

Bike Chula Vista

A Bicycle-Friendly Community



Bicycling is great for everyone — communities, businesses, schools, and people. It promotes active lifestyles, reduces traffic congestion, and improves air quality — and it's fun! Let's work toward a more bicycle-friendly city.

Every trip by bike is one less car on the road. It's healthier for you and the environment!

Safety Tips

- Always wear a helmet.
- Perform the “**ABC Quick Check**” before every ride (**A**ir in the tires, functioning **B**rakes, a **C**hain that shifts correctly and is properly lubed, **Q**uick releases tightened and a general **C**heck of the bike for loose parts).
- Keep your hands on the handlebars at all times.
- Wear proper attire for riding. If wearing pants, make sure to strap/fold the right pant leg.
- If riding at night, have proper reflectors, a headlight, and a tail light.
- Keep a safe distance from parked cars.

Rules of the Road (on your bike)

Ride on the right. Always ride WITH the flow of traffic and never against it.

Ride predictably. Follow the same rules motorists do, and ride in a straight line without swerving (unless avoiding an obstacle).

Obey traffic control devices (signs, signals, lane markings). Bicyclists must follow the rules of the road, too.

Enter streets and intersections cautiously. Check for oncoming traffic.

Protect your head. Always wear a helmet, even on a short trip. In an accident, a helmet can prevent serious injury to your brain.

Follow lane markings. Don't turn left from the right lane or ride straight through an intersection in a lane marked “Right Turn Only.”

Ride correctly through intersections. Use the right-most lane that goes in your direction. If heading straight, get in the “thru” lane.

Signal before you move or stop. Hand signals let drivers and others know what you intend to do.

Ride defensively. Anticipate hazards and be ready to adjust your position in traffic.

Be visible and be seen. Wear bright colors to increase visibility and make eye contact with drivers.

Look behind you. Practice how to look over your shoulder and not swerve or lose balance. Rear-view mirrors are an option.



Shared Roadway Bicycle Marking (Sharrow)

A sharrow is used to assist

bicyclists with positioning on a bike route and to remind motorists to share the road with cyclists.

Be Active, Get Involved

Whether you bike for health, recreation, competition, or transportation, we want you to become a member of Chula Vista's cycling community. Bicycling rewards riders with exercise, lower stress levels, increased connectivity in their neighborhood, and a smaller carbon footprint.

Join *Bike Walk Chula Vista* in advocating safe streets for cyclists and pedestrians. Visit their website at www.bikewalkchulavista.org.

Check out the *San Diego Bicycle Coalition* for ways to get involved in San Diego's biking movement and advocacy. Don't forget to check out their calendar of community events and bike rides! www.sdbc.org

You can also learn more on how to promote cycling in your organization, business, and community by visiting the *League of American Bicyclists* website at www.bikeleague.org.

For more information about bicycling and other alternative transportation options in Chula Vista, visit www.chulavistaca.gov/clean or call (619) 409-3893.



Signaling:



Stopping or Slowing Down: Point LEFT arm down and slightly out to the side.



Left Turn: Extend LEFT arm straight out.



Right Turn:
Option 1: Bend LEFT arm in 90° angle with hand up.



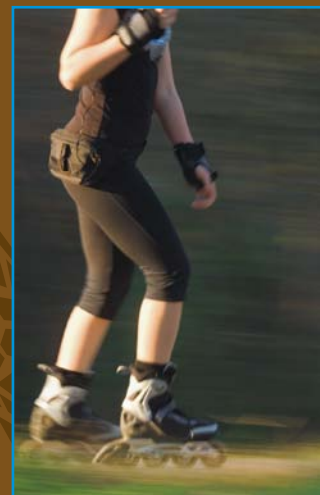
Option 2: Extend RIGHT arm straight out.

OUR SPONSORS

This map was originally funded through a grant from the National Association of Realtors in partnership with the Pacific Southwest Association of Realtors.



LOCAL SHOPS FOR BIKES AND MORE



NOTE: See map on reverse side for locations

Chula Vista Bikes

895 Palomar Street
Suite E
(619) 423-1686

- Cycling retailer
- Service/Repair
 - Parts
 - Bike Restoration
 - Accessories/Apparel

Pulse Endurance Sports

1020 Tierra Del Rey
Suite A2
(619) 656-5222

- Professional bike and running specialty store
- Bikes & Accessories
 - Running Shoes & Gear
 - Bike Service/Pro Fitting

South Bay Bicycles

250 Third Avenue
(619) 477-1445
Recreational equipment

- Accessories/Apparel
- Service/Repair

Sports Authority

390 East H Street
(619) 476-7234
Recreational equipment

- Accessories
- Apparel

Performance Bicycle

3901 Bonita Road
(619) 422-3098
Cycling retailer

- Accessories/Apparel
- Bicycle Trade-ins
- Service/Repair
- Parts

Bicycle Warehouse

680 L Street
(619) 498-4900
Cycling retailer

- Accessories
- Bicycle Trade-ins

REI Chula Vista

Otay Ranch Town Center
2015 Birch Road,
Suite 150
(619) 591-4924
Outdoor recreational equipment

- Accessories/Apparel
- Classes
- Strollers/Bike Trailers

Trek Bicycle Superstore

901 Lane Avenue
(619) 216-9123
Bicycle superstore

- Accessories/Apparel
- Bicycle Trade-ins
- Service/Repair



CITY OF
CHULA VISTA

This map is also available online at:
www.chulavistaca.gov/goto/bikechulavista

For more info about this or other environmental programs, contact Conservation & Environmental Services at (619) 409-3893 or visit www.chulavistaca.gov/clean

Se hablan español.