Homes are privately owned, and respect the privacy of life in Freehold. Please keep in mind that his former places most closely associated with Springsteen’s songs, most famously in “My Hometown.” Below are the places most closely associated with Springsteen’s life in Freehold, which he often mentions in his songs, most famously in “My Hometown.” Below are the places most closely associated with Springsteen’s life in Freehold, which he often mentions in his songs, most famously in “My Hometown.” Below are the places most closely associated with Springsteen’s life in Freehold, which he often mentions in his songs, most famously in “My Hometown.”
Roads listed as "Good" have lower volumes or speeds. Roads listed as "Fair" may be pleasant to bike, but some roads may have higher volumes. On roads listed as "Poor," greater caution should be exercised, since these roads have higher volumes or have insufficient width to comfortably accommodate both motorists and bicyclists. Particular caution should be used when bicycling along Main Street. The rating system was developed based on input from local bicyclists and stakeholders.

1. FOLLOW THE RULES OF THE ROAD
   • Ride with traffic and obey all traffic control devices, such as stop signs, lights, and lane markings.
   • Use the rightmost lane that heads in the direction that you are traveling.
   • Always look back and use hand and arm signals to indicate your intention to stop, merge or turn.
     o Left arm out and down with palm to the rear to indicate stopping
     o Left or right arm straight out to indicate left or right turn

2. BE VISIBLE
   • Do not ride next to another vehicle unless you are in a different lane or passing.
   • If you can’t see bus, truck or car mirrors, drivers can’t see you.
   • At night, use a white front light and red rear light or reflector. Wear reflective tape or clothing.

3. BE PREDICTABLE
   • Ride in a straight line and don’t swerve between stopped or parked cars.
   • Make eye contact with motorists to let them know you are there.
   • Do not ride on the sidewalk.

4. ANTICIPATE CONFLICTS
   • Be aware of traffic around you and be prepared to take evasive action.
   • To avoid getting “doored”, ride at least 3 feet from parked cars.
   • Be extra careful at intersections; watch for motorists passing on the right around left-turning vehicles.

5. POSITION YOURSELF PROPERLY
   • Ride in the right third of the right-most lane that goes in the direction you are going.
   • Do not ride completely to the right on wide lanes; you will be more visible 3-4 feet away from traffic.
   • If your lane turns into a right-turn only lane, change lanes before the intersection.

6. WEAR A HELMET
   • Make sure that the helmet fits on top of your head, not tipped back or forward.
   • After a crash or any impact that affects your helmet, replace it immediately.

Adapted from League of American Bicyclists "Bicycling Tips" (www.bikeleague.org)