Bike Chula Vista

Route Map and Information

1960 50 Years 2010

McMillin Communities

Bike Chula Vista

Bicycling is great for everyone — communities, businesses, schools, and people. It promotes active lifestyles, reduces traffic congestion, and improves air quality; but most importantly, it's fun! We can all work toward a more bicycle friendly America.

Every trip by bike is one less car on the road. It's healthier for you and the environment!

Safety Tips

- Always wear a helmet.
- Perform the ***"ABC Quick Check"*** before every ride (***A***ir in the tires, functioning ***B***rakes, a ***C***hain that shifts correctly and is properly lubed, ***quick*** releases tightened and a general ***check*** of the bike for loose parts).
- Keep your hands on the handlebars at all times.
- Wear proper attire for riding. If wearing pants, make sure to strap/fold the right pant leg.
- If riding at night, have proper reflectors, a headlight, and a tail light.
- Keep a safe distance from parked cars.

Rules of the Road (on your bike)

Ride on the right. Always ride WITH the flow of traffic and never against it.

Ride predictably. Follow the same rules motorists do, and ride in a straight line without swerving (unless avoiding an obstacle).

Obey traffic control devices (signs, signals, lane markings). Bicyclists must follow the rules of the road, too.

Enter streets and intersections cautiously. Check for oncoming traffic.

Protect your head. Always wear a helmet, even on a short trip. In an accident, a helmet can prevent serious injury to your brain.

Follow lane markings. Don't turn left from the right lane or ride straight through an intersection in a lane marked "Right-Turn Only."

Ride correctly through intersections. Use the right-most lane that goes in your direction. If heading straight, get in the "thru" lane.

Signal before you move or stop. Hand signals let drivers and others know what you intend to do.

Ride defensively. Anticipate hazards and be ready to adjust your position in traffic.

Be visible and be seen. Wear bright colors to increase visibility and make eye contact with drivers.

Look behind you. Practice how to look over your shoulder and not swerve or lose balance. Rear-view mirrors are an option.

Signaling:

Stopping or Slowing Down: Point LEFT arm down and slightly out to the side.

Left Turn: Extend LEFT arm straight out.

Right Turn:
Option 1: Bend LEFT arm in 90º angle with hand up.

Option 2: Extend RIGHT arm straight out.

BICYCLE-FRIENDLY BUSINESSES

What can your organization do to be bicycle friendly?

- Provide bike racks, bike lockers.
- Provide free showers on-site for employee use.
- Provide incentives for employees to bike to work.
- Support or sponsor a bicycle team/club.
- Provide bicycle education materials or have a cycling instructor visit your organization to teach cycling fundamentals: bicycling handling skills, rules of the road, and simple mechanical fixes. (***education@sdcbc.org***)
- Designate a bike coordinator to promote cycling.
- Become certified as an official "bicycle-friendly" business through the *League of American Bicyclists* … it's easy and free!

You can also learn more on how to promote cycling in your organization and community by visiting the San Diego Bicycle Coalition's website at ***www.sdcbc.com*** or the *League of American Bicyclists*' website at ***www.bikeleague.org***.

For more information about bicycling and other alternative transportation options in Chula Vista, visit ***www.chulavistaca.gov/clean*** or call (619) 409-3893.

OUR SPONSORS

This map was funded through a grant from the National Association of Realtors in partnership with the Pacific Southwest Association of Realtors.

Pacific Southwest Association of REALTORS® Your LOCAL Voice

REALTOR®

COMPLETE STREETS

Ocean Bikes
895 Palomar St. Ste. E
Chula Vista CA 91911
(619) 423-1686
Recycling Bicycles

LOCAL SHOPS FOR BIKES AND MORE

NOTE: See map on reverse side for locations

Bicycle Warehouse
680 L St., Chula Vista
(619) 498-4900
Cycling retailer
- *Bicycles*
- *Accessories*
- Bicycle Trade-ins

Ocean Bikes
895 Palomar St., Ste E, Chula Vista
(619) 423-1686
Cycling retailer
- *Repairs/Parts*
- *Bike Restoration*
- *Bike Refurbishing*
- *Accessories/Apparel*

Performance Bicycle Shop
3901 Bonita Rd., Bonita
(619) 422-3098
Cycling retailer
- *Bicycles*
- *Accessories/Apparel*
- *Bicycle Trade-ins*
- *Service/Repair/Parts*

Pulse Endurance Sports
1020 Tierra Del Rey # A2, Chula Vista
(619) 656-5222
Professional bike and running specialty store
- *Bikes & Accessories*
- *Running Shoes & Gear*
- *Triathlon Gear*
- *Bike Service/Pro Fitting*

REI Chula Vista
Otay Ranch Town Center
2015 Birch Rd., Ste 150, Chula Vista
(619) 591-4924
Outdoor recreational equipment
- *Bicycles*
- *Rollerblades/Skates*
- *Running Gear*
- *Accessories/Apparel*
- *Classes*
- *Strollers/Bike Trailers*

South Bay Bicycles, Inc.
250 Third Ave., Chula Vista
(619) 477-1445
Recreational equipment
- *Bicycles*
- *Accessories/Apparel*
- *Service/Repair*

Sports Authority
Terra Nova Plaza
390 East H St., Chula Vista
(619) 476-7234
Recreational equipment
- *Bicycles*
- *Accessories/Apparel*

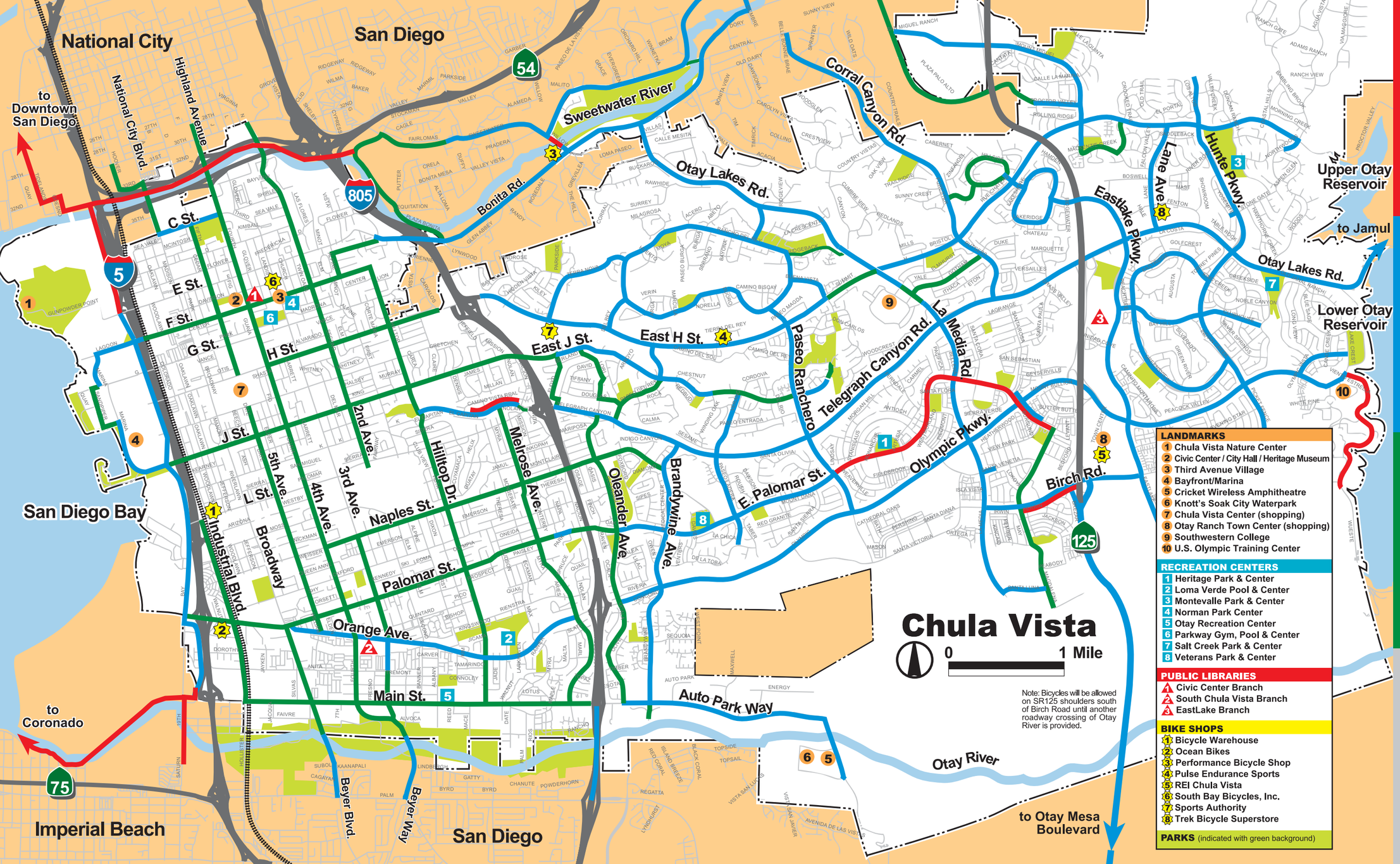
Trek Bicycle Superstore
901 Lane Ave., Chula Vista
(619) 216-9123
Bicycle superstore
- *Bicycles*
- *Accessories/Apparel*
- *Bicycle Trade-ins*
- *Service/Repair*

CITY OF CHULA VISTA

This map is also available online at: www.chulavistaca.gov/goto/bikechulavista

For more info about this or other environmental programs, contact Conservation & Environmental Services at (619) 409-3893 or visit www.chulavistaca.gov/clean

Se hablan español.



Note: Bicycles will be allowed on SR125 shoulders south of Birch Road until another roadway crossing of Otay River is provided.

LANDMARKS

1. Chula Vista Nature Center
2. Civic Center / City Hall / Heritage Museum
3. Third Avenue Village
4. Bayfront/Marina
5. Cricket Wireless Amphitheatre
6. Knott's Soak City Waterpark
7. Chula Vista Center (shopping)
8. Otay Ranch Town Center (shopping)
9. Southwestern College
10. U.S. Olympic Training Center

RECREATION CENTERS

1. Heritage Park & Center
2. Loma Verde Pool & Center
3. Montevalle Park & Center
4. Norman Park Center
5. Otay Recreation Center
6. Parkway Gym, Pool & Center
7. Salt Creek Park & Center
8. Veterans Park & Center

PUBLIC LIBRARIES

1. Civic Center Branch
2. South Chula Vista Branch
3. EastLake Branch

BIKE SHOPS

1. Bicycle Warehouse
2. Ocean Bikes
3. Performance Bicycle Shop
4. Pulse Endurance Sports
5. REI Chula Vista
6. South Bay Bicycles, Inc.
7. Sports Authority
8. Trek Bicycle Superstore

PARKS (indicated with green background)

Bike Path/Trail:

On Map:

Separate right-of-way from motor vehicles. Connects open areas and parks.

Used by/for: Kids, family recreation, adult exercise, skaters, joggers, walkers, and exercise walkers

Bike Lane or Bikeway

On Map:

Within vehicle right-of-way, but separated by signage and roadway striping. Vehicle speeds may be fairly high, but road width is adequate for vehicles and cyclists.

Used by/for: *Adult recreation, commuters and serious cyclists*

Bike Route

On Map:

Within vehicle right-of-way, but is typically identified by signage. Vehicle speeds are usually fairly low and the number of users is not likely to be significant.

Used by/for: *Commuters and serious cyclists*

Undesignated

On Map:

Within vehicle right-of-way with no identifying signage. Vehicle speeds are quite low and the number of users is not likely to be significant.

Used by/for: *Kids, family recreation, commuters and serious cyclists*