

Communicate



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 eve 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. Jse bike reflectors, reflective clothing



Never use earphones because you won't be able to hear what's going on around you.

Street-Smart Cyclist

- **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



Theft Prevention

Most bike thefts are due to unlocked or improperly locked bikes. Following these tips will help prevent your bike from being stolen.

- Never leave your bike unlocked—not even for a second.
- Always use a high-quality U-lock or chain. For added





- Always lock the frame and front wheel to either a rack or pole (see illustration 1).
- For extra security, remove the front wheel and lock it with the frame and rear wheel (see illustration 2).
- Note Some bike locks with cylindrical keys may be opened with a pen or similiar object. Check with your local bike shop to determine the need to upgrade or replace your lock.

THANK YOU...

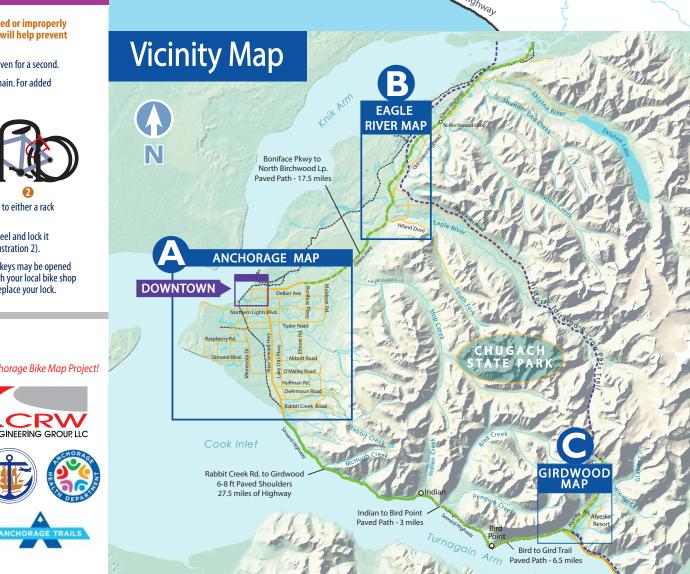
to all those who contributed to the Anchorage Bike Map Project!

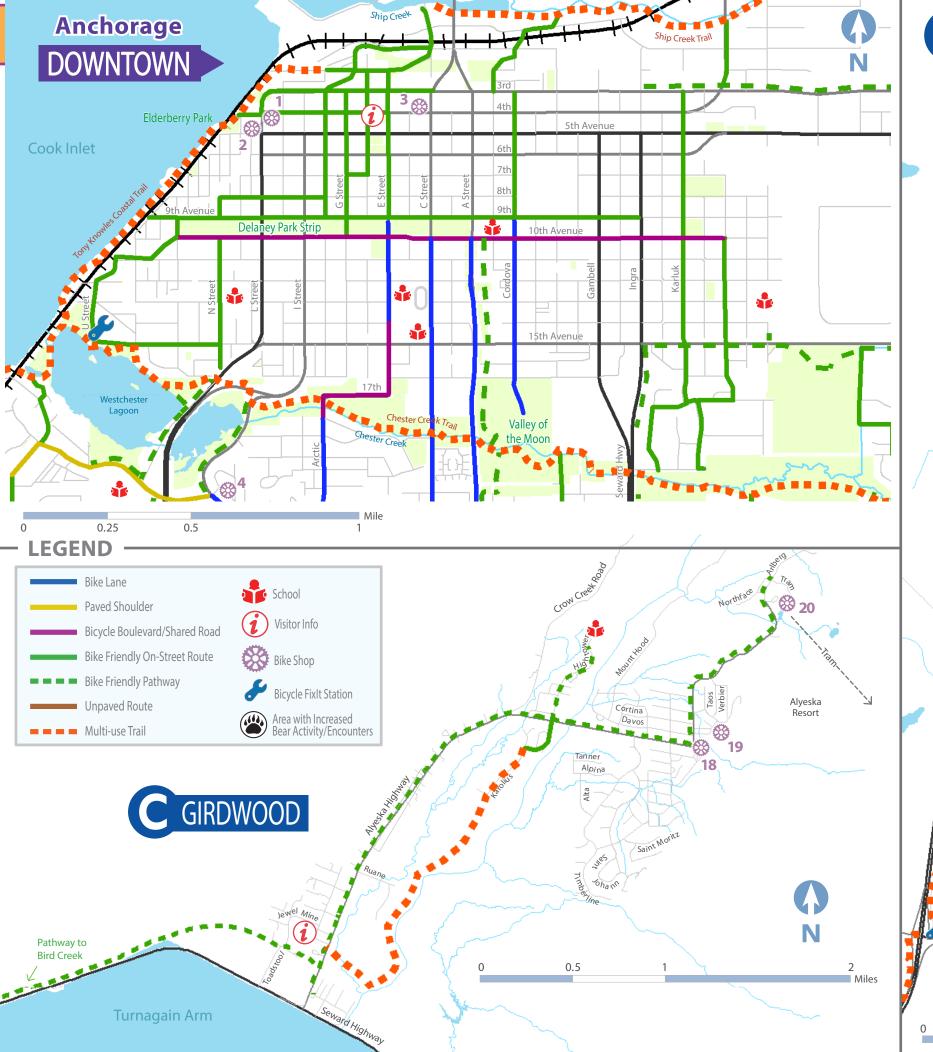
To CRW Engineering Group, LLC for updates to this map in 2020!

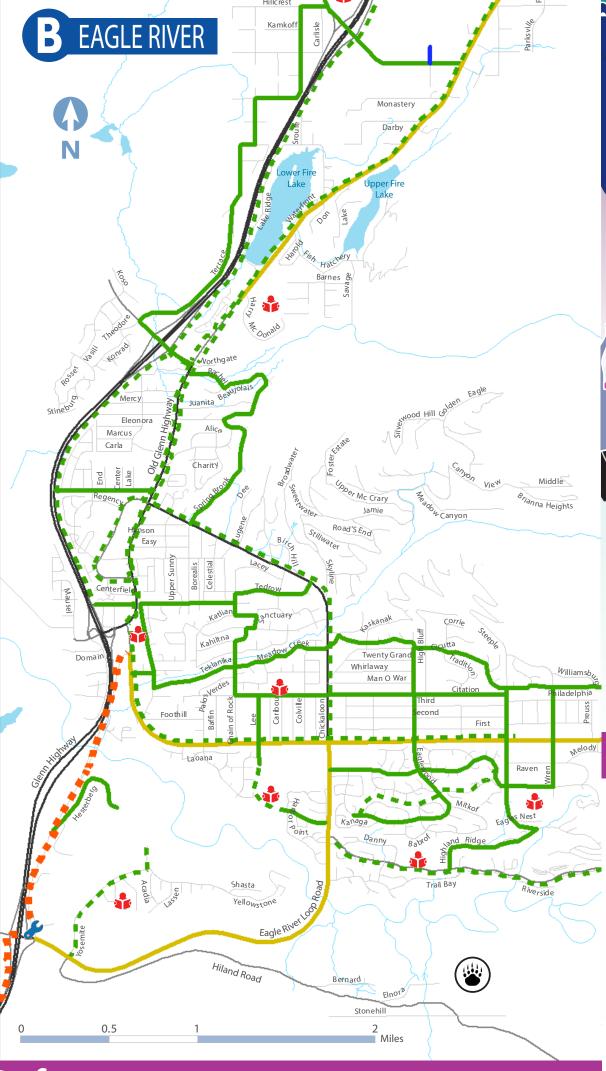
To the City of Chicago for use of their bike safety diagrams.

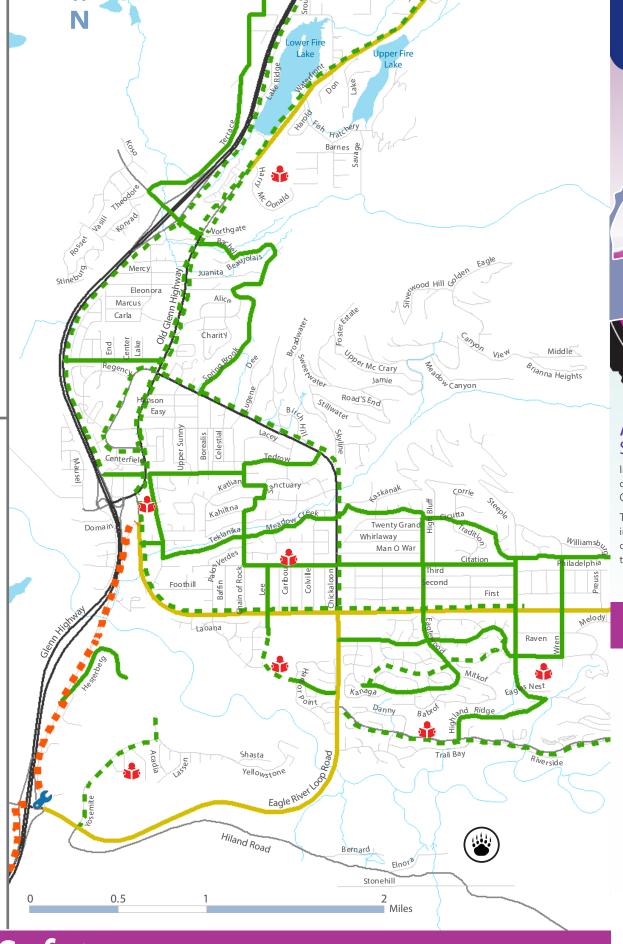
Please email comments about or revisions to this map: biketowork@muni.org















MOOSE

- Never feed or touch a moose.
- Never get between a cow and her calf.
- Give moose at least 50 feet of clearance and never chase them away. Be patient.
- Wheels and heels always yield to hooves.
- If a moose lays its ears back, it's angry or afraid and
- If a moose charges, get behind a tree or something
- 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.



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.'



BLACK BEAR

- NEVER turn and run from a bear; it may chase.
- Never approach cubs. Mother bears will aggressively protect them.
- Put your bike between you and the bear.
- Travel in groups; make noise to avoid surprising a bear. Avoid bad-smelling areas.
- Make yourself as big and loud/scary as possible.
- If it attacks, fight back.

For more information on wildlife and to report encounters, visit Alaska Fish & Game's *Living with Wildlife webpage:*





for utility cyclists

Anchorage: Silver-Level Bicycle Friendly Community

In 2009, the League of American Bicyclists designated Anchorage a Bicycle Friendly Community at the Bronze Level.

The 2013 and 2017 applications resulted in a Silver Level award for Anchorage's commitment to encouraging bike use for ransportation and recreation.



Information & Resources

Download this map to your phone! www.muni.org/biketowork





VISION ZERO

The League of American Bicyclists www.bikeleague.org/ridesmart Instructional videos, class listings



www.bikeanchorage.org Advocacy, education, and encouragement to make Anchorage more bike-friendly



www.muni.org/Departments/OCPD/ Planning/AMATS/Pages/visionzero.aspx Initiative to stop traffic deaths and serious injuries in Anchorage



Tools for planning rides, tracking buses, receiving timely notifications, loading bikes, and bike-to-bus trips







navigate the streets and trails of Anchorage, Eagle River, and Girdwood. Be aware that potential hazards and obstructions may exist on the routes shown, and the Municipality of Anchorage 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. Go to www.bikeleague.org/ridesmart to improve your bicycling skills and safety and to find local classes and instructors qualified by the League of

