

Sharing the Trail

Off-street Biking

Keep to the right.
Yield to pedestrians and slower moving traffic except when passing. Slow down when there are a lot of users on the trail.

Be careful at crossings.
Look both ways. Cyclists yield to through traffic at intersections. Remember, pedestrians have the right of way. Pedestrians exercise caution. Be aware that cyclists and skaters require lots of room to stop.

Advise others when passing.
Sound your bell or horn or call out when approaching pedestrians or slower cyclists. Then pass safely on the left.

2018 Mat-Su Bike Map

for utility cyclists

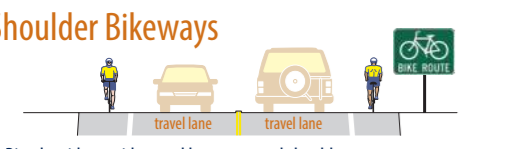
	School		Bike Lane - No Path		Visitor Info
	Bike Shop		Paved Shoulder		Recreational Trail Head / Biking / Mountain Biking
	Bicycle Fixt Station		Shared Roadway		
			Detached Path		

Legend

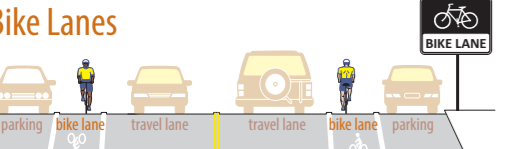
THANK YOU...
for the generous sponsors of this map!



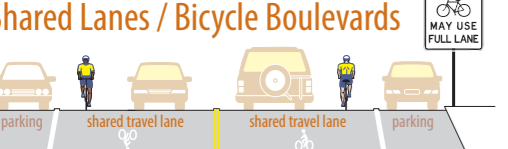
Types of Bikeways



- Bicycles ride outside travel lane on paved shoulder.
- May share shoulder with pedestrians.
- Many shoulder bikeways have signs identifying them as a bike route and showing the direction and distance to destinations (e.g. the Loop, the lakefront).



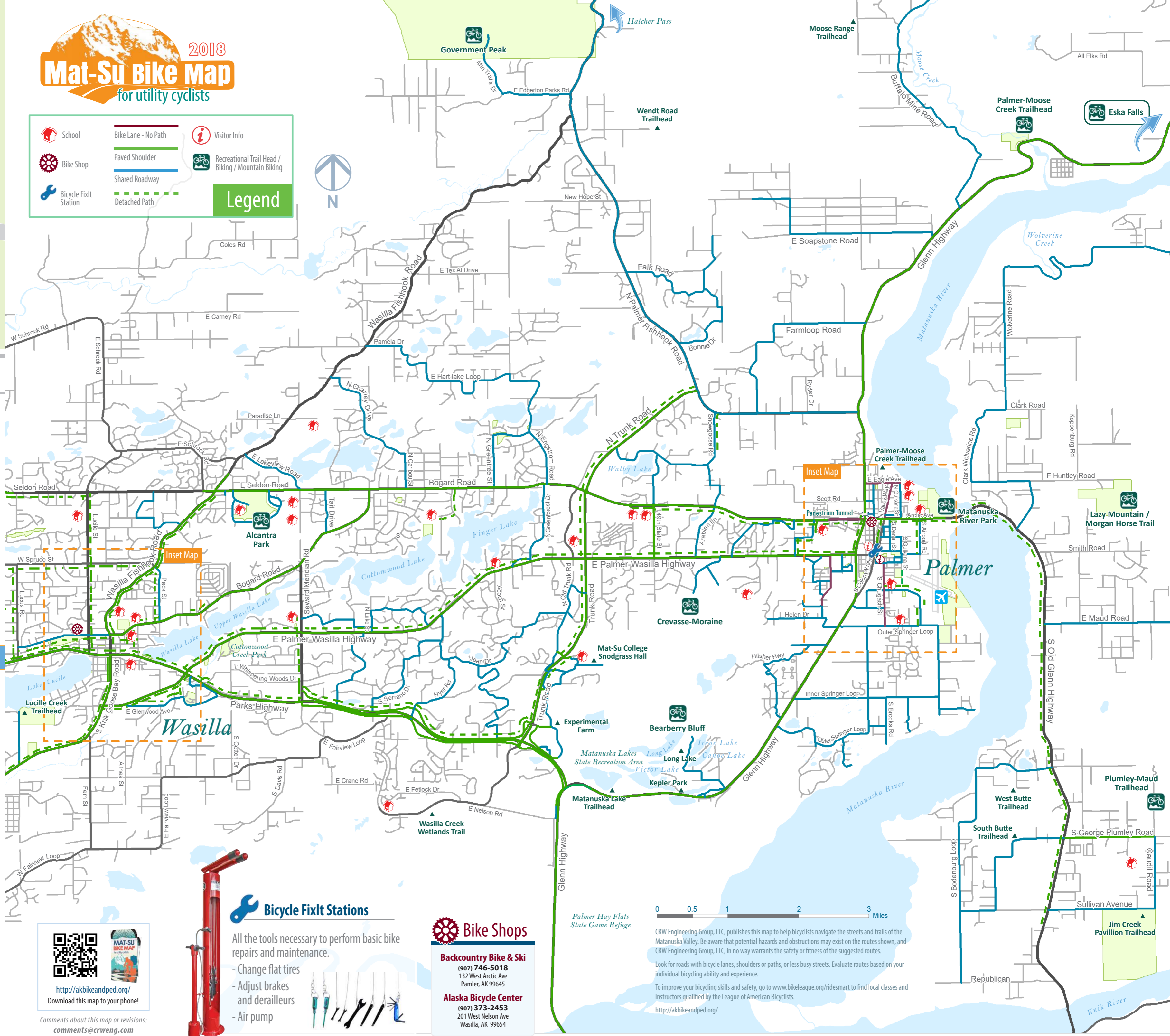
- Bicycles ride outside of travel lane in designated bike lane.
- Special pavement markings and signs identify the lanes.



- Whether marked or not bicyclists may share the road if riding as a vehicle. Cars and bicycles share the lane.
- Markings and signs may also be used to encourage cars to share the lane with bicyclists. Special pavement markings direct bicyclists to ride outside the "Door Zone" (see "Door Zone" panel).



- Paved paths separated from the road for bicyclists, walkers, runners, and in-line skaters.
- All users stay on right side.



<http://akbikeandped.org/>
Download this map to your phone!

Comments about this map or revisions:
comments@crweng.com

Bicycle Fixt Stations

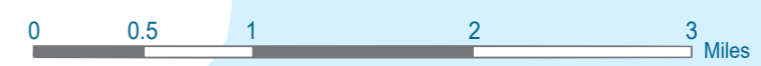
All the tools necessary to perform basic bike repairs and maintenance.

- Change flat tires
- Adjust brakes and derailleurs
- Air pump

Bike Shops

Backcountry Bike & Ski
(907) 746-5018
132 West Arctic Ave
Palmer, AK 99645

Alaska Bicycle Center
(907) 373-2453
201 West Nelson Ave
Wasilla, AK 99654



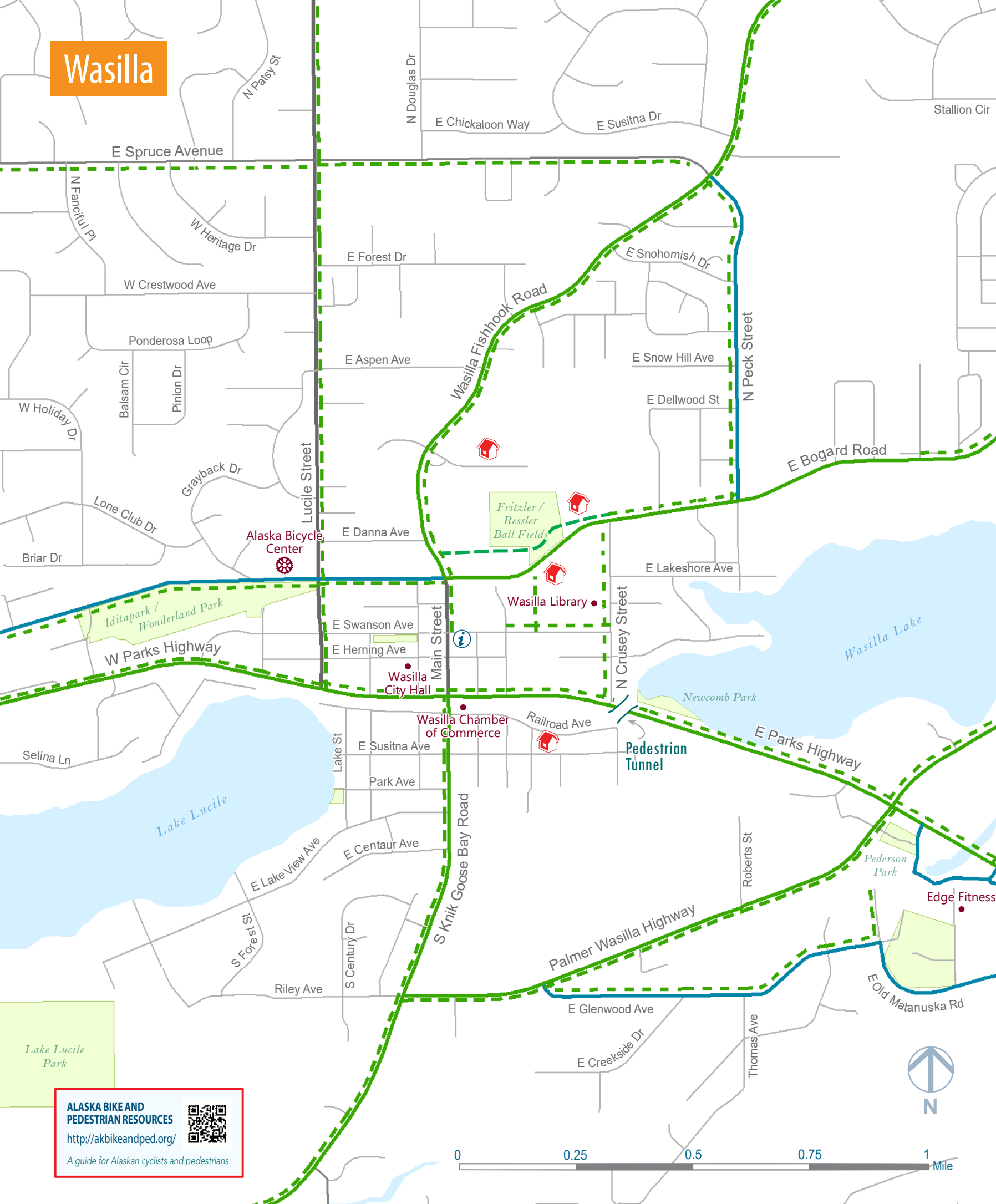
CRW Engineering Group, LLC, publishes this map to help bicyclists navigate the streets and trails of the Matanuska Valley. Be aware that potential hazards and obstructions may exist on the routes shown, and CRW Engineering Group, LLC, in no way warrants the safety or fitness of the suggested routes.

Look for roads with bicycle lanes, shoulders or paths, or less busy streets. Evaluate routes based on your individual bicycling ability and experience.

To improve your bicycling skills and safety, go to www.bikeleague.org/ridesmart to find local classes and instructors qualified by the League of American Bicyclists.

<http://akbikeandped.org/>

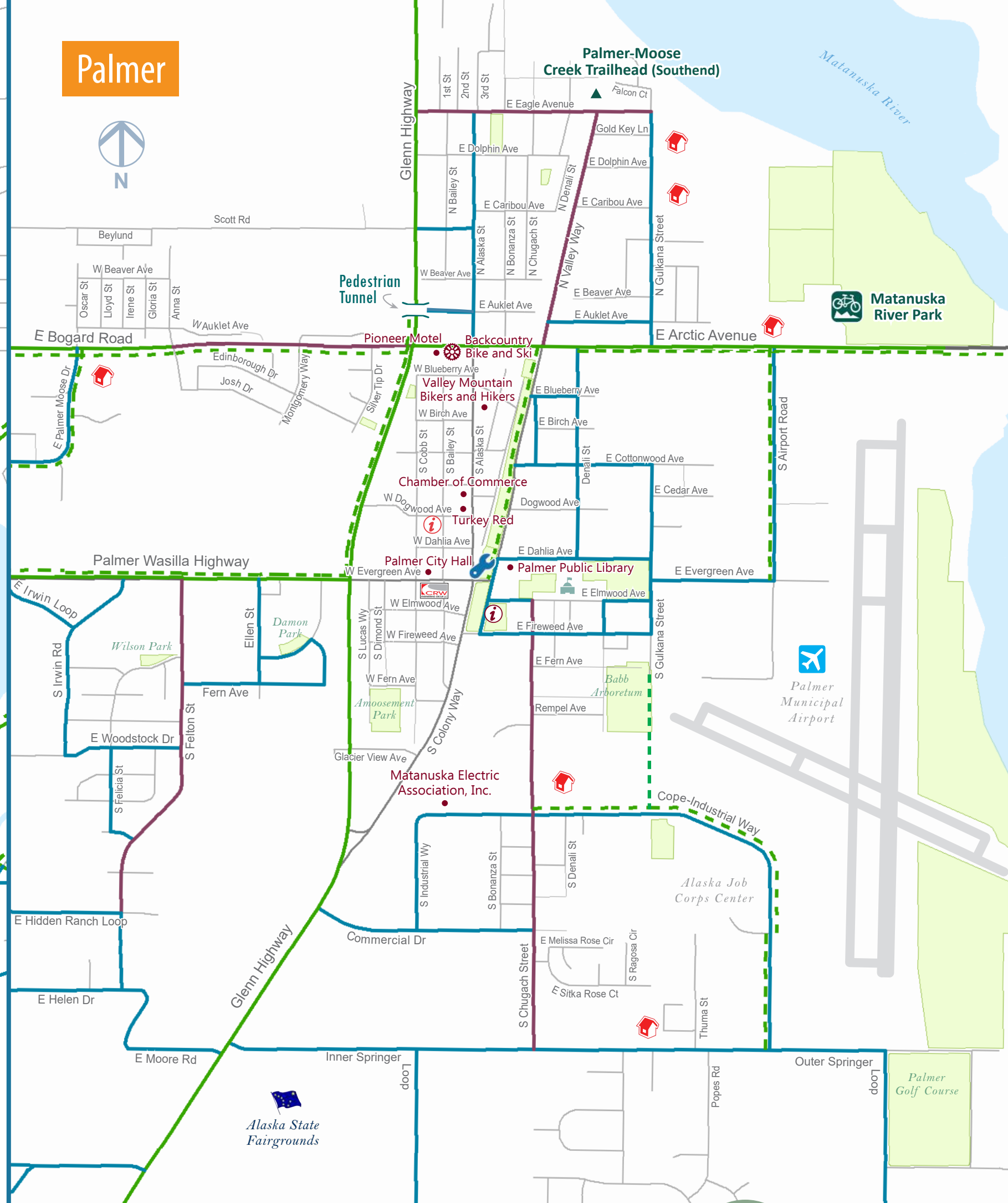
Wasilla



ALASKA BIKE AND PEDESTRIAN RESOURCES
<http://akbikeandped.org/>
 A guide for Alaskan cyclists and pedestrians



Palmer



8107

MAT-SU BIKE MAP

for utility cyclists



Bicycle Fixt Stations

All the tools necessary to perform basic bike repairs and maintenance.

- Change flat tires
- Adjust brakes and derailleurs
- Air pump

- Government Peak Recreation Area Trails**
 TRAILHEAD: Mountain Trails Drive
 USE: Mountain biking, hiking, running
 LEVEL: Easy to Difficult
- Crevasse-Moraine**
 TRAILHEAD: Loma Prieta Drive
 USE: Hiking, running, mountain biking
 LEVEL: Easy to Moderate
- Alcantra Park Trail**
 TRAILHEAD: Alcantra Baseball Field
 USE: Running, walking, biking, disc golf
 LEVEL: Easy

- Palmer-Moose Creek Railroad Trail**
 TRAILHEAD: Eagle Avenue, Palmer
 USE: Hiking, running, biking
 LEVEL: Easy
- Bearberry Bluff**
 TRAILHEAD: Long Lake
 USE: Biking, walking, running, Horses allowed (After June 1)
 LEVEL: Easy to Moderate
- Matanuska River Park Trail**
 TRAILHEAD: Matanuska River Park Campground
 USE: Hiking, biking, camping
 LEVEL: Easy

The Greenbelt are loops of trails across Wasilla and Palmer. 100s of posts with maps and directions help you get around this undulating, looping, and curving trail network.
 Here's a link to the Matanuska Greenbelt trails.
<http://www.matanuska-greenbelt.org/trail-maps>

Communicate

LEFT **RIGHT** **SLOW**

Use hand signals so that drivers know where you're going. Signal all your turns and stops ahead of time. Also, before turning, look over your shoulder for any traffic. Check and only move when it's safe.

Make eye contact.
 Confirming eye contact with motorists helps them know that you're on the road.

See. Be seen. Be heard.
 Use lights at night or when visibility is poor. A white headlight and rear red reflector are required by law. Flashing lights are especially effective.
 Use bike reflectors, reflective clothing and a bell.

Never use earphones because you won't be able to hear what's going on around you. Using earphones is not only dangerous, it's illegal.

Street-Smart Cyclist

Be Seen and Avoid Injury

- Always wear a bicycle helmet to reduce the risk of permanent injury or death from a crash.
- To make sure your helmet fits correctly, put it on and use the "eyes, ears, mouth" test. **Eyes:** When you look up, you should see the front rim. If not, your helmet won't protect your forehead. **Ears:** The side straps should come to a "V" just below each ear. **Mouth:** When you open your mouth wide, you should feel the helmet push down on your head. If your helmet doesn't pass the test, adjust its buckles.
- Wear bright clothing and use lights, reflectors, a bell and a mirror to see, be seen and be heard.
- Consider using the other equipment illustrated below to make your ride safer and more comfortable.

Inset Map Legend

- School
- Bicycle Shop
- Bicycle Fixt Station
- Wasilla Museum & Visitor Center
- Palmer Visitor Information Center & Museum
- Mat-Su Borough Headquarters
- Bike Lane - No Path
- Paved Shoulder
- Shared Roadway
- Detached Path
- Recreational Trail Head / Biking
- Mat-Su Convention & Visitors Bureau

Information & Resources

- The League of American Bicyclists**
www.bikeleague.org/ridesmart
 Instructional videos, class listings
- MatSu State Recreation Area Bike Trails**
<http://dnc.alaska.gov/parks/aspunits/matsu/matlakesrabike.htm>

Wildlife Safety Stay Alert. Stay Aware.

Alaska Fish & Game advises that you NEVER approach, feed or surprise our local wildlife. If an encounter is unavoidable, follow the safety tips below.

BROWN BEAR

- Travel in groups; make noise to avoid surprising a bear.
- Never approach cubs. Mother bears will aggressively protect them.
- Put your bike between you and the bear.
- NEVER turn and run from a bear; it may chase.
- Avoid bad-smelling areas. Move closer to friends.
- A bear may get close, circle around, or investigate.
- Talk calmly then leave slowly. If it follows, stop moving and call for help.
- If it attacks, play dead until it leaves. It is trying to 'remove the threat.'

MOOSE

- Never feed or touch a moose.
- Never get between a cow and her calf.
- Give moose at least 50 feet of clearance & never chase them away. Be patient.
- Wheels and heels always yield to hooves.
- If a moose lays its ears back, it may charge.
- If a moose charges, get behind a tree or something solid.
- Moose kick with their front and hind feet.
- If you are knocked down, curl into a ball, protect your head, and remain still until the moose is a safe distance away.

BLACK BEAR

- Travel in groups; make noise to avoid surprising a bear.
- Never approach cubs. Mothers will aggressively protect them.
- Avoid bad-smelling areas.
- Put your bike between you and the bear.
- NEVER turn and run from a bear; it may chase.
- BEARS can travel 30mph. Can YOU move that fast?
- Make yourself as big and loud as possible.
- If it attacks, fight back.