



Ride confidently as a legal and lawful user of the roadways. As a bicyclist, you are the **most energy efficient** of any animal or machine.



Watch for road surface hazards such as potholes, sand, gravel, drainage grates, and other slots in your direction of travel. **Be aware** of wet, painted surfaces, assorted debris and irregularities in the road.



As a **bicyclist** please be **cautious**, not timid; **assertive**, not aggressive. Do not ride in the gutter, near the extreme edge of the road, or on sidewalks.



We support the adoption of **mutual respect** between motorists and bicyclists to enhance **safety** for all road users.

CONSIDER COMMUTING ALTERNATIVELY FOR...



YOURSELF

- Cyclist's burn, on average, eight calories per minute
- The average person loses 13 pounds their first year commuting by bicycle
- Cycling three hours a week reduces chances of stroke and heart disease by 50%

OUR COMMUNITY

- 1% of Coloradans commute by bicycle
- 5% of Coloradans commute by public transit
- Cycling to work reduces traffic congestion, and is healthier than sitting in it

OUR PLANET

- A ten-mile bike ride to work saves 107 gallons of fuel annually
- A five-mile commute equates to 1,345 miles annually
- A ten-mile ride on a bike saves fifteen pounds of CO2 from Denver air

RTD BIKE-N-RIDE

Whether you're an avid cyclist, riding for exercise, or just for fun, discover how Bike-n-Ride fits into your commuting plans. Take your bike with you on our bus and light rail system and travel to work, school, or recreational activities.

For further information about Bike-n-Ride:
Call 303.299.BIKE or visit
http://www.rtd-denver.com/Bike_n_Ride.shtml

How to load RTD Bike Racks



BIKE SAFETY TIPS



- Go with the traffic flow. Ride on the right in the same direction as cars. Signal when you plan to pass parked or moving vehicles and dismount when approaching horses.
- Ride your bike like you drive your car. Stop at STOP signs and RED LIGHTS.
- Sidewalks are designed for pedestrians. Only ride on the sidewalk if you are attempting to park your bicycle at a rack.
- Stay alert: Use your eyes to look for things that could make you fall. Use your ears to listen for traffic. Don't wear earphones while riding.
- Protect your head. Wearing a helmet is not required by law in Colorado. The Stapleton TMA strongly recommends wearing a helmet for any distance on a bicycle.
- BE VISIBLE AT NIGHT!



www.stapletonfoundation.org



720.865.2356



www.rtd-denver.com

Non-emergent Denver Police 720.913.2000

Map suggestions/comments: sramirez@stapletonfoundation.org



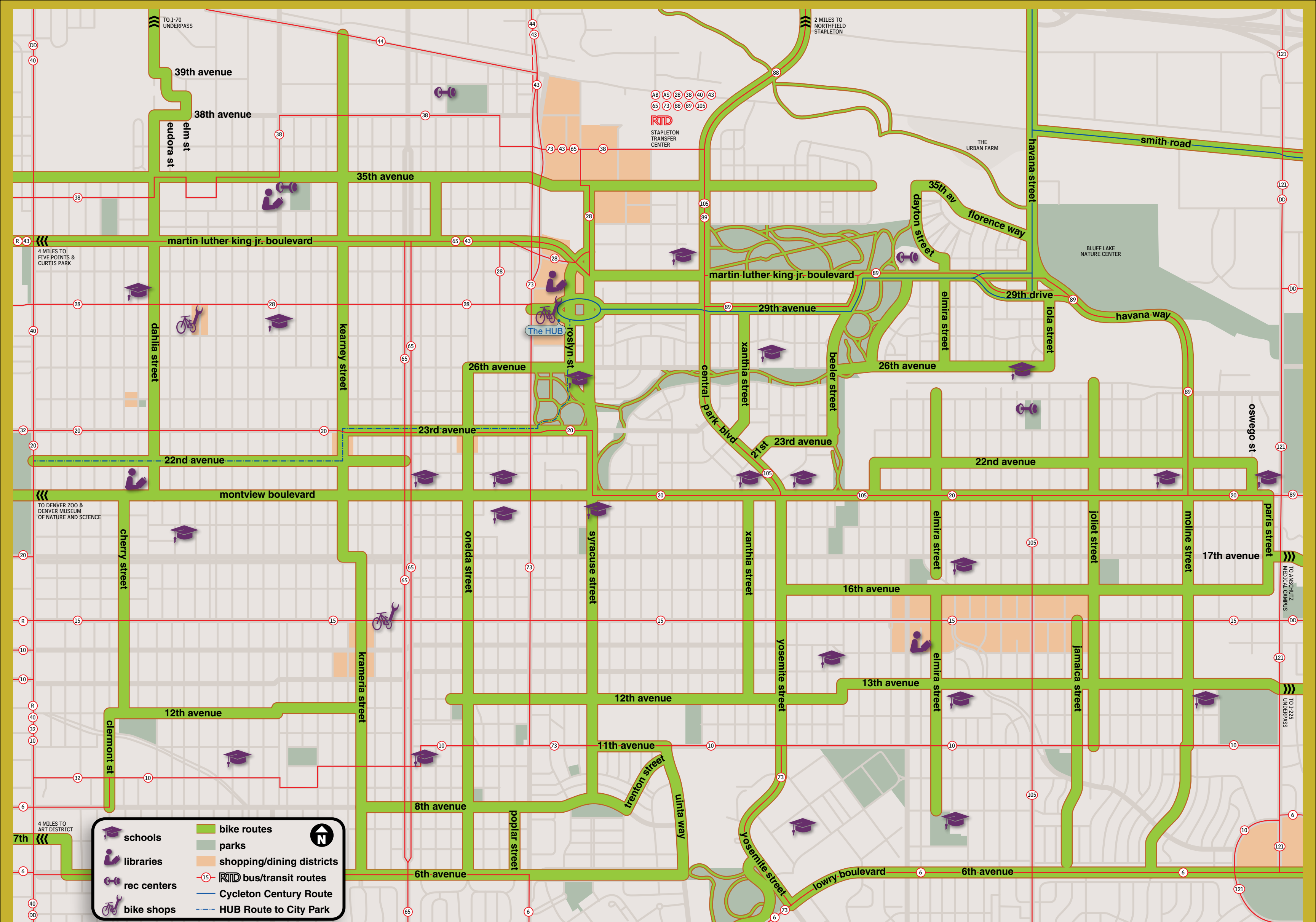
The **Stapleton TMA** and the **HUB** encourages **bicycling** as an **alternative mode** of transportation to any motor vehicle.

That's why we've created this pocket map with the **major bike routes** through the neighborhoods of **Montclair, Northwest Aurora, Parkhill and Stapleton.**



MONTCLAIR NORTHWEST AURORA PARKHILL STAPLETON

The Stapleton TMA, RTD, and The HUB make no representation nor warranty as to the accuracy of this map. It is intended to serve as an aid in graphic representation only.



RTD
STAPLETON
TRANSFER
CENTER

The HUB

	schools		bike routes
	libraries		parks
	rec centers		shopping/dining districts
	bike shops		RTD bus/transit routes
			Cycleton Century Route
			HUB Route to City Park

Go with the traffic flow. Ride on the right in the same direction as cars. Signal when you plan to pass parked or moving vehicles. Ride your bike like you drive your car. Stop at STOP signs and RED LIGHTS. BE VISIBLE AT NIGHT!