



Supported from funding by a grant from the Center for Disease Control and Prevention - PICH



Our regional demographics, like the Nation's, are changing. We are aging and are less physically fit which poses long term financial, health, and security risks to our future.

As a society, we are also experiencing new challenges in reestablishing strong and healthy communities. To meet these challenges, the U.S. Surgeon General recently released a call-to-action to "Step It Up!" The call-to-action aims to increase walking and biking by improving access to safe and convenient bicycle/pedestrian facilities.

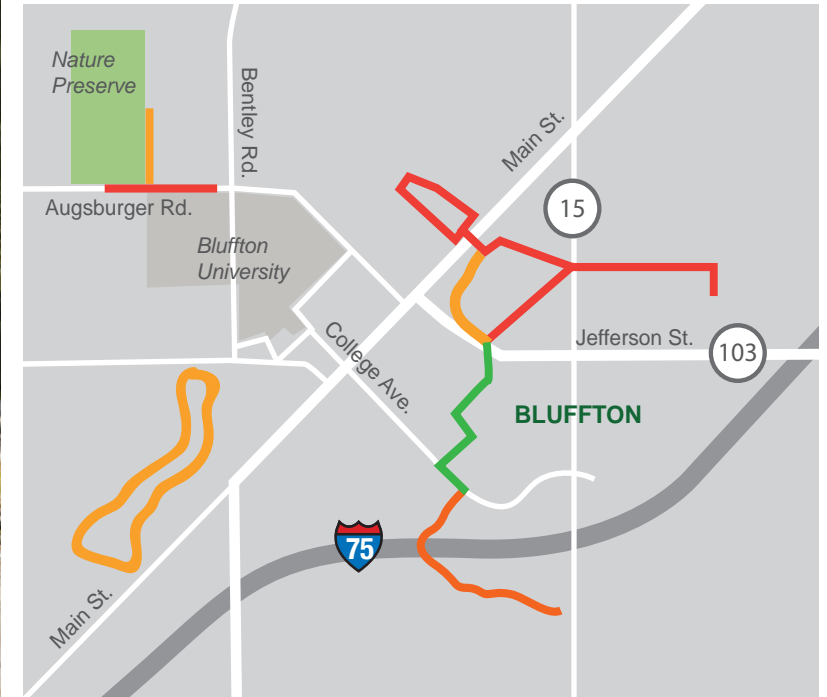
Biking and walking are the most basic forms of transportation; they are also the most economical and physically demanding, yet offer both economic and health benefits.

Our transportation system must be safe and work for all residents; everyone should be able to easily and safely get to school, church, work, parks and to their family and friends.

We are creating a transportation system that serves everyone in their journey to wherever they need to go, while also supporting healthy local communities. Our task is to ensure that public funds invested in transportation includes highways, public transit, bicycle and/or pedestrian ways and should always aim to equally and equitably address the needs of all people, regardless of economic class, race, sex, age, or personal ability. Step It Up Allen County!



Bluffton, Ohio



- Unpaved Path
- Bicycle Route
- Shared Use Path

The Village of Bluffton

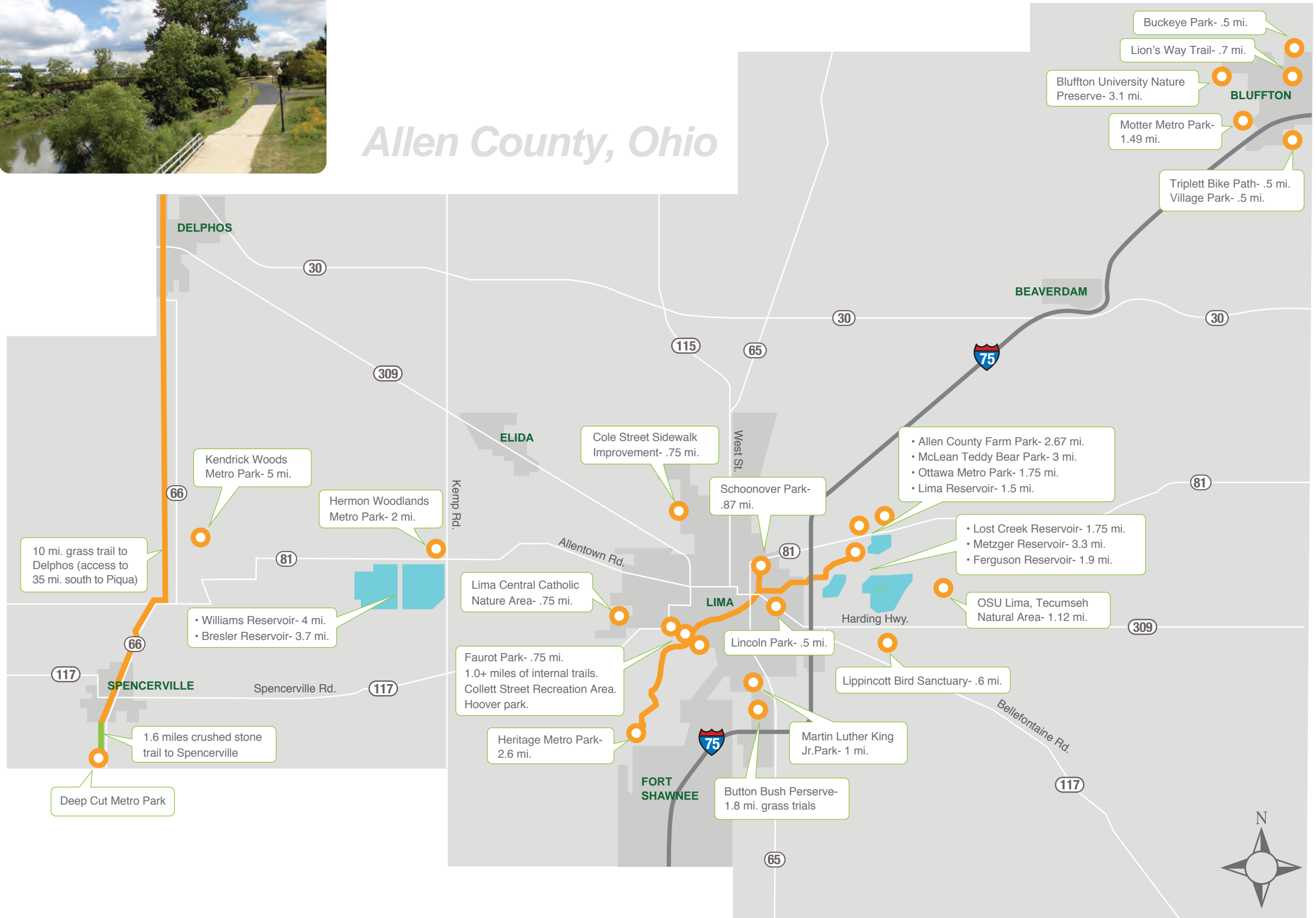
Bluffton is home to Bluffton University. It is a biking, running & walking friendly destination to enjoy.

You'll discover a bike shop, coffee shop, library, movie theatre, heated pool, family recreation center & hotel plus a great farmer's market on Saturday mornings all summer. Bluffton is a vibrant & safe community with 4 parks that offer ball diamonds, basketball courts, shuffle board, play equipment, shelter houses and picnic areas, and a nature preserve with Swinging Bridge.

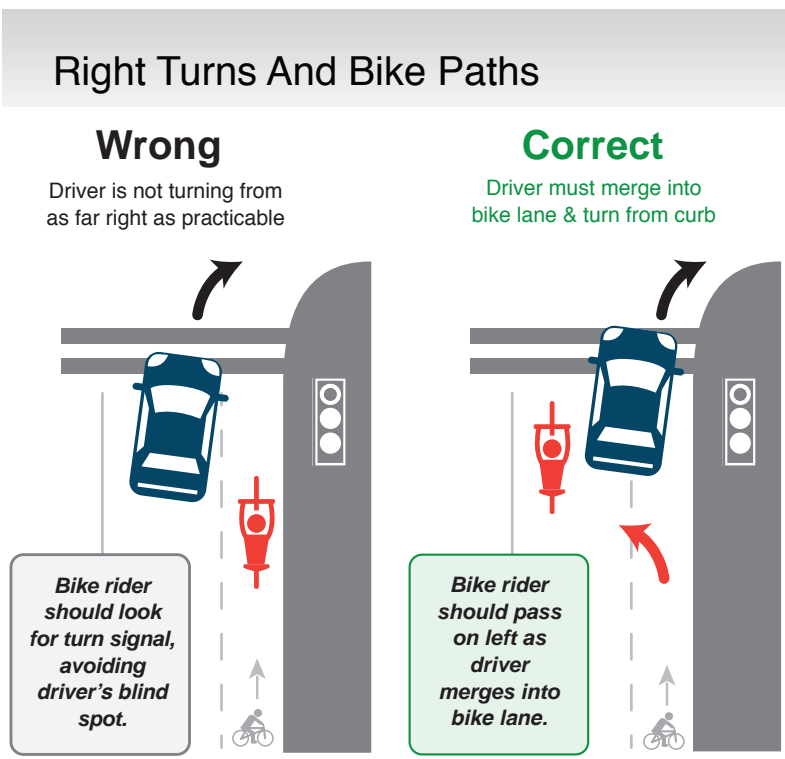
The Village of Bluffton has over 9 miles of paved pathways, crushed aggregate, mulched & natural trails and an attractive wooded Bluffton University campus offers opportunities for exploring nature while biking or walking.



Allen County, Ohio



Lima, Ohio



RTA Bus And Bike

Most buses are equipped with a front rack that can hold up to 2 bikes at a time. Ask a driver if you have questions.

Basic Lock Positions

Bicycle Hand Signals

Communicating your intentions not only makes your ride safer, but it also required by law in the United States.

LEFT

RIGHT

RIGHT (Alternative)

STOP

Place your bike against a fixed, immovable object with chaining facing out. Attach your lock through the frame and at least the front wheel (preferably both wheels).

Trail Use Etiquette:
"Wheels yield to heels" - bikes and blades must move at appropriate, safe speeds when sharing the path with walkers.

Passing on the trails:
Pass on the left. Signal your intent to pass with a bell or calling out "Pass on the left".

Tips for Bicyclists

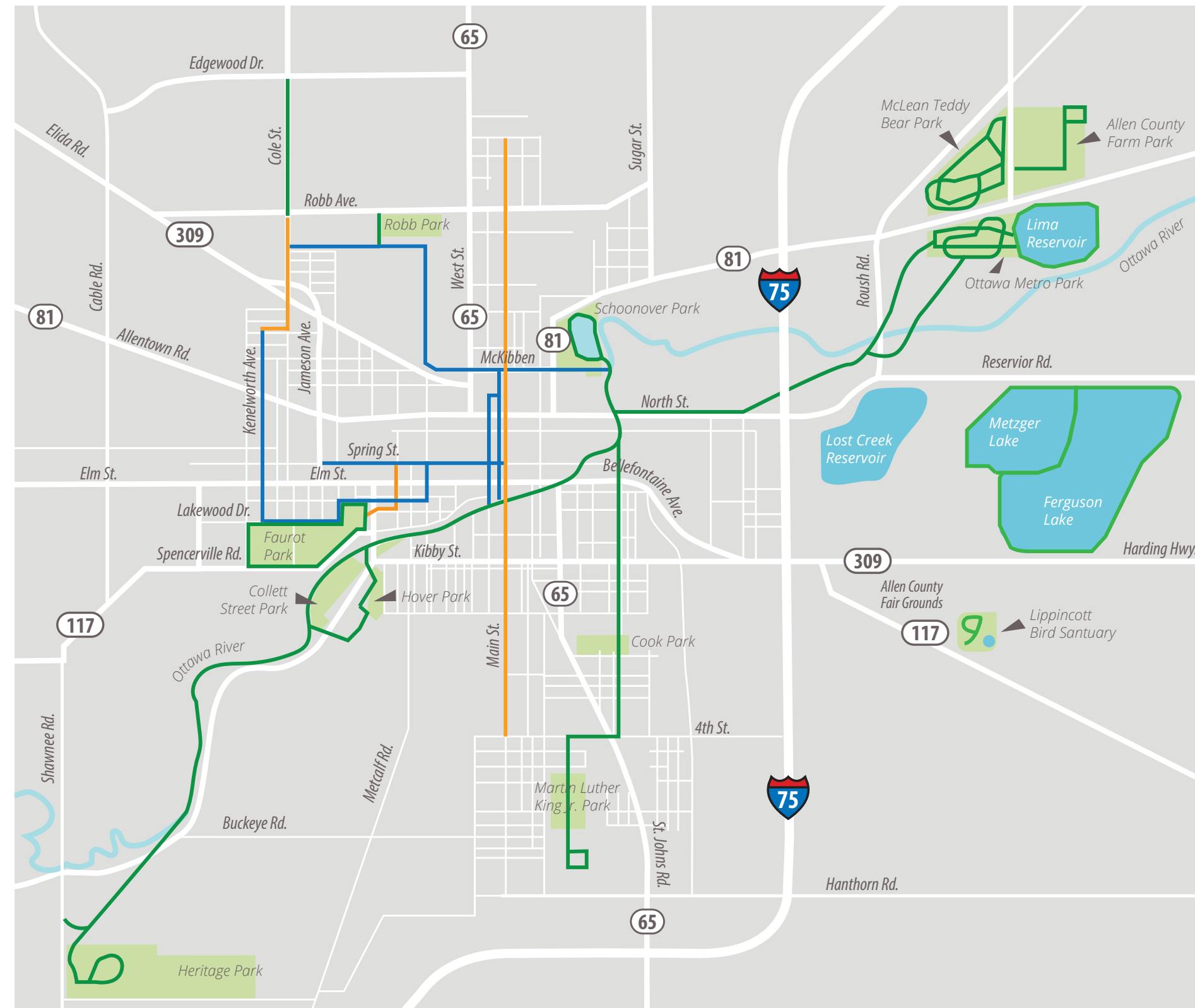
- Ride with traffic, walk against traffic
- Wear a properly fitting helmet
- Be visible with bright colors

The City of Lima

Lima has 400 acres of green space that includes a wetland preserve, recreation areas, and 9 parks with picnic areas and play equipment.

Lima has something for everyone, whether it's shopping, eating, fishing, camping, picnicking, hiking, swimming, horseback riding, geo-caching, or Frisbee disc golf.

The City of Lima has over 6 miles of multiuse path, 1.5 miles of dedicated bike lanes, 12 miles of shared bike lanes, 3.5 miles of neighborhood connector routes, and 1.5 miles of off road trails. You can also take a ride on over 10 miles of bikeway trails along the Ottawa Riverwalk or walk one of the three downtown district walking paths.

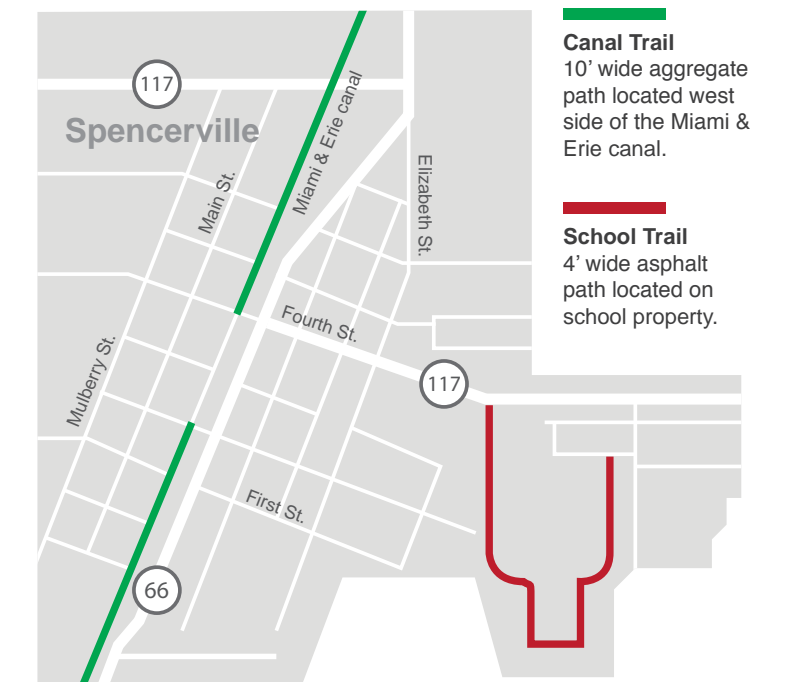


Lima Riverwalk/Ottawa River Corridor Trail

- Conventional/Shared Bike Lane
- Neighborhood Connector Route
- Pathway/Bike/Pedestrian



Spencerville, Ohio



The Village of Spencerville is a small rural community on the banks of the Miami-Erie Canal.

You can find a library, swimming pool and 4 parks that offer ball diamonds, a basketball court, tennis courts, horseshoe courts, play equipment, shelter houses and picnic areas, flower gardens, and a tribute to veterans.

You can also visit Kendrick Woods on the outskirts of town for hiking and Deep Cut Historical Park for biking, horseback riding, and mountain biking.

The Village of Spencerville has approximately 2.5 miles of walking/biking paths available within the corporation limits – 1.5 miles is an asphalt path that circles the local school district property.

Roughly 1 mile is a crushed aggregate trail on the towpath of the historic Miami & Erie Canal. The trail interconnects with a crushed aggregate trail that extends south along the canal into Auglaize County.