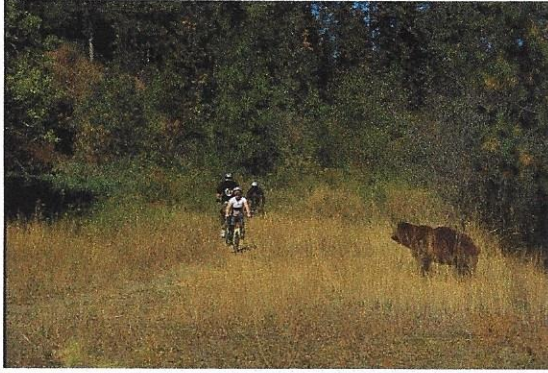


# MOUNTAIN BIKING IN BEAR COUNTRY



Mountain biking in bear country brings added risks to encounters for not only bears, but cougars and rattlesnakes. In Montana, a bicyclist was mauled and killed by a grizzly bear. In Colorado, an individual woman was mauled by a black bear; and several bicyclists have been mauled in Alberta and Washington state when black bears chased them down from behind. Fortunately, other people nearby were able to come to their rescue.

Mountain Biking Bear Safety Tips: Travelling quickly on trails is at a high-risk of surprising a bear, cougar, and even a rattlesnake.

- 1) Carry your own can of bear spray. Keep it on your person instead of attached to your bicycle. (Do not wear it in a chest holster, people have been seriously injured doing so when they fell over their handle bars and landed on their chest.)
- 2) Try to ride in groups and stay together so you can help each other if something happens.
- 3) Ride after sunrise and before sunset.
- 4) Bicycle lights in the back country do not give sufficient illumination to see a bear in the bushes or at a distance.
- 5) Wearing ear plugs and listening devices should be avoided.
- 6) Call out when travelling near or through thick brush or around blind corners.
- 7) Be on the lookout for bear signs such as scat, claw marks on trees, rocks and logs rolled over and foul odors from carrion or a bear that has rolled in it.
- 8) Stop and use all your senses: nose, eyes, ears, and call out “hey bear” when visibility is obstructed or when you are near a noisy stream.
- 9) Save your partner – carry your bear spray to use if your partner is taken down. Spontaneously spray both your fellow bicyclist and the bear.
- 10) Have fun and stay safe!



Email us at: [bearinfo@cfwi.org](mailto:bearinfo@cfwi.org)



[www.facebook.com/bebearaware](http://www.facebook.com/bebearaware)



[www.youtube.com/bebearaware](http://www.youtube.com/bebearaware)



# Bears have mauled multiple bicyclists over the decades

## Bear mauls teen during bike race

ANCHORAGE, Alaska — Anchorage police say a teenage girl taking part in a 24-hour bike race was severely injured after a grizzly bear attack.

The girl was riding early Sunday on a park trail when attacked. She used her cell phone to call 911 but was unable to communicate.

—The Associated Press, June 20, 2008

## Bear attack

## Second woman mauled in Anchorage city park

ANCHORAGE, Alaska (AP) — Another Anchorage resident has been mauled by a grizzly bear in a city park popular with joggers and bicyclists.

The woman was attacked by the bear Friday evening while jogging in Far North Bicentennial Park. She has not been identified. The woman was attacked by a sow with two cubs.

Rick Sinnott, the area's wildlife biologist, believes it is the same bear that chased a mountain biker earlier this summer and came within inches of harming a cross-country runner in late July. Neither of those people was injured.



AP PHOTO/ANCHORAGE DAILY NEWS. BILL ROTH  
A bear warning sign is posted at a Hillside Trails access point in the Hilltop Ski Area parking lot in Anchorage, Alaska. A second mauling in the area occurred Friday night. A first mauling happened in late June.

## Alaska Highway drama

May 30, 1978

# Bear mauls Italian bicyclist

By HUBERT JOHNSON  
Southam News Service

WHITEHORSE, Yukon — A 37-year-old cyclist was clawed, bitten and dragged by a black bear into bushes along the Alaska Highway south of here on the weekend before a motorist killed the animal with a high powered rifle.

An Edmonton motorist, Wolf Seidler, 39, of 6343 105A St., and his wife Ulla were the first ones on the scene and were credited for helping save the man's life.

After they approached the bear another motorist came up and shot the animal.

Constable Lou Bates, of Fort Nelson, B.C., said the victim, Giorgio Mazza, of Lecco, Italy, is in serious condition in the Fort Nelson hospital, "but it appears he will recover."

Constable Bates, who interviewed the victim, said "he's pretty well chewed up. He received 150 stitches to his head and another 150 to the back area and arms. But no bone were broken. We have no idea when he'll be able to leave hospital though. It'll be a while because they have to watch out for infection complications. Bears aren't too clean."

The incident occurred in British Columbia about 190 kilometres northwest of Fort Nelson and 340 kilometres south of Watson Lake, Yukon.

May 16, 2006

CANADA

# Black bear mauls bicyclist in national park

The Associated Press

BANFF, Alberta — A black bear chased, caught and mauled a bicycle rider on a mountain trail in Canada's oldest and most popular national park, and was shot and killed when it refused to leave the area, a warden said.

The biker, Greg Flaaten, 41, a Web administrator for the town of Banff, was being treated for severe arm injuries at Foothills Hospital in Calgary following the attack, and reconstructive surgery in the biceps and triceps area was scheduled Monday.

Authorities initially feared Flaaten might lose his arm, but that concern was eased when a key artery was found to be intact, maintaining circulation to the lower part of the arm, said Ian Syme, chief warden for

Banff National Park.

A bear evidently ran down and attacked Flaaten on Friday evening along the heavily wooded Hoodoos-Bow River Trail through the park east of the town, he said.

"We heard he had been chased on the bicycle for a while," Syme said.

*Ian Syme, chief warden for Banff National Park, said predatory attacks by bears are rare. He said 95 percent of the time the bear runs away, and attacks that do occur are almost always in self-defense or a sow defending her cubs.*

"We're not sure how far that was. Certainly at the time when you are chased like that, things can seem to be a lot longer than they might be, but apparently he was chased."

Flaaten was found around 8 p.m. after two acquaintances, Robert Earl and Robin Borstmayer, saw his

bike and a broken helmet near the trail, then heard him calling for help. They spotted Flaaten nearby, along with dragging marks and signs of a struggle.

Confronted by the bear as it continued pacing between them and Flaaten, they pedaled to a nearby campground and called a warden, who rushed to the scene along with a Royal Canadian Mounted officer. The bear, still pacing near Flaaten, was shot dead by the warden.

Syme said predatory attacks by bears are rare, adding that 95 percent of the time the bear runs away and that attacks that do occur are almost always in self-defense or a sow defending her cubs.

He estimated the bear that was shot was about 140 pounds, much lighter than a normal, healthy bear.