









Biking Escondido

Biking is Good for You!

All family members can benefit from regular exercise.
Exercise benefits include:

-  Weight control
-  Stronger muscles and bones
-  Increased energy levels
-  Strengthened immune system
-  Decreased risk of illness and disease
-  Enhanced quality of sleep
-  Increased ability to handle physical and emotional challenges
-  And, improved overall quality of life!

Try to get outside for 30 minutes of biking or other activities 3-4 days each week.



Nutrition for the Active Biker

Before your Ride

- Healthy Snacks:
- ~Banana
 - ~Whole wheat toast
 - ~Oatmeal with berries
 - ~Low-fat yogurt and granola
 - ~Fruit smoothie

During your Ride

- For an energy boost on long rides:
- ~Sports drinks
 - ~Energy bars
 - ~Gel Packs
 - ~Dried Fruits
 - And Water, Water, Water!

After your Ride

- Time to refuel your body!
- ~Recovery drinks
 - ~Protein shakes
 - ~Peanut butter and banana sandwich
 - ~Pasta with tomato sauce
 - ~Baked potato

****Hydration is key****

Before, During, and After your Bike Ride

Visit these websites for healthy recipes and nutrition information:

Department of Agriculture is a great source for nutrition information, portion sizes, and healthy recipes at www.choosemyplate.gov

Cooking Light, with hundreds of healthy recipes at www.cookinglight.com

Eating Well website offers hundreds of healthy recipes as well as tips for healthy eating on a budget. Visit at www.eatingwell.com

Bicycle Warehouse
2750 Auto Parkway, #21
Escondido, 92029
760-233-9900

Bike Bling
333 E. Grand Ave
Escondido, 92025
760-317-5450

Centre City Cycles
2065 S. Escondido Blvd
Escondido, 92025
760-746-3742

Escondido Bicycles
528 N. Broadway
Escondido, 92025
619-737-0901

Hidden Valley Bicycle Store
1040 E. Valley Parkway
Escondido, 92025
760-746-1509

North County Bicycles
738 W. Washington Ave #C
Escondido, 92025
619-741-4966

Dick's Sporting Goods
1200 Auto Park Way
Escondido, 92029
760-233-2700

Sports Authority
1352 W. Valley Parkway
Escondido, 92029
760-735-8501

T Ryx Recumbent Trikes and Bike Vault Bike Shop
316 W. Mission Ave Ste 117
Escondido, 92025
760-741-0411

Bike Safety 101

-  Wear a properly fitting helmet, with a snug fit on your head and covering most of your forehead
-  Always ride with a friend or tell someone where you will be riding
-  Wear bright/light colored clothes to stay visible and avoid riding at night
-  Wear closed toe shoes
-  Place reflectors on the front and back of your bike
-  Look both ways for traffic and check driveways for incoming/outgoing traffic
-  Check the air in your tires and brakes before every ride
-  Always wear at least SPF 30, any time of the year

Go Crusin' on the Escondido Creek Trail!

This Bike path follows Escondido Creek, away from the main road and removed from vehicle traffic.

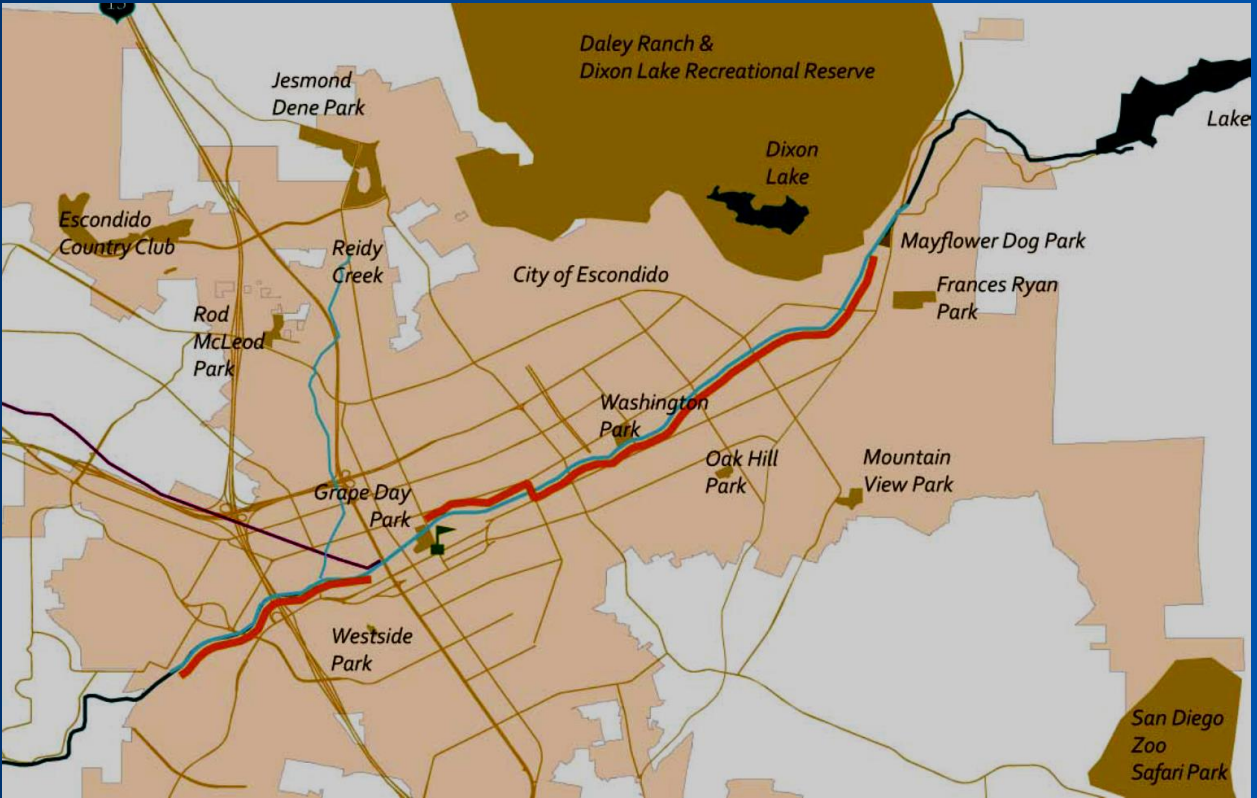
**DON'T FORGET TO CHECK OUT THE
ESCONDIDO FARMERS' MARKET!**

**FARM FRESH FOOD FOR YOU EVERY
TUESDAY ON GRAND AVE FROM
2:30 - 6PM**








Escondido Bike and Repair Shops

Biking Escondido



Escondido Creek Trail spans from the Escondido Transit Center to Daley Ranch. This bike trail follows Escondido Creek, providing over 4 miles of safe biking trails with access to:

-  Grape Day Park
-  Community Garden at Lancing Circle
-  Shopping Centers
-  Nearby Washington Park
-  And much more!!!

