

## Healthy Living

**Hydration:**  
The human body is made up of 50 to 75 percent water, or about 10 to 12 gallons, so replenishing your body's water supply is crucial for proper function. There are many theories about the amount to drink, but a safe bet is to drink at least eight cups of water each day. According to the American Dietetic Association's Complete Food and Nutrition Guide, the average adult can lose up to two and a half quarts or about 10 cups of water daily. To maintain your body's fluid balance, you need to replace it each day. Limit caffeine as much as possible (which includes many 'energy-type' drinks). Keep water handy at all times, especially when exercising. Fill up those water bottles, hydration packs and stop frequently at drinking fountains. Drink up! Current guidelines call for 9 cups of water per day for women and 13 cups per day for men. However, if you are exercising, add an additional 1/2 for every 15 minutes of activity.

**Eating Tips:**  
It is a common misconception that all exercise requires additional calories. Sixty minutes of moderate activity for a 150-lb person will result in approximately 300 calories burned, or the equivalent of one bagel. If exercising more intensely, or for time greater than one hour, calories can easily be replaced. Most often, whole foods are the preferred choice for caloric and nutrient needs. The best 'defense' against low energy levels during exercise is prevention: follow the recommendations of the US Dietary Guidelines every day!

**Colorful meals and snacks** – Use your plate as a visual for your fruit and vegetable intake. 50% of your plate (meal) should consist of brightly colored fruits and vegetables. When biking, hiking or walking, take a bag full of sliced or whole vegetables (carrots, red peppers, cherry tomatoes...) and fruit (apples, oranges, strawberries, melons, bananas...).

Make half of the grains you consume each day whole grains. Choose foods with 100% whole wheat, oats and high fiber. Choose meat and protein sources that are high quality and low fat. The average adult should consume about 7 ounces/day (the size of about 2 decks of cards). If exercising moderate-heavy most days of the week, this amount could double.

Fat is not our enemy, but choose wisely. Limit intake of saturated fat (fat from animal products), and choose unsaturated fat (olive oil, safflower oil, avocados) when possible.

Pueblo West road and lane widths are more narrow than the City of Pueblo. Most Pueblo West roads do not carry much traffic volume but speed is highly variable that can affect the rider's comfort level and safety. Routes were selected on connectivity and access to areas and rated according to the beginner, intermediate and expert designation based on traffic volume and posted speed limit. Many riders may find the unimproved dirt trails in easements more enjoyable than many of Pueblo West's roads.

## Sharing the Trail Off-street Biking

**Keep to the right.**  
Yield to pedestrians and slower moving traffic except when passing. Slow down when there are lots of users on the trail.

**Use your path.**  
Don't bike on designated walking or running paths.

**Be careful at crossings. Look both ways.**  
Cyclists yield to through traffic at intersections. Remember, pedestrians have the right of way. Pedestrians exercise caution. Be aware that cyclists and e-bikes require lots of room to stop.

**Advise others when passing.**  
Sound your bell or horn or call out when approaching pedestrians or slower cyclists. Then pass safely on the left.

**Passing on your left.**

**NO YES**

## PUEBLO WEST BIKE AND TRAILS MAP



## Bike Map Legend

- Bike Routes & Classification**
- Street Name
  - All Riders, Existing
  - Intermediate, Existing
  - Expert, Existing
  - Intermediate, Planned
  - Existing & Funded Improved Trails
  - Dirt Trail - Unimproved
  - Trailhead Location & Name
- Mountain Bike Trails**
- Advanced
  - Intermediate
  - Easy
- Rivers, Streams, & Greenways**
- Rivers, Streams, & Greenways
  - Lakes and Ponds
  - Drainage & Seasonal Ponds
- Public and Private Lands**
- Lake Pueblo Park
  - Division of Wildlife Fee Area
- Colleges and Schools**
- School & Name
- Medical Facilities**
- Hospital
  - Urgent Care
  - Clinic
  - City - County Health Department
- Community Boundaries**
- City of Pueblo
  - Pueblo West Metro Dist
- Regional & National Trails**
- American Discovery Trail
  - Front Range Trail
  - TransAmerican Trail

## Maintenance Issues

- City of Pueblo Streets:**  
Call the City of Pueblo Streets Division @ 719-553-2319, to report potholes and other maintenance issues.
- Arkansas River & Fountain Creek Trails & City Parks:**  
Call the City of Pueblo Parks and Recreation Department @ 719-553-2790 to report maintenance issues along the river trails.
- Pueblo County Roads:**  
Call the Pueblo County Public Works Public Works Department @ 719-583-6040, to report potholes and other maintenance issues.
- Pueblo West Metropolitan District Roads:**  
Call the Pueblo West Metropolitan District Public Works Department @ 719-547-5061, to report potholes and other maintenance issues.
- Pueblo West Multi-Use Trails & Parks:**  
Call the Pueblo West Parks and Recreation Department @ 719-547-7400 to report maintenance issues on the trails or within parks and easements.
- Lake Pueblo State Park Roads:**  
Call the Lake Pueblo State Park office @ 719-561-9320, to report potholes and other maintenance issues within the Lake Pueblo State Park.
- State Highways - CDOT:**  
Call the Colorado Department of Transportation Region 2 Maintenance Section @ 719-546-5419, to report potholes and other maintenance issues on the designated State Highways in Pueblo County.

## Colorado State Law Share The Road



## 3-2-1 Courtesy Code

- 3** Feet to Pass Cyclists
- 2** Cyclists Abreast When Clear
- 1** Single File to Allow Passing

## Sharing the Road Biking on Streets

**Obey all traffic regulations.**  
Biking predictably and following the law are the keys to safe bicycling on Pueblo streets. Knowing and following the rules help all road users properly anticipate and react to each other.

**Ride in a straight line.**  
Avoid weaving between parked cars. Ride in a straight line at least 4 feet away from parked cars to avoid the Door Zone (see below).

**Never ride against traffic.**  
Riding against traffic is dangerous and illegal. Motorists and pedestrians are not looking for cyclists riding the wrong way down a street.

**Sharing the sidewalk.**  
You should not ride faster than a pedestrian. You are required to yield right of way to pedestrians. Riding on the sidewalk may be the safest place for young children to ride.

**When necessary, use entire travel lane.**  
Move toward the center when the lane is too narrow for motorists to pass safely or when you're moving at the same speed as traffic.

**Left Turn Options:** (see panel to left)

**To cross an intersection, use the lane farthest to the right that points to where you are going.**  
Follow lane markings to cross an intersection. Do not go straight from a turn lane.

**The Door Zone**  
The Door Zone is the 4-foot area along the side of a parked car where an opening door can hit and seriously injure a cyclist.

**When riding in a bike lane,** ride on the left side of the lane—at least 4 feet from parked cars.

**Look inside each parked car before you pass it.**  
If you're unable to see someone inside or you spot someone inside, move outside the Door Zone or slow down and pass carefully.

**Watch behind you.**  
If you don't know whether you have enough room, if you must swerve suddenly out of the Door Zone, or if you see traffic behind you as you pedal forward.

## Left Turn Options

**Turn Like A Car**  
Then, walk bike across intersection as a pedestrian.

**Turn Like A Pedestrian**  
Then, turn to direction of traffic and wait for traffic to move.

**Box Turn or Copenhagen Left**  
First, ride to far right lane.

## Communicate

**Left Turn Right Turn Slow or Stop**  
Use hand signals so that drivers know where you're going. Signal all your turns and stops ahead of time. Also, before turning, look over your shoulder for any traffic. Check and only move when it's safe.

**Make eye contact.**  
Confirming eye contact with motorists helps them know that you're on the road.

**See. Be seen. Be heard.**  
Use lights at night or when visibility is poor. Flashing lights are especially effective. A white headlight and rear reflector are required by law. Use bike reflectors, reflective clothing and a bell to make yourself known.

**Be aware.**  
Using earphones is dangerous because you won't be able to hear what's going on around you. You might not hear an approaching vehicle.

## Street-Smart Cyclist Be Seen and Avoid Injury

- Wear a helmet to reduce the risk of permanent injury or death from a crash.
- Ride with traffic, never against it.
- Obey traffic signs and traffic signals.
- Dress appropriately for the type of riding that you are planning, and when possible wear bright colored clothing to be more visible to drivers.
- Ride as far to the right, in the right lane, as practicable except when passing another vehicle, preparing for a left turn, or avoiding hazards on the roadway.
- Ride on paved shoulders and bike lanes when available and be on the look out for road hazards or debris on the roadway - damaged pavement, loose gravel, broken glass, sewer grates, and snakes.
- Ride no more than two abreast (side-by-side), returning to riding single-file if riding abreast impedes the flow of traffic.
- Use hand signals to indicate what you intend to do: left or right turns, slowing, or stopping.
- Don't pass on the right hand side of a vehicle or other rider.
- Use mirrors for riding in traffic. Useful mirrors may be mounted to the bike, eyewear, or to helmets.
- Never catch a ride by attaching your bicycle, or holding on to other vehicles.
- Keep at least one hand on the handlebars at all times.
- Always expect the unexpected when you ride; your first responsibility is to be safe.

## Theft Prevention

- Most bike thefts are due to unlocked or improperly locked bikes. Following these tips will help prevent your bike from being stolen.
- Never leave your bike unlocked—not even for a second.
  - Always use a high-quality U-lock or chain. For added security, use both.
  - Always lock the frame and front wheel to either a rack or pole (see illustration 1).
  - For extra security, remove the front wheel and lock it with the frame and rear wheel (see illustration 2).
  - Note: Some bike locks with cylindrical keys may be opened with a pen or similar object. Check with your local bike shop to determine the need to upgrade or replace your lock.