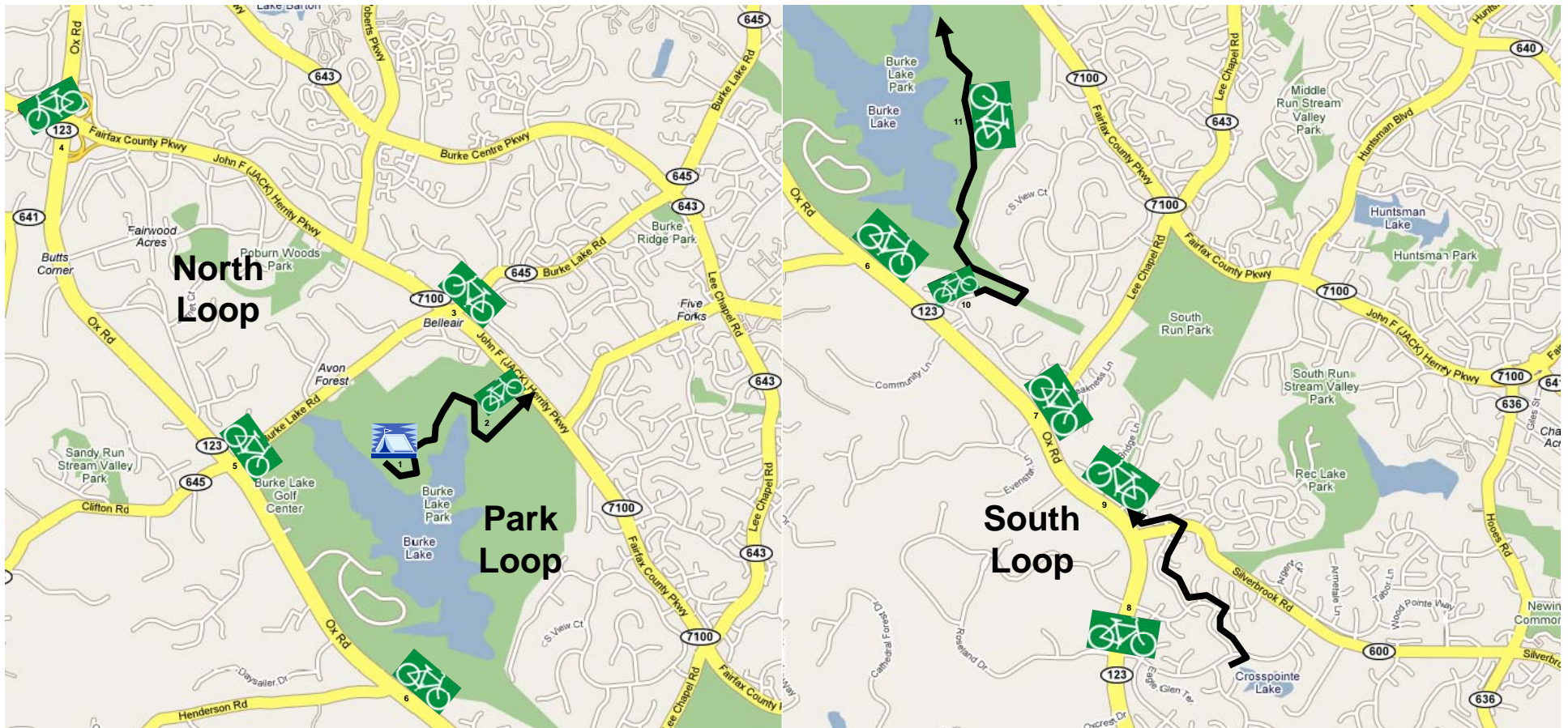


## 15-Mile Bike Trail at Burke Lake Park



1. The above track is a well marked and kept bicycle trail combining gravel, dirt, and paved roads on a well marked bicycle trail through park and development areas. It avoids vehicle and people high traffic areas in the park.
2. The North loop is about 5.5 miles, the South loop is about 6.8 miles, and the partial park loops (in black) are approximately 3 miles for a total of 15.3 miles.
3. Trail exits the Park West (point #2) and head for the North Loop along the Parkway and return via Ox Rd passing the Park entrance towards the South Loop. From South Loop we enter the Park through a connecting trail off Crooked Creek Ct, cross a small stream and link with the Park Loop near the dam and head back to camp.

**Note:** The numbers next to the bicycle icons are just reference points. Mile markers will be added after the first run for future reference.

# Troop 680

## (Virginia DMV Cycling Safety Tips)

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### **Protect your head. Wear a helmet**

Worn properly, bicycle helmets are 85% effective in preventing head injuries.

Make the helmet standard equipment. Wear your helmet squarely on the top of your head, covering the top of your forehead. Your helmet fits well if it doesn't move around on your head or slide down over your eyes when pushed or pulled. Adjust your chinstrap to fit snugly. For a child, use the extra padding that comes with the helmet to ensure a proper fit.

Be sure to purchase a helmet certified by the American Society for Testing and Materials (ASTM), the American National Standards Institute (ANSI), and/or the Snell Memorial Foundation. - NHTSA



### **Make sure your bike fits you**

Make sure you can stand over the top cross bar of your bicycle with your feet flat on the ground. Using your owner's manual, you can adjust the seat, hand brakes and other parts of your bicycle. Before using your bicycle, check to make sure all parts are secure and working well. Are your wheels straight and secure? Your handlebars should be firmly in place and turn easily. Be sure to read your bicycle owner's manual thoroughly before operating your bicycle. - CPSC



# Troop 680

## (Virginia DMV Cycling Safety Tips)

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### **See if the child fits the bike**

Your child should be able to sit on the bike seat, with hands on the handlebars, and place the balls of both feet on the ground. If this is your child's first bike, make sure it has foot brakes instead of hand brakes. Young children don't have the hand muscles and coordination yet to use hand brakes.

### **A bike that's too big or too small may cause your child to lose control and be injured**

Don't try to economize by buying a bike that your child will grow into.

The American Academy of Pediatrics recommends the following:

Don't push your child to ride a two-wheeled bike until the child is ready-usually at about age 5 or 6. Consider the child's coordination and desire to learn to ride. Stick to a bike with pedal brakes until your child is older and more experienced.

Take your child with you when you shop for a bike so that the child can try it out. The value of a properly fitting bike far outweighs the value of surprising your child with a new bike.

Test the bike for a proper fit:

- While sitting on the seat with hands on the handlebars, your child must be able to place the balls of both feet on the ground.
- While straddling the center bar, your child should be able to keep both feet flat on the ground with about a 1-inch clearance between the child's crotch and the bar.
- When buying a bike with hand brakes for an older child, make sure that the child can comfortably grasp the brakes and is able to apply sufficient pressure to stop the bike.



# Troop 680

## (Virginia DMV Cycling Safety Tips)

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### **How To Fit a Bike Helmet**

- Place helmet level on the head. It should be snug and cover the forehead.
- Adjust the helmet straps so when buckled it cannot move from side to side or back and forth.
- There should be about one finger width of space between the chin and chin strap.

### **How To Fit A Bike**

- Lay your arm along the top bar with the elbow touching the seat.
- The fingertips should just reach the handlebars.
- Straddle the bike. There should be about one inch between the top bar and your crotch.
- Adjust the seat so you can sit on the seat and balance on you toes

# Troop 680

## (Virginia DMV Cycling Safety Tips)

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### **Check your brakes before riding**

Consult your bicycle owner's manual or have a bicycle shop adjust your brakes. Each brake shoe pad should be applied evenly and should never be separated by more than one-eighth of an inch from the rim.

### **Emergency Stops**

Stopping fast requires more use of the front brake than the rear brake. However, grabbing the front brakes too hard and too quickly can cause you to catapult. When you need to stop quickly in the shortest distance possible, apply both brakes evenly while moving back on the saddle and lowering your chest horizontally. As you move back and down, progressively squeeze harder on the front brakes. If you feel the rear wheel beginning to skid, ease off a bit on the front brake.

### **Stand out in the crowd**

Because bicycles are not as noticeable as cars, wear neon, florescent, or other bright colored clothes when riding. Consider wearing lights that strap to your legs and move while you are peddling.



### **Avoid biking at night**

It's far more dangerous to bicycle at night than during the day. If you must ride at night, you should: Ride with permanently installed reflectors. Add the brightest lights you can find to the front and rear of your bicycle. Wear reflective clothing. Ride only in areas familiar to you. Brightly lit streets are best. Always assume that a driver does NOT see you. Don't let children ride at night. - CPSC

# Troop 680

## (Virginia DMV Cycling Safety Tips)

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### **Stay alert for obstacles in your path**

Watch out for potholes, cracks, expansion joints, railroad tracks, wet leaves, storm drainage grates, or anything that could make you fall.

When crossing railroad tracks, storm drainage grates, cracks, and expansion joints, be sure to approach slowly and at a 90-degree angle; otherwise, they may cause your bike to slip out from under you. - CPSC



### **Ride with the flow of traffic**

Ride on the right side of the road, in the same direction as other vehicles. Riding against traffic puts you where motorists don't expect you. -CPSC

Ride at least 3 feet away from parked cars. Someone could open a door unexpectedly.

When passing other bikers or pedestrians, let them know your position by shouting out something like, "On your left!" - NHTSA

### **Always be aware of the traffic around you**

Over 70% of car-bicycle crashes occur at driveways or other intersections.

Before you enter a street or intersection, check for traffic. Always look LEFT-RIGHT-LEFT and walk your bicycle into the street to begin your ride. - CPSC

# Troop 680

(Virginia DMV Cycling Safety Tips)

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## **Obey traffic signs and signals**

Bicyclists must obey the same laws that apply to motor vehicles.

## **Use hand signals**

Hand signals tell motorists what you intend to do. Their use is a matter of law, courtesy and self-protection. (Virginia Tech)

Don't follow a car too closely--you may be in the driver's blind spot

## **Never wear headphones while riding a bicycle**

Say what? That's right, headphones impair your ability to hear traffic and other people around you.

