

BICYCLE COMMUTING – *Let's Ride!*



Capitol Rideshare, September 2017



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Sponsored by the Arizona Departments of Environmental Quality and Transportation, Maricopa Association of Governments, Maricopa County Air Quality Department and Valley Metro.

Overview

- Welcome and introductions
- Bike Commuting 101
- Tips from State bike commuters
- Wrap up & door prizes



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Why Bike?

**THE BAD NEWS
IS
TIME FLIES.
THE GOOD NEWS
IS
YOU'RE THE
PILOT.**

— Michael Altschuler



Sitting in traffic costs money, causes pollution and can be stressful



Bike commute photo courtesy of Chris M. via email



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Arizona Bicycle Laws

- [Arizona Bicycle Laws](#) search for “bicycle”
- Same rights and responsibilities as motor vehicles
- ARS 28-735 – “Three-foot law” – Motorists must allow three feet of clearance when passing bicyclists
- Ride as far right as practicable – riders may move left to avoid debris, pass another cyclist, make a left turn, or if the lane is too narrow to share safely
- Ride no more than two abreast on roadways



More Arizona Bike Laws

- White front headlight visible from 500 feet & red rear reflector visible from 300 feet **required** dusk to dawn
- Parents responsible for their kids' behavior
- One rider per seat
- Must have at least one working brake, at least one hand on handlebars
- No holding on to moving vehicles



Safety Tips



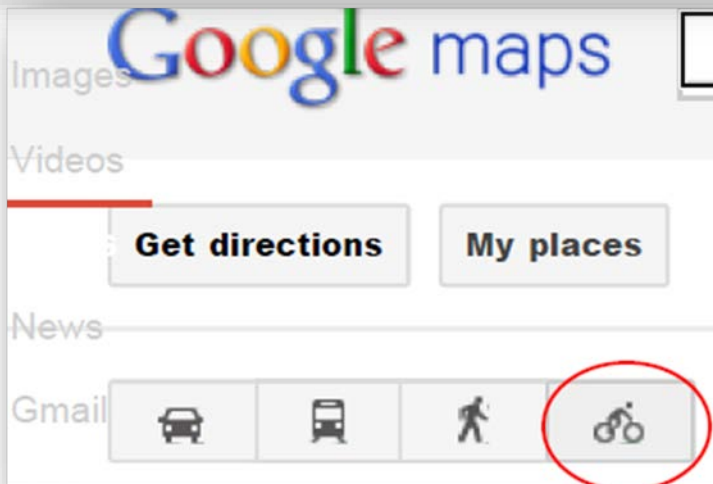
- Ride with traffic.
- Be predictable – signal turns, act like a motorist.
- Be visible – light, bright, reflective.
- Be attentive – no head phones or ear buds.
- Ride defensively! Bikes are small and easy to miss.



Choosing a Route



- Ideal bike route is **rarely** the same as your driving route
- Try parks, canal banks, green belts
- Practice on a weekend
- [Regional bike map](#) available online
- Order printed maps [here](#)



Bike Access to State Capitol

- Bike lanes on Washington, Jefferson, 15th Avenue
- Shared lane “sharrows” on Central Avenue from Van Buren to Campbell
- Bike bridge over 1-10 at 11th Avenue



The Maricopa Association of Governments' bike map is [available online](#)



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Bike Racks on Buses



- Two to three bikes per bus
- Use slot closest to bus first
- Place front wheel in marked slot
- Pull out, up, and release on top of front wheel



Bikes on Valley Metro Rail



- Enter by doors closest to bike symbol
- Roll front wheel up metal “trough”
- Hang front wheel from hook
- If racks are full or inaccessible, may stand in aisle – do not block passage



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Think *Inside* The Box!

- Bike lockers protect from sun, theft, vandals
- Lockers are first come – first served
- Bring your own lock
- Don't leave items overnight
- Visit valleymetro.org for a map of [transit centers](#) or [park and ride lots](#) including bike locker count



Estimating Travel Time

Fitness Level	5 miles	10 miles	20 miles
Beginner (7-10 mph)	35-40 minutes	1 hour – 1 hour 20 minutes	Not recommended
Intermediate (9-12 mph)	25 – 35 minutes	1 hour	2 hours
Advanced (14-17+ mph)	20 – 30 minutes	42 – 50 minutes	1.5 hours



"I feel stressed when I'm trapped. Being on a bike means almost never being stuck, no matter how many people are on the path or road. That means being happy about the trip and being fully awake and energized when I get there." Scott W., via Facebook



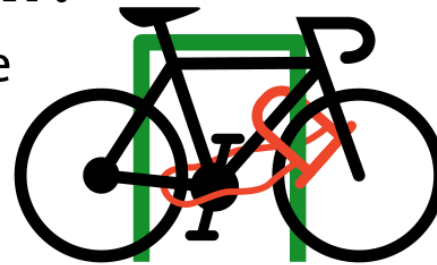
Locking Your Bike

- Buy the best lock you can afford.
- Park in a well-lit, high traffic area.
- Be sure the lock encircles the bike's frame, front wheel, and rack.
- Some riders use multiple locks for added peace of mind.

LOCK UP SMART!



Use one of these
two methods



Freshening Up

- Clean sweat doesn't smell – shower before you leave home
- Slow down last 5-10 minutes riding
- Ziploc bag + baby wipes + alcohol = instant shower!
- Consider driving to work and leaving clothes, accessories & toiletries for the days you bike



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Cycling Must-Haves:

- “Reflective bands that wrap around my ankles for visibility.” Erik B.
- “I always have a bicycle mounted basket or bag for cargo. A messenger bag or backpack is a close second.” Will M.
- “Speakers attached to bike or handlebars instead of ear buds, daytime and nighttime eyewear.” Chris M.
- “I don’t go anywhere in the winter months without a good bike light. I can NOT live without the SUN. I love cycling in the summer!” Erik B.



“Let’s Ride!” Resources

- [Valley Metro](#): Valley Bike Month, bike maps, bike locker locations, lunch and learn sessions, sday@valleymetro.org
- [ShareTheRide](#): Find commuting partners, track trips and savings, enter contests, plan your trip
- [Phoenix Spokes People](#): Group rides, event support, advocacy, community
- [Arizona Bicycle Club](#): Group rides, forums, newsletter
- [Coalition of Arizona Bicyclists](#): Classes, advocacy
- City Bike Coordinator: Many cities have a designated point of contact. To find yours, email sday@valleymetro.org





Let's get rolling!



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