

# Ride Right, The Tread Lightly!® Way

## Lightfoot™'s Tips For The Responsible Mountain Bike Rider

### **T**ravel only on trails

- Keep your mountain bikes on open roads, trails or legal riding areas.
- Cross rivers and streams only where the trail intersects the stream, and ask your parents before crossing.
- Remember riding up and down streambeds can damage soils, plants, and animals in the water. Use maps and signs to help you stay on the trail.
- Ride slowly through puddles and mud on the trail. Don't leave the trail to go around them.
- Keep control of your mountain bike.

### **R**espect animals, plants, and people

- Don't chase, scare, feed, or try to pet animals.
- Don't run over plants.
- Watch out for other people on the trails.
- Move to the right and to the side of the trail when you stop.
- Ring a bell or make some noise to let other people know you're on the trail.

### **E**very time you go outdoors: think safety, bring a friend, and be prepared

- Wear a helmet every time you ride.
- An adult should be with you when riding mountain bikes.
- Remember to pack the seven essential items: water, food, first aid kit, raincoat or poncho, flashlight, sunscreen, and a whistle.
- When trail riding, don't leave the trail—you are less likely to get lost and much easier to find. *If you think you are lost, stay where you are and blow your whistle.*
- Bring a map, check the weather, and find out about wildlife in your area.

### **A**lways leave the outdoors better than you found it

- Don't litter or leave behind food or trash.
- Pick up trash left by others—as long as it is safe.
- Wash your bike and other gear after every ride so you won't spread weed seeds.
- Leave plants and flowers for others to see.
- Lend a hand, plant trees and other plants with the help of your local ranger.

### **D**iscover how fun the outdoors can be when you Tread Lightly!

- Keep your parents and rangers happy—follow all the rules.
- You will have more fun if you take care of the outdoors.
- Make the right choice—if you do something wrong others might follow and make more damage.
- Remember the great outdoors is home to me and my friends—treat it with care.

