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VANMEVEREN  
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### **COLORADO CYCLISTS & MOUNTAIN BIKERS: WHAT YOU NEED TO KNOW**

Colorado is a paradise for cyclists, offering everything from scenic road rides to adrenaline-pumping mountain bike trails. But as personal injury attorneys in Fort Collins, we see firsthand how quickly an enjoyable ride can turn dangerous. Whether you're new to cycling or just new to biking in Colorado, here are some key safety tips to keep your ride fun and injury-free.

#### **1. Wear the Right Gear**

A properly fitted helmet is a must—it can reduce the risk of serious head injuries in a crash. Consider wearing gloves, padded shorts, and eye protection to stay comfortable and safe on long rides. For mountain biking, knee and elbow pads offer extra protection.

## **2. Know the Rules of the Road**

If you're cycling on public roads, follow Colorado's biking laws:

- Ride in the same direction as traffic.
- Use bike lanes when available.
- Obey traffic signals and stop signs.
- Use hand signals to communicate turns.

Mountain bikers should also follow trail rules, yielding to hikers and uphill riders.

## **3. Choose the Right Trail or Route**

Colorado's terrain varies from gentle paved paths to expert-level singletrack. For beginners, Fort Collins has great options like the Poudre Trail (for road cycling) and Maxwell Natural Area (for easy mountain biking). Always research trail conditions and difficulty before heading out.

## **4. Stay Visible & Alert**

Many cycling accidents occur because drivers or other trail users don't see the cyclist. Wear bright clothing, use bike lights, and always stay aware of your surroundings. Avoid distractions like headphones, especially on roads.

## **5. Watch for Hazards**

Loose gravel, potholes, wildlife, and unpredictable weather can create hazards for cyclists. In the mountains, sudden storms can make trails slippery and dangerous. Be prepared and ride within your skill level.

## **6. Know What to Do After an Accident**

Even with the best precautions, accidents happen. If you're in a bike crash with a vehicle, prioritize your safety, call 911 if needed, and gather driver and witness information. Seeking medical attention—even if you feel fine—can be crucial for identifying hidden injuries.

At VanMeveren Law Group, we help injured cyclists get the support and compensation they deserve. If you or a loved one has been in a biking accident, contact us for a free consultation. Stay safe, and enjoy the ride!



VanMeveren Law Group is a proud supporter of Your Group Ride, your resource for all things cycling in Fort Collins. Whether you're looking for trails, gear reviews, or want the latest news on cycling in Colorado, [www.yourgroupride.com](http://www.yourgroupride.com) has everything you need to enjoy your ride and get involved in the cyclist community.

Check out their group rides happening all around Northern Colorado for all experience levels!

## NOTABLE CASE RESULT



Our client was injured when he was riding as a passenger in a friend's car. Coming around a turn on a mountain road, his friend lost control of his car and ran into a tree and causing our client to suffer serious internal injuries for which he was hospitalized for three weeks. His injuries included a grade IV injury to his spleen, a perforated bowel, which was surgically repaired, and several fractured vertebrae. We succeeded in resolving his claim without having to file a lawsuit for \$1,275,000.00

RECENT WIN

\$1,275,000

**WELCOME MINDY!**

**Mindy Bellar**

*Legal Assistant*

Mindy Bellar joined VanMeveren Law Group on February 3rd, 2025. Prior to joining the firm, Mindy has had over 15 years of legal experience, specifically with personal injury law. As such, she thoroughly understands the complexities of our clients' cases, and she is passionate about helping you.

Mindy was born and raised in Nebraska. She has lived and worked in Oklahoma for the past several years, and recently landed in Fort Collins, Colorado. Mindy is married, and she has five kids (seven if you count her two dogs) and two grandkids. When she's not navigating the legal world, she loves hiking, baking, crafting, and spending time with her family.



# TESTIMONIAL

*See what our clients have to say!*

"I can't say enough about Catharine, Jenn, and Gabi. They are exactly who I needed to protect me. The insurance companies weren't cooperating, but everyone at VanMeveren Law Group was there to help look out for me every step of the way. They were tough with the insurance company, but unbelievably sweet and kind to me. Catherine kept me informed with everything that transpired and was always asking how I was doing. I'd recommend VanMeveren, Catharine, Jenn, and Gabi to anyone!"

*- Former Client*

## ADOPTABLE PET OF THE MONTH

*Mini*

VanMeveren Law Group is a proud supporter of Animal Friends Alliance. Learn more about how you can adopt, foster or get involved at [savinganimalstoday.org](http://savinganimalstoday.org) or call the AFA Taft Hill Shelter at (970)-484-8516



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