

Following is a list of suggestions that are aimed at improving the safety of bike riders:

1. Avoid heavily traveled roads, especially The Red Arrow Highway, Three Oaks Road, Warren Woods Road and Route 12. Use alternative routes with less and slower traffic. These routes can be found on FoHCT maps/ web site.
2. Pay attention to what you are wearing. Wear brightly colored, white or even reflective wear so that you have a better chance of being seen. Do not wear plain, dark colors.
3. Wear a helmet. You'd be surprised at the number of bikers who ride busy roadways without a helmet.
4. Be especially careful when you're riding early in the morning or late in the afternoon when the sun is low in the sky and vision is severely compromised.
5. "Share the Road" signs apply to bike riders as well as to motorists. If you're riding your bike with others, ride single file and always bike ride on the right side of the road.
6. Ride defensively. At intersections, assume a driver doesn't see you.
7. Traffic signs apply to bike riders also. So when there is a stop sign, please stop, and please don't see if you can beat the traffic.

We hope these safety tips help all bikers enjoy the wonderful roads and trails of Harbor Country.

THE FRIENDS OF HARBOR COUNTRY TRAIL