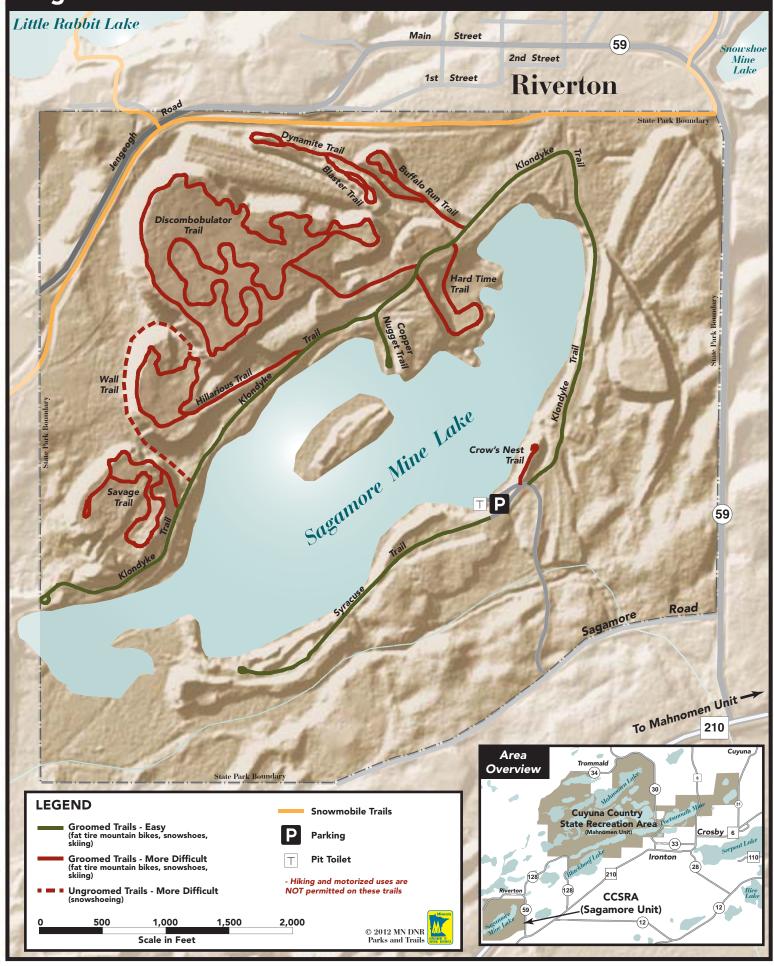
Cuyuna Country State Recreation Area Sagamore Unit Fat Bike Winter Trails



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Fat Biking Safety Tips:

- There are inherent risks to fat biking, ride at your own risk.
- Test the fit and function of your equipment before each ride.
- Always wear a helmet and appropriate safety gear.
- Wear bright colored clothing so others can see you.
- Obey all rules and signs. Ride open trails only.
- Ride with a friend to promote fun and safety.
- Always yield the trail. Let others know you are coming.
- Be aware of your surroundings and other trail users.
- Ride to your ability and in control at all times.
- The faster you ride, the greater your risks. Always keep your speed at a level that will allow full control.
- Do not ride wet or soft trails.
- Parents should use extreme caution when allowing children to ride.

Winter Conditions:

• Overcast skies causing "flat light" and white-out blizzards can make it hard to see the trail. In white-out conditions, there are no shadows, horizon or clouds, and all depth perception and orientation may be lost. Riding during this weather is not recommended.

Additionally, "flat light" can obscure features and terrain. Visual references are important for safe riding. Please go slow and use caution in these conditions.

There is no such thing as "safe ice," and ice seldomly freezes uniformly. The terrain can greatly change with icy conditions, and the trail may not be uniform. Please use extreme caution.

Emergency Response:

If you have an emergency, call 911 and provide the dispatcher with the following:

- Description of the emergency.
- Your location, "Sagamore Unit of Cuyuna Country State Recreation Area, south of Riverton" and include the name of the trail you are on.

For More Information:

DNR State Parks and Trails Office 307 3rd Street Ironton, MN 56455 218-546-5926