

BICYCLE SAFETY

Road accidents are the killer of thousands of people per year. But, there are simple safety precautions that you can take to minimize accidents.

Most accidents occur when vehicles pull out of driveways and side streets, or because a person has poor control of the bike resulting in a collision with another object. Make sure that you know the road rules related to cycling. Important riding skills can be practiced away from the road or in other places especially made for bikes. A person should remain in control of the bicycle at all times and be able to come to a controlled stop at any given point.

At night, ensure that you are wearing bright colors when riding. Make sure your bike has reflectors and that the front/rear brakes are working. Wear a headlamp and bell. Check the height of the seat and handlebars.

RIDING ON USAFA

The use of a helmet is mandatory on USAFA.

Bicyclists must ride with the flow of traffic.

Bicycle riders are permitted to ride two abreast while riding on the shoulder of South Gate and Stadium Boulevard as traffic volume and safety permit. **Exception:** Riders will move to single-file over all bridges due to the lack of an adequate shoulder. While riding on all other roads on USAFA, cyclists must ride single-file. Single-file does not apply when traveling on the Santa Fe Trail.

The use of earphones, cellular phones, iPods or other listening and entertainment devices is prohibited.

TIPS FOR GROUP RIDES

Remember that cyclists have the same rights to the same roads as other vehicles and they are subject to the same signs, lights and all other traffic laws that would apply to you in a car.

- When cars approach from the rear, get in single file.
- Don't ride too close to the person in front of you.
- Ride single-file on hilly or winding roads. Single-file at intersections so as not to block the road.
- Always pass other cyclists on the left and alert them by calling out "on your left" as you begin the pass.
- When you are in front of a group, call out and/or point to hazards.
- Call out "slowing" or "stopping" to alert those riding behind you.
- If you need to stop while in a group, pull off the pavement.

Everyone age 18 or older MUST have a valid hunting or fishing license to be on ANY PART of a state wildlife area or state trust land. cpw.state.co.us



7/12/21



BICYCLE RENTAL & SHOP FEES

United States
Air Force Academy
Outdoor Recreation Center
Bldg 5136

719-333-4753/4356

Mon-Tue 8:30 am-5:30 pm | Wed 8:30 am-1:30 pm
Thu 8:30 am-5:30 pm | Fri 8:30 am-6 pm
Sat 8 am-3 pm
Sundays and Holidays closed



USAFAsupport.com

RENTAL BIKES

Adult Bikes: \$25/day

Youth Mtn Bikes: \$20/day

- Road Bike
 - Fat Tire Bike
 - Hard Tail Mtn Bike
(front suspension only)
 - Full Suspension Mtn Bikes: \$50/day
- All bike rentals include a helmet.*

REPAIR PRICES

SAFETY CHECK - \$10

- Check bike for safety
- Provide list of needed repairs

BASIC TUNE-UP - \$45

- Safety inspection
- Brake alignment & adjustment
- Shifter & derailleur adjustment
- All nuts/bolts checked for tightness
- Drive train inspection
- Lateral wheel truing

FULL TUNE-UP - \$145

- Safety inspection
- Complete disassembly of bike down to bare frame
- Frame wipe-down & detail cleaning
- Headset, hubs & bottom bracket overhaul
- Replace cables and housing, reassembly
- Brake alignment & adjustment
- Shifter & derailleur adjustment
- Drive train cleaning & inspection
- Lateral & radial wheel truing

SHOP FEES

Install derailleur	\$ 5
Adjust derailleur	\$ 6
Install chain.....	\$ 5
Flat repair	\$ 5
Install tire	\$ 5
Install pedals	\$ 5
Front hub overhaul.....	\$ 8
Brake adjustment.....	\$ 6
Brake bleed.....	\$ 15 per
Adjust headset.....	\$ 4
Install computer.....	\$ 8
Rear hub overhaul.....	\$ 10
Install handle bars or stem	\$ 10-15
Fork seal & wipers.....	\$ 45
Complete wheel true.....	\$ 15
Bike assembly.....	\$ 20+

For more information call 719-333-4753

*Prices subject to change

SAFETY HELMETS

To avoid serious head injuries or death, make sure you are wearing a properly fitted bicycle helmet. The helmet must be of rigid construction. The inside of the shell should be lined in a firm, energy absorbent material. The helmet should be fitted with a chin strap. There should be a minimum of restriction to vision.

OAP BIKE RIDES

VAIL PASS TO BRECKENRIDGE

Ride from Vail Pass (10,666 ft.) to Breckenridge, crossing the bubbling Tenmile Creek through the ski resort of Copper Mountain into the town of Frisco. Finally, ride through the forested Blue River Bikeway on your way to Breckenridge. This trip is a total of 27 miles. Cost includes transportation, guide, support/gear (SAG) and lunch.

PHANTOM CANYON DOWNHILL BIKE RIDE

An exciting downhill bike ride through the beautiful Phantom Canyon. Beginning in Victor, be prepared to drop around 4,000 feet of elevation in 28 miles. Ride alongside creeks, go over wooden bridges and cruise through dark tunnels. Cost includes transportation, guide, support/gear (SAG) and lunch. This ride is also available by moonlight.

SHELF ROAD 50/50 BIKE RIDE

Starts in Cripple Creek and ends in Canyon City. Shelf Road drops 3,650 feet in elevation over 27 miles. This trip is half dirt and half road. Cost includes transportation, guide, support/gear (SAG) and lunch.

PIKES PEAK DOWNHILL

Get ready to enjoy more than 7,000 feet of elevation drop over about 13 miles. We will drive to the summit of Pikes Peak, unload, take in the view and enjoy a downhill ride of a lifetime. After loading the bikes at the bottom, we will enjoy a meal at the Wines of Colorado restaurant before heading home. Cost includes transportation, Pikes Peak entry, guides and snacks. The meal is not included.

SANTA FE TRAIL RIDE

Bike from Outdoor Rec 19 miles south(downhill) on the Santa Fe trail to America the Beautiful Park. A van will be waiting to bring us back. Bring a light jacket in winter months. This free activity includes transportation, energy bar and water.

MOAB UTAH MOUNTAIN BIKING TRIP

You'll bike around the Gemini Bridges; these twin natural bridges span hundreds of feet. We'll enjoy some short hikes and view some petroglyphs, pictographs and dinosaur foot prints. Bike the world famous "Slick Rock" bike trial at night. Visit Arches National Park and a combination of many other activities. Stay in cabins at the Moab Valley RV Resort.

"OUT THERE" BIKE REPAIR CLASS

Ever have a problem with your bike out on the trail and don't know how to fix it? This class teaches chain repair, derailleur adjustments, wheel truing, tire repair and much more. This is a two-part class and is offered once a month. Cost is \$39 with satisfaction guaranteed.

**For dates, cost and more info, call 719-333-2940
or visit our website www.usafasupport.com**