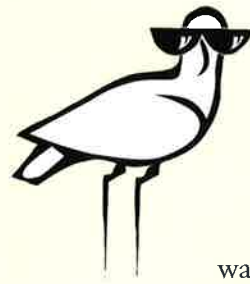




Ten Rules For Bike Safety

1. Protect Your Head, Wear a helmet.
2. Assure Bicycle Readiness. Make sure your bicycle is adjusted properly.
3. Stop it. Always check brakes before riding.
4. See and Be Seen. Wear bright clothing.
5. Avoid biking at night.
6. Stay Alert. Always keep a lookout for obstacles in your path.
7. Go with the flow. The safe way is the RIGHT way.
8. Check for traffic. Always be aware of the traffic around you.
9. Learn the rules of the road. Obey traffic laws.
10. Don't flip over your bicycle. Wheels should be securely fastened.



The Health Benefits of Biking

Getting on your bike regularly not only gets you where you want to go, but it also protects you against a wide range of ill health concerns and also makes you feel better.

Remember always check with your doctor before beginning a new exercise program.

Biking...

- ◆ Is good for your heart
- ◆ Helps with weight management
- ◆ Combats depression and stress
- ◆ Improves your self-esteem
- ◆ Helps maintain strength and coordination
- ◆ Improves overall fitness

This project was developed by the City of Port Hueneme Recreation & Fine Arts Commission to promote health and wellness for the entire community.

For more information phone (805) 986-6542 or
Visit the City of Port Hueneme Web Site at
<http://www.ci.port-hueneme.ca.us>



City of Port Hueneme
Department of Recreation & Community Services
250 North Ventura Road, Port Hueneme, CA 93041



Bike Hueneme

Sail down the bike path with the wind in your face and the sun on your back. Biking isn't just transportation or exercise, it is fun. Fun for the whole family.



Class 1: Bike Path or Trail

A separate right-of-way for bicycles and pedestrians, often fenced and found along the flood control channels and the beach. Access may be limited to designated points.



BIKE PATH
NO
MOTOR
VEHICLES
OR
MOTORIZED
BICYCLES

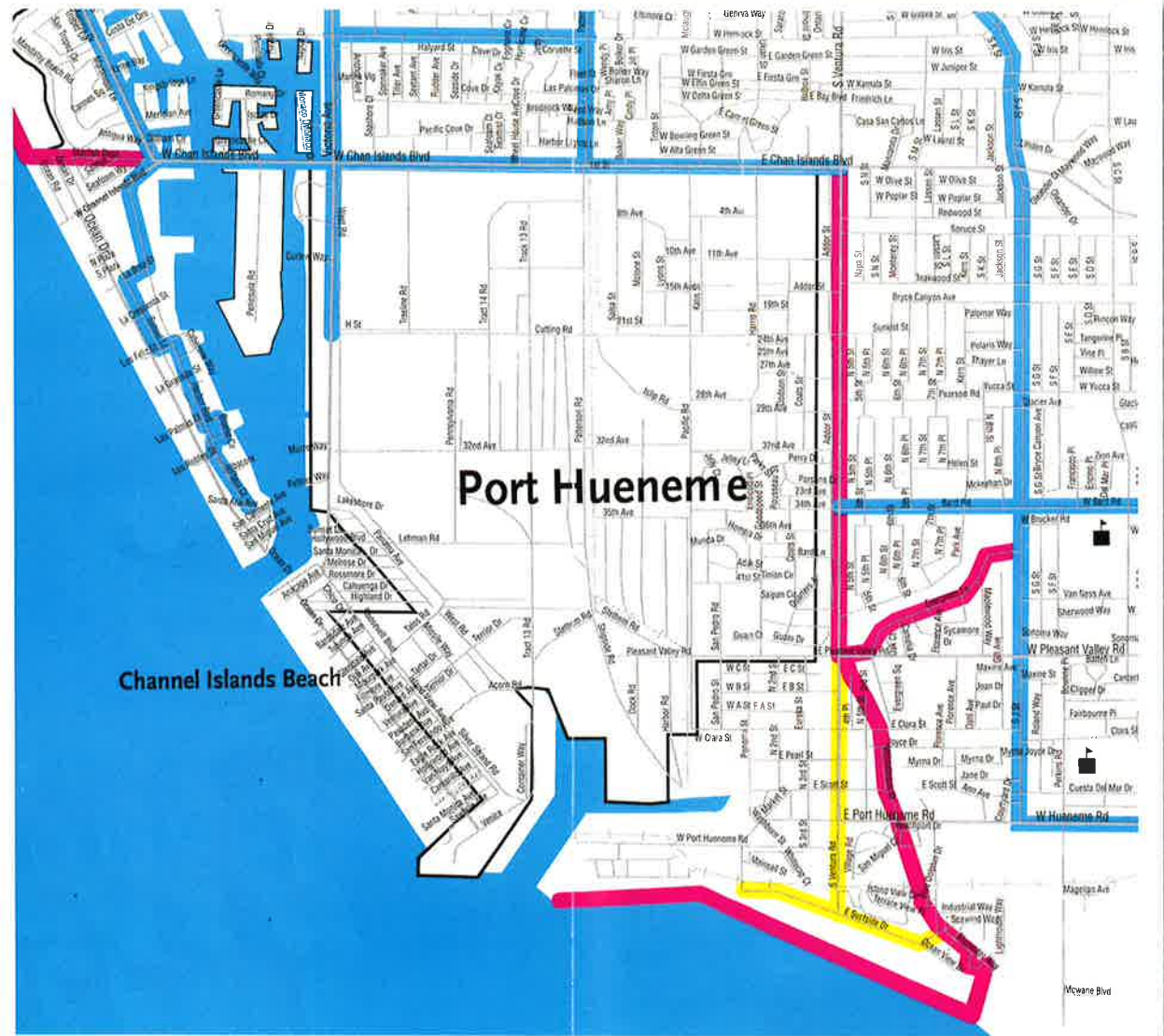
Class 2: Bike Lane

A restricted right-of-way, most often designated by a painted line and signs on the road. Motor vehicles are only permitted to use the bike lane to make turns and to park when on-street parking is not prohibited.



Class 3: Bike Route

A travel lane shared by bicycles and motor vehicles designated by signs only. This type of bikeway does not provide cyclists with increased privileges, but rather informs motorists of the cycling route.



Bikeways

Existing bikeway facilities within the City of Port Hueneme that comply with State of California Department of Transportation (Caltrans) bikeway criteria are Class II (on-street marked) in nature and total 3.8 miles in length, including the northbound bike lane on Victoria Avenue (the Southbound lane is in the City of Oxnard).

Street	From	To	Length
Bard Road	"J" Street	Ventura Road	0.5 miles
Surfside Drive	Port Hueneme Road	Wharf Plaza	0.9 miles
Ventura Road	Pleasant Valley Road	Channel Islands Boulevard	1.5 miles
Victoria Avenue (northbound)	Channel Islands Boulevard	Hemlock Street	0.4 miles
Ocean Front	Wharf Plaza	Lighthouse Trail	0.5 miles

