



Bicyclists are considered vehicle operators; they are required to obey the same rules of the road as motored traffic and must obey all signs, signals and lane markings. When cycling in the street, cyclists must ride in the same direction as traffic.



WHY RIDE

- It's Fun**
Bicycle riding is exhilarating; give it a try!
- It's Healthy**
Bicycle riding is a great way to get your daily exercise. If you weigh 150 lbs., you can burn between 136 and 360 calories in a half hour of bicycle riding.
- It's Green**
You burn zero fossil fuels while you are riding your bicycle; it's pollution free.



HELMET FIT

Your helmet fits well when:



- it sits level on your head with the front rim covering your forehead and sitting just above your eyebrows
- it does not tilt either forward or backward on your head
- the straps fit snugly under your chin

Always wear a helmet that was specifically designed for bicycle riding, and always wear your helmet no matter how short your ride. Your helmet is the best way to prevent head injury in the event of a bicycle crash.

When buying a helmet, check that it meets the safety standards established by the Consumer Product Safety Commission (CPSC).

- you are moving your head, the helmet moves with you and does not wiggle independently



RESOURCES

- Buckeye Trail**
www.buckeyetrail.org
- Dayton Cycling Club**
www.daytoncyclingclub.org
- Five Rivers Metro Parks**
www.metro-parks.org/GetOutside/RegionalTrails.aspx
- League of American Bicyclists**
www.bikeleague.org
- Miami Valley Regional Planning Commission**
www.mvrpc.org/bikeportal
- Miami Valley Trails**
www.miamivalleytrails.org
- National Highway Traffic Safety Administration**
www.nhtsa.gov/bicycles
- Pedestrian and Bicycle Information**
www.bicyclinginfo.org
- Team Dayton Cycling**
www.teamdaytoncycling.com



POINTS OF INTEREST

fraze pavilion
fraze.com
695 Lincoln Park Blvd., 296-3300

Fraze Pavilion for the Performing Arts is southwestern Ohio's premiere outdoor entertainment venue, celebrating its 22nd season since Marvin Hamlisch christened the 4,300-seat amphitheater in 1991.

Kettering Recreation Complex
2900 Glengarry Drive, 296-2587

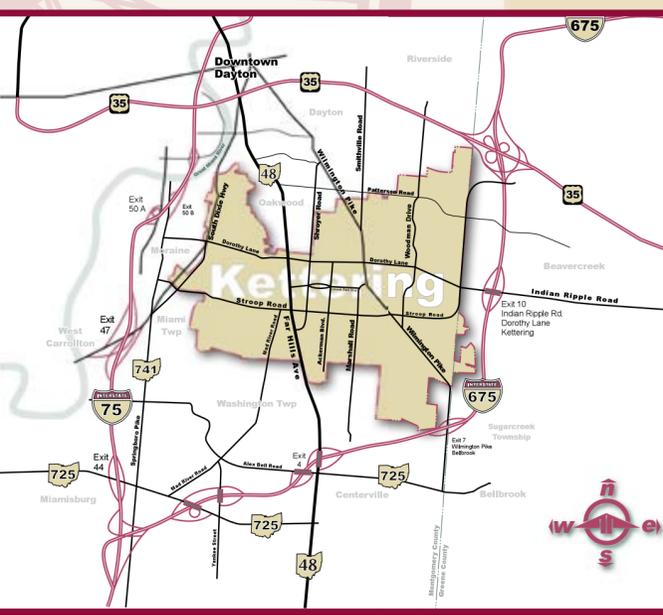
Year-round swimming pool, Adventure Reef water park, fitness room, gymnasium, walking/jogging track, aerobics room, nursery, whirlpool and sauna.

Hills & Dales MetroPark
2655 S. Patterson Blvd., 275-7275

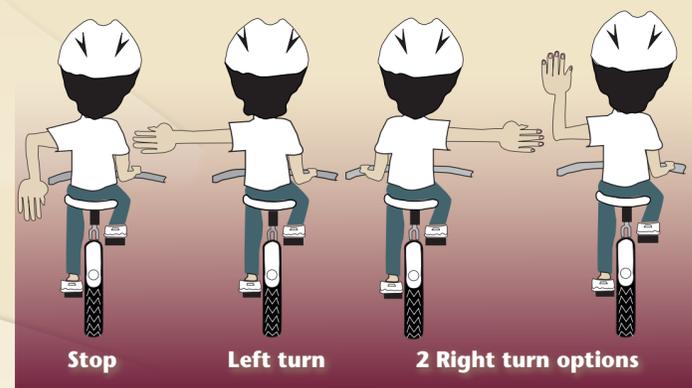
A 63-acre historic urban park designed between 1906 - 1918 by the Olmsted Brothers, famous for their design of the iconic Central Park in New York City. A gift to the City of Dayton from John Patterson, this park is filled with picturesque creeks, rolling hills, dense woods, wild-flowers, and wetlands.

Polen Farm
5099 Bigger Road, 435-5787

A beautiful, historic 19th Century farmhouse and barn on 15 acres. A favorite for weddings, receptions, meetings, and conferences.



HAND SIGNALS



TRAIL ETIQUETTE

- Keep right except to pass
- Bicyclists announce your presence when approaching pedestrians and slower moving traffic
- Bicyclist yield to all other users
- Move off paved trail when stopped
- Wheel chairs are permitted
- No motorized vehicles



BICYCLING LINGO

- Attack** – accelerating away from the pack of other riders to speed up the pace
- Biff** – a bike to bike crash
- Bonk** – running out of energy during a ride; avoid this by eating and drinking often
- Brain Bucket** – your helmet
- Cadence** – your rate of pedal speed, measured in revolutions per minute (RPM's)
- Chain** – a metal loop that goes around the gears and makes wheels move
- Chamois** – the padded bike shorts cyclists wear
- Crank** – to pick up the RPM's and pedal really fast
- Derailleur** – the part that moves the chain from one gear to another
- Draft** – following closely behind another rider to reduce wind resistance and save energy
- Drivetrain** – the mechanical system that converts pedaling into forward movement, includes: pedals, derailleurs, cranks, cassette, spockets and the chain
- Dropped** – getting left behind by a group of riders
- Drops** – the lowest and most aerodynamic position on road bike handlebars
- Endo** – when a cyclist flips over the handlebars (to be avoided)
- Frame** – the body of the bike; the bike frame should be the correct size for your frame.
- Gears** – saw-toothed metal disks on which the chain rides
- Go Juice** – power drinks and gels
- Hoods** – the soft rubber covers over brake lever mounts
- Lube** – lubricant put on the chain to make it move over the gears smoothly
- Peloton** – French for "little ball" – when riders ride in a pack to take advantage of slipstreaming to save energy
- Quick Release** – or "QR" is a bolt and lever that allows a rider to make manual adjustments to the bike, usually the seat and wheel
- Road Rash** – any skin abrasion resulting from a slide across pavement or the ground.
- Roadie** – a devoted cyclist
- SAG Wagon** – vehicle used to transport cyclists who have difficulties or gear during a ride
- Riding a Wheel** – drafting someone while waiting for them to make a move so you can follow
- Saddle** – the bike seat
- Shifting** – going from one gear to another
- Slipstream** – the pocket of air behind a moving object that breaks the wind
- Spin** – concentrating on pedaling at a high cadence
- Spinner** – a cyclist who pedals at a fast cadence in smaller gears
- Sprint** – riding as fast and hard as possible to make it to a fixed point
- Wonky** – anything out of wack on the bike, including the rider

CITY OF KETTERING BIKE MAP



Call
911
EMERGENCY

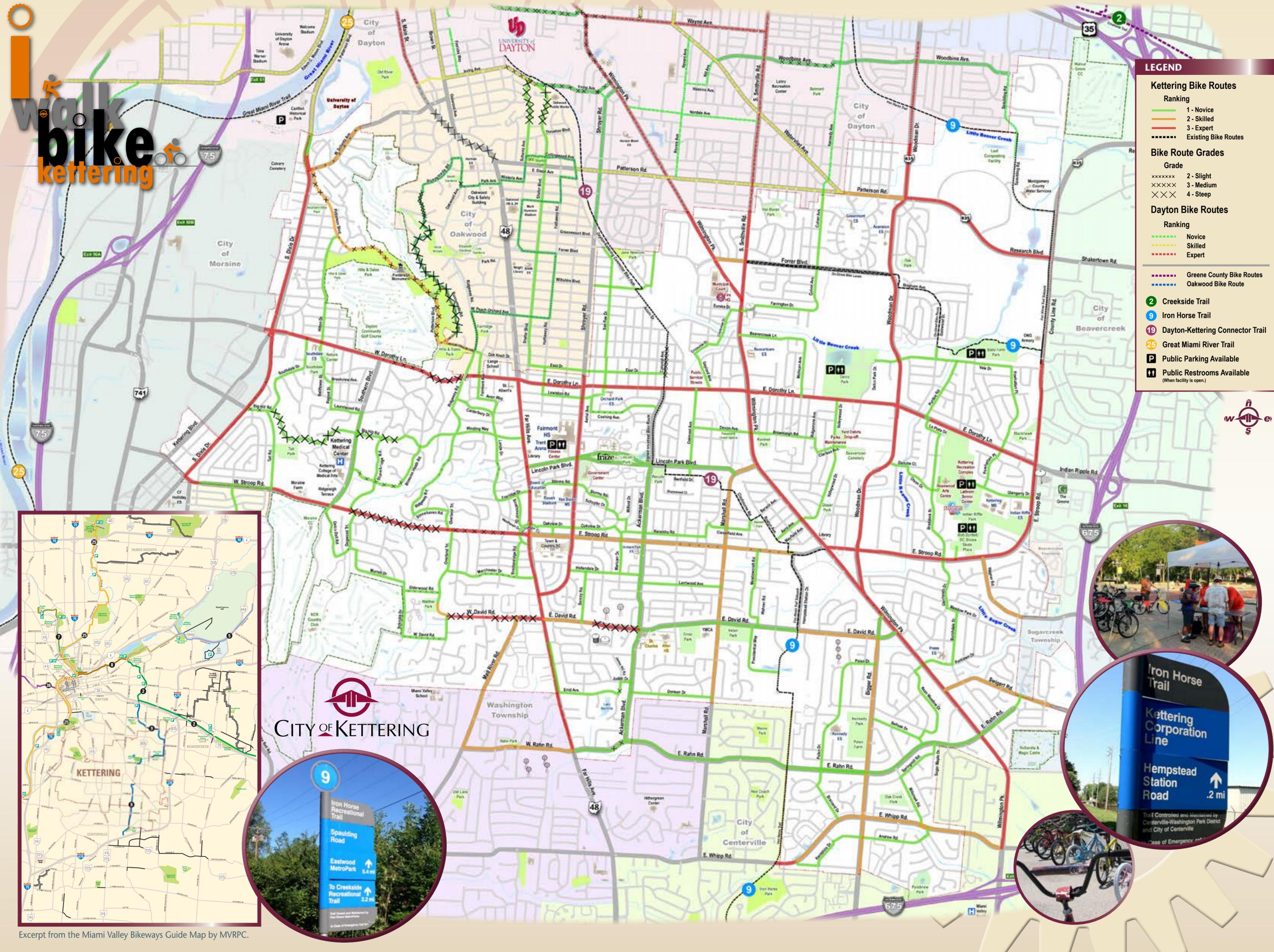
BICYCLE SAFETY

- Stay safe while riding your bicycle:**
- always wear your helmet
 - wear bright clothes so you can easily be seen and clothes made with reflective material
 - be sure that the clothes you wear will not get caught in the chain or wheels of your bicycle
 - ride with the flow of traffic on the right side of the street, in the same direction as the automobile traffic
 - use hand signals when turning and stopping
 - keep both hands on the handlebars
 - obey traffic signs and lights
 - be aware of surrounding traffic, look into the car window and make eye contact with the driver, stay alert to drivers who may not see you
 - when riding with a friend, ride single file
 - don't wear headphones, you should be able to clearly hear the traffic around you
 - if you have to ride on a sidewalk, remember pedestrians have the right-of-way and yield to them

www.ketteringoh.org



walk bike kettering



LEGEND

Kettering Bike Routes Ranking

- 1 - Novice (Green line)
- 2 - Skilled (Orange line)
- 3 - Expert (Red line)
- Existing Bike Routes (Dashed black line)

Bike Route Grades

Grade

- 2 - Slight (xxxxxx)
- 3 - Medium (xxxxx)
- 4 - Steep (xxx)

Dayton Bike Routes Ranking

- Novice (Dotted green line)
- Skilled (Dotted orange line)
- Expert (Dotted red line)

Greene County Bike Routes (Dotted purple line)

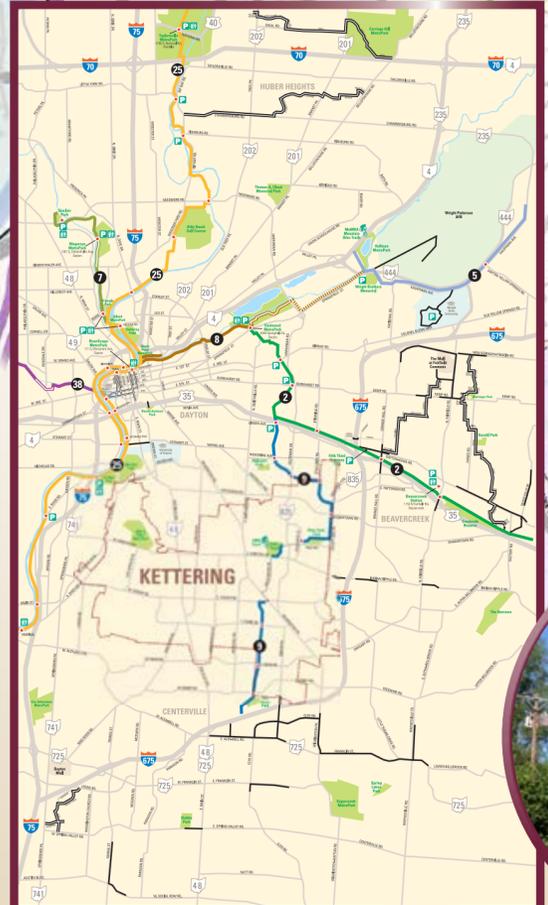
Oakwood Bike Route (Dotted blue line)

Trail Markers

- 2 Creekside Trail
- 9 Iron Horse Trail
- 19 Dayton-Kettering Connector Trail
- 25 Great Miami River Trail

Public Parking Available (P icon)

Public Restrooms Available (R icon, when facility is open)



CITY OF KETTERING



Excerpt from the Miami Valley Bikeways Guide Map by MVRPC.