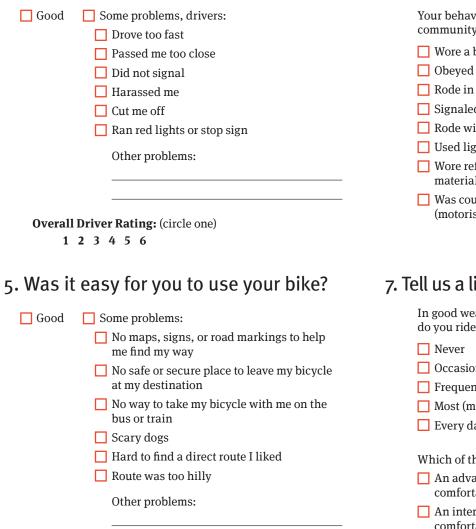
# Go for a ride and use this checklist to rate your neighborhood's bikeability. How bikeable is your community?

Locatio	on of bike ride (be specific):	Rating Scale:	1 awful	2 many problems	3 some problems	4 good	5 very good	6 excellent
1. Did yo	ou have a place to bicycle safely	? 2. How v	vas the	surfa	ace tha	t you	rode o	n?
<ul> <li>a) On the road, sharing the road with motor vehicles?</li> <li>Yes Some problems (please note locations): <ul> <li>No space for bicyclists to ride</li> <li>Bicycle lane or paved shoulder disappeared</li> <li>Heavy and/or fast-moving traffic</li> <li>Too many trucks or buses</li> <li>No space for bicyclists on bridges or in tunnels</li> <li>Poorly lighted roadways</li> <li>Other problems:</li> <li>Other problems:</li> </ul> </li> <li>b) On an off-road path or trail, where motor vehicles were not allowed?</li> </ul>		 Overall	<ul> <li>Good Some problems, the road or path had:</li> <li>Potholes</li> <li>Cracked or broken pavement</li> <li>Debris (e.g. broken glass, sand, gravel, etc.)</li> <li>Dangerous drain grates, utility covers, or metal plates</li> <li>Uneven surface or gaps</li> <li>Slippery surfaces when wet (e.g. bridge decks, construction plates, road markings)</li> <li>Bumpy or angled railroad tracks</li> <li>Rumble strips</li> <li>Other problems:</li> <li></li></ul>					
Yes	<ul> <li>Some problems:</li> <li>Path ended abruptly</li> <li>Path didn't go where I wanted to go</li> <li>Path intersected with roads that were difficult to cross</li> <li>Path was crowded</li> <li>Path was unsafe because of sharp turns or dangerous downhills</li> <li>Path was uncomfortable because of too many hills</li> <li>Path was poorly lighted</li> <li>Other problems:</li> </ul>	🗖 Good	hrough	e problem d to wait uldn't see nal didn e road mal didn	too long to e crossing 't give me o 't change f ere or how to	o cross in traffic enough for a bicy	ntersection time to cros ycle	
	ll "Safe Place To Ride" Rating: (circle one) 2 3 4 5 6		Intersect		<b>ng:</b> (circle	one)		

## 4. Did drivers behave well?



#### **Overall Intersection Rating:** (circle one)

1 2 3 4 5 6

# 6. What did you do to make your ride safer?

Your behavior contributes to the bikeability of your community. Check all that apply:

- Wore a bicycle helmet
- Obeyed traffic signal and signs
- Rode in a straight line (didn't weave)
- Signaled my turns
- Rode with (not against) traffic
- Used lights, if riding at night
- Wore reflective and/or retroreflective materials and bright clothing
- Was courteous to other travelers (motorist, skaters, pedestrians, etc.)

### 7. Tell us a little about yourself.

In good weather months, about how many days a month do you ride your bike?

- Occasionally (one or two)
- Frequently (5-10)
- Most (more than 15)
- Every day

Which of these phrases best describes you?

- An advanced, confident rider who is comfortable riding in most traffic situations
- An intermediate rider who is not really comfortable riding in most traffic situations
- A beginner rider who prefers to stick to the bike path or trail

## How does your community rate?

#### Add up your ratings and decide.

(Questions 6 and 7 do not contribute to your community's score)

1	26-30	Celebrate! You live in a bicycle- friendly community.
2	21-25	Your community is pretty good, but there's always room for improvement.
3	16–20	Conditions for riding are okay, but not ideal. Plenty of opportunity for improvements.
4	11–15	Conditions are poor and you deserve better than this! Call the mayor and the newspaper right away.
5	5-10	Oh dear. Consider wearing body armor and Christmas tree lights before venturing out again.

#### Did you find something that needs to be changed?

On the next page, you'll find suggestions for improving the bikeability of your community based on the problems vou identified. Take a look at both the short- and long-term solutions and commit to seeing at least one of each through to the end. If you don't, then who will?

During your bike ride, how did you feel physically? Could you go as far or as fast as you wanted to? Were you short of breath, tired, or were your muscles sore? The next page also has some suggestions to improve the enjoyment of your ride.

Bicycling, whether for transportation or recreation, is a great way to get 30 minutes of physical activity into your day. Riding, just like any other activity, should be something you enjoy doing. The more you enjoy it, the more likely you'll stick with it. Choose routes that match your skill level and physical activities. If a route is too long or hilly, find a new one. Start slowly and work up to your potential.



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