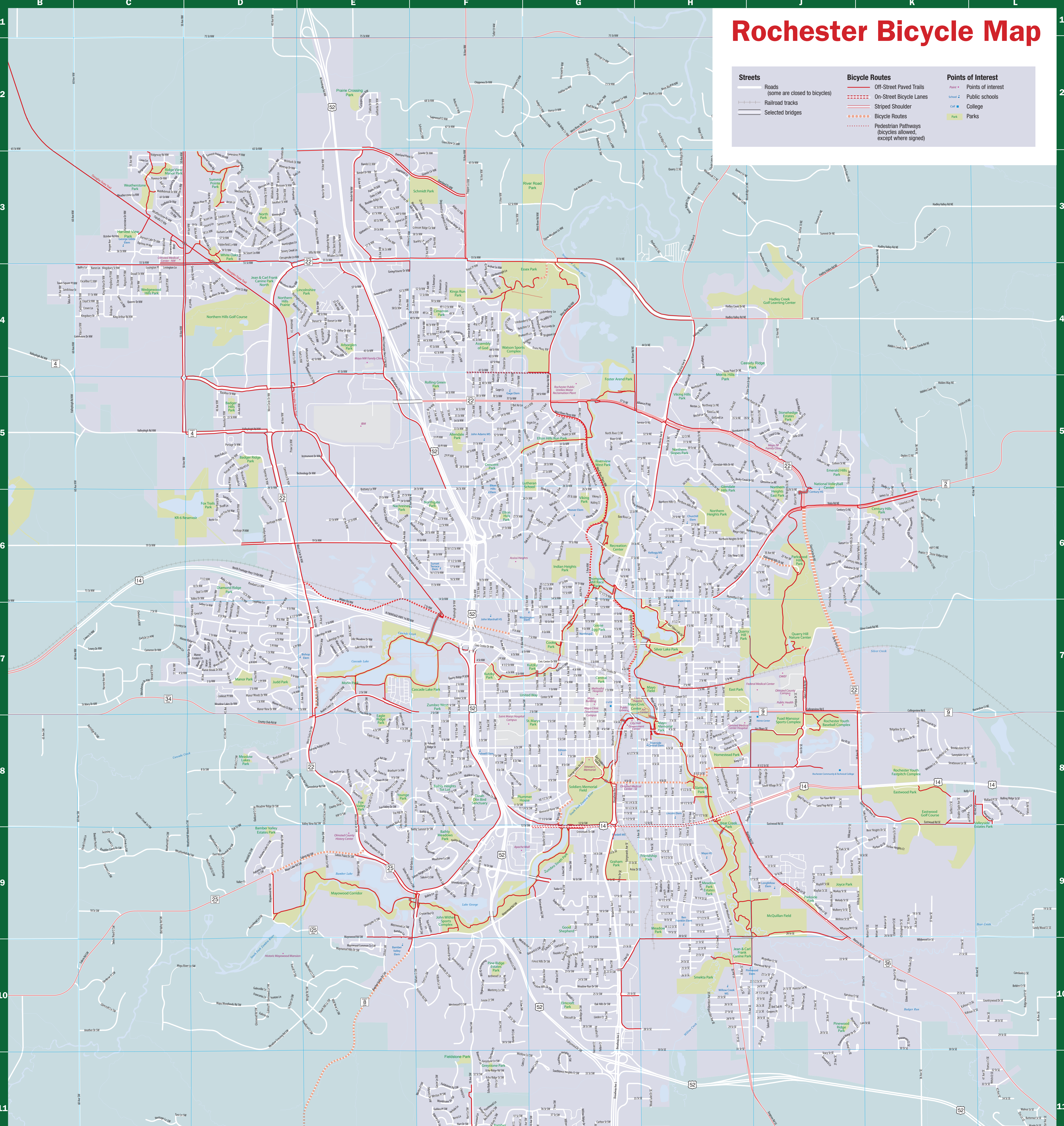


Rochester Bicycle Map

Streets	Bicycle Routes	Points of Interest
Roads (some are closed to bicycles)	Off-Street Paved Trails	Points of Interest
Railroad tracks	On-Street Bicycle Lanes	Public schools
Selected bridges	Striped Shoulder	College
	Bicycle Routes	Parks
	Pedestrian Pathways (bicycles allowed, except where signed)	



Safe Equipment

Helmets are essential in preventing serious injuries and death. When using a helmet, be sure it fits correctly.



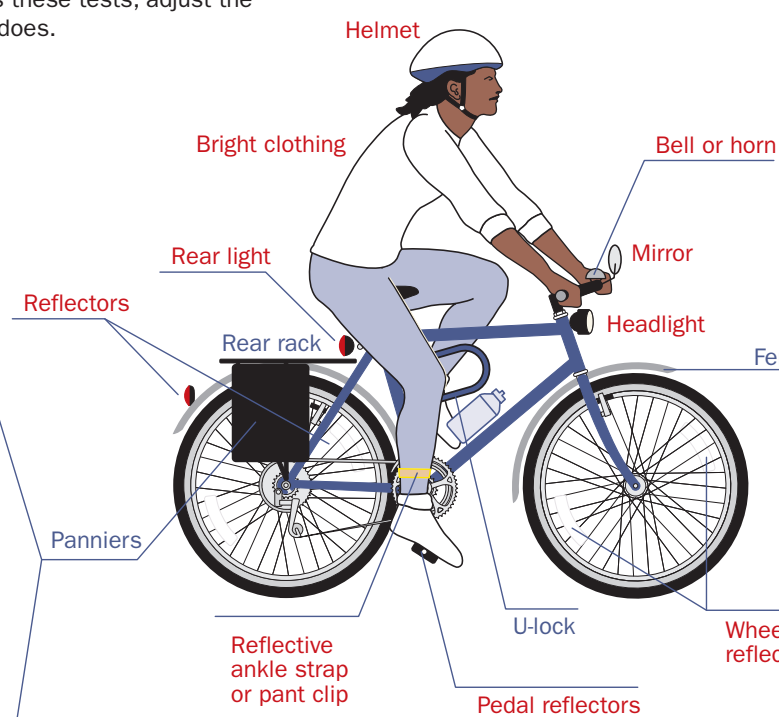
- When looking up you should see the front of the rim. If not your forehead is not protected
- The side straps should come to a "V" right below each ear.
- When opening your mouth, the helmet should push down on the top of your head.
- If your helmet doesn't pass these tests, adjust the straps and buckles until it does.

Be sure to wear bright, reflective clothing.

Use a bell, mirror, lights, and reflectors on your bike in order to remain visible to other drivers.

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

Helmet



Safe Parking

Never leave your bike unlocked.

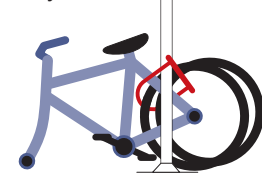
Remove and take with you all detachable items such as bags, lights, and quick release parts.

Always try to use a U-Lock when locking your bike. Cable locks are easily cut, and don't give appropriate protection against thieves. Preferably purchase a U-Lock with flat key, as cylindrical locks are easier picked.

Lock the frame and front wheel to a rack or sturdy sign pole. Do not lock bikes to parking meters, streetlight or stoplight poles, handrails or trees.

Record your bike's serial number and keep a photo of your bike in a safe place.

To report a stolen bicycle, fill out an online crime report at: reporting.rochesterterm.gov/citizenreporting/reporting.php



Bring Along

It's great to travel light, but don't travel too light. Especially if you're heading out on rural roads, consider bringing along:

- First Aid kit:**
- Adhesive bandages (including some large for scrapes)
 - Antibacterial ointment
 - Pain reliever
 - Antihistamine or (especially if you're allergic to insect stings) epipen.
 - Gauze and stretchy bandage wrap
 - Moleskin

- Map with planned route**

- TOOLS**
- Patch kit
 - Chain lubricant
 - Screwdriver
 - Chain tool
 - Pliers
 - Spare nuts and bolts
 - Allen wrench
 - Spoke wrench

- Cell phone**

- Sunblock and bug spray**

- ID with emergency contacts**

- Money or credit card**

- Food (energy snacks) and water**

