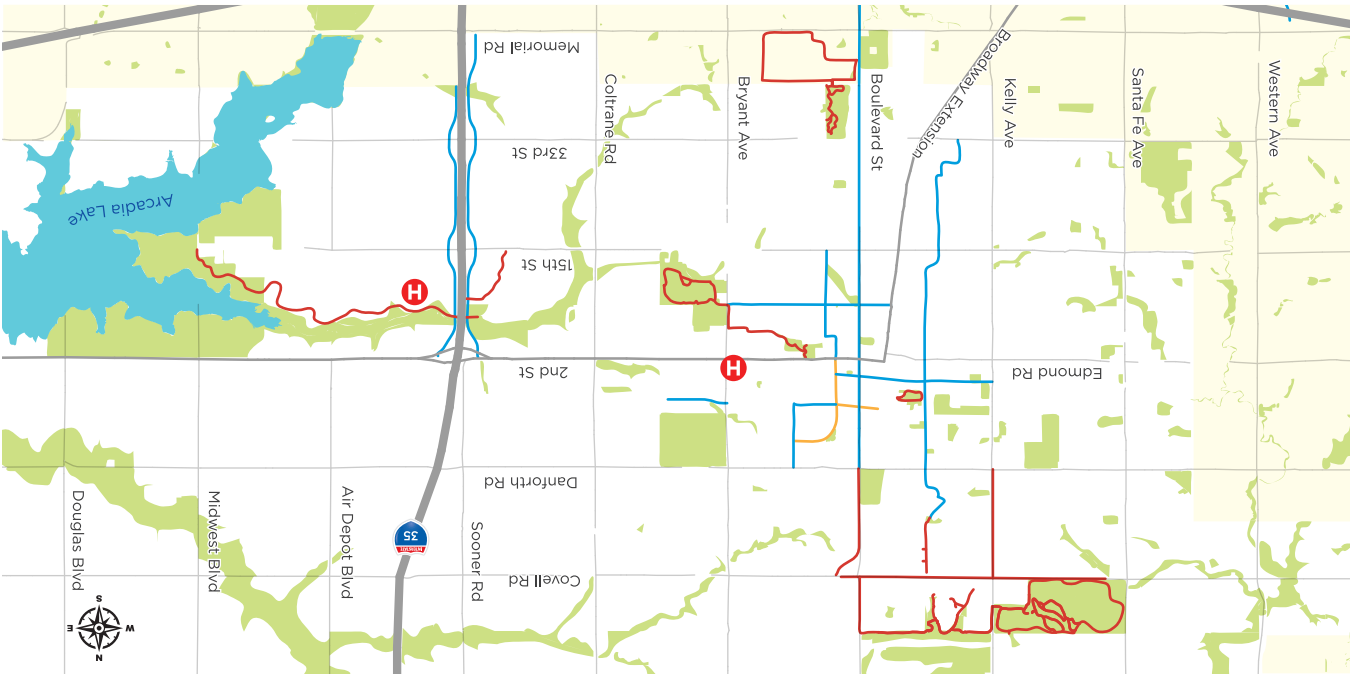


NORMAN BIKE TRAILS



EDMOND BIKE TRAILS

BIKE SHOPS

Downtown OKC

Schlegel Bicycles
900 N Broadway Ave
(405) 232-4040

North OKC

Al's Bicycles Northwest
7930 N MacArthur
(405) 728-7100

Bike One

5503 NW Expressway
(405) 470-5511

Celestial Cycles

2929 W Hefner
(405) 751-8809

Pro Bike

5820 NW 63rd St
(405) 721-6707

Wheeler Dealer

2729 NW 50th St
(405) 947-6260

Sun & Ski Sports

10109 N May Ave
(405) 755-7400

Melonbike

3021 N Portland
(405) 602-3310

Bicycle Lab

13325 N MacArthur
(405) 603-7655

South OKC

Al's Bicycles South
8900 S Walker Ave
(405) 632-0483

Edmond/Guthrie

Al's Bicycles of Edmond
2624 S Broadway Ct
(405) 341-4331

Guthrie Bicycles

224 N 2nd St
(405) 282-8524

Norman

Al's Bicycles of Norman
562 N Main St
(405) 364-8787

Buchanan Bicycles

561 Buchanan Ave
(405) 364-5513

Bike One

159 24th Ave NW
(405) 573-7433

405 Bicycles

3251 Market Place
(405) 310-2453

Others

The Bicycle Shoppe
(Shawnee)
701 N Beard
(405) 275-4980

**Oklahoma Recumbent
Road Bikes**

(Lexington)
102 E Broadway
(405) 527-6160

BIKE CLUBS

- OKLAHOMA BICYCLE SOCIETY - OKCBIKE.ORG
- OKC BICYCLE RIDERS
- BICYCLE RIDES OF OKLAHOMA
- OKLAHOMA CYCLING GARAGE SALE

Oklahoma Bicycle Society was organized in 1973 to promote all aspects of bicycling in the state of Oklahoma. Most of OBS's 400+ members live in the central part of the state in or near Oklahoma City, but there are also members scattered throughout the state and several who reside in surrounding states. OBS members are happy to provide information about cycling in Oklahoma to anyone interested.

More information Vist:

Norman Trails
www.normanok.gov/parks/bike-program

Bicycle League of Norman
www.bicycleleague.com

Bicycle Edmond
www.edmondok.com/index.aspx?nid=955

IN PARTNERSHIP WITH:

acog
association of central oklahoma governments
acogok.org

BIKE TRAILS LEGEND

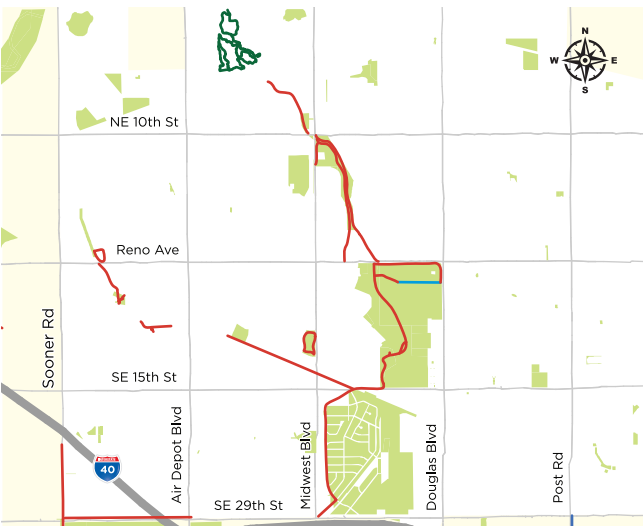
- BE RESPECTFUL OF OTHERS REGARDLESS OF THEIR MODE OF TRAVEL, SPEED, OR SKILL LEVEL.
- GIVE AUDIBLE SIGNAL WHEN PASSING SUCH AS "PASSING ON YOUR LEFT," BELL, OR HORN.
- PASS OTHERS WHO ARE GOING IN YOUR DIRECTION ON THEIR LEFT.
- LOOK AHEAD AND BEHIND TO MAKE SURE THE LANE IS CLEAR BEFORE PULLING OUT.
- DO NOT MOVE BACK TO THE RIGHT UNTIL SAFELY PASSED.
- FAST MOVERS, LIKE CYCLISTS, ARE RESPONSIBLE FOR YIELDING TO SLOWER MOVERS.
- WHEN RIDING IN A GROUP, USE NO MORE THAN HALF THE WIDTH OF THE TRAIL.
- DO NOT BLOCK THE TRAIL.
- WHEN STOPPING, PULL OFF THE TRAIL.

TRAIL ETIQUETTE

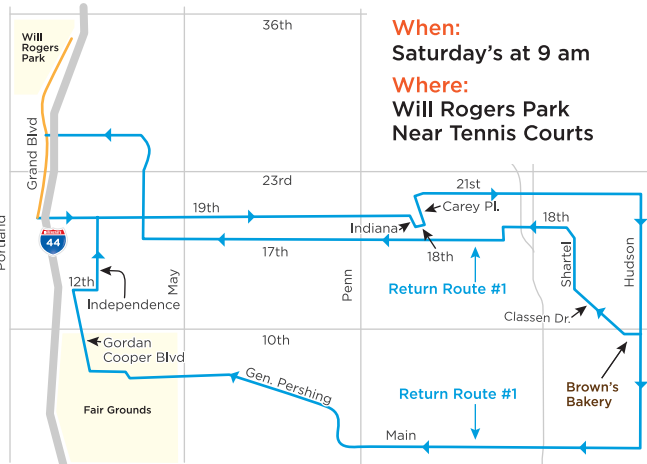
REGIONAL TRAILS

INFORMATION GUIDE

MIDWEST CITY BIKE TRAILS



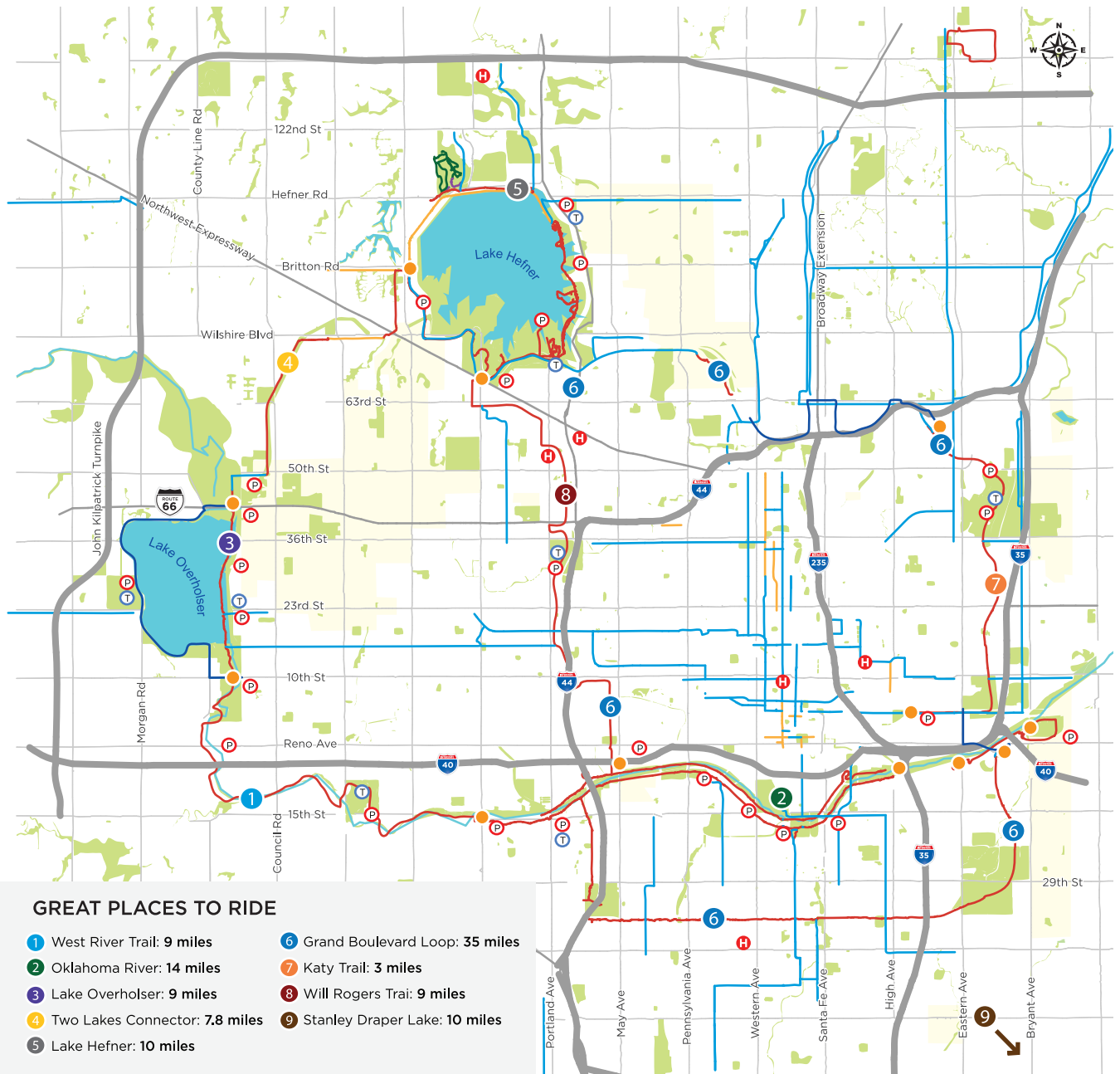
OBS DONUT RIDE












SIGNS YOU MAY SEE ON ROADS



OKLAHOMA CITY BIKE TRAILS



BIKE TRAILS LEGEND

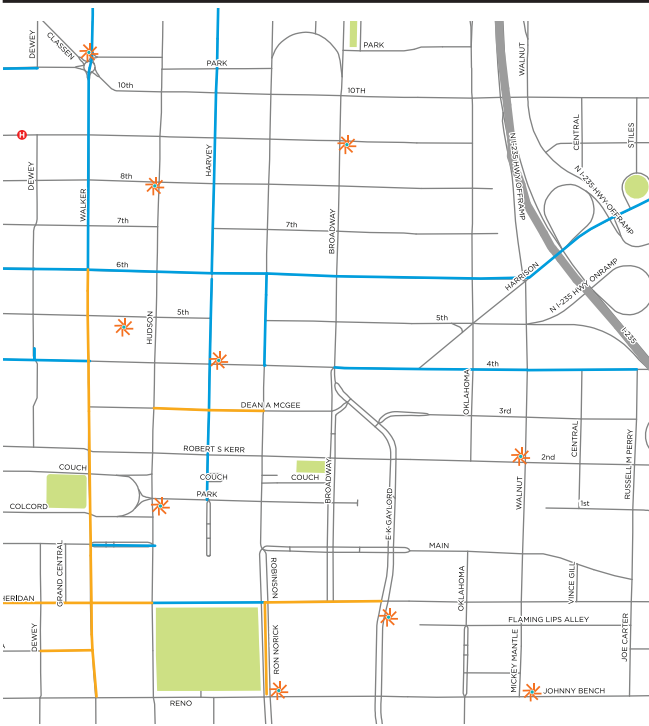
- | | | | |
|--|--|--|---|
| Dedicated Bike Lane | Shoulder |  Hospital |  Parking |
|  Multi-use Trail |  Street Sign Only |  Parks |  Toilets |
|  Mountain Bike Trail |  Unofficial Bike Routes |  Trailheads | |

7 HABITS OF ACTIVE CYCLISTS

1. They have learned to navigate through traffic and deal with road hazards. They ride with the traffic. They ride as far right as is safe, but taking control of the lane when there is not room for both a car and bike. At intersections they will ride in the lane that goes in their direction. They signal lane changes and turns to motorists and fellow riders. They obey all traffic rules including stopping at stop signs and red lights.
2. They wear helmets on every ride. In addition, they wear other safety gear such as eye protection, gloves and sunscreen.
3. They make themselves as visible as possible, wearing brightly colored clothing that is more easily noticed by drivers. At night they ride with bright headlights and red blinking taillights.
4. They keep their bikes maintained and properly adjusted. They check their bike before every ride. They have learned how to make minor repairs such as replacing a flat tire tube. They carry basic repair tools and replacement tubes.
5. They consider the route to ride with safety in mind.
6. They have prepared their body to power themselves to their destination. They make sure to drink plenty of water and eat enough of the right foods to keep their energy levels high.
7. They have fun.



SPOKIES STATIONS



SPOKIES IS ONE OF THE BEST WAYS TO CRUISE AROUND DOWNTOWN AND SOME OF OKLAHOMA CITY'S MOST EXCITING NEIGHBORHOODS. SPOKIES BIKES ARE AVAILABLE AT THE FOLLOWING EIGHT STATIONS:

SPOKIES OKLAHOMA CITY'S BIKE SHARE PROGRAM

- Midtown Circle | 1115 N. Walker Avenue
- Elemental | 815 N Hudson Avenue
- Automobile Alley | 90 NW 9th Street
- OKC Memorial | 225 NW 4th Street
- Downtown Library | 300 Park Avenue
- Deep Deuce | 123 NE 2nd Street
- COX Convention Center | 99 W Reno Avenue
- Bricktown Ballpark | 208 Johnny Bench Drive

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WEEKLY GROUP RIDES

SATURDAY

- 7:00 am** Elemental Early Risers, 815 N Hudson Ave
- 7:20 am** 18 miles | Pre-Donut Ride, Will Rogers Park
- 9:00 am** 13 miles | Donut/Kamps Ride, Will Rogers Park
- 9:00 am** Nov - March | FCR Ride, check website for details
- 10:00 am** 25 miles | Schlegel Riversport Ride, 8th & Broadway

SUNDAY

- 8 am 25 miles | Big Truck Taco Ride, 530 NW 23rd St
8:30 am 4 miles | Bricktown Coffee Ride, Stars & Stripes Park
5:30 pm Ladies Social Ride, Every other Sunday, Norman

MONDAY

- 9:00 am** 10 miles | Leisure Ride, Lake Overholser Boathouse
6:00 pm Casual | Pizzeria Gusto, 4th and Walker
6:30 pm Fast | Pizzeria Gusto, 24th and Walker

TUESDAY

- 9:00 am** 10 miles | Leisure Ride, Lake Overholser Boathouse
6:00 pm Hollywood Hills, Norman
6:15 pm 10 miles | Edmond Casual Ride
6:30 pm Tuesday Trikes, Bethany High School

WEDNESDAY

- 6:00 pm** 25 miles | OBS Wednesday Ride, Rt66 Park
- 6:00 pm** 30 miles | Lake Overholser Boat House Ride
- 6:15 pm** 25 miles | Edmond Ride, Hafer Park

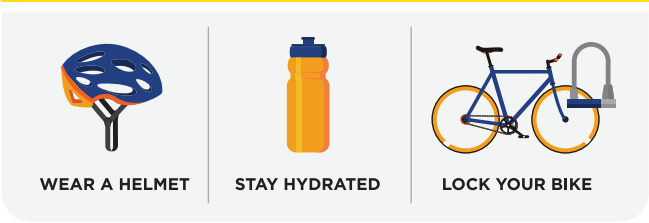
THURSDAY

- 9:00 am 10 miles | Leisure Ride, Lake Overholser Boathouse
6:00 pm 25 miles | Paseo Ride, NW 28th and Paseo
6:00 pm 25 miles | Pro-Bike Ride

FRIDAY

- 9:00 am** 10 miles | Leisure Ride | Lake Overholser Ranger Station
9:15 am 35 miles | Hobo Ride | Overholser Boat House

NOTE: Times and rides may change, Check the OBS event calendar for the most up-to-date information at OKCBike.org.



WEAR A HELMET



STAY HYDRATED



LOCK YOUR BIKE