



Trail Etiquette Tips

1. Riding through Road Closures and Crossing Busy Streets

Respect road closures and the volunteers who are helping to direct the traffic. Do not ride across a busy road until the volunteer gives authorization. On the Wheel to Heal 10 km. and 40 km. courses, there are a few intersections and heavy construction areas along the course. Please look both ways and ride by the rules of the road.

2. Control Your Bicycle

Not paying attention for even a moment could put yourself and others at risk. Obey all bicycle speed regulations and recommendations, and ride within your limits.

3. Share The Trail

On the 10 km. and the 40 km. courses, you will be riding mainly on the PoCo Trail and Trans-Canada Trail, which are very popular trails for walkers, riders, dogs and even the occasional horse back rider. Please be aware of all the other trail users and take into consideration that as a participant of Wheel to Heal, you are sharing the trail with everyone.

Do your utmost to let your fellow trail users know you're coming - a friendly greeting or bell ring are good methods. Try to anticipate other trail users as you ride around corners. Bicyclists traveling downhill should yield to ones headed uphill. Strive to make each pass a safe and courteous one to ensure safety for all trail users.

4. Never Scare Animals

Animals are easily startled by an unannounced approach, a sudden movement or a loud noise. Give animals enough room and time to adjust to you. When passing horses, use special care and follow directions from the horseback riders.

5. Plan Ahead

Strive to be self-sufficient: keep your equipment in good repair and carry necessary supplies for changes in weather or other conditions. Always wear a helmet, gloves, appropriate footwear and safety gear. Wheel to Heal will provide a water bottle, water and food stations on course to make sure you stay well hydrated. If you require additional supplies or medication, please make sure to have supply with you.

6. Stay On Trails and Follow Course Signage

Please stay on designated trails to ensure that you remain on the course and prevent damage to the ecosystem. The 10 km. and 40 km. courses will be marked with purple balloons, orange flagging tape and Wheel to Heal signs. The 80 km. course will be marked with red balloons, pink flagging tape and Wheel to Heal signs. Please look for these markers to guide you.