SUGGESTED ROUTES to School

Hilltop Middle School
Home of the Falcons
44 East J Street
Chula Vista
(619) 498-2700
SUGGESTED ROUTES to School

Rancho Del Rey
Middle School
Home of the Royals
1174 East J Street
Chula Vista
(619) 397-2500
Bicycling and walking are great for everyone—communities, businesses, schools and people. They promote active lifestyles, reduce traffic congestion, improve air quality—and it’s fun to get around!

**Biking Safety**
- Always wear a helmet.
- Perform the “ABC Quick Check” before every ride:
  - Air in tires, functioning brakes, a chain that shifts correctly and is properly lubed, quick release tightened and a general check of the bike (for bike parts).
- Keep your hands on the handlebars at all times.
- Wear proper attire for riding. If wearing pants, make sure to strap/buckle the right pant leg.
- If riding at night, have proper reflectors, headlight, and a tail light.
- Keep a safe distance from parked cars.

**Walking Safety**
- Always use a marked crosswalk when one is available. The white or yellow lines of a crosswalk remind drivers to look out for pedestrians.
- Stop at the curb and look both ways before crossing the street.
- Obey the “DON’T WALK” signal.
- Don’t assume that drivers see you! If there is traffic, make eye contact with the driver before you cross.
- Always check for turning vehicles before stepping off the curb.
- Don’t run across the street. ALWAYS walk.

**Traffic Signals**
- Bicycle riders must follow laws for cars at traffic signals.
- Always stop at red lights.

**Pedestrian Signal Lights**
- Obey directions of pedestrian signal lights.
- Be visible to drivers.
- Be alert to your surroundings.

**Chula Vista Bike Routes**

**Important Phone Numbers**
- For non-emergency Police assistance: 911 Police Services
- Medical, Police, or Fire (911)
- Need a ride? Chula Vista Transit: 253-5904
- Want something fun to do? Visit your library—online or in person. For more info: www.chulavistalibrary.com
- Need help or for environmental questions: City of Chula Vista: 691-5028

**Suggested Safe Routes to School**

1. Choose route to school that keeps you safe.
2. Cross at protected intersections with crosswalks, traffic signals, and stop signs.
3. ALWAYS check both ways before crossing at any intersection.
4. Ride your bicycle along routes with marked bike lanes. If there are no bike lanes, ride carefully. Watch for people and cars entering or leaving their driveways.

**Pedestrian Crosswalks**
- Use caution when crossing the street—especially at crosswalks. If you are using the crosswalk with a bicycle, ALWAYS walk the bicycle across.

**Sharrow**
- These symbols are painted on roadways to alert drivers of bicyclists.

**Traffic Signals**
- Bicycle riders must follow laws for cars at traffic signals.
- Always stop at red lights.

**Stop**
- When riding your bike, obey traffic rules and stop completely at stop signs.

**Bike Lane**
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