



## Seattle Parks & Recreation

# Bicycle Sunday

Bicycle Sundays is one of those time-honored traditions in Seattle that makes our city so great. Lake Washington Boulevard between Mount Baker Beach Park and Seward Park is closed to vehicle traffic, and becomes the exclusive domain of bicyclists, walkers, runners and roller bladers for 12 Sunday afternoons from May to September. It is a fun, safe, free and healthy recreation opportunity available to everyone from infants to octogenarians. No matter your age, your level of mobility, or your preferred mode of non-motorized transport, everyone in the family can enjoy this event. I'm proud to support and announce the 2012 season. I hope you'll join your friends and neighbors for at least one Bicycle Sunday this summer.

Sincerely,

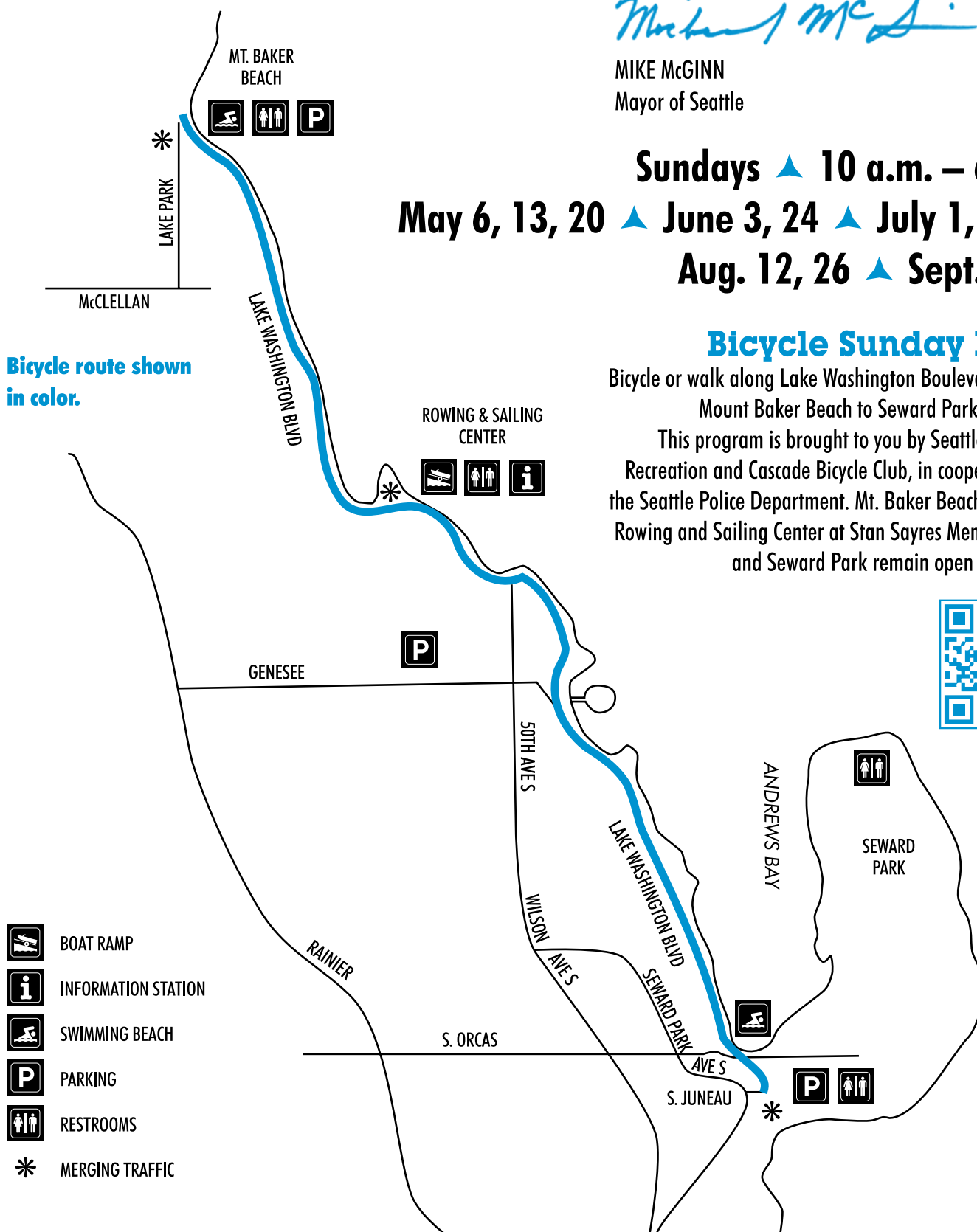
MIKE MCGINN  
Mayor of Seattle

**Sundays ▲ 10 a.m. – 6 p.m.**

**May 6, 13, 20 ▲ June 3, 24 ▲ July 1, 8, 15,  
Aug. 12, 26 ▲ Sept. 2, 23**

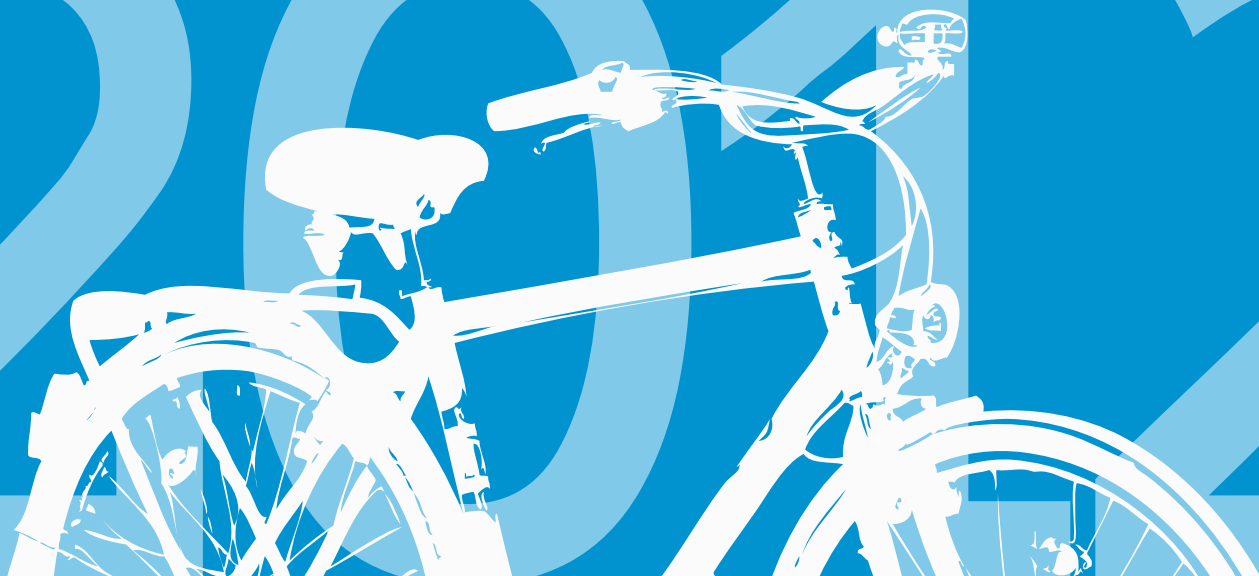
### Bicycle Sunday Route

Bicycle or walk along Lake Washington Boulevard south of Mount Baker Beach to Seward Park's entrance. This program is brought to you by Seattle Parks and Recreation and Cascade Bicycle Club, in cooperation with the Seattle Police Department. Mt. Baker Beach, Mt. Baker Rowing and Sailing Center at Stan Sayres Memorial Park, and Seward Park remain open to all users.



For information about beach programs, wading pools, and other summer programs, please call 206-684-4075 or visit us on the web at [www.seattle.gov/parks/](http://www.seattle.gov/parks/)

The law requires that cyclists wear bicycle helmets. Please wear a CPSC-approved (or SNELL, ASTM ANSI-certified) bicycle helmet. It could save your life!



### Tips for Safe Riding:

- ▲ Be in control of your bicycle and ride on the right side of the road.
- ▲ Wear a helmet at all times.
- ▲ Give pedestrians the right of way.
- ▲ Check your speed! Ride at a safe speed and slow down in congested areas.
- ▲ Use hand signals and look before turning.
- ▲ Obey all traffic signs and vehicle traffic laws.
- ▲ Allow maximum two cyclists side-by-side.
- ▲ Respect the rights of property owners.
- ▲ Stay aware: boulevard residents and boaters need access by car.

### Seattle Parks and Recreation

Christopher Williams,  
Acting Superintendent

Sue Goodwin, Director  
Recreation Division

Dennis Cook,  
Citywide Athletics Manager

For information during business hours,  
please call General Information  
at 206-684-4075 or the  
Citywide Athletics Office at 206-684-7094.

## Bicycle Helmets for Sale – \$15 Free professional fitting!

Every Bicycle Sunday 1 – 4 p.m. at Seward Park.

Offered by the Cascade Bicycle Club Education Foundation.

For more information, call 206-522-3222 or visit [www.cascade.org](http://www.cascade.org)

Bicycle helmets are now the law in Seattle.

Wearing a properly fitted bicycle helmet reduces your risk of severe head injury by 85%.



# Bicycle Sunday 2012

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July 1, 8, 15 ▲ Aug. 12, 26  
and Sept. 2, 23

