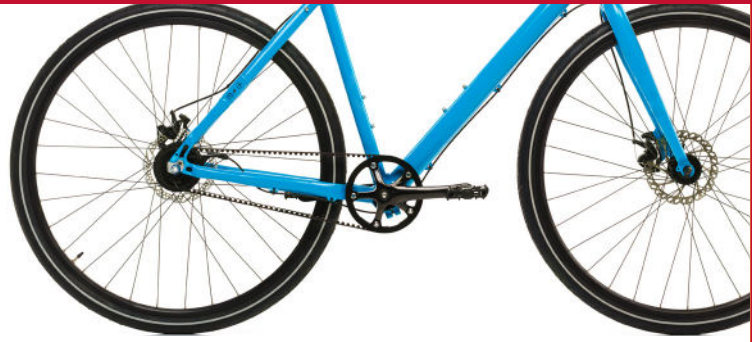


Safe Bicycling Routes in New Ulm



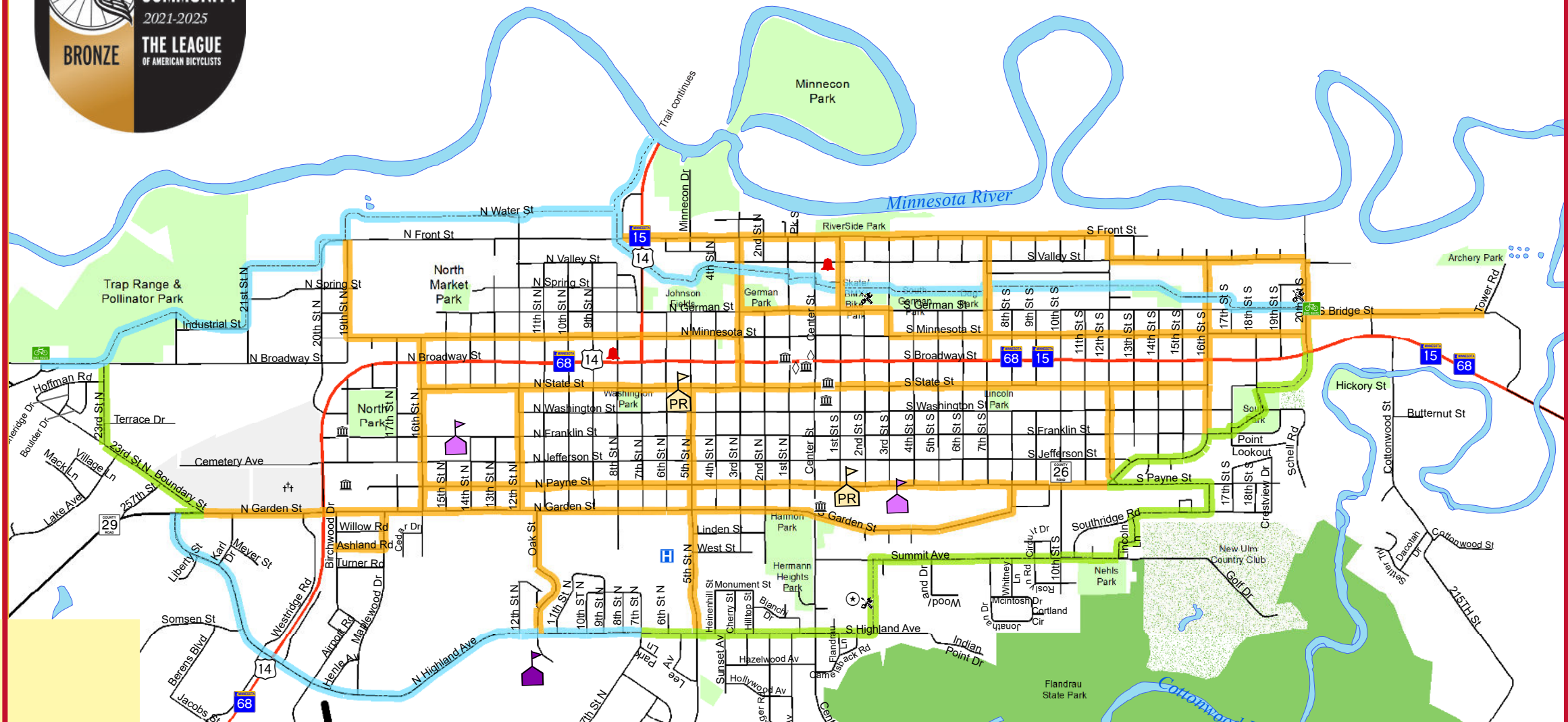
City of New Ulm Street Bike Routes



Bike Routes	Points of Interest	
Street Bike Route	Public Elementary/Middle School	Fire Station
Bike Cycle Trail Route	Public High School	Government
Bike Circle Street Route	Private School	Medical
	College	Museum
	Airport	Law Enforcement
	Cemetary	Bike Fix Station
New Ulm Parks		Bike Trail
Public Park		
Private Park/Club		
State Park		

Heart of New Ulm's Smart Bicycling Tips

- ⊕ **Always wear a helmet to protect your head** – Most bike-related deaths are the result of a severe brain injury.
- ⊕ **Always be visible** – Install front and rear lights on your bike. They're especially helpful when it's darker outside.
- ⊕ **Go with the flow** – Ride with the flow of traffic, not against it.
- ⊕ **Be predictable** – Use arm signals to let other people on the road know what you are going to do. This helps everyone be safer on the road.
- ⊕ **Obey all traffic laws** – This makes the road safer for everyone.
- ⊕ **'Drive' your bike** – Ride in the right 1/3 of the traffic lane when you can.
- ⊕ **Be alert** – Be a defensive 'driver' and do not listen to music or use your cell phone.
- ⊕ **Practice bike readiness** – Make sure your bicycle is in good working order every time you ride.



Bike Clubs

New Ulm Bike Group | New Ulm, MN • (507-359-8344)
The New Ulm Bike Group works to make bicycling easier and safer for everyone. From advocacy to group rides, the group of enthusiastic bicyclists is always looking for more friends!

River Valley BMX Club | New Ulm, MN • (507) 217-9208
River Valley BMX club allows local BMX riders to race on a great local track that serves as one of the region's race destinations. Find them on Facebook!

Nearby Bike Shops

Nicollet Bike Shop | Mankato, MN (507) 388-9390
Nicollet is the region's largest bike shop with a surplus of gear, expertise and programming such as bike rides and classes.

Key City Bike | Mankato, MN (507) 304-1936
Key City is a nonprofit, community bike shop that takes bike donations, and allows community members to purchase recycled parts and use its facilities to fix their bicycle.

The Smallest Cog | St. Peter, MN (507) 931-0815
The Smallest Cog team sells Jamis bikes and works on all types of bikes – from garage sale finds to those worth more than the family car.

March 2023



Safe Walking Routes in New Ulm



Heart of New Ulm's Safe Walking Tips

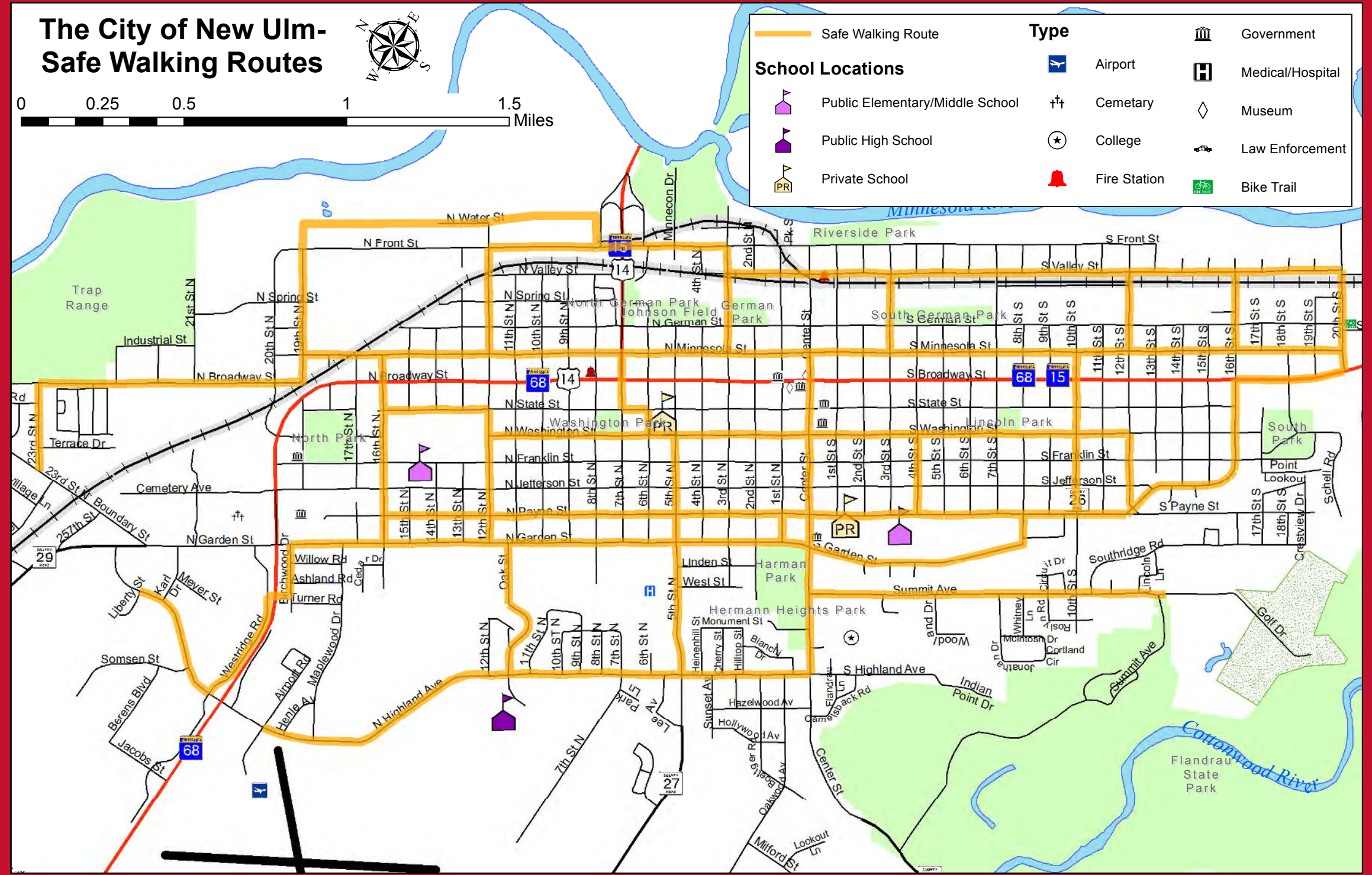
- ✓ **Be visible**
Wear bright-colored clothing and reflective materials.
- ✓ **Be smart**
Always walk on the sidewalk. If one doesn't exist, walk facing traffic
- ✓ **Be alert**
Check to make sure cars are slowing or stopped — don't just assume they will stop for you.
- ✓ **Be careful**
At designated crosswalks, look left, right, then left again **every time** before you cross.

What are the benefits for kids and adults who walk or bike?

Physical activity helps both kids and adults get physical activity that can help them manage their weight, sleep better, and reduce their risk for certain diseases. Physical activity also helps people manage stress and maintain a positive attitude.

When kids walk or bike to school, it helps them:

- Arrive to school focused and ready to learn.
- Reduce behavior problems and settle in for learning during the school day.
- Perform better. Research shows that extra focus and behavioral control in the classroom has led to higher test scores for kids who regularly walk or bike.



How far is 1 mile?

- 1 mile is about a 20-minute walk
- 1 mile is about 12 blocks

