

# Mountain biking and trail running are high risk activities

Fast movement can trigger a chase response in bears. The quiet, fast nature of running and biking can result in a close quarters surprise encounter!

## When riding or running in bear country:

- Stay alert and scan the trail ahead
- Slow down where visibility is reduced
- Make noise to alert bears to your presence
- Travel in a group and stay together
- Carry bear spray on your person (NOT on your bike!)
- Avoid riding or running at dawn or dusk when bears are most active

## If you encounter a bear while riding or running:

- Do not try to outrun the bear!
- Stop, get off your bike, and stand your ground
- Get your bear spray out and remove the safety - bear spray is effective to about 25 feet; spray any threatening bear that is within range
- **If the bear appears agitated or upset**, be calm and quiet, use your spray if the bear is within range, and only “play dead” (lay on your belly and protect the back of your head and neck with your hands) if the bear makes contact or is about to make contact with you
- **If the bear appears calm or interested**, act aggressively (yell, throw things, look big), use your spray if the bear is within range, and never play dead with a calm (possibly predatory) bear...if a calm or curious bear makes contact or is about to make contact with you, fight back!