

Utah Department of Transportation

Addendum to Special Event Guidelines for Bicycling

Proposed Date: December 4, 2003

Approved Date: _____

INFORMATION FOR BICYCLISTS: Some areas of the state have designated bikeways completed or may be planning to upgrade highways built to older standards. As a result, road widths and availability of shoulders for cycling vary widely across Utah. Please consider the following information as you ride in Utah:

- Bicyclists must follow Utah motorized vehicle traffic laws when using public roadways. Obey all traffic rules and regulations, traffic lights and signs. In Utah, a bicycle is considered a vehicle and must abide by the same rules of the road. Your actions reflect upon "Utah" and the bicycling community.
- If you have special permission to bicycle after dark you must display a light one half hour after sunset to one half hour before sunrise, and any other time conditions warrant. The required bicycle lighting must emit a white light visible from at least 500 feet to the front, and a red reflector on the back visible from a distance of 500 feet to the rear. Bikers are expected to wear reflective clothing on UDOT roads. Sirens or whistles are not allowed as warning devices.
- Bicyclists must ride on the right side of the roadway, with the flow of traffic; no more than two abreast, and two abreast only if adequate travel lane/shoulder width is available.
- Bicycles are permitted on most state roads with the exceptions of portions of the interstate highway system, where alternate routes are available, and where roads are closed to non-motorized travel (such as Bangerter Highway in the Salt Lake Valley). A list of cyclist-restricted roads follows.
- Only skilled cyclists who are confident of their abilities to maneuver under hazardous conditions should use interstate highways that are open to cyclists. If you are not a skilled cyclist, please consider a route that does not include interstate highways due to our higher motorized traffic speeds (Interstates are posted at 65 mph to 75 mph throughout Utah) and a high volume of large truck traffic. Additionally, wide rumble strips exist on many freeway shoulders, limiting usable space for bicycles. Some areas, such as sections of I-84, have narrow bridges with no shoulders. Frontage roads, where available, are alternates to the interstate, as are other State and U.S. Highways and county and city roads.
- Your extra caution is important at railroad crossings, since railroad crossings are often marked by signs only, with no warning bells or gates. These crossings may be used by high-speed trains that run on irregular schedules.
- Section 41-6-87-9 of Utah State Code states bicycle racing is prohibited unless approved by the agency having jurisdiction over the route the race is on and special conditions as outlined through a permit are met.
- Unless provided in the permit, all riders must ride single file on the road shoulder as far to the right side of the road as is possible. If a portion of your route is on interstate, see condition and restriction noted on your permit.

- Do not block traffic. Pull completely off the road to stop and pull well off road to let through traffic pass.
- Signal all turns and stops. Most bicycle accidents involve crashes between bicycles! Don't stop quickly in front of other cyclists. Let others know when you are stopping, passing, or turning.
- Control you speed!
- Always check traffic before swinging into the roadway.
- Snell, ANSI, or ASTM approved helmets are required for each participant.
- No drinking of alcoholic beverages or use of drugs while participating in a biking event.
- Pavement markings to control spectators or to direct participants ARE NOT ALLOWED!

Utah is becoming increasingly popular for bicycling due to the spectacular scenery and numerous opportunities for outdoor recreation. For a safe and enjoyable trip, anyone planning long-distance or strenuous rides (or hikes) in Utah should be adequately prepared as follows:

- Access to Services: Much of Utah has long expanses of roadway without water, services or shelter. Please refill water supplies whenever you have access and plan ahead for other needed services.
- Temperatures may vary significantly from May to September, with very hot days and cool to cold nights. Additionally, weather may change rapidly with cold and "winter weather" conditions (occasionally including snow) occurring in late spring, early summer and early fall, especially in higher elevations. These situations call for immediately available emergency shelter for your protection.
- Altitude Changes: Some people are unaccustomed to the higher altitudes and to altitude changes, making their travel slower than planned.
- Dehydration: Typically in Utah the humidity is quite low, sometimes making higher temperatures feel comfortable. However, this may contribute to dehydration, therefore easily available water and regular hydration is an essential part of a safe trip. Also, if you intend to use the infrequently available roadside streams, readily accessible water treatment supplies are a must.
- When off-road bicycling or hiking, consider notifying someone of your destination and expected return time (and be sure to check in to avoid costly search and rescue efforts being mobilized unnecessarily).

Resources and References:

- E-mail, write or call the bicycle and pedestrian coordinator to receive a Utah State Map, National Scenic Byways Map (also available on the internet at www.byways.org), information on bicycle laws and safety, an Outdoor Utah Vacation Guide, the Utah Travel Guide, and other Utah resource information.
- The Utah Travel Council at (800-200-1160 or 801-538-1398) has more detailed maps (five regional maps available, each at a nominal cost) noting road types, trails, points of Interest, and other useful information. Various books and maps

are also available from outdoor recreation equipment retailers and bookstores. The Travel Council web site offers additional information on travel in Utah, including State Parks information.

- Weekly construction reports are available by recorded message (801-964-6000) or on the Utah Department of Transportation web site at www.dot.utah.gov (these may not include smaller or emergency projects).
- The Utah Department of Transportation (UDOT) is developing a highway bicycling suitability map to assist future cyclists in selecting routes along state highways and your comments and suggestions will help with that project. We also want your input as we work to improve bicycle safety on Utah's highways. Please email sbriggs@utah.gov your comments on safety, needed improvements or anything else you believe we should know about your biking experience through Utah.

Cyclist Restricted Roads:

Route	From	Location	To	Location
I-15	Exit 4	Bloomington	Exit 10	Washington
	Exit 57	So. Cedar City	Exit 62	No. Cedar City
	Exit 222	So. Nephi	Exit 364	1100 So. Brigham City
	Exit 379	Elwood	Exit 288	Riverside
I-70	No Restrictions			
I-80	Exit 113	5600 West	Exit 129	Foothill Blvd. - Salt Lake City
I-84	Jct. I-15 (Exit 343)	Riverdale	Exit 87	Uintah Interchange
I-215	Jct. I-80 (Exit 129)	Parley's Canyon	Jct. -15 (Exit 316)	No. Salt Lake
(Restricted through the entire length of I-215)				
SR-154 (Bangerter Hwy)	Jct. I-15, RP 0.00 ±		Jct. I-80, RP 23.00 ±	
(Restricted through the entire length of the hwy.)				
SR-201	No restrictions. *Status may change based on findings from ongoing traffic studies in the area, at which time restrictions will be added to this document.			

For More Information Contact:

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