Where to ride –
Family Friendly Areas

Rock Hill Airport Loop, 4-mile loop
Winthrop Lake, 1 mile
Winthrop Coliseum to Cherry Park, 2-3 miles
*Manchester Meadows, 1.1-mile loop
*Cherry Park 1.5-mile loop
*cycling perimeter trail only

For More additional information on places to ride in the Rock Hill area please visit:
www. Rockhillbicycleclub.com

- Improves Health and Wellness
- Helps to reduce your “carbon footprint”
- An Activity the Whole Family Can Enjoy
- Enjoy Rock Hill scenery

GET OUT AND BIKE ROCK HILL

BIKE ROCK HILL
Biking Resources

Bike Paths and Trails

Rock Hill PRT
rockhillrocks.com

Bike Clubs

Rock Hill Bike Club
www.rockhillbicycleclub.com

Other

Palmetto Cycling Coalition
www.pccsc.net

League of American Bicyclists
www.bikeleague.org

Bikes Belong
www.bikesbelong.org

Bike Safety and Awareness
Rules of the Road for Bicyclists

- Under SC Law, bicycles are vehicles and should be treated as such on roadways.
- Give at least (3') three feet of passing space between your vehicle and the bicyclist.
- Reduce your speed when passing bicyclists, especially if the roadway is narrow.
- It is illegal to harass bicyclists.
- When the lane is too narrow for cars and bikes, a bicyclist may ride in or near the center of the lane.
- **Do Not** pass a bicyclist if oncoming traffic is near.
- When parking on the street, check for a bicyclist before opening your car door.
- Do not pass bicyclists if you will be making a right turn immediately.

Rules of the Road for Bicyclists

- Bicycles are vehicles and laws that apply to motorists apply to bicyclists as well.
- Ride in the right-most lane that goes in the direction that you are traveling.
- Obey all stop signs, traffic lights and lane markings.
- Use a white front light and red rear reflector or red blinking light when riding after dark.
- Look before you change lanes or signal a turn; indicate your intention, then act.
- Identify hazards and adjust your position on the roadway.
- If the lane is too narrow or you are going the same speed as the traffic, “take the lane” by moving to the center of the lane.
- Be visible and predictable at all times.

### Equipment and Safety Check List

- **Helmet** — All riders should wear a properly fitted helmet.
- **Well maintained, adjusted bike** — Right-size bike for your height, tires properly inflated, wheels securely attached, working brakes, & clean reflectors.
- **Clothing** — Bright or light clothing that can be easily seen by motorists.
- **Other** — Water, a cell phone, headlights, taillights, and reflective clothing, especially for night riding.
- **DON’T** weave in and out of traffic or parked cars.
- **DON’T** wear earphones, earplugs, or ear coverings.
- **CARRY** — Extra bicycle tube in case you get a flat.

### Always Use Hand Signals:

- **Left Turn**
- **Alternate Right Turn**
- **Stopping**