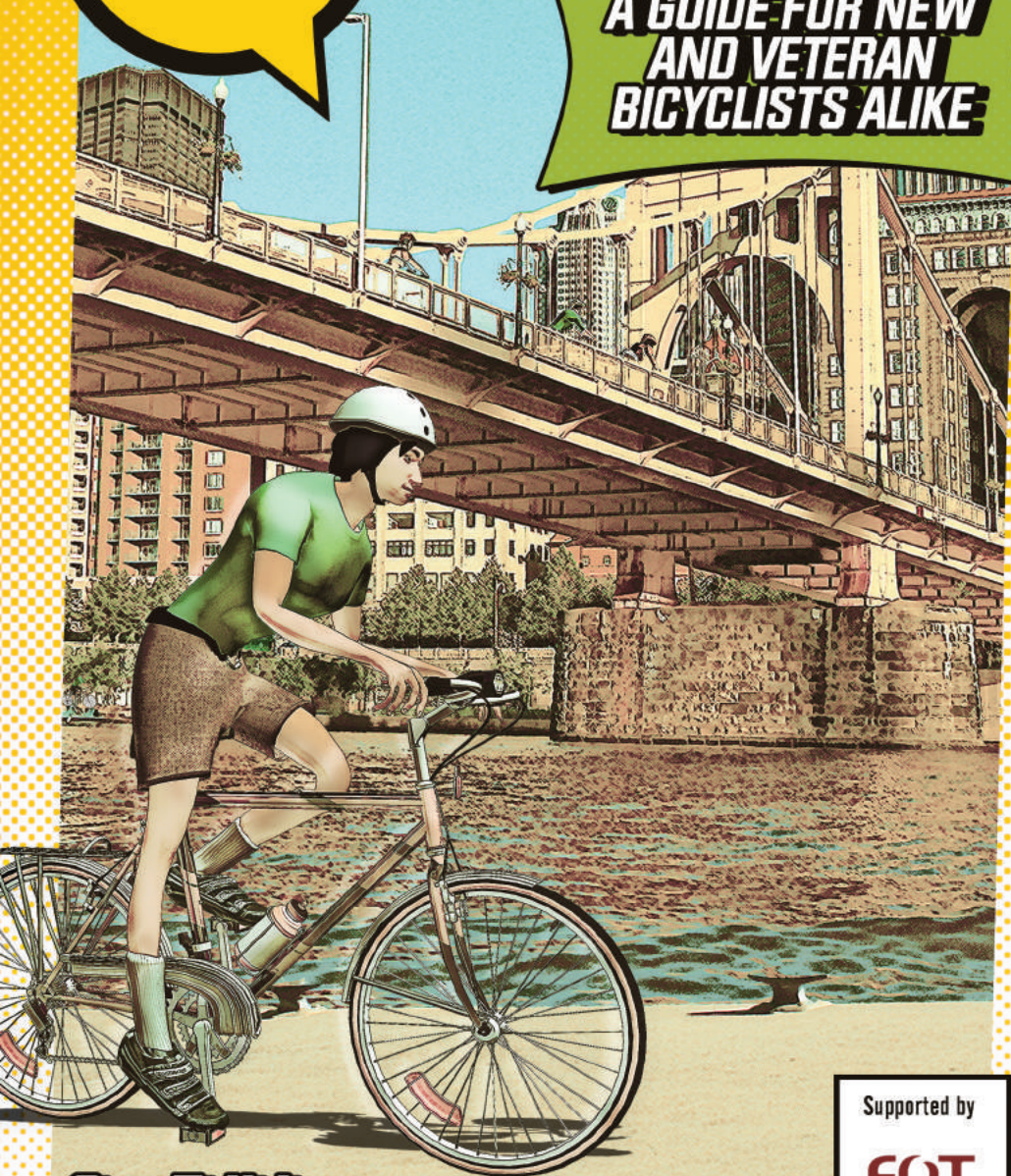


**BIKE
PGH!**

BIKING 101 GUIDE

**A GUIDE FOR NEW
AND VETERAN
BICYCLISTS ALIKE**



3RD Edition

Supported by

EQT

Where energy
meets innovation.

BIKE PGH!

Biking 101 combines the experiences of hundreds of people to help instill the knowledge you need to be a confident rider whether you're new to urban bicycling or have done it for years.

In these pages you'll learn about choosing a bike, how it should fit, riding safely, useful accessories, how to combine bike and transit trips, and general tips and information to help make your commute a wonderful, fun experience.

When you choose to bike - to work, run errands, or for recreation - it just might be the moderate exercise you've been looking for to improve your lifestyle. The key is making your bike ride as **SAFE**, **CONVENIENT**, and **COMFORTABLE** as possible.

BIKING 101 GUIDE KEY

Yellow box is for more emphasis and Red box is for the most emphasis

When you see the keystone symbol it's a reference to Pennsylvania's state law.



Biking 101 Guide is a BikePGH publication.

Bike Pittsburgh is transforming our streets and communities into vibrant, healthy places by making them safe and accessible for everyone to bike and walk. Learn more at BikePGH.org or flip to page 28.

The following people were instrumental in the creation of this guide: Lou Fineberg, Lucinda Beattie, Tim Cimino, Eric Davis, Mary Franzen, Mac Howison, Stephen Patchan, Jan Sciulli, Stuart Strickland, and Brad Quartuccio.

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Please email comments and/or suggestions about Biking 101 Guide to info@bikepgh.org



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Why should I consider bike commuting?

I'm not in good enough shape, that's why not!

Why not!?

Biking is actually a great way to fit exercise in your day.

If you have health concerns please check with your doctor or medical professional to give you the go-ahead.

Start with very moderate goals and slowly work your endurance up until you're able to cover the distance you want.

Moderately strenuous exercise, about 30 minutes a day, can lead to **ENORMOUS** benefits in terms of your mood, health, weight and the ability to live an independent and fulfilling life.¹

WHICH BIKE?

Make your commute as **COMFORTABLE**, **CONVENIENT** and **SAFE** as possible. Your bike should be a pleasure to ride.

Just about any bike will do, **BUT** if you really want to enjoy the ride and have fun, it's worth giving it some thought.

You can buy a brand new bike, or fix up an old one.

Start by finding a bike shop that you **LIKE** and a salesperson you **TRUST**. Look around and ask questions.

Note if the person you're talking to is **PATIENT**, **KNOWLEDGEABLE**, and if they provide you with a range of **OPTIONS**.



ELECTRIC ASSIST BIKES provide support on hills, or longer commutes, that might be the difference between choosing to bike commute or not.

Bicycles have three contact points with your body — the **HANDLEBARS**, the **SEAT**, and the **PEDALS**.



CYCLOCROSS

Allows for wider tires than traditional road bikes.



ROAD BIKES are best if speed is a priority.



HYBRIDS are a good option if comfort is your top concern.



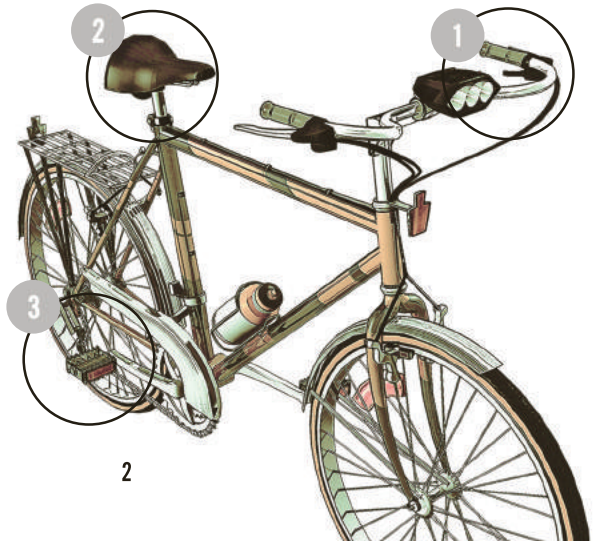
FOLDING BIKES might be a good option if you use several transportation modes for your commute.



MOUNTAIN BIKES are fine too. Adjust components with suspension to rigid and use slick tires instead of knobby for a smoother ride.

You don't have to take what comes with a new bike or accept what's on an old one.

Whatever bike you choose can be customized over time to your liking.



COMFORT

For many people who have short commutes, **SITTING UPRIGHT** tends to provide the most comfort. For longer rides people often prefer a range of **HAND POSITIONS**.

Choose a comfortable **SADDLE**!

Lots of people swear by leather saddles, others like cushy seats or ones that are cutout.

The handlebars play a big part in your riding position.

Riser or swept-back **BARS** will bring you more upright, while drop bars provide more positions for your hands.

Choose **GRIPS** or **TAPE** that feels good to your hands.

For commuting purposes flat pedals are convenient and easy. Some cyclists prefer inserting their foot in toe clips, straps, or cages.

REMEMBER, DON'T OVERTHINK IT OR FEEL AS IF YOU HAVE TO CONSIDER SO MUCH BEFORE YOU START COMMUTING BY BIKE. **GETTING STARTED IS EASY!**

ONCE YOU BECOME A MORE REGULAR BIKE COMMUTER YOU'LL LEARN HOW TO FINE-TUNE YOUR RIDE AND MAXIMIZE YOUR COMFORT.

If you're riding mainly on the road or light terrain, use road tires.

Use **PUNCTURE RESISTANT** tires with a **TREAD** that meets your needs.

THE BIKE FIT

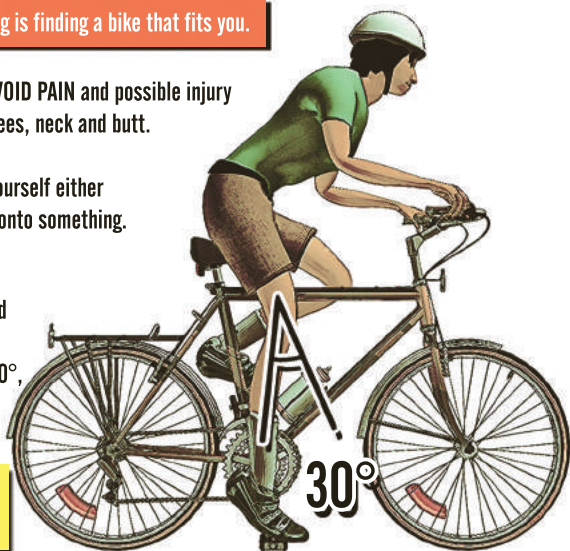
The key to **COMFORT** and smooth riding is finding a bike that fits you.

A good bike fit will also help you **AVOID PAIN** and possible injury in places like your back, hands, knees, neck and butt.

Start by sitting on your bike. Steady yourself either with the help of a friend or by holding onto something.

With the balls of your feet on the pedals, extend one of your legs completely. The extended leg should have a slight bend at your knee, about 30° , when the pedal is at its lowest point.

PAIN or **DISCOMFORT** is an indication that something about your bike fit needs to change.



Pain in the front of your knees usually means that your seat is too low.



Pain in the back of your knees or in your hips usually means your seat is too high.



When you find the right seat height mark the post with a marker for an easy reminder.



The saddle should be flat or just slightly tilted for maximum comfort.

If your **BACK** bothers you when you ride it could be the position of your handlebars or a heavy or awkward bag that you're carrying.

Remember to
RELAX!
People have a
tendency to be pretty
stiff when they ride.



Keep your **ELBOWS BENT** and every so often **SHRUG** your **SHOULDERS**.

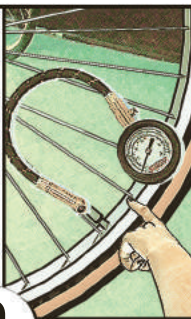
THE ABC QUICK SAFETY CHECK

ONCE YOU HAVE A BIKE AND IT FITS YOU, IT'S TIME TO MAKE SURE IT'S RELIABLE.



A

FIRST check the **TIRES** to make sure they have the right **AIR** pressure. Look too see that there are no cuts or signs of dry rot.



The proper air pressure known as **PSI** (pounds per square inch) is found on the side of the tire. Be sure to look for it in good light. It's often in small print.

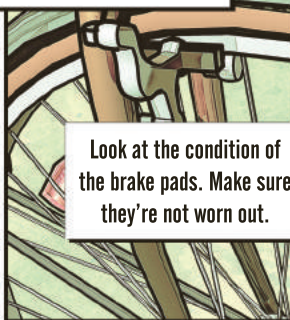
B

NEXT squeeze the **BRAKE** levers and push forward on the bike to make sure the brake pads firmly grip the rims.



C

If your brake levers come close to or touch the handlebar when braking they need to be adjusted.

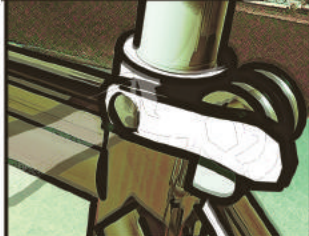


Look at the condition of the brake pads. Make sure they're not worn out.

THIRD make sure the **CHAIN** moves smoothly up and down the chain ring and that it's sufficiently lubricated and not rusty.

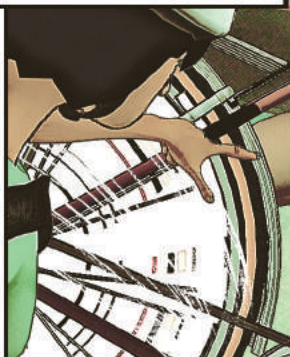


AFTER the ABC's, look too see if you have **QUICK RELEASE** parts in places like your wheels and seat post.



Make sure they're **TIGHT** and in the **LOCKED** position.

Give the **WHEELS** a spin to make sure the rims don't rub against the brake pads.



Check the **HANDLEBARS** to see that they're tight and move in sync with the wheel and not independently.



Bike shops offer a variety of **TUNE UPS** to make sure your bike is roadworthy.



THE HELMET

It's the **LAW** in PA for kids under twelve to wear a helmet, but if you're going to ride a bike it's smart to protect your head at any age.



Don't rush fitting a helmet. Make sure the fit is right for your head.

Every bicycle helmet sold in the U.S. must meet the national standard known as CPSC (Consumer Product Safety Commission). Look for a sticker inside your helmet to confirm it meets the standard.

How the helmet fits your head even before you buckle the strap is important. Rock your head back and forth to see if it feels stable.



Use pads and fitting rings to make it feel **SNUG**. If you're working too hard maybe it's time to look for another size or style.

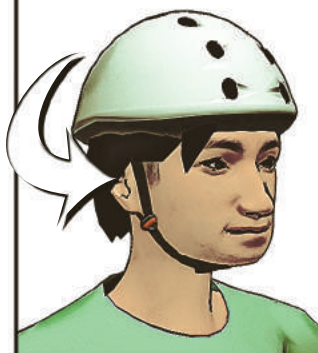
Now lock the straps. Use the **EYES, EARS, MOUTH** test to check the fit.

Make adjustments as needed.

Keep your head steady and **LOOK** up, you should **SEE** the front **RIM** of the helmet.



The **SIDE STRAPS** should come to a **V** just below each **EAR**.



Now open your **MOUTH** wide... you should feel the helmet push down on your head. Close your mouth. The helmet should be **SNUG**.



No more than one or two fingers should fit under the strap.

The more **VENT** space your helmet has the **COOLER** your head will stay.



The helmet **FIT** is so important! If it doesn't fit you right it might not do you any good!!!

If you're not able to get a good helmet fit, have a bike shop help you out. A decent shop will be patient and help you get it right.



BIKE ACCESSORIES

How you ACCESSORIZE your bike plays an important role in the safety, comfort and convenience of your ride.

A BELL is a handy way to greet people and let them know that you're approaching.



BLINKY LIGHT

Find a bell with a pleasant ring, avoid one that startles.



FRONT LIGHT

Front and rear FENDERS help keep you dry and keeps grime off of your bike in messy conditions.

REAR REFLECTORS

A rear RACK/BASKET or front basket.

REAR RACK

WATER BOTTLE CAGE makes it convenient to grab a drink.

FENDERS

CHAIN GUARDS help you avoid grease stains on your clothes and legs.

PEDAL REFLECTORS

KICK STAND allows you to conveniently keep your bike parked upright in a pinch.

FENDERS

WHEEL REFLECTORS

CARRYING STUFF

You have plenty of **CHOICES** when it comes to carrying your things.



Carrying things on your back can be **ROUGH** on your neck and shoulders, especially if you're carrying some weight.



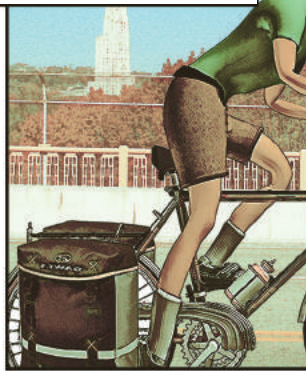
Even in mild temperatures, your back can get soaked with sweat.



Don't hold things in your hand when riding. It seriously compromises your ability to ride safely.



Adding a pannier or a trunk bag to your rack is a good option.



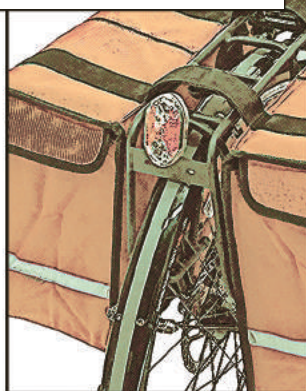
Baskets and crates work well too.



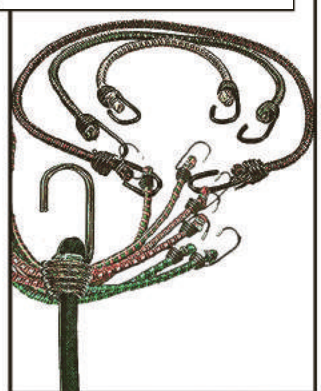
A front basket can be a convenient and easy way to carry items for delivery.



WATERPROOF bags really help keep your things dry.



BUNGEE CORDS are good to have on hand to strap things down.



BIKE SECURITY

Lock your bike with a high quality U-LOCK. They're a proven theft deterrent.



I can't ride to work; there's nowhere to park my bike.

See if bringing your bike inside your workplace is an option.



When locking your bike for longer periods of time lock the frame and both wheels to the rack.

Lock through the frame and one wheel if possible. U-lock + cable allows you to easily lock wheels and frame.

Any bike is more **VULNERABLE** to theft or vandalism the longer it remains at the same location.

Most bikes that are stolen have cheap cable locks or no lock at all.

Make sure whatever you lock to is **FIRMLY** in the ground. Do not lock to trees!

Use meters and street signs when there's no bike parking. Avoid parking near corners when possible.

Lock your bike **CLOSE** to where you'll be, in a highly **VISIBLE** area with lots of pedestrians. Lock near building entrances in **WELL-LIT, SECURE** areas.



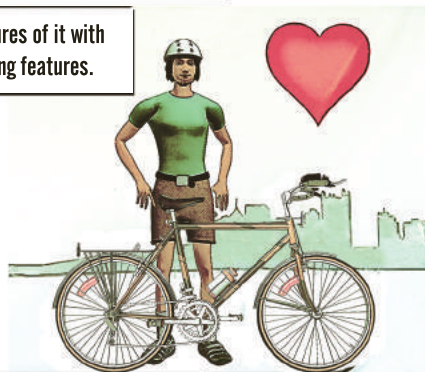
Many bike **THEFTS** occur from driveways or from porches.



Would this be a good place to lock your bike?

Be able to give a good description of your bike. Know the model and year.

Take pictures of it with identifying features.



Record the serial number of your bike. Be on the lookout for BikePGH's **I HEART MY BIKE** photo booth!

PLAN YOUR ROUTE

Figure out A GOOD ROUTE to your destination before you're on your way.

The BikePGH online MESSAGE BOARD is an excellent way to learn from local cyclists about route recommendations.

Sometimes the route you're used to by bus or a car isn't always the best for cycling.

The PITTSBURGH BIKE MAP is a great resource to help you figure out a bike route that meets your needs.

Plan the night before for the day ahead.

Consider parallel side streets that have less car traffic, as well as one of the city's many car free trails.

Have your clothes picked out ahead of time.

Check the WEATHER


Wear comfortable clothing that is somewhat tapered to your body.

SHOES with firm soles are easier on the feet. Keep your laces out of the chain rings.

For women who would like to wear a skirt, mid-length works best with bike shorts. Tuck in the sides and sit on them.

Sport bras are helpful too.

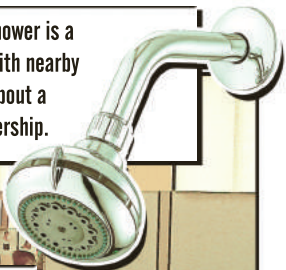
Secure loose pant bottoms with ankle straps or roll your pants up to avoid a snag.




I'd bike, but there's nowhere to shower.




For many bike commuters a shower isn't necessary.



If you feel a shower is a must, check with nearby health clubs about a shower membership.

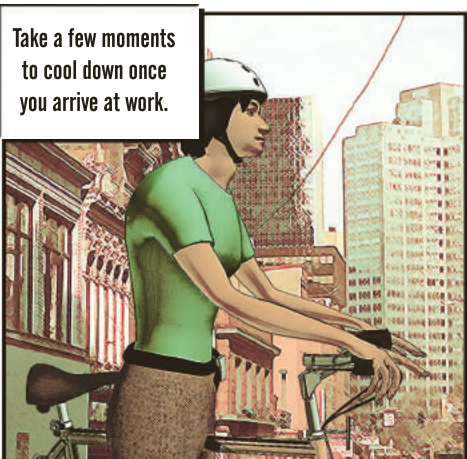


A handy towel or baby wipes and a change of clothes might be all you need.



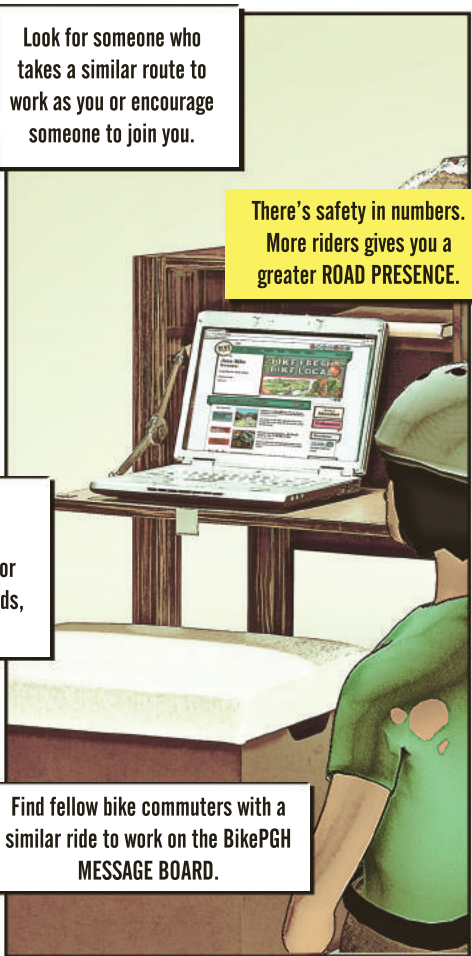
Know of a good place to **PARK** and **LOCK** your bike once you get to work.

If your employer is relocating, suggest they find a building with showers.



Take a few moments to cool down once you arrive at work.

Look for someone who takes a similar route to work as you or encourage someone to join you.



There's safety in numbers.
More riders gives you a greater **ROAD PRESENCE**.

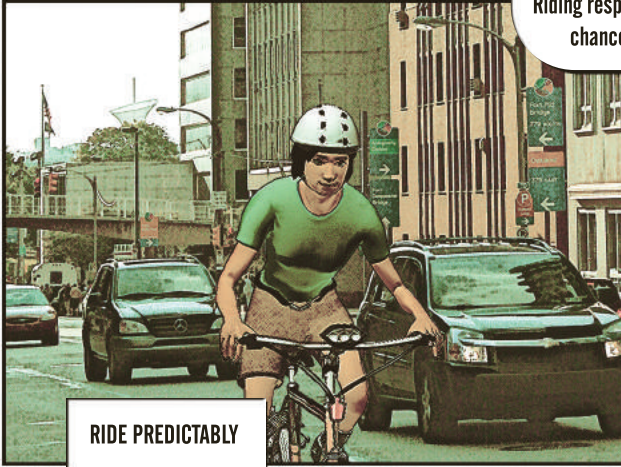


Visit WWW.BIKEPGH.ORG to get connected to the local cycling community. It's a one stop shop for news, blogs, events, message boards, and more . . .

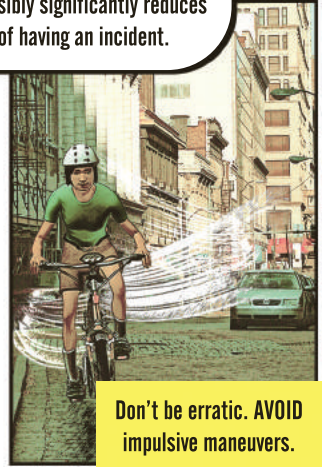
Find fellow bike commuters with a similar ride to work on the **BikePGH MESSAGE BOARD**.

ROAD SAFETY

You have to know your comfort level.
Riding responsibly significantly reduces
chances of having an incident.



RIDE PREDICTABLY



**Don't be erratic. AVOID
impulsive maneuvers.**

**OBEY TRAFFIC LAWS. Stop at
red lights and stop signs.**



Call 311 or tweet
@PGH311 or
412-255-2621, the
mayor's response line
to **REPORT HAZARDS.**



**Look out for pedestrians, cars,
car doors, pot holes, sewer
grates, broken glass, etc.**



SCAN AHEAD.



PA LAW

BE SEEN. Use a front headlight and a rear blinky.



STAY VIGILANT. Ride defensively and don't assume motorists see you.



ANTICIPATE. Drivers are especially lax with the RIGHT TURN SIGNAL.



The direction of a car's tires is helpful in figuring out which way you can expect a car to go.



Ride WITH the flow of TRAFFIC.



PA LAW

Always **YIELD** to pedestrians. It's the law.

Riding against traffic is considered to be **UNLAWFUL**.



Alert pedestrians you are approaching.



PA LAW

It's against PA LAW to ride on sidewalks in business districts.

BE COURTEOUS. Have a good attitude and be respectful to other road users. You're on a bike. **HAVE FUN!**

SHARING THE ROAD



When you're using the same road as motorists, you need to make a conscious decision to either **TAKE THE LANE** or **SHARE THE LANE**.



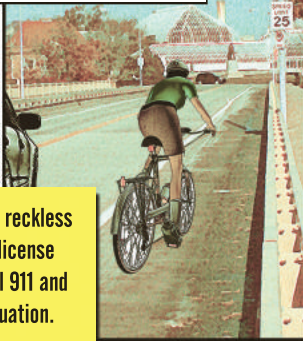
When you're moving at the same speed as traffic, or when the lane isn't wide enough for cars to pass you, **TAKE THE LANE**.

If you find yourself near a motorist that makes you **UNCOMFORTABLE**, pull aside if it's safe and let them pass.



If you encounter a reckless driver get their license plate number. Call 911 and describe the situation.

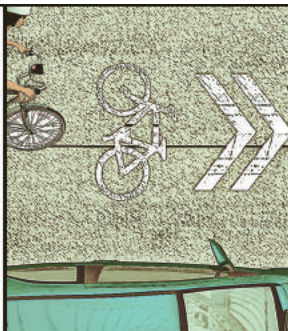
SHARE THE LANE when you're moving slower than traffic.



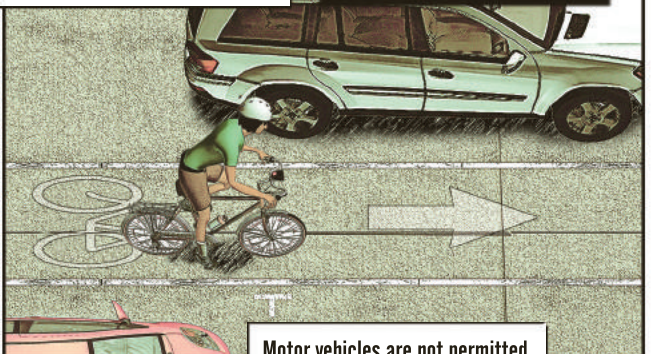
Try to ride a comfortable distance from the side of the road and at the same time respect cars passing on your left.



SHARED LANE MARKINGS, aka "sharrows", reinforce the rules of the road and provide a visual clue to expect bicyclists.



BIKE LANES are located on roads wide enough to support them. The same road rules apply.



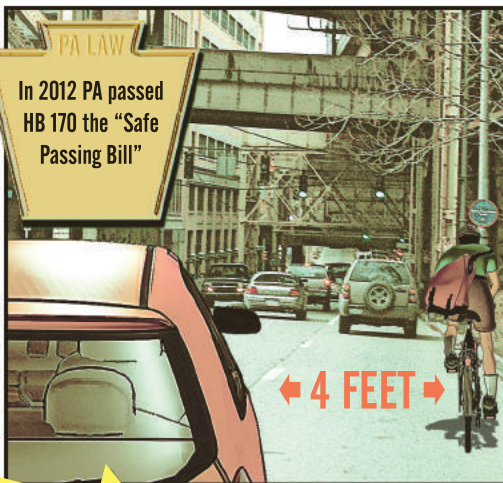
Don't let a bike lane give you a false sense of security. Remain alert and cautious.

Motor vehicles are not permitted to drive or park in bike lanes.

4' SAFE PASSING LAW

PA LAW

In 2012 PA passed HB 170 the "Safe Passing Bill"

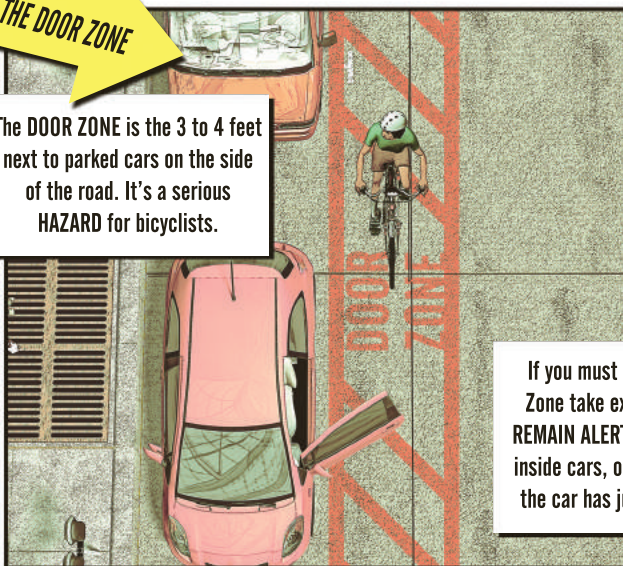


- Every car that passes a bike must give a minimum of 4-feet of clearance at a "prudent reduced speed"
- No turn by a motorist may interfere with a bicycle proceeding straight (the classic right hook)
- Bicycles may be operated at a safe and reasonable speed appropriate for bicycles
- Bicycles must be operated in the right hand lane, or as close as practicable to the right-hand curb or edge of roadway.
- This does not apply to a bicycle using any portion of the road due to unsafe surface conditions.

THE ESSENCE OF THE LAW IS A REMINDER TO SLOW DOWN UNTIL IT'S SAFE TO PASS.

THE DOOR ZONE

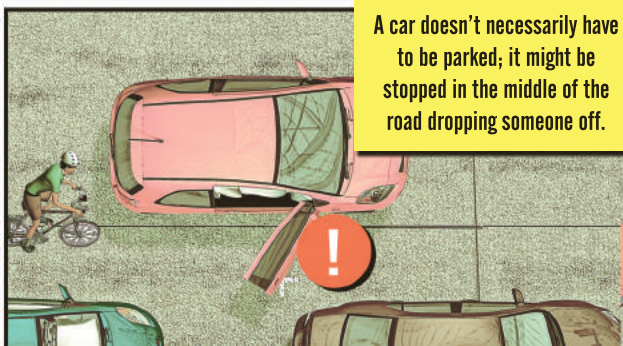
The DOOR ZONE is the 3 to 4 feet next to parked cars on the side of the road. It's a serious HAZARD for bicyclists.



If you must ride in the Door Zone take extra caution and REMAIN ALERT. Scan for people inside cars, or indications that the car has just been parked.



A car doesn't necessarily have to be parked; it might be stopped in the middle of the road dropping someone off.



Try to get a feel for what's behind you too in case you have to swerve away from an opening door.

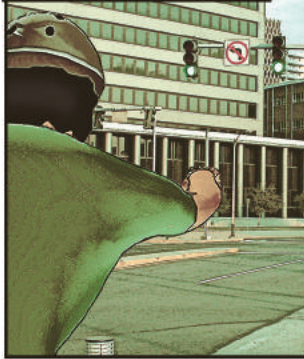


INTERSECTIONS

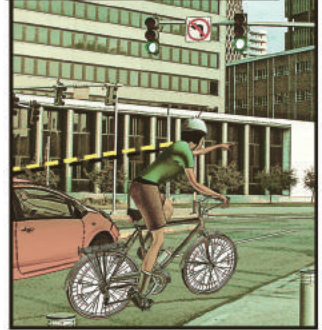
INTERSECTIONS pose a higher risk for incidents and collisions for all road users, so be aware as you approach them.



Have a **COMMANDING PRESENCE**. Be deliberate and clear about your intentions.



Predictability is key to your safety! Use **HAND SIGNALS** and **EYE CONTACT** to communicate with drivers.



A responsible bicyclist uses many of the same skills and behaviors as a responsible motorist.

Bike commuting should heighten your awareness of roadway hazards and may even make you a better driver.

LEFT TURNS...

LEFT TURN SIGNAL



Make sure the coast is clear, signal to get into the left lane or left turning lane, and then signal again to turn.

TAKE THE LEFT LANE before you turn to discourage turning cars behind you from passing you on the turn.

THE COPENHAGEN LEFT
or two-stage turn

Another option is to make a right turn instead of the left, and then get yourself safely turned around to go straight. Use caution, look for turning vehicles, and always yield to pedestrians.

Use your hands to communicate.

Ride in a straight line when riding through an intersection. You can even point straight ahead to let people know what you're doing.

RIGHT TURN SIGNAL

ALTERNATIVE RIGHT TURN SIGNAL

THE PGH LEFT

Watch out for the PITTSBURGH LEFT! This is when the lead driver stopped at a red light makes the left turn in front of opposing traffic when the light turns green.

For a RIGHT TURN don't cut the corner tight. Signal ahead, take the lane, and make the turn. This can help prevent motorists from speeding past you.

Sometimes it's permitted as a courtesy; other times it's a more aggressive action where a driver darts in front of you to make the turn.

RIDING ALONGSIDE BUSES

BUSES function differently on the road than other vehicles. Their large size, **FREQUENT STOPS**, and regular **LANE CHANGES** make them unique.



Bicyclists and buses often share the same space on the road.



When you're sharing the road with buses remember that the driver has to deal with larger than usual **BLIND SPOTS** on the left and right.



Most of the time it is safest to pass buses on the left, especially near bus stops.



Avoid passing buses on the right.



Keep an eye out for pedestrians in a hurry heading for and departing from buses.

STOP
SIGNAL



Bicycles are prohibited from using designated bus lanes.

BRIDGES AND RAMPS

If you commute by bike eventually you may find yourself having to cross one of Pittsburgh's many BRIDGES.

Intersections often occur at bridges. They should be approached and exited cautiously.

Unlike the bottlenecks that are common at tunnels, cars tend to pick up speed on bridges.

Debris like broken glass tends to collect on some bridges so be prepared.

Watch out for EXPANSION JOINTS. They can be slippery when wet.

The gaps they form can trap thinner tires.

Many bridges include entrance and exit ramps.

Sidewalks on bridges are okay to use. Be careful when reemerging onto the road.

These are another type of intersection. Gauge the speed of motor vehicles and yield when necessary.

The Pittsburgh Bike Map has in-depth, bridge-by-bridge descriptions.

Keep your thoughts on the road as you see some unique views of the city.

You'll get the hang of it.

HILLS

Pittsburgh's too hilly to ride my bike.

Learn how to properly use the gears. Pedal assist electric bikes are another option.

Shift to the harder gears going downhill so you'll have some power when you start pedaling.

Apply **BRAKES** sooner and **SCAN** ahead farther when riding downhill.

To slow down gradually apply even pressure on both brakes.

If you need to walk your bike, enjoy the exercise.

Anticipate hills. Proper shifting is key to a smooth climb.

When you first start going **DOWNHILL** stay to the right. Motorists coming from behind may not **SEE** you at first.

CAR FREE PATHS and TRAILS

Time traffic lights to help keep you moving.

Keep your momentum.

Consider including them as part of your route - even if you have to go a little bit out of your way.

YIELD to pedestrians.

Ride to the right and let people know that you're approaching. **PASS** on the LEFT.



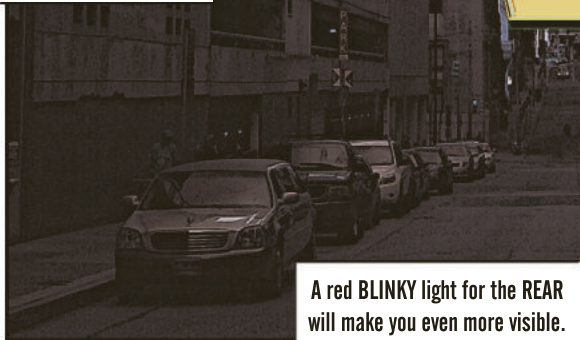
Stay on the designated path.

Trails are often located near train tracks.

Cross Train Tracks at 90 degrees.

RIDING AT NIGHT

The most important thing about riding at night is to **BE SEEN**.

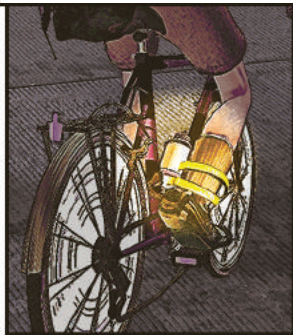


A red **BLINKY** light for the **REAR** will make you even more visible.

PA LAW
PA LAW REQUIRES a
FRONT HEADLIGHT
and **REAR REFLECTOR**.



REFLECTIVE ANKLE STRAPS not only secure pants, but they're an excellent way to get noticed.



Test out your visibility with friends, to see just how visible you are at 500 feet.

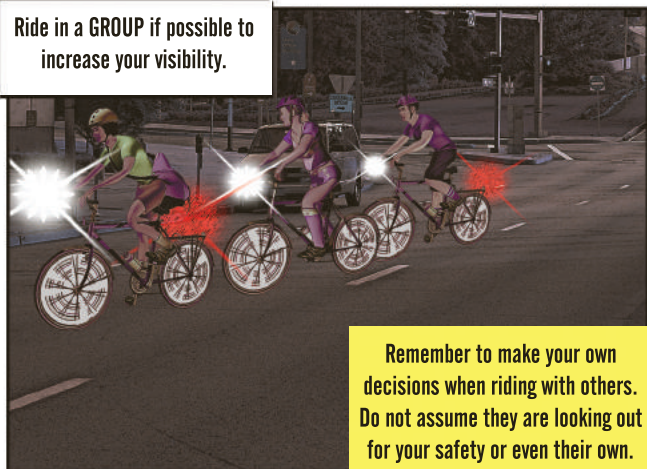
With fewer cars on the road at night don't be fooled when the streets seem quiet. Remain cautious and alert.



DRIVERS may be tired or drunk. Last call is at 2:00. Ride as if they don't see you.



Ride in a **GROUP** if possible to increase your visibility.



Remember to make your own decisions when riding with others. Do not assume they are looking out for your safety or even their own.

RIDING IN THE RAIN

Don't let the RAIN get you down. Just **BE PREPARED**.
CHECK the WEATHER.

Invest in some gear to help keep you warm and dry.

Keep a **WATER-RESISTANT WIND BREAKER** with you in case the weather takes a turn for the worst.

For heavier rains choose a shell and pants that are **WATER-PROOF** and **BREATHABLE**.

On warm days with light rain try wearing shorts, shirt, and shoes made of fabrics that don't absorb water. When you get to work change into something dry.

Fenders are essential for keeping water from spraying on you.

RIDING TIPS

Slow down

SHOE COVERS and **GAITERS** will really help keep the water out.

Keep tires properly inflated

Roads are **MOST SLIPPERY** at the start of a rain. Mud and oil mix with water to create a slick surface.

Metal surfaces, lane markings, wet leaves, and puddles tend to be slippery when wet.

DON'T lean into turns

If the rain is too much load your bike on transit to get you on your way.

COLD WEATHER COMMUTING

When it gets **COLD**, **LAYERING** is the key to staying warm.

When you're dressed for the cold your body warms up pretty fast.

It's better to start your ride feeling a little cold, otherwise you may arrive to your destination overheated.

Start with a **BASE LAYER** against your skin like soft thin wool or active wear that doesn't absorb water.

For the **MIDDLE LAYER** a form-fitting wool sweater or fleece is a good choice.

If needed, a weatherproof shell makes an excellent **THIRD LAYER**.



EXTREMITIES like your head, ears, hands, and feet are most **VULNERABLE** in the cold.

OVERLAP CLOTHES at points where they meet, like the neck, wrists, waist, and ankles. Pull cinches tight on clothes that have them.



Some helmets now come with detachable ear flaps.



To keep your head and face warm a **BALACLAVA** or hat and scarf around the face will help keep you warm.

BE CAREFUL that whatever you use to cover your head doesn't compromise the fit of your helmet.

GLOVES are also key to staying warm.

Find a warm pair of gloves that are right for you.

Buy clothes for your bike commute that are not only functional but that you **LOVE**.

It adds to the **FUN!**



IN A CRASH?

Whether you're a victim, at fault, or a good samaritan **STAY CALM.**

1. Make sure that the crash victim is out of harm's way.

2. The victim should remain still. Do not move the head, neck, or spine if they were at all impacted.

3. Have someone call 911.

4. Obtain a BikePGH CRASH CARD to document the most important information following a crash.

See bikepgh.org/crash for more details.

5. Get contact information of any witnesses.

6. Get a police report to officially document the crash. Police are **REQUIRED** to create a crash report if someone in the incident is injured. If the responding officer resists filing a report, it may be necessary to emphasize any injury, no matter how small to assure a report is generated.

11. If a road hazard was involved call 311 to report it.

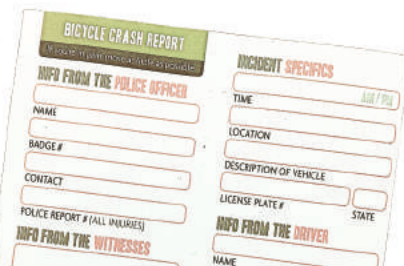
10. Contact a lawyer to discuss your legal rights.

If you have car insurance the **FULL TORT** option allows you to pursue compensation for pain and suffering.

9. Get an itemized repair estimate for the damages to your bike from a shop.

8. If you're separated from your **BIKE** have someone lock it up for you, or follow up with the police.

7. Do not take minor injuries lightly. It is recommended that you either go to the hospital immediately or visit a doctor soon after the incident. They can check for a concussion and other less obvious, but serious injuries.



BASIC BIKE MAINTENANCE

BICYCLES ARE PRETTY EASY TO MAINTAIN AND DO NOT COST AS MUCH.

ESPECIALLY WHEN COMPARED TO A CAR.

IF YOU RIDE A BIKE YOU SHOULD BE FAMILIAR WITH SOME BASIC BICYCLE MAINTENANCE — LIKE HOW TO FIX A FLAT AND CLEAN YOUR CHAIN.

When you're on the road keep a BASIC TOOL KIT handy.

A BASIC TOOL KIT INCLUDES

Tire levers



Multitool



Handy rag



Travel pump



Travel pump is essential to get you on your way after a flat.

Tire levers help with tire removal. Use cautiously if used to re-seat a tire to avoid repuncturing the tube.

Multitool is great in a pinch when you need to make an adjustment to your bike during a ride.



Patch kit



Extra tube

Keep items at home that will conveniently help you keep your bike in good riding condition.



Use DEGREASER to help keep your chain clean, which makes for a much smoother ride.



Have a bike specific CHAIN LUBRICANT ready to reapply back on your chain.



FLOOR PUMP is much easier to use than the travel pump for regular maintenance. Obtain one that is well made. Your tires steadily lose air pressure whether you ride or not.



BIKES ON TRANSIT

I live too far from work to bike.

Combine modes!

COMBINING MODES of transportation makes it easier to reduce our dependence on automobiles.



This helps decrease traffic congestion, decrease carbon emissions, relieve the parking crunch, and allows for safer use of bicycles all over Pittsburgh.



You can place your bicycle for free aboard ALL Port Authority bus routes, the light rail transit system (the T), and the Monongahela and Duquesne Inclines.

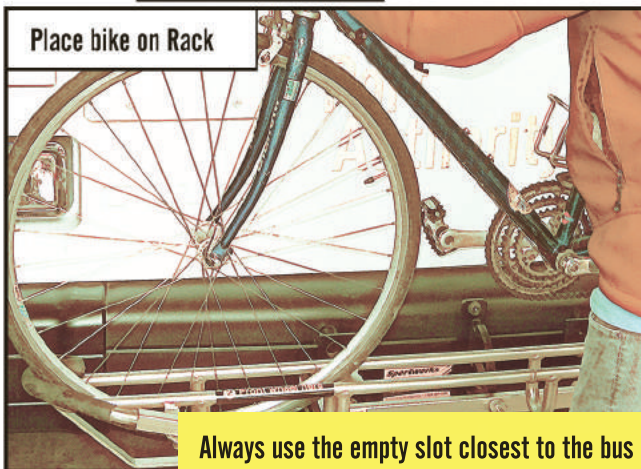


LOADING BIKES ON BUSES

Pull Rack Down



Place bike on Rack



Always use the empty slot closest to the bus

Secure wheel with spring-loaded J hook



To get the most up-to-date information about bikes on transit visit the Port Authority's website.

www.portauthority.org

You can reach the Port Authority by phone too at **412.442.2000**.



USE **HEALTHY RIDE,**
a public bike rental system by Pittsburgh Bike Share

Healthy
eBike Ride

REGISTER

4 ways to join: Visit HealthyRidePGH.com or any Healthy Ride Station Kiosk, Download the **nextbike** app for iOS or Android, Call Customer Service **412-535-5189**. Pay As You Go and Membership Options are available.



TRY IT OUT

Bikes come equipped with cable locks, fenders, bells + lights all built in, so you just need to rent, ride and return them.

Try out a bike rental during one of our City Cycling classes. Sign up at bikepgh.org/citycycling.

Get multimodal! You could rent a bike to ride downhill, return it and then use a bus to return uphill.



LOCATIONS

Stations are located across the city and expanding.

The first 50 stations are featured in our 6th Edition Bike Map, so you can plan your route





ABOUT BikePGH

Bike Pittsburgh is a bicycle and pedestrian advocacy organization. Since 2002 BikePGH has been transforming Pittsburgh's streets and communities into vibrant, healthy places by making them safe and accessible for everyone to bike and walk. For more information visit bikepgh.org

GET INVOLVED **BECOME A MEMBER TODAY!** bikepgh.org/membership

You can help transform Pittsburgh into a truly bikeable and walkable city. Become a member today at bikepgh.org/membership

PROJECTS

ADVOCACY: We work for policy change and transformation of our urban core by inspiring and advocating within communities to achieve bikeable/walkable streets.

COMMUNITY: We will increase community engagement by focusing on membership, diversity, fun events, and outreach.

EDUCATION: We will educate and train people of all ages and incomes on riding in the city and make drivers more considerate of bicycle riders and pedestrians.

RESOURCES

Visit www.bikepgh.org to get connected to the local cycling community and access to the most comprehensive cycling information in Pittsburgh. It's a one-stop shop for bicycle and pedestrian news, local events, tips on safety and getting around town, bike parking, message boards and much much more.

Useful Phone Numbers

Call 311 to report non-emergency City of Pittsburgh road hazards.

Call 911 if the road situation is an **EMERGENCY**

University of Pittsburgh Department of Parking & Transportation Services 412.624.4034

Carnegie Mellon Parking & Transportation Services 412.268.2052

BikePGH
412.325.4334

REFERENCES

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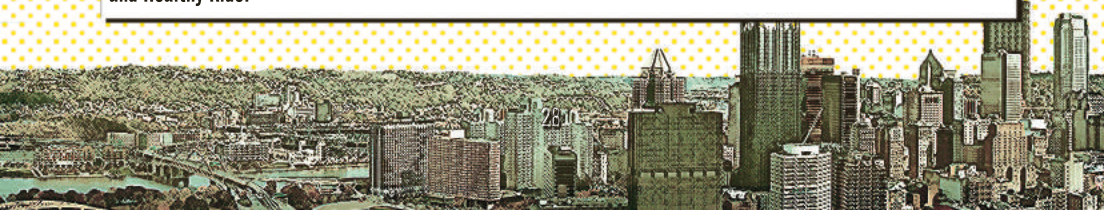
Student Cycling Guide in Chicago, Chicago Department of Transportation c. 2003

Urban Bikers' Tricks and Tips by Dave Glowacz, Wordspace Press c. 1998

bikesafe, Pennsylvania Department of Transportation c. 2002

ACKNOWLEDGEMENTS

Bike Pittsburgh gratefully acknowledges the following partners for their generous support of this project and ongoing commitment to improving bicycling conditions in the City of Pittsburgh: the Sprout Fund, the Pittsburgh Downtown Partnership, and the City of Pittsburgh, and all of our sponsors, EQT, Chatham, OTMA, and Healthy Ride.



An aerial, top-down view of a city street. A red car is in the upper left, and a pink car is in the lower right. Two cyclists are visible: one in the upper left and another in the lower right. White painted lines and a bicycle symbol are on the pavement. A yellow speech bubble in the top left contains the text 'BIKE PGH!'.

**BIKE
PGH!**

BIKEPGH.ORG

SUPPORT BIKEPGH
BECOME A MEMBER!



EQT, an energy leader,
is committed to safety
from our Downtown
office to the communities
where we operate...
and all roads in between.

That's why we're partners with BikePGH!
Be safe wherever the road takes you.

EQT
Where energy meets innovation.