

About Ride the City

The City of Cape Girardeau received a Missouri Foundation for Health grant to create bike lanes and promote cycling. More than 16 miles of bike routes were added in fall 2011 through the grant, with more routes added by the City since. The routes connect major City facilities, recreation trails, residential areas, and shopping districts. Bike lanes exist on Lexington Avenue, Silver Springs Road, Sprigg Street, Frederick Street, Veterans Memorial Drive, William Street, and Shawnee Parkway. Additional trail bike access is available via the LaCroix Recreation Trail and along Bloomfield Road. Biking is also encouraged along the Riverfront Trail in Downtown Cape Girardeau.



Bicycle Riding Safety Tips

- Avoid riding your bicycle against traffic. Ride with the flow of traffic on the right side of the road, single file, and do not weave in and out of traffic.*
- Move predictably and anticipate as much as possible. Use hand signals when turning left or right, and stopping.*
- Share the road, sidewalk or trail politely. Use vocal signals or a bell when approaching pedestrians.
- Do not use earbuds or headphones when riding your bike.
- If there's not enough space to share the lane with a car or truck, move to the center so drivers can see you clearly.
- Wear lighter and brighter colors when riding, and make sure your clothes and shoes will not obstruct your movements or get caught in your bicycle.
- Bicycle brakes should work well enough to stop within 25 feet when traveling 10 miles per hour on dry, level, clean pavement.*
- It's much harder to see a bicycle at night. Make sure your bike has a white light in front and a red reflector or light in back.*
- Side reflectors are a must for your bicycle and clothing, especially at night.*
- How much is your head worth? Wear a helmet.

*Denotes state law

Online Cycling Resources

Visit cityofcape.org/ridethecity and [youtube.com/cityofcape](https://www.youtube.com/c/cityofcape) for a full list of online cycling links, educational videos, digital resources, and to sign up for bicycle and transportation news from the City of Cape Girardeau.

Local Groups & Events

Velo Girardeau
Tour de Cape - tourdecapegirardeau.com

State and Regional

Missouri Foundation for Health - mffh.org
Missouri Bike Federation - mobikefed.org
Missouri Coalition for Roadway Safety - savemolives.org

National and International

League of American Bicyclists - bikeleague.org
Safe Routes to School - saferoutesinfo.org
People for Bikes - peopleforbikes.org



Free Bicycle Registration

The Cape Girardeau Police Department offers free bicycle registration. Registering your bicycle is a way to ensure that your bicycle, if stolen, is returned.

Register your bicycle at the Police Department, located at 40 South Sprigg Street, during business hours on Monday through Friday. Contact one of the Community Service Officers by calling 573-335-6621 to make a registration appointment. Forms and information are available at cityofcape.org/bikeregistration.



Contact us

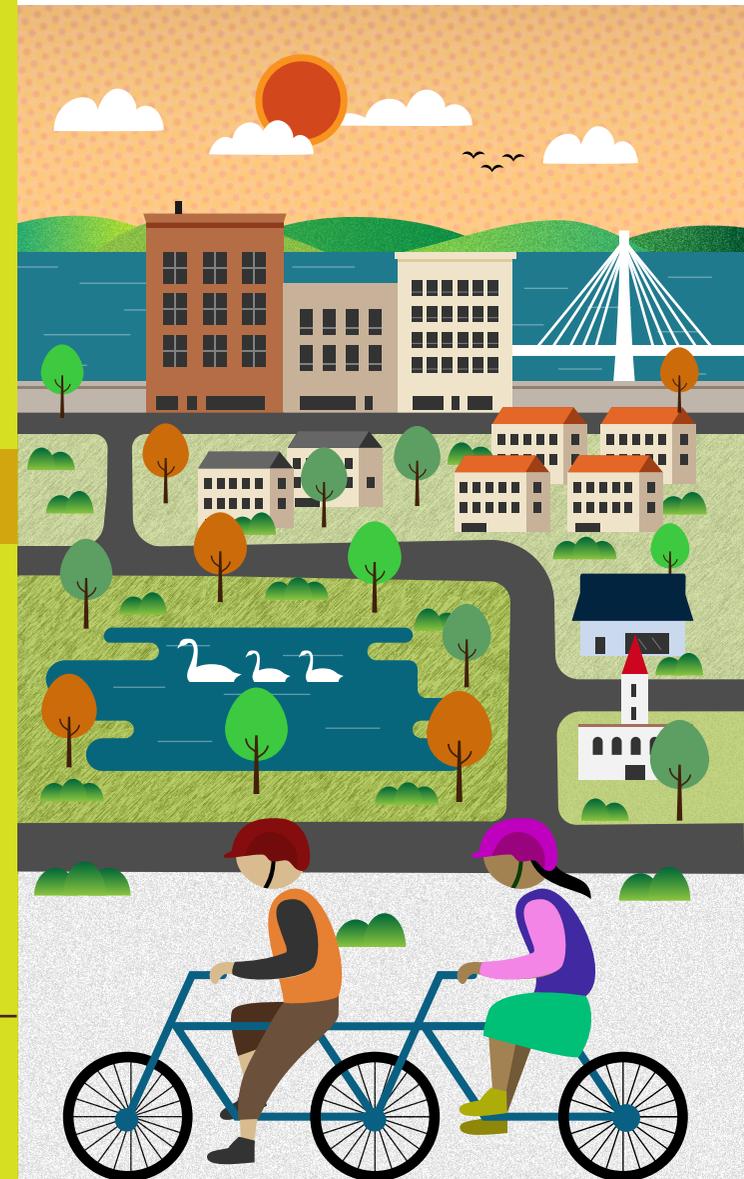


CITY of CAPE GIRARDEAU

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cityofcape.org/ridethecity

Bicycle Lanes and Trails

Cape Girardeau City Routes Map and Information



CITY of CAPE GIRARDEAU



Bicycle access ends; conservation area begins



Legend

- Individual Bike Lanes
- Trails
- Parks

Schools, University	Pavilions, Picnic Table
Basketball Court	Soccer Field
City Facilities, Centers	Libraries
Hospitals, Medical	Football Field
Post Office, Mail	Softball, Baseball
Swimming, Water Park	Golf, Driving Range
Gymnasium, Fitness Center	Recreation Trail Access

