BIKE PGH!

BIKING 101 GUIDE

A GUIDE FOR NEW AND VETERAN BICYCLISTS ALIKE

3rd Edition

Supported by EQT
Where energy meets innovation.
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.

Illustrations by Glen Johnson - plasticarm@gmail.com

Please email comments and/or suggestions about Biking 101 Guide to info@bikepgh.org
<table>
<thead>
<tr>
<th>TABLE OF CONTENTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Why Bike?                                                                      1</td>
</tr>
<tr>
<td>Which Bike?                                                                    2</td>
</tr>
<tr>
<td>Comfort                                                                       3</td>
</tr>
<tr>
<td>The Bike Fit                                                                  4</td>
</tr>
<tr>
<td>The ABC Quick Safety Check                                                    5</td>
</tr>
<tr>
<td>The Helmet                                                                    6</td>
</tr>
<tr>
<td>Bike Accessories                                                              7</td>
</tr>
<tr>
<td>Carrying Stuff                                                                8</td>
</tr>
<tr>
<td>Bike Security                                                                 9</td>
</tr>
<tr>
<td>Plan Your Route                                                               10</td>
</tr>
<tr>
<td>Road Safety                                                                   12</td>
</tr>
<tr>
<td>Sharing the Road                                                              14</td>
</tr>
<tr>
<td>4’ Safe Passing Law/The Door Zone                                             15</td>
</tr>
<tr>
<td>Intersections                                                                 16</td>
</tr>
<tr>
<td>Riding Alongside Buses                                                        18</td>
</tr>
<tr>
<td>Bridges and Ramps                                                             19</td>
</tr>
<tr>
<td>Hills / Car-Free Paths and Trails                                             20</td>
</tr>
<tr>
<td>Riding at Night                                                               21</td>
</tr>
<tr>
<td>Riding in the Rain                                                            22</td>
</tr>
<tr>
<td>Cold Weather Commuting                                                        23</td>
</tr>
<tr>
<td>In a Crash?                                                                  24</td>
</tr>
<tr>
<td>Basic Bike Maintenance                                                        25</td>
</tr>
<tr>
<td>Bikes on Transit                                                              26</td>
</tr>
<tr>
<td>Healthy Ride                                                                  27</td>
</tr>
<tr>
<td>About BikePGH/ Useful Phone Numbers / References                              28</td>
</tr>
</tbody>
</table>
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.

ROAD BIKES are best if speed is a priority.

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

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

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.

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

REMIND UP 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.**

<table>
<thead>
<tr>
<th>Pain in the front of your knees usually means that your seat is too low.</th>
<th>Pain in the back of your knees or in your hips usually means your seat is too high.</th>
<th>When you find the right seat height mark the post with a marker for an easy reminder.</th>
</tr>
</thead>
</table>

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.

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.

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

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.

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.

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.

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

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.

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.

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

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.

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

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

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

A rear RACK/BASKET or front basket.

WATER BOTTLE CAGE makes it convenient to grab a drink.

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

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

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

REAR REFLECTORS

REAR RACK

PEDAL REFLECTORS

FENDERS

WHEEL REFLECTORS

BLINKY LIGHT
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.

BUNGE 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.

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

Many bike THEFTS occur from driveways or from porches.

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!

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

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.

Would this be a good place to lock your bike?
PLANNING 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.
- Have your clothes picked out ahead of time.
- Consider parallel side streets that have less car traffic, as well as one of the city’s many car free trails.
- Check the WEATHER.
- Wear comfortable clothing that is somewhat tapered to your body.

BIKE GEAR

- 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.

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

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

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.
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.

SCAN AHEAD.

Look out for pedestrians, cars, car doors, pot holes, sewer grates, broken glass, etc.
BE SEEN. Use a front headlight and a rear blinky.

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

Riding against traffic is considered to be UNLAWFUL.

RIDE WITH the flow of TRAFFIC.

Always YIELD to pedestrians. It’s the law.

Alert pedestrians you are approaching.

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

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

AVOID riding on SIDEWALKS.

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

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

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

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

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

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.
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.

4’ SAFE PASSING LAW

In 2012 PA passed HB 170 the “Safe Passing Bill”

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

• 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.
INTERSECTIONS

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

Have a COMMANING 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...

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

LEFT TURN SIGNAL

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

THE COPENHAGEN LEFT or two-stage turn
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.

Some situations permit the Pgh 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.

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.

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.
When you first start going DOWNHILL stay to the right. Motorists coming from behind may not SEE you at first.
Anticipate hills. Proper shifting is key to a smooth climb.
Time traffic lights to help keep you moving.
Keep your momentum.
Stay on the designated path.
CAR FREE PATHS and TRAILS
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.
Trail paths 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.

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

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

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

Ride in a GROUP if possible to increase your visibility.

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

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.

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.

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

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

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.

DON’T lean into turns

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

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.
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.

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.

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.

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

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

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.

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

Travel pump

Tire levers

Multitool

Handy rag

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

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

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

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

I live too far from work to bike.

Combine modes!

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

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

REFERENCES

Bike to Work Guide: Steps to Encourage Bicycle Commuting at Your Workplace, Chicagoland Bicycle Federation c. 2002
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.
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.