

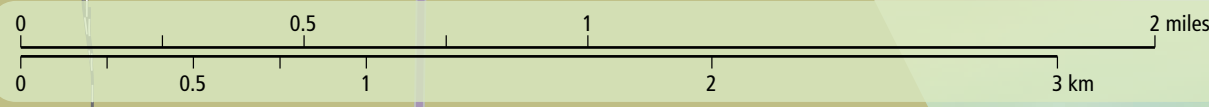


**About this map**

We welcome your questions and comments! To request additional copies, including large display size, contact:

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Map contents © 2017 Russell Reagan, Open Street Map contributors, and The Bike Campaign



Sacramento (downtown) 15.5 miles

Sacramento Int'l Airport 7 miles

Esparto 13 miles

Davis 9.5 miles

San Francisco 80 miles

Davis 7 miles

**Map Symbols**

- Railroad
- School
- Traffic signal
- Crosswalk with warning lights
- Off-street path shared with pedestrians
- Woodland Bike Loop via off-street path
- Woodland Bike Loop via streets
- Avoid car traffic
- Street with bike lanes and low or moderate car traffic
- Busy street or rural road with bike lanes and faster, higher volume of traffic
- Rural road without bike lanes
- For faster, confident cyclists
- Arterial street with no bike lanes, higher traffic, etc.
- Street through freeway interchange, merge ramps

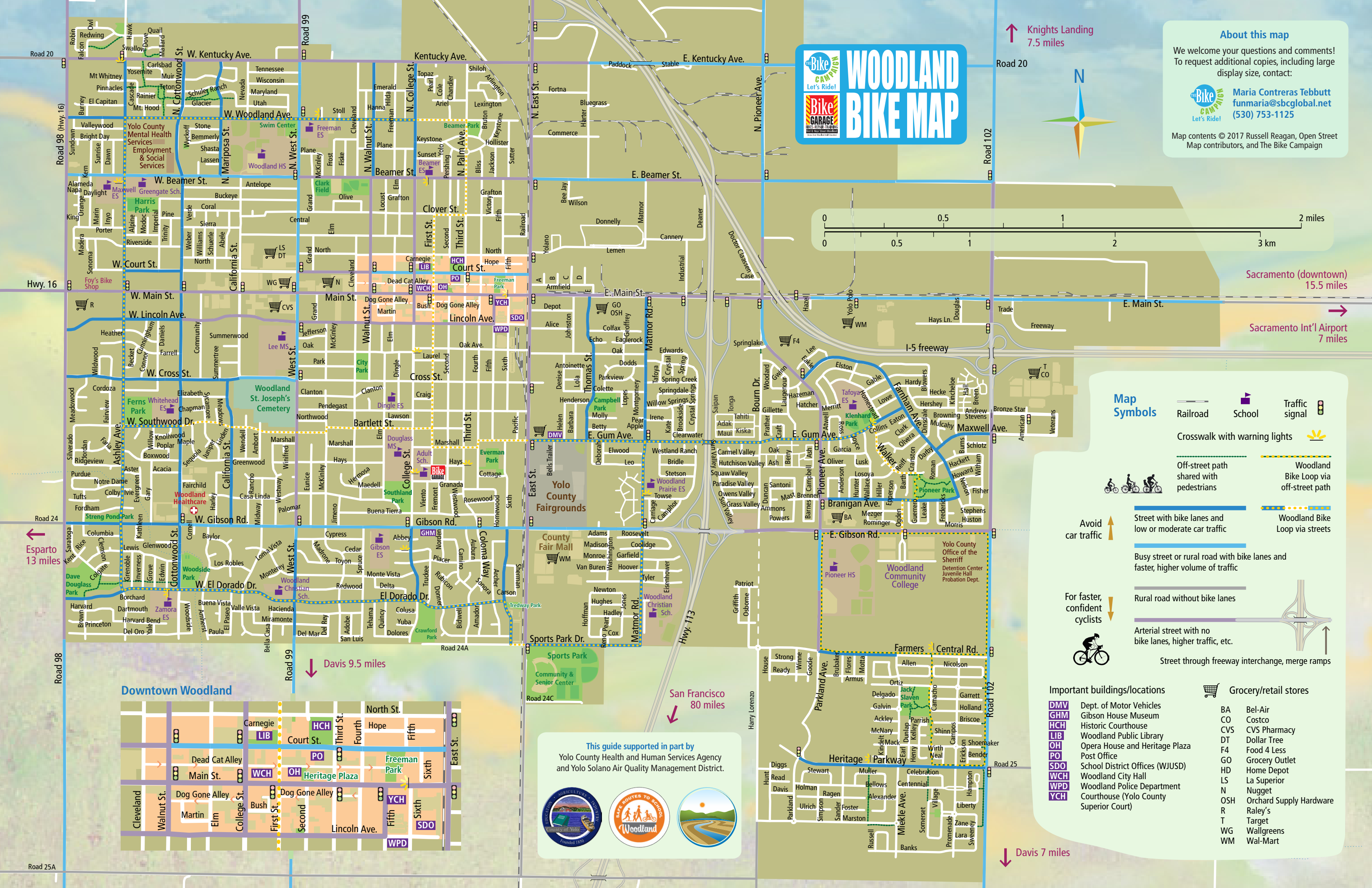
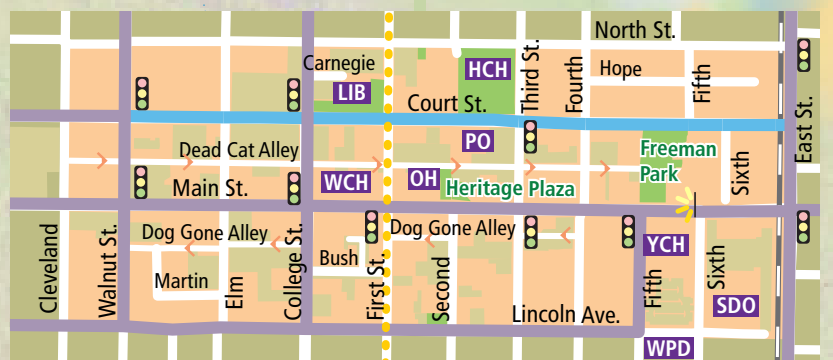
- Important buildings/locations**
- DMV** Dept. of Motor Vehicles
  - GHM** Gibson House Museum
  - HCH** Historic Courthouse
  - LIB** Woodland Public Library
  - OH** Opera House and Heritage Plaza
  - PO** Post Office
  - SDO** School District Offices (WJUSD)
  - WCH** Woodland City Hall
  - WPD** Woodland Police Department
  - YCH** Courthouse (Yolo County Superior Court)

- Grocery/retail stores**
- BA** Bel-Air
  - CO** Costco
  - CVS** CVS Pharmacy
  - DT** Dollar Tree
  - F4** Food 4 Less
  - GO** Grocery Outlet
  - HD** Home Depot
  - LS** La Superior
  - N** Nugget
  - OSH** Orchard Supply Hardware
  - R** Raley's
  - T** Target
  - WG** Wallgreens
  - WM** Wal-Mart

This guide supported in part by  
 Yolo County Health and Human Services Agency  
 and Yolo Solano Air Quality Management District.



**Downtown Woodland**





# TIPS

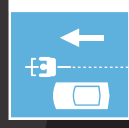
## Bicycling Tips

### BE PREDICTABLE

Ride so drivers can see you and predict your movements. Remember that rules in the drivers manual apply to bicyclists also.

### BE EQUIPPED

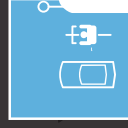
Always wear a helmet. It's the law for 17 year-olds and younger. Wear highly visible clothing and use lights when riding at night.



**RIDE IN THE DIRECTION OF TRAFFIC**  
Never ride against traffic.



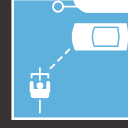
**DO NOT RIDE ON SIDEWALKS**  
Riding a bike is prohibited on sidewalks in downtown Woodland and other places with high pedestrian use.



**OBEY TRAFFIC SIGNS, SIGNALS AND LAWS**  
Bicyclists must follow the same laws as motorists. Stop at red lights and stop signs just as you would in a car.



**USE HAND SIGNALS**  
Hand signals tell others what you intend to do. Signal as a matter of courtesy and of self-protection.



**SCAN THE ROAD AROUND YOU**  
Look ahead and anticipate what other traffic is likely to do. Learn to look back over your shoulder without losing your balance or swerving.



### SHARROWS

Short for "Shared Lane Markings," these pavement symbols indicate the best lane position for cyclists to avoid possible collisions with car doors, usually in a lane that is too narrow for cars to pass bikes safely.

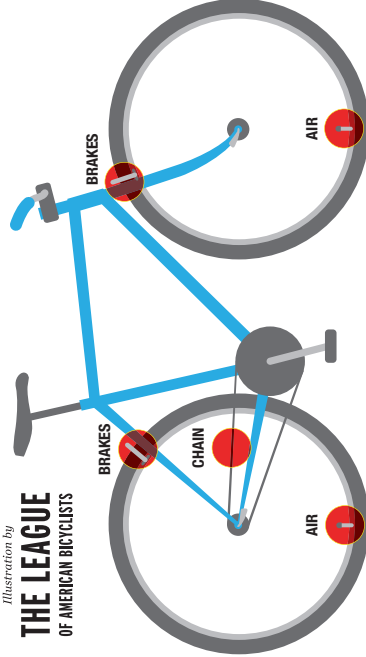


**THE LEAGUE OF AMERICAN BICYCLISTS** has designated Woodland as a bronze level Bicycle Friendly Community. The award is given only to cities with a strong commitment to the promotion bicycling within their community.

## AS SIMPLE AS ABC

- A: AIR** If your tires give a bit when you press with your thumb, they need some air.
- B: BRAKES** When you squeeze your brakes hard, you should still be able to fit your thumb between the brake levers and the handlebars. Check that your brake pads aren't worn out – if they are, replace them.
- C: CHAIN, CRANK, CASSETTE** Make sure your chain is running smoothly – lightly oiled and free of rust and gunk – by spinning it backwards a few revolutions.

Illustration by  
**THE LEAGUE**  
OF AMERICAN BICYCLISTS



## USE THIS MAP TO PLAN A GOOD BICYCLING ROUTE

Bicycling is most enjoyable when you can find a route that avoids high-traffic streets, and takes advantage of bike lanes (space on streets set aside for bikes), and off-street bike paths. **Local streets shown in white** on this map are generally low traffic, except for some in the downtown area. **Busy streets are shown in gray and light blue.** When planning your route, find intersections across busier streets with traffic signals (indicated with symbol). **Recommended routes for cross-town travel are darker blue** (less busy streets with bike lanes), and **yellow dashed lines (Woodland Bike Loop).** Enjoy the ride!

## CYCLING TO WORK CAN CUT CANCER AND HEART DISEASE BY UP TO 50%, SAYS STUDY!

- The biggest study into the issue linked regular cycling with halving the risk of cancer and heart disease.
- The five-year study compared people who had an "active" commute with those who were mostly stationary.
- During the course of the study, regular cycling cut the risk of death from any cause by 41%, the incidence of cancer by 45% and heart disease by 46%.
- The cyclists clocked an average of 30 miles per week, but the further they cycled the greater the health boon.

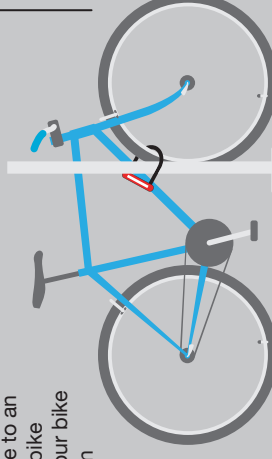
Ref: British Medical Journal 2017  
<http://www.bmj.com/spoty/gaf-inspired/290664047>



## LOCKING YOUR BIKE

To lock your bike, use a u-shaped lock. Secure the frame to an immovable object or bike rack. Avoid leaving your bike outside overnight or in the sun/rain all day.

Illustrations by  
**THE LEAGUE**  
OF AMERICAN BICYCLISTS



## LOADING YOUR BIKE ON BUSES WITH FRONT RACKS

Travel car-free with your bicycle to Davis, Sacramento, West Sacramento, and SMF Airport on Yolobus, route 42A/42B. Use the bike rack on the front of the bus. For routes, stop locations and schedules, visit [yolobus.com](http://yolobus.com)

**COME TO THE BIKE GARAGE**  
WE ARE VOLUNTEERS. BE A VOLUNTEER.

**Bike GARAGE**  
BIKES-REPAIR-TRAINING  
First & Hays Street - Woodland  
(Across from Woodland Adult Education)

**LOWEST PRICES ON QUALITY PRE-OWNED BIKES IN YOLO COUNTY. MECHANIC-TESTED, STREET LEGAL AND READY TO ROLL.**

Sat & Wed 9:00–Noon in the summer and Saturdays 9:00–Noon and Wednesdays 2:00–5:00 during the school year.

[WWW.THEBIKECAMPAIGN.COM](http://WWW.THEBIKECAMPAIGN.COM) • (530) 753-1125



**BIKE CURIOUS? NEED A BIKE? BIKE NEED FIXING?**

**WE CAN HELP! OFFICIAL BICYCLE RECYCLE CENTER**

*Visit Us!*  
TheBikeCampaign.com



## WHY BIKE?

**IT'S FUN!** Walking and bicycling bring a sense of joy and independence.

**COMMUNITY BENEFITS** Reducing traffic congestion, boosting a sense of community, and improving neighborhood connections benefits everyone!

**HEALTHIER HABITS** A bike trip is a fun way to get the physical activity and psychological benefits we all need.

**CLEANER ENVIRONMENT** Reducing car trips to work and school with bicycling reduces traffic congestion and pollution.

**PROMOTING SAFETY** Building sidewalks, providing educational programs and adding traffic calming measures are some of the ways to improve safety. Biking to work, school and shopping builds support for infrastructure improvements.



## MEET ZERO THE NEW ZERO EMISSION VEHICLES



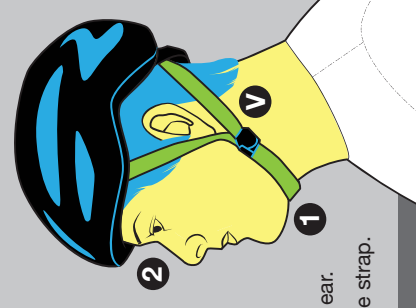
## HELMET 2V1 RULE

When you shake your head from side to side, a correctly fitted helmet will stay in place.

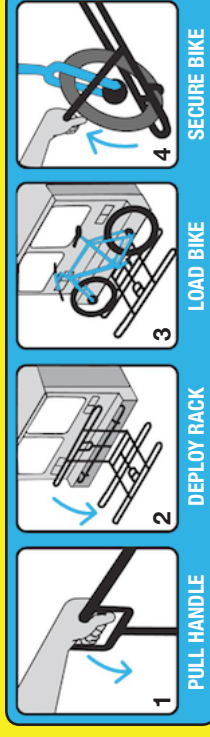
2: Two-fingers width between eyebrows and helmet.

V: Side straps make a "Y" below the ear.

1: One finger between your chin & the strap.



Make sure you have the driver's attention before loading your bike. Let them know where you plan to get off the bus.



# THE NEW WOODLAND BIKE MAP

*"Together, we're making Yolo County a cleaner, healthier, friendlier, more prosperous place through bicycling."*