bicycle helmet safety

Step 1: Position

2 Fingers Above Eyebrows

The helmet should sit level on your head and low on the forehead — one or two finger widths above your eyebrow. It should feel snug but not too tight. You should be able to look up with your eyes and see the helmet.

Step 2: Side Straps

V Shape Strap Under Ears

Adjust the slider on both straps to form a "V" shape under, and slightly in front of, the ears. Lock the slider in place.

Step 3: Chin Straps

1 Finger Space Under Chin

Buckle the chin strap. Tighten the strap until it is snug, so that no more than one or two fingers fit under the strap.

Graphic courtesy of:
League of Michigan Bicyclists, www.LMB.org

Each year in the United States, more than 600 bicyclists are killed and another 500,000 are treated in hospital emergency departments. Wearing a helmet can reduce the risk of head injury by as much as 85 percent. Keep these things in mind when purchasing a helmet:

- Look for the Consumer Product Safety Commission (CPSC) sticker inside the helmet. This label or sticker ensures that the helmet will provide a high level of protection in the event of an impact.
- If considering a used helmet, avoid those that are cracked or broken.
- Make sure the helmet fits properly; when the chin strap is buckled, a bicycle helmet should have a snug but comfortable fit. You should not be able to move the helmet from side-to-side or up and down.
- Bicycle helmets are available in several different sizes and with different thicknesses of internal padding to custom fit the helmet to the user.
- You should not be able to remove a properly fitted and strapped-on helmet from the head despite any degree of twisting or pulling.
- All bike riders — including those riding a tricycle — should wear bicycle helmet.
- If you are still having trouble, ask a knowledgeable salesperson at your local bike shop or sporting good store to help you.

Beaumont Pediatric Bike Day

Each year, the Beaumont Pediatric Rehabilitation program, in partnership with the Beaumont Foundation and Children's Miracle Network, brightens the lives of children who are living with a disability by giving them a free custom bike that meets their specialized needs. "Bike Day," as it is affectionately called, allows children with special needs to experience the joy of bike riding. Fundraising efforts for Bike Day are ongoing, as each year there are more children who apply for a customized bike. To donate to the annual Bike Day event or for more information, please visit:

www.beaumontchildrenshospital.com/giving

A bike lane is the portion of a roadway which has been designated by pavement markings and signage for the preferential or exclusive use of bicyclists.

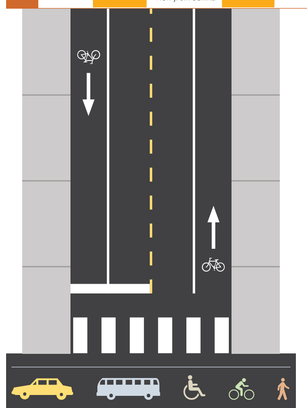
Bike Lanes

Sharrows or shared lane markings can be found in locations where there is insufficient width to provide a designated bike lane. The marking also alerts road users to the lateral position bicyclists are likely to occupy within the traveled way, therefore encouraging safer passing practices. Cyclist should ride down the center of the arrows when possible.

Sharrows

- Signal left turns by extending your left arm straight out to the left.
- Signal right turns with an upturned left arm.
- Signal stopping or slowing by extending your left arm straight down with your palm facing rearward.

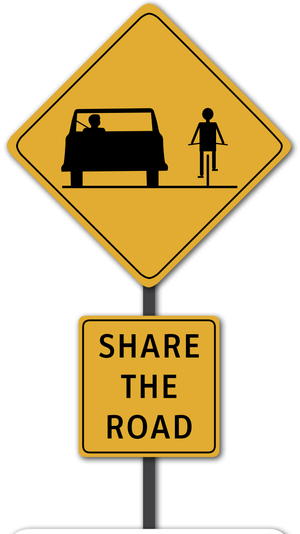
Graphic courtesy of: League of Michigan Bicyclists, www.LMB.org



A complete street is defined as a roadway that is planned, designed and constructed to provide appropriate access to all legal users in a manner that promotes safe and efficient movement of people and goods whether by car, truck, transit, assistive device, foot, or bicycle. For more information, please visit:

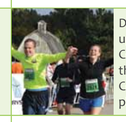
www.michigancompletestreets.org

Complete Streets



make a day of it

Why spend hours in the car and money on gas when there are a variety of activities to do so close to home? Southeast Oakland County has vibrant downtowns, unique eateries, parks & trails, shopping districts and historic buildings. Here are some ideas for a few family friendly day trips:

1	Nature Center	Visit a seasonal exhibit at the Red Oaks Nature Center and learn about native plants and wildlife or hike the nature trails.	
2	Farmer's Market	Stock up on fresh fruits, vegetables and locally made products at your favorite farmer's market.	
3	Historic Downtown or Neighborhood Tour	Travel back in time and visit a local historic district or historic neighborhood and learn about some of the key architectural features from the turn of the century.	
4	Zoo	Hop on your bike and spend the day with your favorite animals at this spectacular regional attraction.	
5	Picnic in a Local Park	Pack a blanket and some healthy snacks in a travel cooler and enjoy a beautiful park close to home.	
6	Annual Festivals & Events	There are a number of annual community events in Southeast Oakland County. Ride your bike and don't waste time finding a parking space for your car.	
7	Bike & Hike on Trails	Visit an area park and explore a new trail. Walking and biking are heart-healthy activities that encourage family communication and offer opportunities for outdoor learning.	
8	Dog Park	Stop by Red Oaks County Park where dogs can frolic off leash at one of four fenced in enclosures. **www.DestinationOakland.Com**	
9	The Brooksie Way Half Marathon & 5k	Do some cross-training on your bike to gear up for the Brooksie Way Half Marathon. County Executive L. Brooks Patterson began the Brooksie Way races to promote Oakland County and encourage people to become more physically active. **www.TheBrooksieWay.com**	
10	Count Your Steps	Annually more than 24,000 third and fourth grade students in 1,100 classrooms throughout some 200 schools in Oakland County participate in this program that stresses regular exercise and proper nutrition. **www.CountYourSteps.com**	
11	Museum	Learn about the local history of the area and the pioneers that helped to form the landscape. Take a tour or attend a lecture at a local museum.	

active & healthy lifestyles

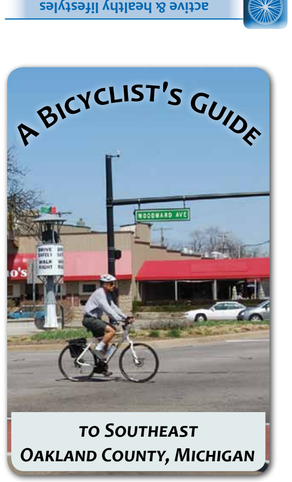
Oakland County and Beaumont Health System have teamed up to improve the quality of life for residents by promoting active and healthy lifestyles.

Through our partnership, we are providing this bike map to bicyclists of all skill levels. Whether a novice or an experienced biker, this map will guide you through the bike-friendly routes and destinations in southeast Oakland County. It also will provide essential information every bicyclist should know. We encourage all to utilize this map as a way to better health.

Oakland County and Beaumont are partners through Oakland County's Medical Main Street initiative to market our region as a destination for world-class health care. This map is one of the fruits of this vital regional partnership. Together, we can improve the health of Oakland County residents in a measurable way.

L. Brooks Patterson
Oakland County Executive

Gene Michalski
President and CEO
Beaumont Health System



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heart healthy snacks

Bicycling is a great way to burn excess calories, shed body fat and improve cardiovascular health. Depending on your body weight and the intensity of your ride, you will probably burn somewhere between 400 and 500 calories an hour. Eating a diet rich with fruits, vegetables and whole grains will support the loss of extra pounds while fueling your body on cycling excursions. Try some of these heart healthy snacks before or after a ride:

1	Fruit	Servings per day Kids = 1.5 cups Adults = 2 cups	Stick some freshly washed grapes in the freezer for a cool snack on a hot summer day.
2	Cereal	Servings per day Kids = 3 to 5 servings Adults = 5 to 6 servings	Great source of fiber, which is filling and healthy. Choose cereals that are both low in sugar and nutritious. **FACT:** Fiber helps with digestion and can also help lower cholesterol.
3	Smoothies	Beware of store-bought smoothies, which are usually full of added sugar. When making smoothies at home, include fresh fruit such as bananas and strawberries, plain yogurt and low-fat milk; it'll be a healthy source of calcium and protein.	
4	Peanut Butter/ Almond Butter	Although high in fat, peanut butter/almond butter is packed with fiber and protein. If allergies are not a concern, spread some peanut/almond butter on graham crackers or paired with different flavors of jelly for a classic PB & J sandwich.	
5	Applesauce	Rich in vitamins and fiber, applesauce can be a healthy snack. Low-sugar varieties are best.	
6	Mini-Pizza	For a quick, healthy snack at home, toast up an English muffin (the whole wheat variety is best), and add some heated pizza sauce and low-fat mozzarella cheese. Choose and arrange your own toppings on your individual muffin. Choose toppings such as bell peppers, mushrooms, tomatoes, broccoli, onions and/or fresh basil.	
7	Meat or Vegetable Roll-Up	Try a vegetable roll-up (myrecipes.com): ½ cup sliced zucchini ½ cup shredded carrot 1 tablespoon Italian dressing 1 tablespoon hummus 1 whole-wheat tortilla In a small bowl, combine the zucchini, carrot and dressing. Spoon the hummus into the tortilla. Top with the vegetable mixture and roll to form a wrap.	
8	Home-Made Trail Mix	Instead of buying pre-assembled bags of trail mix at the store, try making your own at home. A simple recipe for trail mix is: 2 cups of low-sodium pretzels, 1/3 cup dried fruit of your choice and 1/2 cup of cereal.	
9	Cheese	A good source of calcium, cheese is also versatile. Nutrition experts recommend making cheese and cracker snacks with real cheese and whole-wheat crackers.	
10	Popcorn	Studies have shown that grains may lower your chances of developing diabetes and heart disease. Skip the salt – sprinkle cinnamon on top. Another popular alternative is garlic in crushed or powder form. Although it won't do any favors for your breath, garlic has anti-cancer properties. **HINT:** If all else fails, you can also just add plain popcorn to your trail mix.	

3 Extra Quick Snack Ideas

Peel a banana and dip it in yogurt. Roll in crushed cereal and freeze.	Dip assorted vegetables in low-fat ranch dressing.	Spread a scoop of frozen yogurt on two graham crackers and add sliced banana to make a yummy sandwich.

For more information on healthy living & cycling, visit:

Beaumont Health System
www.beaumont.edu

Oakland County Trail Network
www.oakgov.com/trails

League of Michigan Bicyclists
www.lmb.org

Michigan Department of Transportation
www.michigan.gov/mdot-biking

Woodward Ave Complete Streets Project
www.transformwoodward.com

Michigan Trails & Greenways Alliance
www.michigantrails.org

Road Commission for Oakland County
www.rcocweb.org
(search for Complete Streets)

Oakland County Parks & Recreation
www.DestinationOakland.com

Michigan Rideshare
mirideshare.org

SMART Bus
www.smartbus.org

it's important to hydrate

As you participate in sports and physical activity like bike riding, it's important to replace sweat with equal amounts of fluids, usually 1 to 1½ liters per hour of intense sports activity. You should drink fluids before, during and after each ride. To avoid stomach cramps from drinking large amounts of fluids at once, drink about 1 cup of water (or a type of sports drink) every 15 to 20 minutes. Drinks to avoid include those with carbonation, alcohol and caffeine. If you exhibit signs of dehydration, make sure to drink fluids immediately and have a snack. The symptoms of dehydration may resemble other medical conditions or problems. Always consult your physician for a diagnosis.

The following are the most common symptoms of dehydration. However, everyone may experience symptoms differently. Symptoms may include:

- extreme thirst
- weakness
- headache
- dark-colored urine
- slight weight loss

Life is like riding a bicycle. In order to keep your balance, you must keep moving.
~Albert Einstein

Know the Rules of the Road

Cyclists and motorists share many of the same rights and responsibilities while traveling on a roadway. The Michigan Vehicle Code (MVC– P.A. 200 of 1949) is the set of Michigan laws that pertain to both cyclists and motorists. Before heading out on the roads for a bike ride, make sure that you know and understand the traffic laws including, but not limited to:

- signaling when turning or stopping
- riding with the direction of traffic
- using lights from sunset to sunrise
- obeying traffic signals and signs

The League of Michigan Bicyclists publishes *What Every Michigan Bicyclist Must Know– Tips for Riding Legally and Safely*. To download a copy or view the current MVC, please visit:

www.LMB.org/wembmk

first-aid kit

Everyone should have a well stocked first-aid kit at home, in the car and in the workplace. You may also want to bring a travel first-aid kit with you on your ride. It is important to check your kit regularly to restock items that have been used and to replace items that are out-of-date. Recommended contents include:

- scissors
- adhesive tape
- tweezers
- bandages
- pain reliever
- sterile gauze pads
- chemical ice packs or ice bag
- antibiotic ointment
- disposable latex gloves
- insect sting swabs
- sunscreen
- insect repellent
- alcohol wipes
- cotton swabs
- tissues

If you have special medical needs, be sure to carry extra medical supplies when you go on an outing or trip. Some of these items might include the following:

- insect allergy kit containing medications to be used by people allergic to insect stings
- medications, syringes and special equipment or supplies

If you have special medical needs, be sure to wear a Medic Alert® bracelet or necklace at all times. Applications are available in most pharmacies.

Nothing compares to the simple pleasure of riding a bike.
~ John F. Kennedy

about the map

This map was created using a variety of sources and illustrates frequently used bike routes that have been identified by local cyclists. Cyclists in Michigan have access to nearly all roads unless explicitly prohibited, such as limited access highways like I-75, I-696 and M-39. Choose bike routes that suit your needs and ride in a safe and predictable manner regardless of where you travel.

Disclaimer:
Beaumont Health System, local communities and Oakland County assume no liability for cyclists traveling the identified routes. This map is for informational purposes only. Local communities should be consulted for up-to-date conditions, facility information and bicycle related ordinances.

A Bicyclist's Guide to Southeast Oakland County

Beaumont

OAKLAND COUNTY MICHIGAN

www.beaumont.edu www.oakgov.com

remember to ride with the direction of traffic

parks (20 acres or greater in size)

Location ID	Map Grid No.	Park Name	Acres	Picnic Area	Playground	Walking Trails
A	A8	Bauervic Woods	80	•	•	•
B	A3	Beverly Park	34	•	•	•
C	B5	Catalpa Oaks County Park	24	•	•	•
D	F3	Civic Center Park-Madison Heights	34	•	•	
E	A6	Civic Center Park-Southfield	155	•	•	•
F	E2	Clawson City Park	35	•	•	•
G	D2	Cummingston Park	30	•	•	•
H	D6	Detroit Zoo	120	•	•	•
I	A3	Hidden River Nature Preserve	21			
J	C2	Kenning Park	22	•	•	
K	B6	Lincoln Woods	23			•
L	A2	Linden Park	21		•	•
M	F7	Martin Road Park	27	•	•	•
N	A1	Quarton Lake Park	27			•
O	D3	Quickstad Park/Tenhave Woods	32	•		•
P	G4	Red Oaks County Park	103	•	•	
Q	E4	Red Run Park	20	•	•	
R	E1	Robinwood Park	20	•	•	•
S	G5	Rosie's Park/Madison Woods	24	•	•	•
T	C7	Shepherd Park	43	•	•	•
U	B1	Springdale Park	45	•	•	
V	D4	Starr/J.C. Park	29	•	•	
W	G4	Suarez Friendship Woods	38	•		•
X	E1	Troy Aquatic Center	66	•	•	
Y	E1	Troy Community Center	36	•	•	•
Z	D4	Worden Park	24			

Check with municipal offices and Oakland County Parks & Recreation for exact park locations, rules and regulations, designated uses, hours of operation and special events. Roads, sidewalks, trails, parks and sidepaths vary in accessibility. Please contact individual municipalities for up to date information regarding accessibility and current conditions.

Map Legend

High Comfort Road
High comfort roads have low traffic volumes, low speeds and may also have on-road bicycle facilities such as bike lanes or sharrows (shared lane markings).

Medium Comfort Road
Medium comfort roads have moderate speeds and higher traffic volumes.

Low Comfort Road
Low comfort roads have higher speeds and high traffic volumes. Riders should take caution when riding on low comfort roads.

Sidepath/Sidewalk
A path located immediately adjacent and parallel to a roadway. It should be noted that it can be very dangerous to ride on sidewalks. Many times motorists are unable to see you at driveway crossings and intersections. Cyclists should take extreme caution when riding on the sidewalk.

- Lake or River
- Highway
- Major Road
- Railroad
- Public Parks
- Commercial/Office Property
- Municipal Boundary
- Grocery Store
- Bike Shop
- Downtown
- Shopping Mall
- Library
- Movie Theatre
- Farmer's Market
- Beaumont Hospital

Map created on: April 25, 2013

Miles 0 0.25 0.5

Are we forgetting something?

This map is a work in progress and is by no means comprehensive. We know we've probably overlooked a few things, so please share your ideas with us. Contact us at: planninggroup@oakgov.com

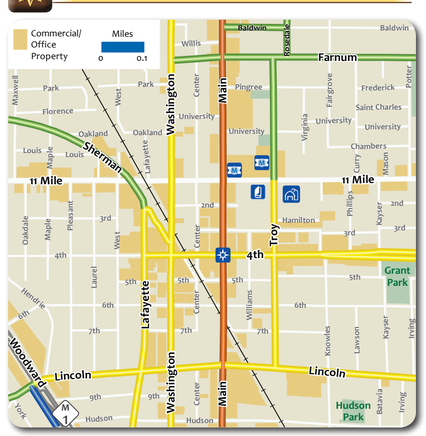
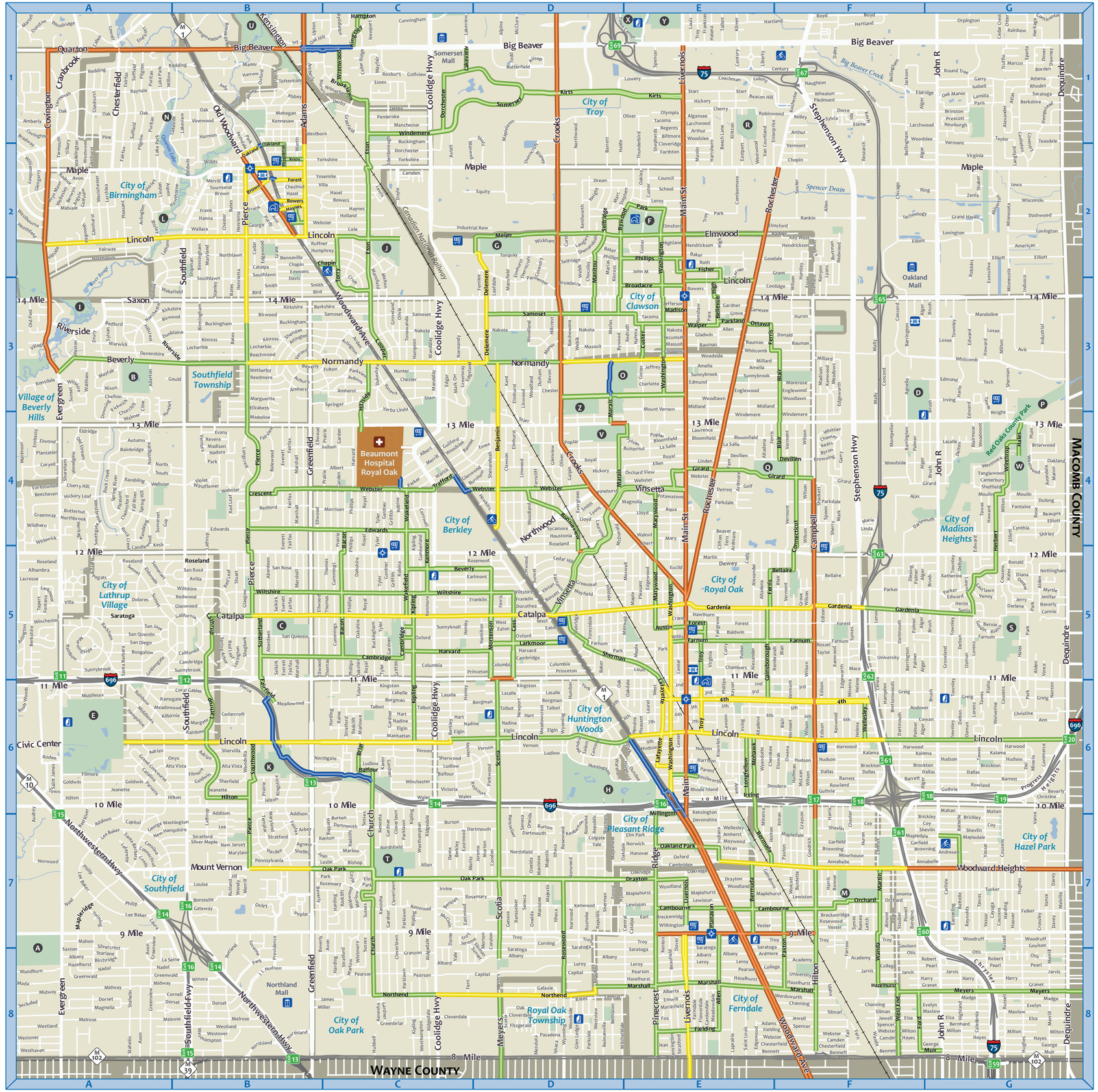
Downtown Birmingham

Downtown Birmingham offers visitors a wide range of sophisticated clothing and gift stores, salons, fine dining, antique shops and art galleries. Birmingham's downtown also hosts a thriving business community featuring prominent financial service firms, advertising agencies, law firms and other professionals.

Downtown Ferndale

Ferndale prides itself on diversity, community involvement, recreation, creativity and friendly neighborhoods. Perfectly located at the crossroads of Woodward Avenue and Nine Mile Road, a stroll down the inviting sidewalks unveils great dining, a hip nightlife and engaging one-of-a-kind shopping.

Downtown Royal Oak



Downtown Royal Oak offers picturesque streetscapes with distinctive boutiques, coffee houses, antique stores, art galleries and sidewalk cafes. The downtown district has a vibrant nightlife with several world-class entertainment and dining venues.