

## **CITY OF ARVADA BICYCLE FACILITY NEEDS**

The City of Arvada is interested in your ideas and needs as a bicyclist. Your input will help ensure a high level of service for all bicyclists.

**Did you notice an area in need of repair?**

**Do you have an idea for the location of new bicycling facilities?**

For general concerns, suggestions, or comments, please fill out the bicycle facility improvement request form.

Please include your name, email address, and phone number so that we can contact you if additional information is needed.

For items requiring immediate response (hazards, broken glass, etc) please call the Traffic Engineering division at 720-898-7746.

**Fax number: 720-898-7755**

**Email: [atully@arvada.org](mailto:atully@arvada.org)**

**Mailing Address: City of Arvada**

**Attn: Traffic Engineering Division**

**8101 Ralston Road**

**Arvada, CO 80002**



## Bicycle Facility Improvement Request Form

If you do not want to use this form, you may also write a request to  
“Ask Arvada”

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Date: \_\_\_\_\_

### Request Type:

- |   |   |
|---|---|
| <input type="checkbox"/> Maintenance Request            | <input type="checkbox"/> Bikeway Improvement Suggestion |
| <input type="checkbox"/> Bicycle/Motor Vehicle Conflict | <input type="checkbox"/> New Bikeway Suggestion         |
| <input type="checkbox"/> Traffic Signal/Sign Problem    | <input type="checkbox"/> Other                          |
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**Location:** (Please be as specific as possible. Use bikeway name, street, intersection, landmark, etc.)

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**Problem/Request:**

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**Submitted By:**

Name: \_\_\_\_\_

Address/Zip: \_\_\_\_\_

Daytime Phone Number: \_\_\_\_\_ Email: \_\_\_\_\_

Fax number: 720-898-7755, Email: [atully@arvada.org](mailto:atully@arvada.org), Mailing Address: City of Arvada Attn: Traffic Engineering Division, 8101 Ralston Road, Arvada, CO 80002

## Safety Tips for Bicyclists

- Obey all traffic laws, such as traffic signals, stop signs, and advisory signs. Traffic laws apply the same way to bicyclists as to vehicular traffic. Bicyclists **MUST** come to a complete stop at all stop signs and a red indication at a traffic signal.
- Never ride against traffic. Always ride in the same direction as vehicular traffic flow. Bike lanes are marked with a directional arrow, facing the same direction as traffic flow. If you are riding your bike against the direction of traffic flow, drivers making right turns will not see you.
- Use hand signals when stopping or turning. (See illustration below)
- Always wear a helmet. Bicycle helmets can reduce the risk of head injury by up to 85 percent. Three out of four bicycle deaths are caused by head injuries.
- Yield to pedestrians. They always have the right-of-way. When approaching pedestrians from behind, ring your bike bell or shout “on your left.”
- Be especially alert at all intersections. Most bicycle accidents involving injury occur at intersections. Make eye contact with motorists. Do not assume that motorists see you. Prepare to yield if you do not know the motorist’s intentions. Be especially alert if you are going straight and the vehicle is making a right turn.
- When cycling near parked cars, keep about three feet away from the parked cars. This provides a safety buffer if someone opens a car door.



## Safety Tips for Bicyclists

- Make sure you are visible. Wear brightly colored clothing during the day and white or reflective clothing at night. A headlight and rear reflector should be used when cycling at night.
- Watch out for road hazards, which may include sand, sewer grates, oil, etc.
- Be aware of changing road conditions. Rain and snow can make road surfaces much slicker.
- Cross railroad tracks at a right angle (perpendicular) to avoid getting your front wheel caught.
- Always look behind you for traffic before changing your position on the road.
- Ride defensively. Be aware of what is going on around you. Some common situations to look for include: motorists who go around you and then turn in front of you, motorists pulling out from a stop sign and not seeing you, and motorists exiting driveways in reverse.
- Always respect the right of motorists and pedestrians. If you, as a bicyclist, want to earn the respect of motorists and pedestrians, you need to respect their rights as well. **Never compromise safety for your own convenience.**
- Always ride single file.
- Pass buses on the left. Bus drivers have blind spots on their right and rear. Be prepared to stop for pedestrians exiting the bus.
- Watch for cars crossing at driveways, alleys, and intersections.

## LINKS TO COLORADO BICYCLING ORGANIZATIONS

ORGANIZATION	WEBSITE
American Cycling Association	<a href="http://www.americancycling.org">www.americancycling.org</a>
Bicycle Aurora	<a href="http://www.bicycleaurora.org">www.bicycleaurora.org</a>
Bicycle Colorado	<a href="http://www.bicyclecolo.org">www.bicyclecolo.org</a>
Bike Denver	<a href="http://www.bikedenver.org">www.bikedenver.org</a>

Bicycle Longmont	<a href="http://www.bicyclelongmont.org">www.bicyclelongmont.org</a>
Boulder off road alliance-mountain bikes	<a href="http://www.boa-mtb.org">www.boa-mtb.org</a>
Colorado Mountain Club	<a href="http://www.cmc.org/cmc/bicycle.html">www.cmc.org/cmc/bicycle.html</a>
Colorado Springs Cycling Club	<a href="http://www.bikesprings.org">www.bikesprings.org</a>
Colorado Tandem Club	<a href="http://www.coloradotandemclub.org">www.coloradotandemclub.org</a>
Denver Bicycle Touring Club	<a href="http://www.dbtc.org">www.dbtc.org</a>
Fort Collins Cycling Club	<a href="http://www.fccycleclub.org">www.fccycleclub.org</a>
Highlands Ranch Cycling Club	<a href="http://www.highlandsranchcycling.com">www.highlandsranchcycling.com</a>
Outspokin' Riders	<a href="http://www.outspokin.org">www.outspokin.org</a>
Rocky Mountain Cycling Club	<a href="http://www.rmccrides.com">www.rmccrides.com</a>
Team Evergreen	<a href="http://www.teamevergreen.org">www.teamevergreen.org</a>



### Share our Multi-use Trails

Arvada has an extensive network of multi-use off-street trails. These trails are used by a variety of people including bicyclists, pedestrians, skaters, and families. These trails can be shared safely by all users by following a few basic rules.

To access Arvada's trail map do the following:

Go to [www.arvada.org](http://www.arvada.org), click on online services, online maps, standard maps, trail map.

This map is updated continuously. A paper map is also available. Please call the Traffic Engineering division at 720-898-7740 to request a paper map.

- All users should stay to the right side of the trail, unless passing others.
- Faster trail users must yield to slower trail users.

- Always travel at a safe speed, using due regard for other trail users. Faster trail users should consider using the on-street bicycle system.
- Pass others on the left. Slow down considerably, give an audible warning, and wait for a reaction before passing.
- Move off the trail when stopping.
- Be careful when crossing streets from the off-street trails. Watch for oncoming traffic and make sure drivers are aware of your intentions.



### The Two Minute Bicycle Safety Check

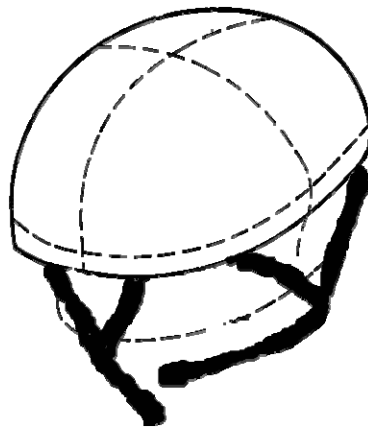
- Check that your front wheel quick release lever is tight.
- Squeeze the front and rear brake levers and check that the brake pads align firmly on the rim.
- Pick up the front end of the bike and spin the wheel. Check for side to side wheel wobble. Wobble can be caused by broken spokes or a bent rim.
- The wheels may need to be “trued” at a bike shop.
- Engage the front brake and try to rock the wheel back and forth. If you feel any play, the headset may be loose.
- With the rear wheel off the ground, turn the pedals and shift the gears. Make sure the derailleurs can reach all of the necessary combinations and

the combinations do not throw the chain off the front or back sprockets. If there are problems, you may need to make a cable adjustment. Check the chain for bent or tight links.

- Try to twist the saddle up and down, then left and right. If it moves, tighten the saddle.
- Check for proper tire pressure. Make sure you have a tire tool and spare tube at all times.



## How to Fit a Bicycle Helmet



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**Helmets are not hats! They must be level on your head and strapped on securely to be protective in a crash. You want the helmet to be level on the head, with the fitting pads inside touching all the way around and the strap comfortably snug.**

### **Adjust the fit pads or ring**

Most helmets come with extra foam fitting pads to customize the fit. You can usually remove the top pad or use a thin pad to lower the helmet on the head, bringing its protection down further on the sides. Use thicker pads on the side if your head is narrow and there is a space, or add thicker pads in the back for rounder heads. Move pads around to touch your head evenly all the way around. If you have a "one size fits all" model with a fitting ring instead, just adjust the fit by tightening the ring if needed.

## **How to Fit a Bicycle Helmet**

### **Adjust the Straps**

Put the helmet on, level on your head. Adjust the rear (nape) straps, then the front straps. Even out the Y fitting where the straps come together just under your ear. You may have to slide the straps across the top of the helmet to get them even on both sides. Then adjust the chin strap so it is comfortably snug. Now adjust the rear stabilizer if the helmet has one.

### **Are you done?**

Shake your head around violently. Then put your palm under the front edge and push up and back. Can you move the helmet more than an inch or so from level, exposing your bare forehead? If so, you need to tighten the strap in front of your ear. Now reach back and pull up on the back edge. Can you move the helmet more than an inch? If so, tighten the nape strap. When you are done, your helmet should be level, feel solid on your head and be comfortable. It should not bump on your glasses (if it does, tighten the nape strap). If it still does not fit, keep working with the straps and pads, or try another helmet.