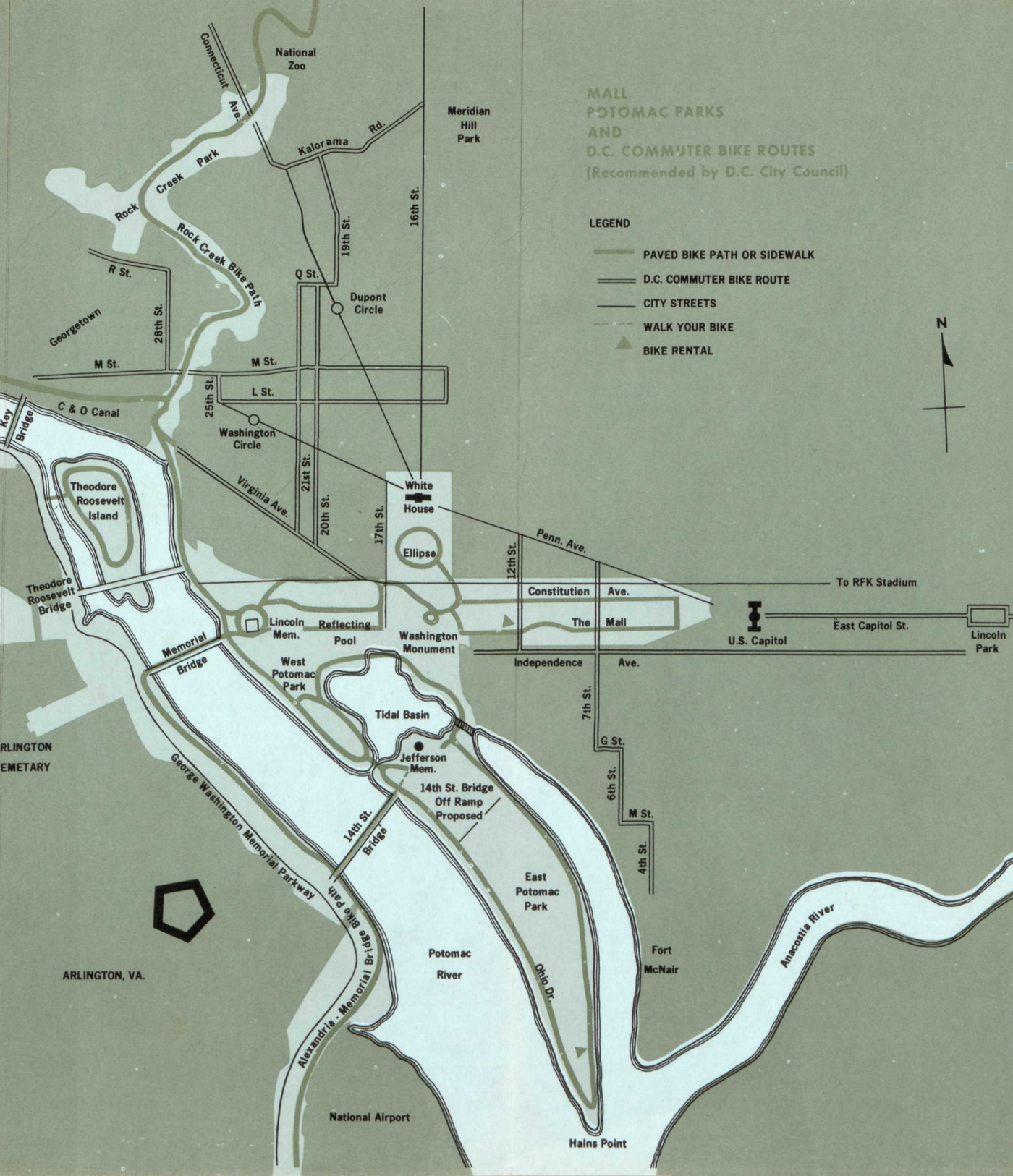
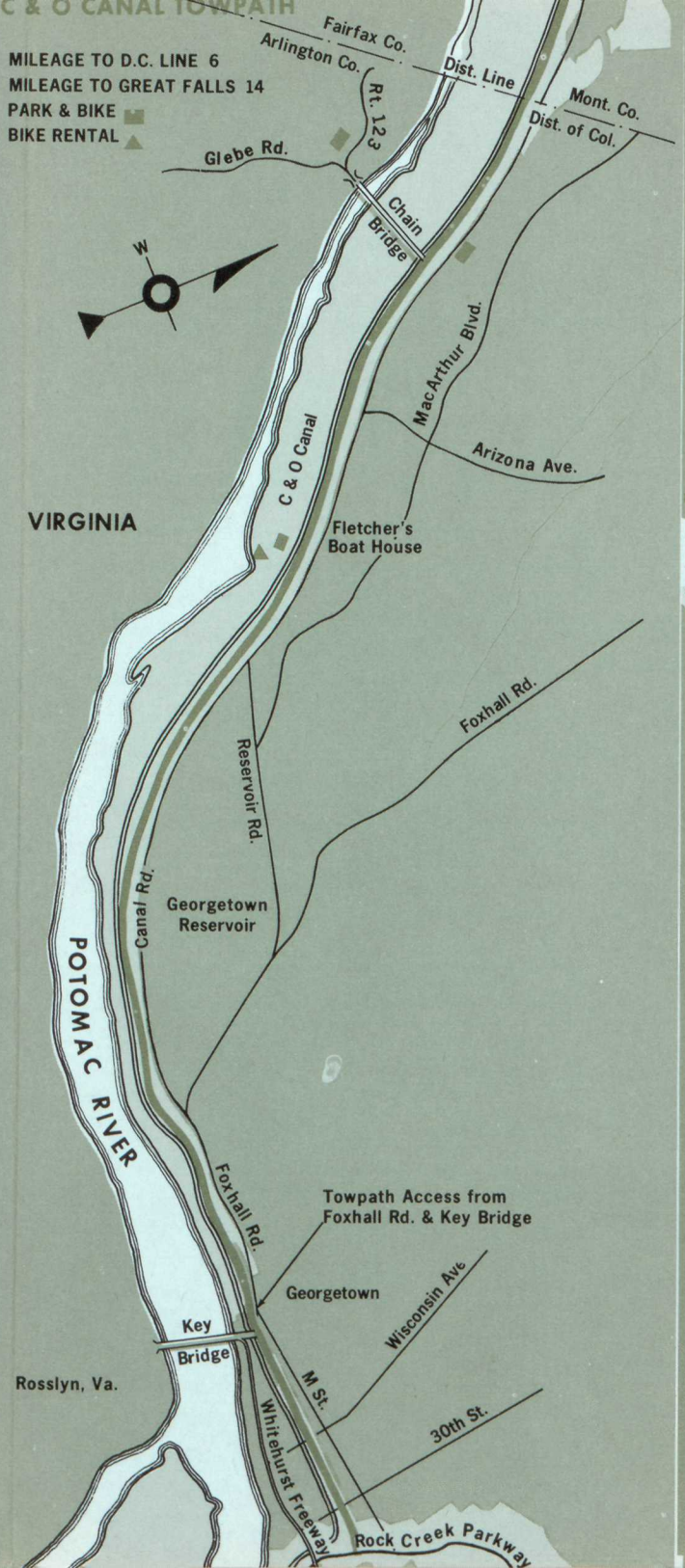
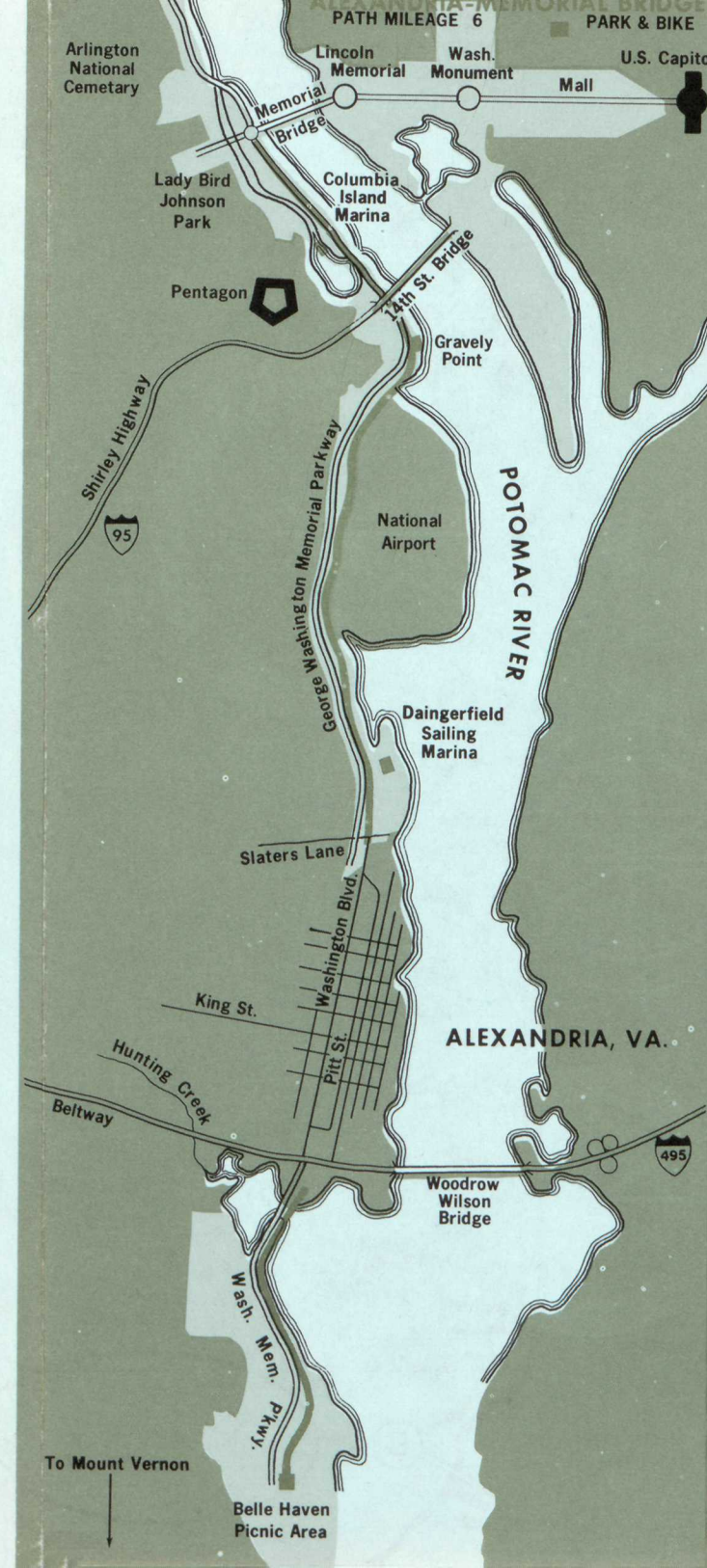
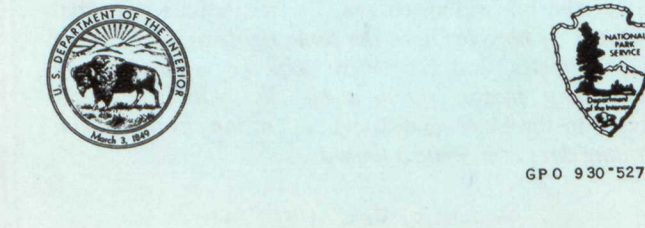


RULES OF THE ROAD
 -Don't unnecessarily delay motor traffic while riding in the street.
 -Don't ride others on your bike unless it is equipped to do so.
 -Use racks to carry articles and keep at least one hand on the handlebars.
 -Always ride single file unless it's perfectly safe to ride abreast.
 -Pedestrian have the right-of-way at all crosswalks as do vehicles upon roadways being entered on a bike.

REGISTRATION
 Registration of bicycles in the District of Columbia is recommended primarily as a measure against theft. Application can be made at any firehouse or police precinct station. If the bicycle is in safe operating condition, a serial number and registration tag are affixed to the bicycle and a registration card issued to the owner.

BIKE RENTAL SERVICE
MALL, 12th and Jefferson Daily, 8 a.m.-dark. Two-wheels, three-wheels & tandems. \$1.50 an hour.
HAINS POINT, East Potomac Park: Sat., Sun. and holidays, 10 a.m.-6 p.m. Two-wheels, tandems and kiddie seats. \$1 an hour. Phone: 737-9333 or 820-1253.
THOMPSON BOAT CENTER, Virginia Av. and Rock Creek Parkway, NW. Daily, 9 a.m.-dark. Two-wheelers. \$1.50 an hour. Phone: 333-4861.
ROCK CREEK PARK, 16th and Kennedy, NW: Sat., Sun. and holidays, 10 a.m.-6 p.m. Two-wheels, three-wheels & kiddie seats. \$1 an hour. Phone: 291-9333 or 820-1253.
FLETCHER'S BOAT HOUSE, 4940 Canal Rd. NW. on the C&O Canal: Daily, 9 a.m.-dark. Two-wheelers. \$1.50 for two hours. Phone: 244-0461.
SWAIN'S LOCK, on the C&O Canal four miles above Great Falls Park, Md.: Daily, 9 a.m.-5 p.m. Two-wheelers. \$1 an hour. Phone: 299-9006.

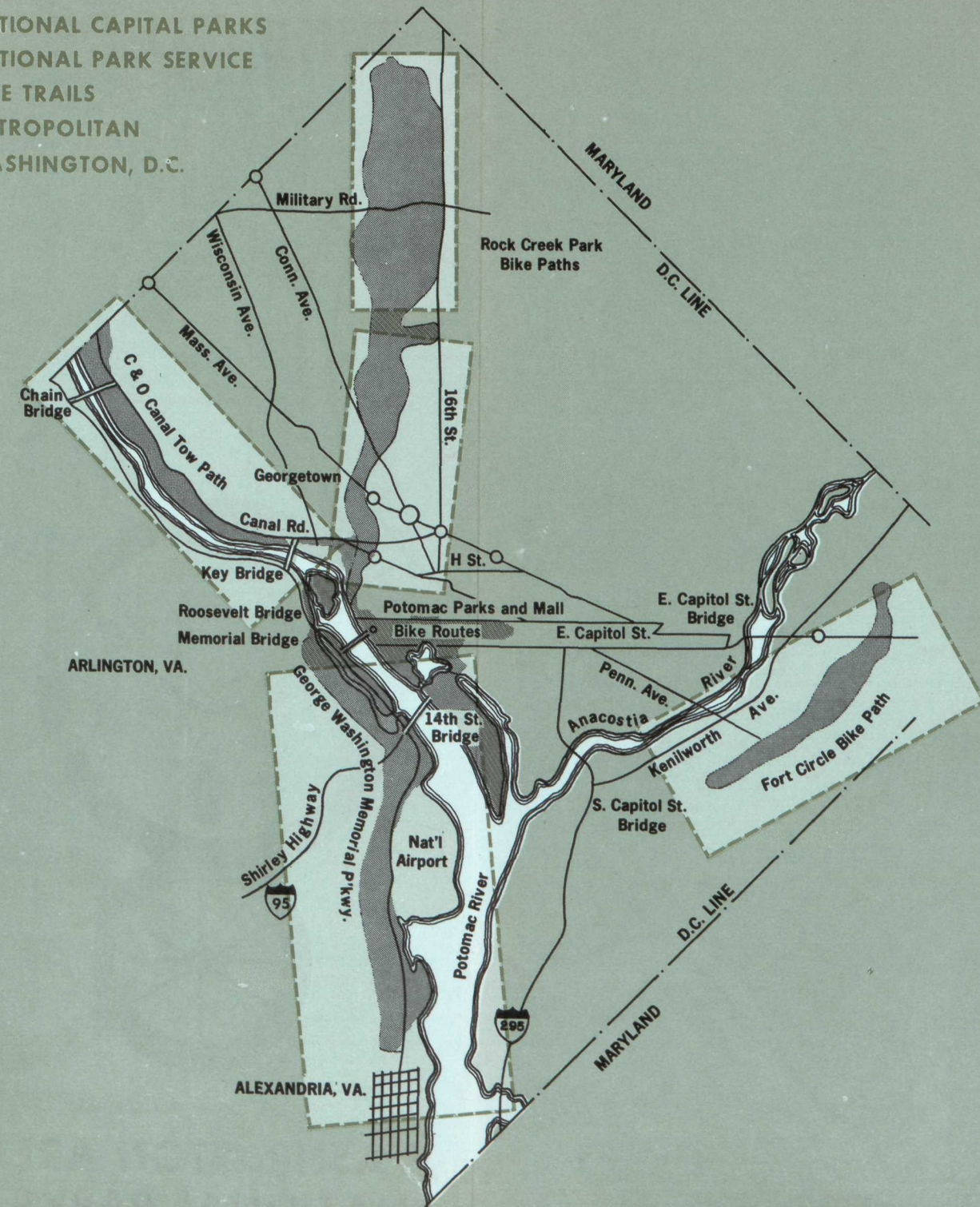
INFORMATION
 To keep abreast of recreational bike activities and other programs in the National Capital Parks write for the monthly calendar, "Washington Area Events of the National Park Service," or, for up-to-the-minute information, phone "Dial-a-Park" on 426-6975.



BIKE GUIDE

WASHINGTON AREA NATIONAL PARKS

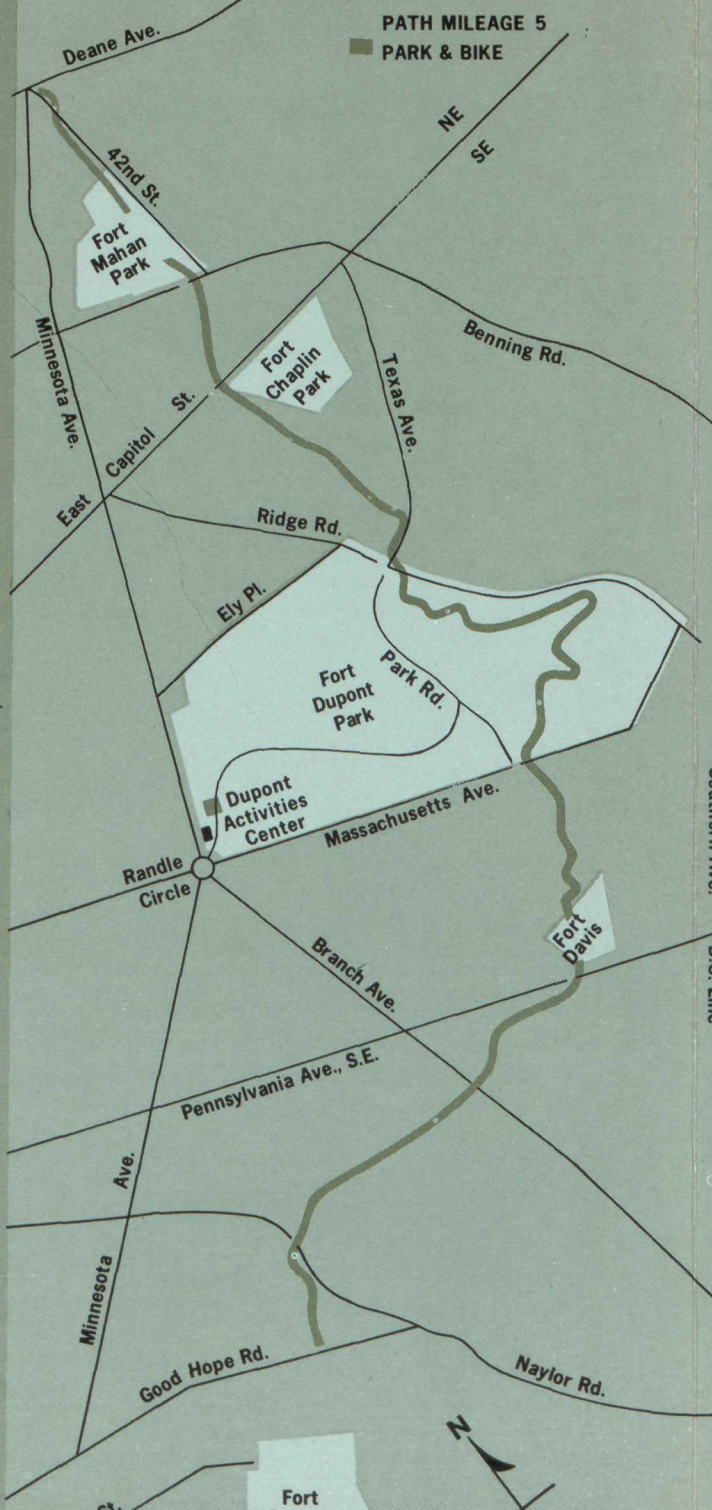
NATIONAL CAPITAL PARKS
NATIONAL PARK SERVICE
BIKE TRAILS
METROPOLITAN
WASHINGTON, D.C.



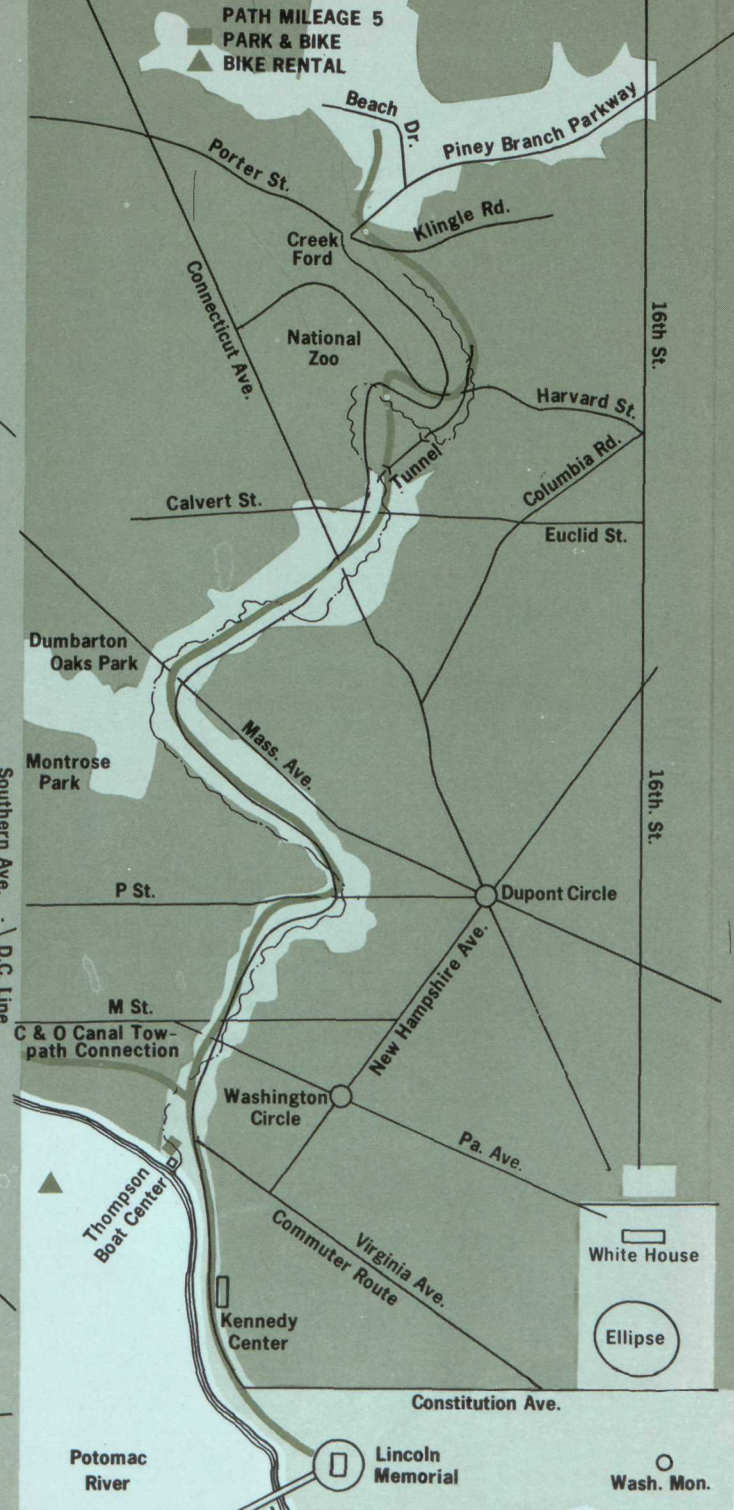
ROCK CREEK PARK-NORTH



FORT CIRCLE ANACOSTIA, S.E.



ROCK CREEK PARK COMMUTER



BIKING IN THE NATION'S CAPITAL
The burgeoning popularity of bicycling is no more evident than in metropolitan Washington, D.C.—site of the nation's first commuter bike path—where thousands of area residents are turning to cycles for recreation and transportation to and from work.

In an effort to move with the trend and, in fact, set the pace, the National Park Service provides a growing number of bikeways and concession-operated rental facilities in the area to meet the demand for bicycling—a healthy, environmentally sound means to park enjoyment and leisure time.

A unit of the Department of the Interior, charged with meeting outdoor urban recreation/education needs, the National Capital Parks sponsors several biking activities under its *Parks for all Seasons* program, such as the day-long "Autumnfest" on the George Washington Memorial Parkway; cycle races and demonstrations on the Ellipse; Bike-ins down Rock Creek Parkway; and Bike-Hike Day, ending with a rally on the Washington Monument Grounds.

A 47-MILE SYSTEM
As of this printing, some 47 miles of bike path are in use in the greater Washington metropolitan area. This diverse, geographical system, administered by National Capital Parks, includes compacted gravel and asphalt trails, sidewalks and sidestreets in the Mall area and in East and West Potomac Parks, and the C&O Canal solid dirt towpath from Georgetown to Great Falls Park, Md., on the Potomac River.

Plans to extend the system include a 22-mile Fort Circle National Recreation Trail which will connect a ring of 13 fort sites where defenses were built to protect Washington during the Civil War.

Plans are also being developed to extend the Rock Creek commuter bike path—now five miles—northward and the Alexandria bikeway, presently a 6-mile stretch, south to Mount Vernon.

REGULATIONS
As a general rule, regulations governing the use of bicycles in National Capital Parks are those set forth in the District of Columbia Bike Code enacted July 30, 1971 by the City Council.

To ensure the free use of streets and highways and to protect the bike-riding citizen, the regulations state that operators of bicycles have the same rights as operators of motor vehicles, and that there shall be no prohibition against any person riding a bicycle upon a sidewalk (except in the business district) . . . so long as the person so riding does not create a hazard. . .