



All Bicycle Riding Programs

Participants must provide their own bicycles in good working order with hand brakes and 12 or more speeds. The bicycles must meet the specified bicycle type in the program description - hybrid, mountain or road. Participants must provide their own properly fitting, safety certified helmet. Park System staff has the right to deny participation if the bicycle or helmet does not meet the above safety requirements. When bicycles are being transported we transport in a closed trailer.

Bicycles, Bicycles, Bicycles

Bicycling is a convenient, healthy and inexpensive form of transportation AND a great way to stay fit. Did you know that just 3 hours of biking a week can reduce a person's risk of heart disease and stroke by 50% according to the League of American Cyclist?



Bicycling Helmets

The Monmouth County Park System encourages everyone to wear a cycling helmet while riding a bicycle. Bicycling in New Jersey is regulated under title 39 of the Motor vehicles and Traffic Regulation laws. Helmet Law - Title 39:4-10.1 In New Jersey, anyone under 17 years of age that rides a bicycle or is a passenger on a bicycle or is towed as a passenger by a bicycle **MUST WEAR A SAFETY HELMET**. All helmets must be properly fastened and fitted. Bicycle helmets must meet the federal standards developed by the Consumer Product Safety Commission (CPSC). Helmets that meet this standard will have a label in the helmet stating so.

