Dear Friends,

So, hop on your bike to run errands, get to your job, cycling to the store, peddling to the park, or even to ride around the Greater Indianapolis region. Among the benefits of cycling:

- Reduced air pollution
- Improved health
- Increased mobility
- Increased safety
- Reduced use of cars
- Improved productivity
- Increased commuting options
- Increased on-street routes
- Increased travel opportunities

Now, thanks to on-going efforts to identify and implement a network of off-street and on-street biking paths, some areas of Indianapolis have the same right-of-way on the road as a car or truck. Bikes are a legitimate form of transportation and need to be treated as such. Cyclists need to remember to:

- Use designated paths or bike lanes when possible.
- Wear a helmet and use a reusable water bottle.
- Share the road.
- Signal your intentions in advance.
- Use hand signals to indicate your direction and intention to stop.
- Maintain a constant but safe speed.
- Yell or honk when it is safe to do so.
- Practice defensive riding.
- Wear bright colors.
- Obey all traffic signs.
- Yield to pedestrians.

Always wear a helmet. According to the National Safety Council, cyclists aged 5-24 have the highest rate of fatalities. Wearing a helmet can cut that risk by 88%. The National Highway Traffic Safety Administration requires Snell B-95 or B-90 certified or suitable standard may read Snell B-95 certified or B-90.

Stay in your lane and chart a steady, consistent path. Do not weave in and out of traffic. Follow the rules of the road.

Use hand signals to indicate your direction and intention to stop.

See and be seen. Motorists are not expecting to see someone on a bike in their blind spots. Be visible with lights and colors. Do everything you can to make sure sur-

By underwriting a portion of this map’s production costs, the following organizations have made an investment in our region’s health, improved air quality, increased mobility, and cycling safety.

- Central Indiana Bicycling Association (CIBA)
- MPO
- IndyGo
- Greenways Indy
- Indy Parks
- Regional Bike Coalition

In the Greater Indianapolis region.

Thank you for your commitment to cycling, for your efforts in improving the quality of life in our community.

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