

# MOUNTAIN BIKERS TRAIL RUNNERS

**EXPECT BEARS TO BE PRESENT**

**BE ALERT**

**CARRY BEAR SPRAY**

**MAKE NOISE**

**SLOW DOWN**

**AVOID GOING ALONE**

**Fast-paced trail recreation increases the risk  
of surprising a bear.**

**During a bear encounter:**

- **Stop. Do not run. Get off your bike, keep your bike between you and the bear.**
- **Use your bear spray**
- **If the bear charges—stand your ground, use your bear spray**
- **If the bear makes physical contact— protect your head and neck, play dead, use your bear spray**

For more information, visit <http://igbconline.org/>

**Be Prepared**  
**You are a visitor in bear country**

