

# BASIC SAFETY

Ride on the right. On roadways, always ride with traffic. Bicycles may use the entire lane.

Leave plenty of room when passing parked cars to avoid opening doors.

Be predictable. Always ride in a straight line. Do not weave from side to side or suddenly move out into traffic.

Be alert and plan ahead to avoid obstacles.

Always check over your shoulder before changing your lane position.

Never weave between parked cars.

Obey traffic signs and signals.

Use hand signals. It can be as simple as pointing in the direction you plan to go.

Yield to pedestrians.

On the bike path, alert others of your approach by ringing a bell or horn or by announcing, "Passing on your left."

Riding on sidewalks jeopardizes walkers.

Made possible by:



Chillicothe & Ross County  
**Public Library**

# BOOK -A- BIKE

You may also return your bikes to:

**Chillicothe Transit System**  
*575 E 7th St, Chillicothe*

**YMCA of Ross County**  
*100 Mill St, Chillicothe*

Borrow bicycles and equipment  
at the library for **free!**



# WHY BIKE?

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Cycling is an easy way to add exercise and activity to your day.

Cycling builds strength and muscle tone.

Cycling is a good way to build stamina.

Cycling gets your heart pumping at a steady rate, improving cardiovascular fitness.

Cycling eats up calories.

Cycling involves the whole body (arm-to-leg, feet-to-hands, body-to-eye), which improves coordination.

Regular exercise can reduce stress and depression and improve well-being and self esteem.

Riding a bike or pushing a stroller gets you and your family outside!

Have fun!

# BOOK-A-BIKE

## GUIDELINES

- Borrowers must have a current, valid library card to use equipment.
- You must call 740-702-4145 for all bike reservations. Holds can not be placed online for bikes.
- All adult riders must have a LENDING AGREEMENT on file.
- Children ages 0 to 11 must have a parent or guardian present to borrow equipment.
- Teens 12 to 18 may borrow equipment without an adult present, but must have a parent or guardian's signed CONSENT on file.
- Bikes and equipment may be borrowed for a maximum of two hours per day per patron.
- All equipment must be returned at least 30 minutes before closing.
- Bikes and equipment may not be borrowed overnight.
- Same day holds are allowed, but not more than 3 hours in advance.
- Book-A-Bike is free, but bikes and equipment not returned by the agreed-upon time will be treated as theft.
- Borrowers are responsible for stolen or lost equipment.
- When left unattended, equipment must be locked and secured.
- Borrowers must report any damage or malfunctions to staff immediately.
- Helmets are required.
- Borrowers must obey traffic laws and bike path rules and courtesies.
- Borrowers are encouraged to have fun.

**Questions?**  
**Contact the library at**  
**740-702-4145 or visit**  
**[CRCPL.org/beyondbooks](http://CRCPL.org/beyondbooks).**