

## Happy Trails

The summer trails are shared by bicyclist, runners, walkers, bird watchers, athletes of all types, and outdoor lovers of all ages. Using the trail system in our area should be enjoyable for everyone. Everyone who is on the trail should be courteous and safe. Here are some suggested guidelines from the Excelsior Fire District.

### Trail Safety

- Travel in pairs if possible.
- Tell friends or family the route you'll be taking and when to expect you home.
- Be aware of your surroundings at all times and know where you are on the trail if you should have an emergency or come upon one.
- At dawn, dusk, at night, and when visibility is limited, always wear retro-reflective attire.
- If you have a medical condition wear a medical necklace or bracelet.
- It is important to carry some form of identification when using the trail. There are wrist tags and shoes tags available most athletic stores. You can also attach an I.D. tube to your athletic shoes. You can type your name, address, and any pertinent or medical information needed on a piece of paper that fits in a small tube. I.D. tubes are very inexpensive and the information you store in them can be changed at anytime. I.D tubes are available at most pet stores and come in different sizes and colors. You can find them by typing "**I.D. Tube Pet**" into you internet search engine.
- Organizers of large groups make sure everyone understands trail courtesy before you set out on your journey.

### Trail Etiquette

- If you are passing anyone try to pass them on the left if it is possible. Always call out before you pass that you are "passing on their left".
- Be respectful of others. No one should be forced off of the trail.
- If you are going to stop look behind you first to avoid a collision. Always move to the side of the trail when you stop.
- Don't litter and clean up after your pet.
- Please keep pets on a leash and under control. Pet owners using the trail and living near the trail should not allow their pets to disturb, harassed or interfere with trail users, horses, or wildlife.

### Biking

- Wear properly fitted helmet at all times you are biking.
- Remember a bike is a vehicle and not a toy.
- Make certain you bike is the right size, safely maintained, and has reflectors.
- Stop at all crossings. Look left-right-left before entering any road or pathway.
- Do not ride the trail at night.

For more information contact you local park or trail division.

### Trail Safety

- Be aware of your surroundings at all times.
- Walk confidently.
- Look people in the eye as you pass them. This lets others know you are aware of their presence.
- Wear shoes and clothing that allows freedom of movement.
- Do not wear head phones while exercising. Being able to hear will allow you to sense someone that you may not be able to see such as a passing cyclist.
- Lock your vehicle. Do not leave valuables such as purses, wallets or cell phones inside.
- Carry a cell phone in case of emergency.
- If approached by a stranger do not allow yourself to be distracted.

## Trail Etiquette

- Be considerate of others.
- Give an audible warning before blind turns and when passing others.
- Bicyclists should give an audible warning and stop for all equestrians.
- Use authorized trails. Respect closures.
- Keep dogs on a leash.
- Use caution around dogs, horses and wildlife.
- Minimize trail erosion. Avoid muddy trails and shortcuts.
- Don't litter. Pack out what you pack in.
- Bicyclists should pull off the trail when stopping, give a voice, bell, or horn warning when passing others, wear helmets, and ride at speeds that do not exceed 12 miles per hour.
- Horses should be kept on the grass shoulder, when possible.
- With the exception of motorized wheelchairs, motorized vehicles are not allowed on the trail.
- Pets should be kept on a leash, and people must clean up after their pets.
- Be sure to carry identification (which includes name, phone number, and pertinent medical information), and record your bicycle serial number.
- Carry coins for phone calls, or take a portable phone along.
- Know the locations of phone booths and open businesses in the vicinity you'll be traveling.
- Tell friends or family the route you'll be taking, and travel with a partner when possible.
- Avoid unfamiliar areas when on the trails alone.
- Stay alert, be observant about your surroundings, avoid areas where visibility is poor, and don't wear headsets.
- Wear reflective material and carry a whistle or noisemaker.
- Use discretion when acknowledging strangers, and follow your intuition about unfamiliar people and areas.
- When on roadways, remember to ride with traffic, but walk and run against traffic.