



**★ Sunnyside Neighborhood**  
**★ Elvira Neighborhood**

**🏞️ Park**  
**🏫 Charter or Private School**  
**📖 Library**

**🏠 Church or Community Organization**  
**🍎 Public School**  
**🚂 Railroad Crossing**

**🚗 Bike Route with Striped Shoulder**  
 On major street, with "Bike Route" signs and white edge line, approx. 4 ft. to 10 ft. wide paved shoulder, speed limits 25 mph or more.

**🚗 Bike Route**  
 On lower volume street, with "Bike Route" signs. Maximum speed limit of 30 mph.

**🚗 Residential Streets**  
 Selected bikeable streets with maximum speed limit of 30 mph.

**🚗 Major Streets**  
 May be appropriate for experienced riders (more traffic, higher speeds, less width)

**🚗 Shared Use Path**  
 Paved 8 ft. to 12 ft. wide path, separated from the street.

Scale in Miles: 0, .5, 1



### BASIC BICYCLING TIPS:

Fill in the Blanks:

Always wear a bike H \_ \_ L \_ M \_ T to protect your head! It's a good idea and the law in Arizona for riders under the age of 16.

Be visible wear white or other bright colors. Front L \_ G \_ T and rear reflector are required at night.

Obey all street signs and TRAFFIC S \_ \_ G \_ N \_ L \_ S. For safety bicyclist must follow the same rules of the road as motorists.

Ride with traffic. Ride on the R \_ \_ G \_ H \_ T S \_ \_ D \_ E of the road with traffic, not against it.

Use H \_ \_ N \_ D S \_ \_ G \_ N \_ L \_ S and let other road users know what you are going to do.

Families of the Sunnyside Elvira Advocates for Health (SEAH) are really onto something; they know that bicycling makes sense!

Bicycling is fun, it helps reduce our city's traffic and pollution problems.

Most importantly SEAH knows that bicycling helps improve the health of our community!

If you've thought about riding your bike to school, to work or to play then this map is for you!

### S.E.A.H. BIKE SAFETY WORD SEARCH

Circle letters in the puzzle above to find the words listed below

BUDDY LISTEN OBEY  
 CROSSWALK PARK SAFETY  
 ELVIRA SHARE SIGNS  
 FRIENDLY SMART STREET  
 HELMET SUNNYSIDE VISIBLE

### BE SAFE!

Always wear a helmet & obey the rules of the road

Always ride on the right side of the road, WITH traffic.

Always stop at red lights & stop signs

## SUNNYSIDE ELVIRA ADVOCATES FOR HEALTH

## FAMILY BICYCLE MAP

### START YOUNG, EAT WELL, ACTIVATE, HEALTHY FOR LIFE

**FIND A BALANCE** between FOOD and PHYSICAL ACTIVITY!

**BE SEEN!** Wear light, bright and reflective clothing at night. Use headlights and a red rear reflector at night. You should also use a red taillight.

**BE SMART!** Use hand signals to show your intentions and ride in a predictable fashion.

### BE SEEN!

TURNING RIGHT OR both are legal!

TURNING LEFT SLOWING DOWN

- ### NATIONAL HIGHWAY TRAFFIC SAFETY ADMINISTRATION'S TEN SMART RULES FOR BICYCLE SAFETY:
- 1 Protect Your Head. Wear a Helmet! Never ride a bicycle without a helmet.
  - 2 Assure Bicycle Readiness. Make Sure your Bicycle is Adjusted Properly. Make sure you can stand over the top tube of your bicycle. Adjust your bicycle to fit you (see owner's manual).
  - 3 Stop it. Always Check Brakes Before Riding. Always control your speed by using your brakes.
  - 4 See and Be Seen. Wear clothes that make you more visible. Always wear neon, florescent, or other bright colors when riding a bicycle.
  - 5 Avoid Biking at Night. It is far more dangerous to bicycle at night than during the day. Young children should NOT ride at night.
  - 6 Be Alert. Always Keep a Lookout for Obstacles in your path. Stay alert at all times. Watch out for potholes, cracks, expansion joints, railroad tracks, wet leaves, drainage grates, or anything that could make you fall.
  - 7 Go with the Flow. The Safe Way is the Right Way. Ride on the right side in a straight, predictable path. Always go single file in the same direction as other vehicles.
  - 8 Check for Traffic. Always be aware of the Traffic Around You.
  - 9 Learn Rules of the Road. Obey Traffic Laws. Bicycles are considered vehicles. Bicyclists must obey the same rules as motorists.
  - 10 Don't Flip Over Your Bicycle. Wheels Should Be Securely Fastened. If your bicycle has quick release wheels, it is your responsibility to make sure they are firmly closed at all times and to use the safety retainer if there is one.

### ACKNOWLEDGEMENTS

The creation and development of the children's Bike Map would not have been possible without the professional guidance and generous contributions of the following organizations:

Arizona Nutrition Network  
 BICAS  
 City of Tucson Mayor and Council  
 City of Tucson Department of Transportation  
 City of Tucson Department of Urban Planning and Design  
 Elvira Neighborhood Association  
 Pima County Board of Supervisors  
 Pima County Department of Transportation  
 Sunnyside and Elvira Advocates for Health Coalition  
 University of Arizona Cooperative Extension  
 University of Arizona Mel and Endi Zuckerman College of Public Health, Project Export

In addition, a special thank you to Chairman Richard Elias, Pima County Board of Supervisors, District 5, Council Member José Ibarra, Tucson City Council, Ward 1, and the residents of the Sunnyside and Elvira Neighborhoods for their vision and commitment to the health and safety of their community.

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 October 2007

