



WELCOME TO THE COW POINTE BIKE PATH RULES & SAFETY TIPS

The Rules & Safety Tips set forth below have been established in accordance with Chapter 109 of the Medford Administrative Code, and any person, firm, corporation or other entity found to be in Violation of such rules shall be subject to those fines and penalties set forth at Section 109-5. All other Provisions of Chapter 109 which are not specifically set forth below are hereby incorporated by reference.

Bike Riders

- **The path is best used by experienced riders** – Bike riding can be a hazardous activity. While there is no age limit for bike riders, this path is probably not the best place for someone to learn how to ride a bike. Only experienced riders should use this path.
- **Pass on the left** - Be sure that when you are passing someone on the path, stay on their left side and move to the right after you have passed them. Call out "passing on your left" so you don't startle the person you are passing.
- **Pull completely off the path if you need to stop** - By pulling off the trail, you are less likely to get hit by multi-use trail traffic and cause an accident.
- **Wear a helmet** - It's required for children under 18 years of age and it's a good idea for adults as well.
- **Pay attention when you ride** - Don't wear headphones and make sure you keep your eyes on the path to look for potential hazards..
- **Ride in single file** - Even if you are in a group, riding single-file helps keep the path clear of congestion and reduces the chances of an accident.
- **Speed limit** – This path is not designed for extreme biking and too much speed can be a hazard to you and those around you.
- **Stay on the path** - Bicycles are not allowed in other areas of the Cow Pointe area
- **No Riding in the dark** – Due to the hazards as well as wildlife in the open fields, the path is closed from dusk to dawn.
- **Leaving the Bike Path** - Please use every precaution and follow traffic laws when leaving this bike path and entering onto the roadway.

Pedestrians

- **Use the left shoulder when necessary** – While this is a Bike trail, joggers and walkers are permitted to use the trails. When encountering bicycles, pedestrians should stay on the shoulder off the trail to minimize the chance of an accident.

- **Stay single file** - This reduces the chance of people straying onto the trail and potentially being involved in an accident. If you want to walk with a group of people, it is recommended that you either walk single file or two by two if no bikes are on the trails.
- **Keep your dog on a short leash** - Dogs are not allowed to be off-leash in Cow Pointe. The maximum length of a leash is six feet. This includes retractable leads. All dog waste must be picked up and properly disposed of.

Prohibited Path Traffic

- **No motorized traffic** - No motorized vehicles of any kind are permitted on the path.
- **No Equestrians**

Other Rules & Safety Tips

- 1) **This is a Carry In/Carry Out Park Facility.** NO littering. For the enjoyment and safety of all users, please pick up after yourself, and clean up after your pets. Trash only in the receptacle in the pavilion--- all Recycling must be disposed of off premises.
- 2) Do don't disturb wildlife and local vegetation. Respect surrounding private property and farm fields along the path.
- 3) If possible, move off path surface when stopping.
- 4) Please yield to law enforcement, maintenance and emergency vehicles.
- 5) Drugs & alcohol are not permitted.
- 6) Carry a fully-charged cell phone. Carry a water bottle or two and have a first aid kit readily available.
- 7) Take the Right Stuff- A tire patch kit, spare tube, mini-pump and some basic bike tools come in handy in emergencies or for quick adjustments on the fly. Give your bike a quick inspection before hitting the path by checking tire pressure, brakes, shifting gears, etc.
- 8) This Path will **not** be maintained during inclement weather, including removal of snow and/or ice.
- 9) Watch while you ride/walk as the path may contain fallen branches and other matter from the nearby trees.

If you have an emergency while on the path, please call 911.

**To Report Any Path Maintenance Issues, please contact
Medford Div. of Parks & Open Space ***** 609-654-2608**