Sonoma Biking / Jogging

When Biking/Jogging remember to:

- Take a map or two with you.
- Wear or pack appropriate clothing for changing weather conditions.
- Carry more water and food that you think you will need.
- Carry identification
- Pack your cellular phone or change for a pay phone.
- Tell a friend or family member where you are going and what time to expect you back.
- Allow plenty of time for your outing so that you are not out after dark.
- Know your physical limitations and consider them when planning a hike.