

STAY BUFF BUT STAY OUT OF THE BUFFER.

When you're walking, jogging, skating, or strolling, you may not want to slow your pace or break stride to avoid others who are using the loop. But it's important for your safety and the safety of others to stay within the designated pedestrian pathway. If you do need to pass others, temporarily use the striped buffer zone between the pedestrian path and the motorist/bicycle lane, then quickly get back into your path. The buffer zone is to be used so that joggers or fast walkers do not have to enter the roadway to pass others who are enjoying a more leisurely pace.



WALK WITH THE MAYOR.

Up & Moving Pasadena, a community-wide effort to support fitness for health in greater Pasadena, sponsors a Walk with the Mayor and other special guests. The Mayor leads a brisk three-mile walk around the Rose Bowl, but all fitness levels are accommodated. Join them the first Wednesday of every month at 7:45 a.m. beginning at the Rose Bowl Main Gate (Gate A). For a complete schedule and details, visit www.upandmoving.org.

LANDMARKS ALONG THE LOOP.



3-MILE LOOP

Whether you're choosing the entire 3-mile Rose Bowl loop, or the shorter 1.2-mile loop, enjoy historic landmarks along the way:

Rose Bowl Stadium is the proud home of the Tournament of Roses Football Game, UCLA Bruin Football, and other celebra-

tions and events. This National Historic Landmark was built in 1922.

Brookside Golf Course, rated regularly in the top 15 public golf courses in California, consists of two Billy Bell-designed courses.



1.2-MILE LOOP

Look south to see the Vista del Arroyo, Ninth Circuit Court of Appeals and Colorado Street Bridge.

Maps generated and distances calculated at www.napmyrun.com, a great tool for walkers.

For more information, please call: 626-744-TRAF (8723)

Funding for this program was provided by a grant from the California Office of Traffic Safety through the National Highway Traffic Safety Administration.



WALK • RUN • SKATE • STROLL

STAY LEFT TO BE RIGHT

BUFFER ZONE



BIKE

STAY LEFT TO BE RIGHT

HERE'S THE SCOOP ON THE LOOP.

Everyone wants to enjoy the Rose Bowl loop to work out, chat with friends, and see the beautiful view. So be sure to follow these helpful tips to keep your adventure enjoyable and safe.

- Pedestrians should go counterclockwise around the Bowl within the designated path facing oncoming traffic.
- Bicyclists should share the road with motorists and go in the same direction as vehicles.
- Dress to be seen, wearing bright-colored clothes during the day, then light colors and reflective strips at night.



BECAUSE YOU WANT TO STAY FIT – AND NOT BE HIT!

PEDS – If you're walking, running, skating, or strolling in the loop, you're a pedestrian. Even though you're on foot, it's important to follow these rules of the road, because there is no sidewalk.

- Follow the direction of the arrows on the ground.
- Stay within the pedestrian path and walk facing oncoming traffic.
- Only use the buffer zone (slashed painted lines) for passing other pedestrians.



KEEP MOVING. KEEP LEFT. KEEP SAFE.

BICYCLISTS FOLLOW THE RULES OF THE ROAD.

The Rose Bowl loop is as popular with bicyclists as it is with pedestrians. We want it to be shared safely and enjoyed by all. So if you're riding a bike around the loop, obey the rules of the road as if you were driving a car.

- Ride with vehicle traffic on the right side of the road.
- Observe stop signs, signals, and basic right-of-way rules.
- Use hand signals to tell motorists what you intend to do, such as indicating you are going to be turning right or left. But don't assume they can see you.
- Look before you pass or merge, make eye contact, and even call out your intended move, such as "Passing on your left."
- And try to ride a door's width away from parked cars, just in case a person opens a car door suddenly.
- Keep both hands ready to brake.
- Don't weave between parked cars.
- And avoid road hazards such as sewer grates and utility covers.

Here's how to stay sane when it comes to your lane.

- If traffic is slow, get in the middle of the lanes at busy intersections and whenever you are moving at the same speed as traffic.
- Follow lane markings, meaning you shouldn't turn left from the right lane or ride straight ahead in a right-turn-only lane.
- And speaking of turning left, act like an auto and turn left from the left lane when oncoming traffic is clear, or think like a pedestrian, dismount and walk your bike across a designated crosswalk.
- Need to leave the bike lane to avoid a hazard or motorist? Temporarily merge with caution into the adjacent motor vehicle lane for safety.

