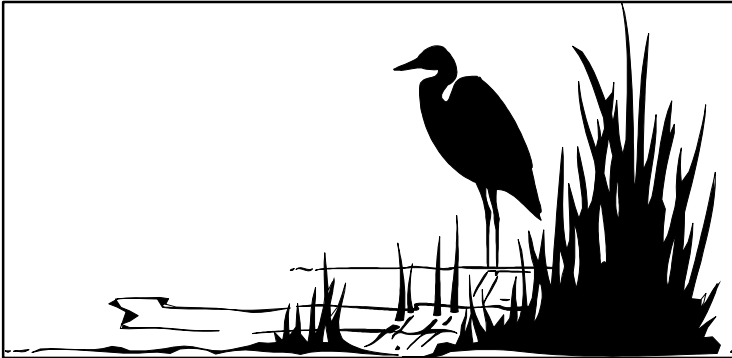


## SHARING THE TRAIL



Rail-Trails and shared-use paths are becoming very popular. As a consequence trails are becoming very congested. Safety has become a major issue. Whether you are bicycling, walking, jogging or skating, follow these rules to have a safe and enjoyable time:

**USER GUIDELINES:** All trail users, including bicyclists, joggers, walkers, in-line skaters and users of wheelchairs should be respectful of other trail users regardless of their mode of travel, speed or skill level.

**BE PREDICTABLE:** Walk and ride in a straight line, and warn others of your intentions to turn, stop, or pass. Keep your dog on a short leash so he/she's predictable, too.

**MAINTAIN CONTROL OF YOUR VEHICLE:** Maintain control of your speed at all times and approach turns in anticipation of someone coming around the bend. Fast moving users are responsible for yielding to slower moving users. Slow down in congested areas and be prepared to stop for those not paying attention.

**KEEP RIGHT:** All users should keep to the right side of the trail except to pass others, regardless of the mode of travel. Remember that you are not alone even if you seem to be at the moment. Notice the mid point of the path, maybe marked by a centerline, and keep to the right side of it.

**GIVE AUDIBLE SIGNAL WHEN PASSING:** Warn those to be passed of your intention in advance with a bell or horn, or call out "passing" or "on your left!" Give the warning when within their ear shot, but far enough away to allow them time to move to the right. Look ahead and behind to make sure the lane is clear before pulling out. Pass with ample separation. Do not move in to the right until safely past. (Allow more distance than you think is needed.)

**DO NOT BLOCK THE TRAIL:** When stopped to chat, tie shoes, fix a flat, or wait for others in your group, get off the trail surface.

**WEAR A HELMET:** Wear a helmet whenever you ride. The helmets' purpose is to protect your head if it hits when you are in a crash or maneuvering to avoid one. Buckle the straps so the helmet will be on your head when you need it.

**ROADWAY INTERSECTIONS:** Trail users should expect to yield to traffic on cross roads. At most intersections the trail has a STOP or YIELD sign, while the road has yellow warning signs. Be cautious around motorists.

**TRAIL INTERSECTIONS:** Most trails have signs and pavement markings to help you know what to expect. The main trail may have a centerline, while a spur does not – the users of the spur should defer to those on the main trail. Where there are STOP and YIELD signs, use the message to determine whether you must yield to others, or have the right of way. Remember that intersections are the most dangerous points on a trail.

**BE SAFE, BE SEEN:** Most trails are closed between dusk and dawn, therefore, few trails are lit at night. Most lights will be too far away to help you see your way. In fact, without a source of light you may not be able to see your hand in front of your face. If you expect to be on the trail around dusk or later, carry a flashlight if on foot, and equip your bicycle with a headlight. Flashing lights help others see you, but won't help you see others.

**RESPECT PRIVATE PROPERTY:** Respect public and private property, including trail-use signs and no-trespassing signs, and leave gates as they were found. Stay on designated trails and do not create new ones. Do not disturb wildlife or livestock.

**CLEAN UP LITTER:** Please do not add to the litter along trails – carry your throw-aways to a trash receptacle.

## SHARE THE TRAIL! Everyone can have fun safely

**HAVE YOU OUTGROWN TRAILS?** Trails have engineering and design limitations. If your bicycling speed or style is endangering other users, look for alternative routes better suited to your needs.



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