

Lesson 9

Focus: Riding on a Multi-Use Path

Materials: 10 helmets, 10 bicycles, local park bike path (Cherry Park)

Objectives: The students will be able to:

1. successfully ride on a multi-use path in the local community.
2. identify the rules for riding on a multi-use path.

Key Points:

- The rules still apply on a multi-use path.
- Be aware and respectful of other users on the path.
- A bike path that parallels a roadway (like a sidewalk) can be more dangerous than riding in the road (watch for turning cars).
- A rider must be aware of various hazards like loose gravel and cracks.
- Academic Language: multi-use path

Introduction to Lesson (Anticipatory Set):

“When bikers are choosing locations for bicycle rides, often they will choose a multi-use path located in a local park or greenway. A multi-use path is usually paved and is a shared byway for non-motorized traffic including walkers, joggers, roller bladders, bikes, skateboards, and/or scooters. It is important to follow the rules when riding on a multi-use path because they are very popular places to ride, which means they are heavily used. Therefore, it is important for all users to adhere to the same rules to keep it safe for everyone.”

Learning Activity 9-1: Review Multi-Use Path Rules

Review of the rules for multi-use path bike riding:

1. Always ride as far to the right as possible (go with the flow).
2. Always pass slower traffic on their left side using the following steps:
 - Look over your left shoulder to check for faster traffic coming up behind you.
 - If it's clear, announce your intention to pass by loudly saying “passing on your left.”
 - Give other path users at least three feet of clearance when passing while being mindful of oncoming traffic in the other direction.
3. Limit your speed to 15 mph or less.
4. Look out for hazards:

- Loose material like gravel, sand, or glass.
 - Unpredictable path users such as small children or dogs.
 - Blind curves and intersections.
 - Underpasses – make noise even though you don't see anyone coming.
 - Slippery surfaces – wet or icy bridges, metal plates.
5. Always signal turns.
 6. Always stop at intersections with the road or driveways.
 7. Slow to walking speed or dismount at crosswalks.
 8. Even if you have the right-of-way, make eye contact with drivers before proceeding at an intersection.
 9. Watch out for:
 - Turning motorists (right turn in your lane or left turn in oncoming lane).
 - Motorists exiting driveway or side street (especially when cyclist is on sidewalk)

Learning Activity 9-2: Multi-Use Path Ride

Teacher leads student in a bike ride on a local multi-use path (Cherry Park):

Closure. Provide paper/pencil for each bike rider at end of multi-use path ride. Ask students to write a “Three-Minute Paper” the differences between the rules for riding on the streets and the rules for riding on a multi-use path. After collecting the assessment papers, conduct a discussion reviewing the rules of riding on a multi-use path and how they are different from the rules for riding in traffic. Preview the next lesson, which will be the set-up of stations for the bicycle rodeo for the 5th grade classes. Remind students that a post-test will be administered after the bicycle rodeo/next lesson is completed.