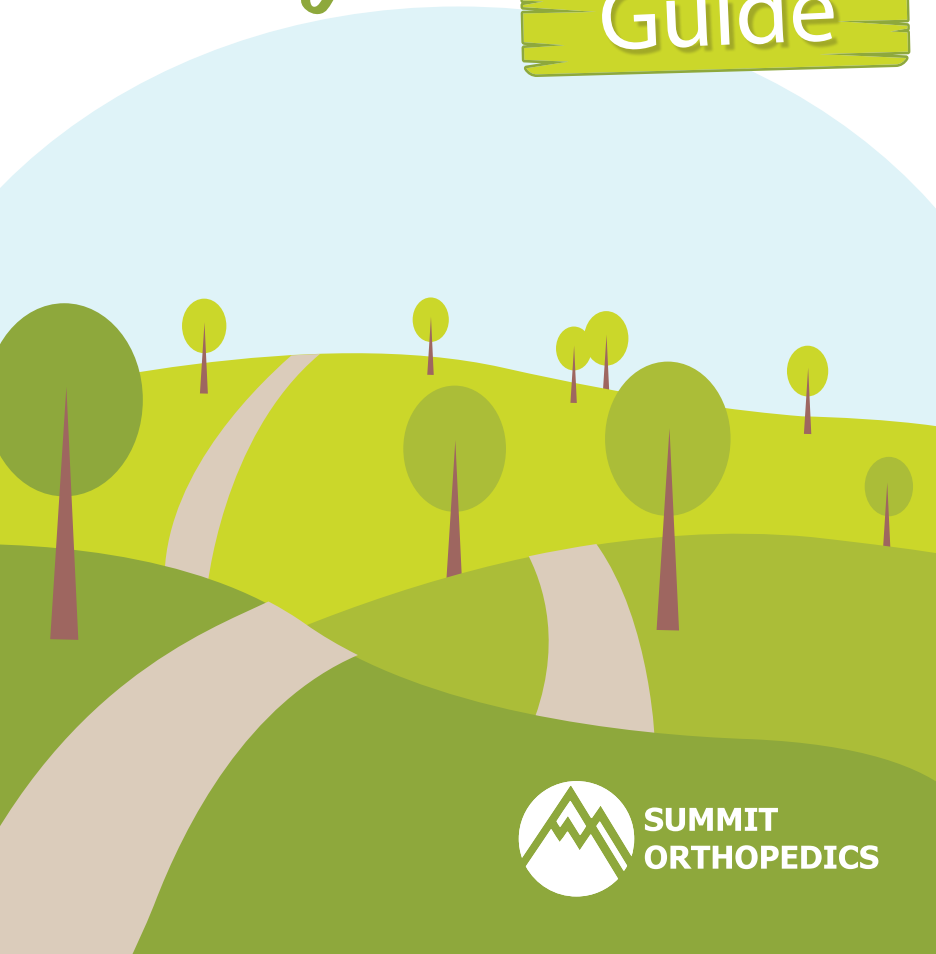


Family Fun Ride

Guide



**SUMMIT
ORTHOPEDICS**



Helpful tips on:

- » Safety Equipment
- » Hand Signals
- » Fitting a Bike Helmet
- » Rules of the Road
- » Post-ride Stretches to Prevent Injuries
- » Family-Friendly Bike Rides

Happy Trails from Summit Orthopedics

It's bike riding season in Minnesota and Summit Orthopedics has created this family fun guide to help you plan your summer biking excursions. Biking is one of the best ways to get exercise and enjoy family time together. This guide is a handy tool for getting your family prepared to get out and experience the great trails in the area and to have a fun-filled, safe ride. We are proud to be a part of this community where there are so many great bike riding options.

About Summit Orthopedics

Summit provides the Twin Cities and Greater Minnesota with the full spectrum of bone, joint, and muscle care, including sub-specialty clinics, walk-in care at OrthoQUICK clinics, imaging, bracing, therapy, surgery, and Care Suites. Our expert team of physicians, physician assistants, certified athletic trainers, and therapists are part of the over 800 employees who partner to support healthier, more active lifestyles.

For tips, videos, articles, and more on how you can stay healthy and active, visit **summitortho.com**

OrthoQUICK: Walk-in Injury Care

Our clinics are located in Woodbury, Eagan, and Vadnais Heights. Open 7 days a week, 10am–8pm.



**SUMMIT
ORTHOPEDICS**



Basic Bicycle Safety Equipment

- » Wear a properly fitted helmet every time you ride to reduce the severity of head and brain injuries.
- » Use reflective tape, gear, or accessories at night to be as visible as possible.
- » Carry water or a sports drink, using a water bottle holder.
- » Equip your bike with a white front headlight as well as a red rear reflector and/or light for riding in twilight, darkness, and poor weather conditions. (Legally required in Minnesota.)
- » Carry identification and pertinent medical information.
- » Carry a cell phone in case of an emergency.
- » Use shatter-resistant protective eyewear.

Helpful Equipment

- » Wear bicycling gloves to protect your hands in the event of a crash.
- » Install a mirror on your handlebar, helmet, or glasses to improve your overall awareness and to see trailing vehicles and riding companions.
- » Carry a lock to secure your bike.
- » Wear reflective leg bands to keep long pants away from your chain.
- » Carry a bag under your saddle, on your rack, or on your back.
- » Install a bell or horn to warn others of your approach.
- » Carry a tire pump, tire levers, patch kit, multi-tool, and spare tube.

Hand Signals

Obey all traffic signs and signals. Cyclists are not exempt from traffic laws. Signal your intentions clearly and early.

If riding in a group, point to and call out hazards to riders behind you: "Gravel," "Glass," etc.

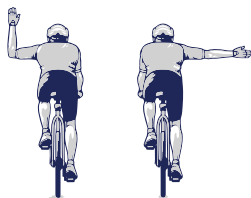
SIGNALS VIEWED FROM BEHIND



◀ LEFT



■ STOP



▶ RIGHT

Note: Bicyclists may use either method in Minnesota

Helmet Position

Your helmet should sit level on your head and low on your forehead—one or two finger widths above your eyebrows.



EYES

Side Straps

Adjust the slider on both side straps to form a V-shape under and slightly in front of each ear.



EARS

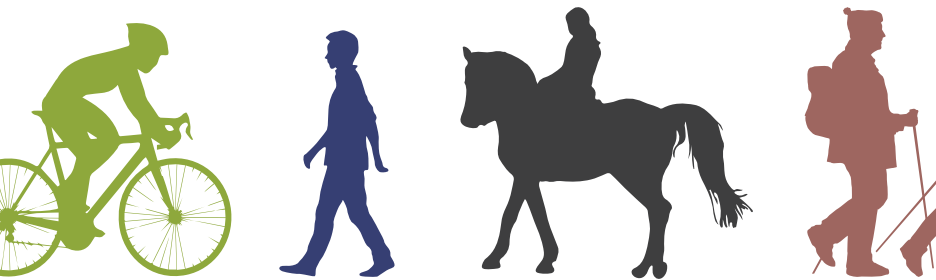
Final Fit

Does your helmet fit right? Open your mouth wide... big yawn! The helmet should pull down on the head.

Replace any helmet that is involved in a crash, damaged, or has been outgrown, or every 3 to 5 years.



MOUTH



Guidelines for Multi-use Trails and Paths

Yield-sign paths and trails are often shared by users of all ages and abilities, including bicyclists, walkers, joggers, parents pushing strollers, rollerbladers, and pets. The great variety of users, speeds, and mobility can make riding more unpredictable than the roadway.

- » Always wear a helmet and use safety gear.
- » Ride to the right.
- » Ride single file when other users are present.
- » Always yield to slower path users.
- » When stopping for a rest or emergency, move completely off the trail.
- » Avoid wearing or using headphones, ear buds, cell phones, radios, or other listening devices while riding so you are not distracted and can be aware of your surroundings.
- » Control your speed, slow down, and use caution when approaching or overtaking other path users.
- » Before passing others, watch your speed and courteously announce your intentions by saying "on your left" or ringing your bike bell.
- » Don't startle children or animals. If passing a horse, use your voice so the horse associates the bicycle with a human.
- » Obey all traffic signs and signals at road crossings.
- » Use proper lights if riding before daylight or after dusk.
- » Use traffic hand signals when appropriate.

For more information on Minnesota trails, visit:

www.dnr.state.mn.us/biking/



Guidelines for Mountain Biking Trails

Know your equipment and abilities. Carry food, water, and gear for changing weather conditions.

- » Ride only on open trails—respect closures, don't trespass, and obtain authorization if required.
- » Don't ride trails when they are wet; this damages the trail tread and leads to ruts and erosion – and more work for trail volunteers.
- » Leave no trace—be sensitive to the environment; stay on existing trails and pack out what you take in.
- » Control your bicycle—pay close attention. Anticipate problems and keep your speed under control.
- » Bicyclists always yield—make your approach known and be courteous. Always yield to uphill users. When stopping for a rest or emergency, move completely off the trail.
- » Never startle animals—animals get alarmed easily and can create danger for you and others.
- » Yield when approaching a horse and ask the rider how to proceed.

For more information on mountain biking in Minnesota, visit:

www.morcmtnb.org

Seat Height Guide

One of the most basic yet important aspects of bicycle comfort and fit is the seat height. A poorly adjusted seat can lead to knee, back, neck and shoulder pain. Here are some easy steps to find your proper seat height:

1. While the bike is either in a trainer or while riding on a smooth open surface, place your heels on your pedals.
2. As you pedal, your knees should straighten out completely.
3. If your knees remain bent through the entire pedal stroke, your seat height is too low.
4. If you cannot keep your heels on the pedals without leaning down, your seat is too high.



Post-ride Stretches to Prevent Injuries

Performing the following stretches after your ride will help you recover more quickly and gain flexibility where it matters most for cycling.



Hamstrings (back of thigh)

- » Place your left foot one stride ahead of your right foot. Keeping your left knee and your back straight, bend forward at the hips, allowing your right knee to bend slightly. Shift your hips backward until you feel the stretch.
- » You should feel this stretch through the back of your left thigh. Hold this position for 30 seconds.
- » Repeat on the opposite leg and stretch each leg twice.

Glutes (buttocks)

- » Lying on your back, bending your legs so they are in the sit-up position, cross your right leg over your left knee so your outer right ankle and left knee touch. Lock your fingers around the back of your left thigh and pull your left leg toward your chest.
- » You should feel this stretch in your right buttocks. Hold this position for 30 seconds.
- » Repeat on opposite leg and stretch each leg twice.



Quads (front of thighs)

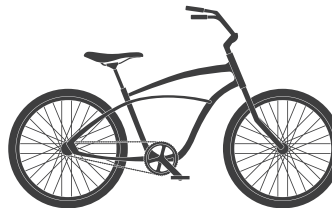
- » Standing on your left leg, using something for balance if necessary and keeping your back straight, reach back for your right ankle and pull your ankle to your buttocks.
- » You should feel this stretch in the front of your right thigh. Hold this position for 30 seconds.
- » Repeat on the opposite leg and stretch each leg twice.



Low Back

- » Lying on your stomach, leaving your hips on the ground, push upward with your arms into a cobra /seal-like position. Relax your low back in the arched position. Relax your buttocks as well.
- » Hold this position for one second.
- » Perform 10 times.





Recommended Trails for the Family

Dakota Rail Regional Trail

West Metro

www.threeriversparks.org/location/dakota-rail-regional-trail/

- » Wayzata, Orono, Mound, St. Bonifacius
- » 13mi (paved) **No pass required**

Multiple stops along the way for refilling water, taking a bathroom break, snacks.

Luce Line—West Metro

www.luceline.com

- » Plymouth to Cosmos, MN
- » 63mi **No pass required**

Multiple stops along the way for refilling water, taking a bathroom break, snacks.

LRT Trail—West Metro

www.trailink.com/trail/lake-minnetonka-lrt-regional-trail/

- » Hopkins to Victoria, MN
- » 15mi **No pass required**

Limited stops along the way for refilling water, taking a bathroom break, snacks.

Grand Rounds—Metro

www.exploreminnesota.com/travel-ideas/grand-rounds-scenic-byway-showcases-minneapolis/

- » 55mi (paved) **No pass required**

Multiple stops along the way for refilling water, taking a bathroom break, snacks.

Cannon Valley Trail

South of the Metro

www.cannonvalleytrail.com

- » 19.7mi (paved) **No pass required**

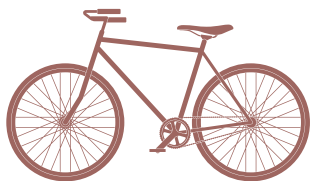
Limited stops along the way for refilling water, taking a bathroom break, snacks.

Root River State Trail—SE MN

www.dnr.state.mn.us/state_trails/root_river/index.html

- » Lanesboro to Houston, MN
- » 42mi (paved) **No pass required**

Limited stops for refilling water, taking a bathroom break, snacks.



Blufflands State Trail Harmony: Preston Segment—SE MN

[www.dnr.state.mn.us/state_trails/
blufflands/harmony_preston.html](http://www.dnr.state.mn.us/state_trails/blufflands/harmony_preston.html)

- » Harmony, MN to Preston, MN
- » 18mi (paved) **No pass required**

May not be suitable for all riders—several hills with strenuous inclines throughout the length of the trail. Limited stops for refilling water, taking a bathroom break, snacks.

Mesabi Trail—Northern MN

www.mesabitrail.com

- » Grand Rapids to Ely, MN
- » 155mi (paved)

Pass required: \$5.00

Obtain online, at an established vendor (see website), or at entry point self-pay boxes. Limited stops for refilling water, taking a bathroom break, snacks.

U.S. Bicycle Route 41—St. Paul, MN to Grand Portage, MN

www.dot.state.mn.us/bike/usbr41/

- » CHS Field in St. Paul to Grand Portage, MN
- » 355mi (paved) **No pass required**

Includes some riding on the shoulder of highways and main roads. Portions may not be suitable for younger riders under 10 years of age. Multiple stops for refilling water, taking a bathroom break, snacks. Long stretches where there are no rest stops—please consult trail map.



**For even more articles and tips,
visit us online at
summitortho.com/topic/cycling**