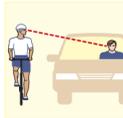


Communicate



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 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.

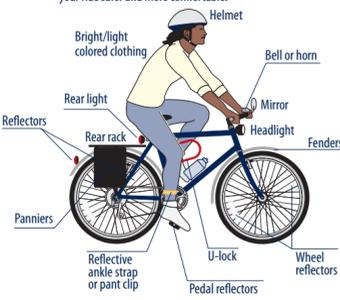


Never use earphones because you won't be able to hear what's going on around you. Using earphones is not only dangerous, it's illegal.

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 be seen and be heard.
- Consider using the other equipment illustrated below to make your ride safer and more comfortable.



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 security, use both.



- 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 similar 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!

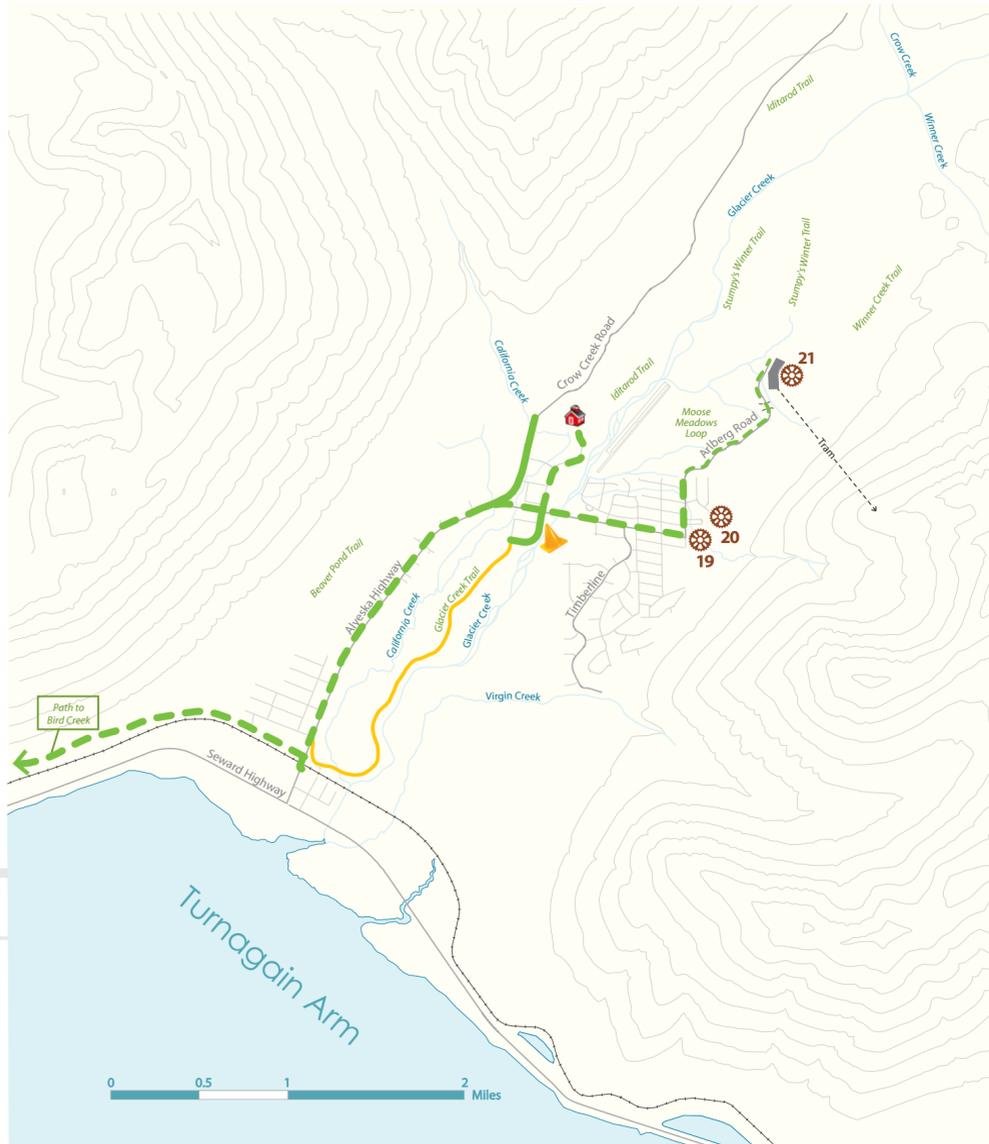
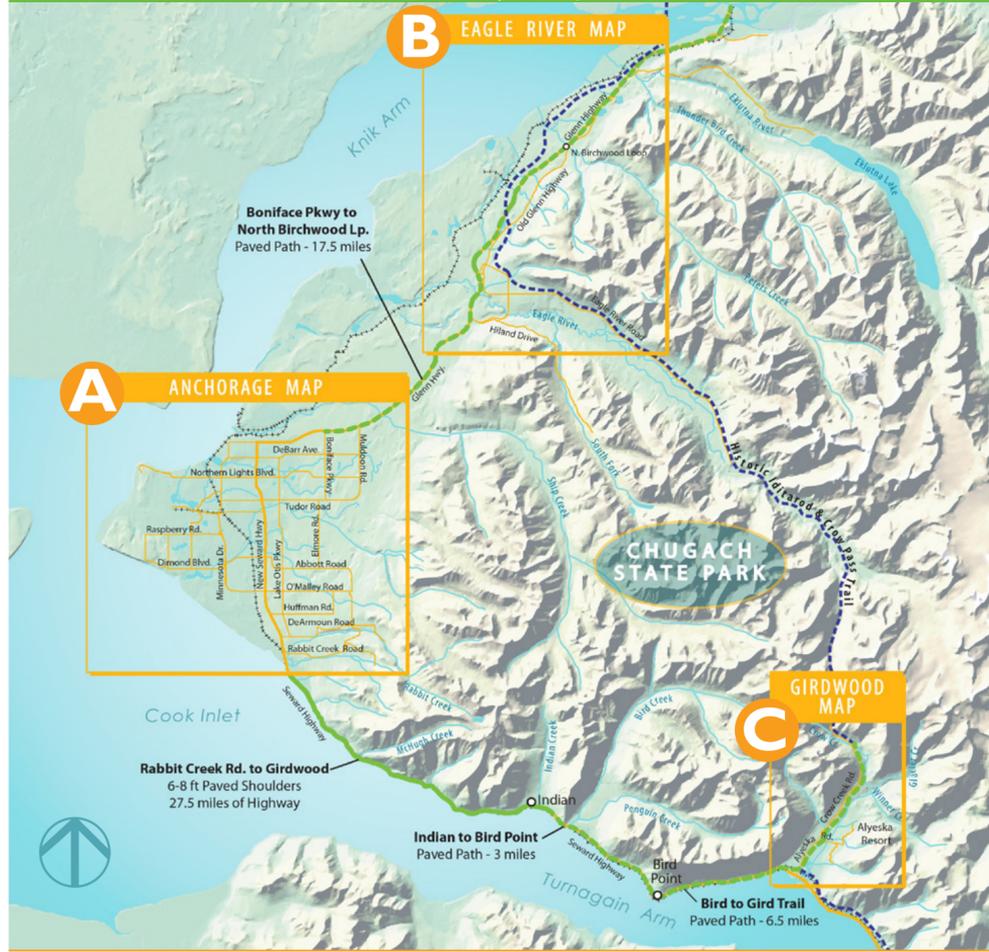


A special thanks to the City of Chicago for sharing their bike safety map diagrams.

Base Maps on this page courtesy of VisitAnchorage.

These maps were printed at a cost of approximately \$0.20 with Federal Highway funds programmed by Anchorage Metropolitan Transportation Solutions (AMATS) to reduce air pollution and congestion from motor vehicles.

Vicinity Map



0 0.5 1 2 Miles



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

FREE 2016

Always



ANCHORAGE BIKE MAP



Message from the Mayor

Dear Friends,
Part of building a safe, secure, and strong Anchorage, includes making our city a great place for bicyclists. My vision for a Anchorage includes better trails, more bike lanes and a city-wide linked system, providing for all-weather biking across Anchorage. We can improve bike infrastructure by creating a network of bike lanes, boulevards and separated bikeways to help make our community feel more comfortable using their bikes for transportation and recreation.

I'm happy to share that implementation of the Anchorage Bicycle Plan is underway. Several projects are planned for construction in 2016, including bike lanes on Wisconsin Street and C Street, a bike boulevard on 10th Avenue, bike lane striping along C Street and Tudor Road (between Minnesota and Old Seward Highway). In addition to the projects just mentioned, other prioritized developments

from the Anchorage Bicycle Plan will be identified for implementation as the AMATS Transportation Improvement Program (TIP) 2015-2018 progresses through its four-year planning cycle.

Please contact me if you have other suggestions for improvements at mayor@muni.org or (907) 343-7100.

Mayor Ethan Berkowitz

Anchorage Silver Level Bicycle Friendly Community

The League of American Bicyclists designated Anchorage as a Bicycle Friendly Community at the Silver level in 2013 because Anchorage exhibits a strong commitment to cycling, and notable steps are being taken to address the needs of current cyclists and to encourage other residents to become regular cyclists.

Anchorage Bicyclists:

Dear Friends and Bicyclists,
We hope you enjoy using this map of the current Anchorage bicycle network.

The green routes represent the most bicycle-friendly streets and pathways in the Municipality of Anchorage. These routes were identified from a study of the Bicycle Compatibility Index, an important tool used during development of the Anchorage Bicycle Plan to assess the comfort level of a bicyclist riding on the roadway with traffic. Area bicyclists also provided useful input about the routes on this map.

Bike Safely Anchorage!

Information & Resources

Comments about this map
bikes@muni.org

Anchorage Bicycle Plan
<http://www.muni.org/Departments/PCPD/Planning/AMATS/Documents/AdoptedBicyclePlan.pdf>

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's angry or afraid and 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. 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.
- Make yourself as big and loud/scary as possible.
- If it attacks, fight back.

