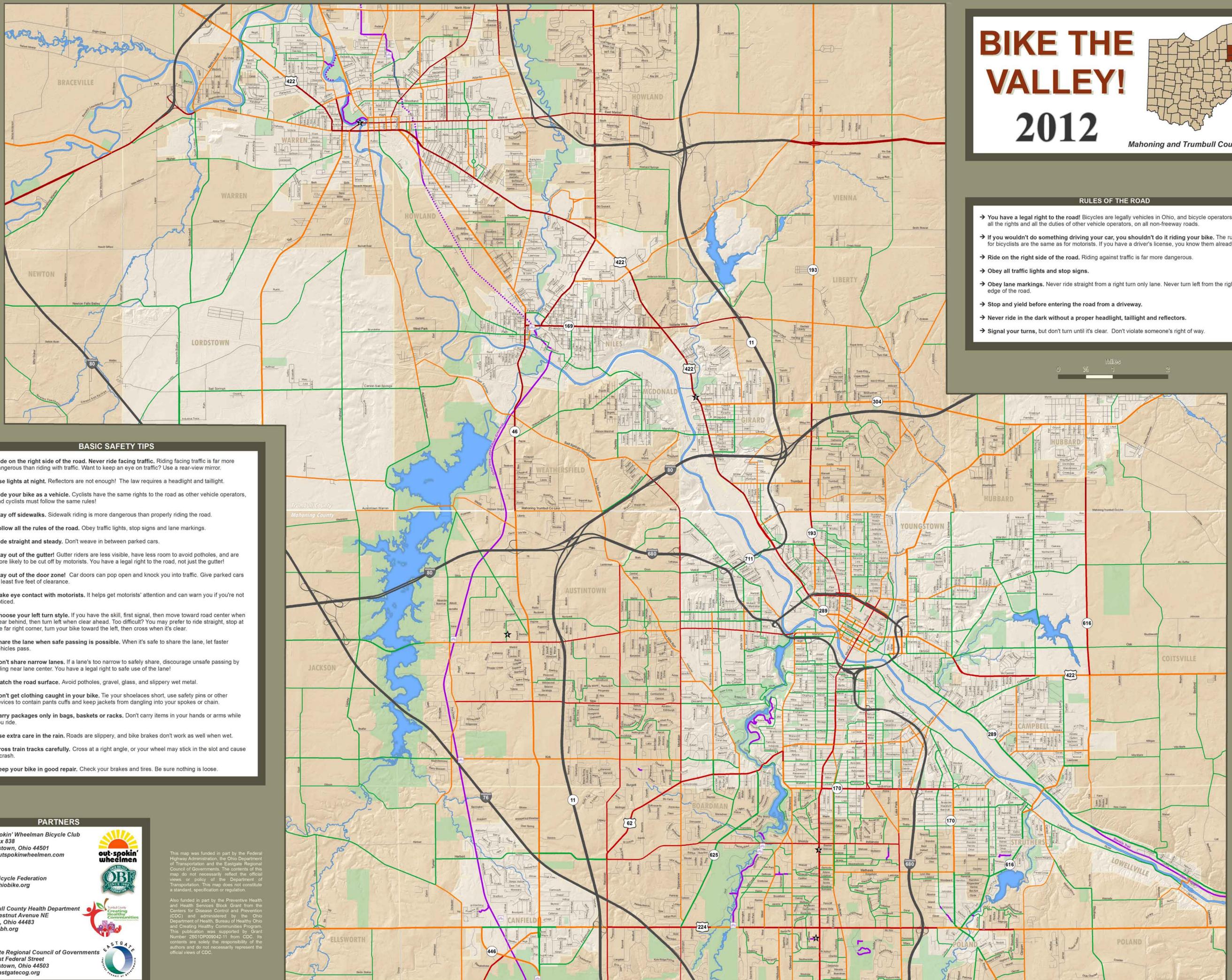


Eastgate Regional Council of Governments
100 East Federal Street
Youngstown, Ohio 44503
www.eastgatecog.org



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GET THERE BY BIKE!

- **Bicycling is useful!**
Heading to the store, the post office, or even your place of work? Consider using a bike. Your bicycle can get you there!
- **Bicycling is economical!**
Save gas, save insurance, save maintenance costs, maybe even save the cost of a second car.
- **Bicycling is healthy exercise!**
Save the cost of a gym membership. Get your exercise while you get where you're going!
- **Bicycling is good for the environment!**
Bikes produce no pollution, make no noise, and take much less space than private cars.
- **Bicycling is safe!**
Per hour or per mile, cycling is safer than walking on city sidewalks. Per mile, it's as safe as a drive in the country.
- **You don't need special paths or bike lanes!**
Bicycling is legal on all non-freeway roads, and there are pleasant roads for riding all across the region. You can easily be comfortable on the quiet streets we've identified. Then you can learn the skills for more complicated streets. Soon you'll be able to handle any road you like!
- **Bicycling for transportation** is easy when you pick the right roads. With this map, expert cyclists have shared what they know about the most pleasant and useful routes. They've worked to find a good road within half a mile of wherever you are, or wherever you'd like to get to.

Not all pleasant roads are rated on this map! Most city streets are fine for cycling, and you may find many others that are useful for you. So use this map as a beginning, but explore on your own. See the sights, meet your neighbors, and enjoy your bike in the outdoors.

Here's wishing you good riding!

ROAD RATINGS

GREEN ROADS
are suitable for **NOVICE** cyclists who:
 → know and obey the rules of the road
 → have basic braking and shifting skills
 → can ride straight with no wobbling
 → signal turns and stops
 → prefer to avoid cars
 → are more comfortable making two-stage left turns, by stopping first at the far right corner, then waiting there for traffic to clear

ORANGE ROADS
are suitable for **INTERMEDIATE** cyclists who also:
 → can scan over a shoulder while riding a straight line
 → take a lane whenever necessary for safety
 → comfortably make left turns as a vehicle, especially on two lane or three lane roads
 → can stop quickly when needed
 → can start quickly from a stop
 → are aware of road hazards and know to avoid them

RED ROADS
are suitable for **ADVANCED** cyclists who also:
 → are comfortable with faster or busier traffic, even with narrow lanes
 → can confidently take their place on any roadway
 → comfortably negotiates with motorists when needing to change lanes
 → easily makes left turns by merging into a left lane or a left turn only lane
 → are expert at avoiding road hazards

RESIDENTIAL STREETS
are usually suitable and pleasant for **EVERYONE!**

BIKE PATHS
are suitable and pleasant for **EVERYONE!**
 → Dashed lines indicate future paths
 → Use caution when passing pedestrians
 → Restrooms and information are available at trailheads

BIKE SHOPS AND CLUBS

- ★ **Coopers Cycle & Fitness**
330-637-0274
www.cooperscycle.com
 - ★ **Thumm's**
330-752-0452
www.thumms.com
 - ★ **Frankford Bicycle Inc.**
330-545-0392
www.frankfordbike.com
 - ★ **Austintown Glenwood Cycle**
330-793-7343
www.agcycle.com
 - ★ **Cycle Sales Co.**
330-758-8090
www.cyclesalesco.com
 - ★ **Outdoor Recreational Equipment**
330-782-2004
www.ore-equip.com
- Join **Youngstown's Bicycle Club**
Explore the area with us!
Rides every weekend!
- Out-Spokin' Wheelmen
P.O. Box 838
Youngstown, OH 44501
www.outspokinwheelmen.com
- Join the **Ohio Bicycle Federation**
Your cycling advocacy organization, working with the legislature for bicyclists' rights in Ohio.
www.ohiobike.org



All routes and information shown on this map are merely suggestions intended to advise competent adults, and require caution and discretion on the part of the user. Users of this map do so voluntarily, and bear full responsibility for safety. The partnering agencies, their employees, associates and volunteers disclaim any responsibility for injuries, damages or losses resulting from use of the map's information.

