

Why travel by Bicycle?

Choosing to bike is a fun, cool and easy alternative to driving.

It's Easy

Use any type of bike, wear any clothes, ride any distance at your own pace.

It's Healthy

When you bike to work or to do errands, you get your daily exercise without going to the gym.

It's Convenient

Making short trips by bicycle is as fast or faster than driving.

It Saves Money

Using a bike to get around can save bicyclists thousands of dollars a year in gas, vehicle maintenance and insurance and parking fees.

It's Green

Bicycles don't pollute. It's that easy.

And it's Fun!

There's a simple reason why so many people are bicycling: they love it. According to recent research, people are in the best mood while they are bicycling compared to any other mode of transportation.

Information and Resources

AAMPO's Bicycling and Pedestrian Program and Street Skills Bike Safety Class

www.alamoareampo.org/bike-ped
www.alamoareampo.org/streetskills
or contact Alexandria "Alex" Carroll:
carroll@alamoareaampo.org

Bicycle Mobility Advisory Committee (BMAC)

BMAC works to improve the safety, comfort and convenience of bicycling in the Alamo Area. Join us at our next Bike Night or monthly meeting!
www.alamoareampo.org/committees/BMAC

Safety Information

bikeleague.org/ridesmart

Take an online bicycle education course certified by the League of American Bicyclists at www.bikeed.org.

City of San Antonio's SA Bikes Program

sanantonio.gov/SABikes

Greenways and Trails

sanantonio.gov/Parksandrec
www.sanantonioriver.org

State Bicycling Resources

[txdot.gov/inside-txdot/
modes-of-travel/bicycle.html](http://txdot.gov/inside-txdot/modes-of-travel/bicycle.html)
www.biketexas.org

Bike & Ride

Each day, 1000 bicyclists load their bike on VIA buses. Watch how it's done at
viainfo.net/BusService/BikeAndRide.aspx

San Antonio B-cycle

sanantonio.bcycle.com

www.alamoareampo.org



BICYCLE SAFETY



Before every ride, check: the **AIR** in your tires, **BRAKES** are working, **CHAIN** is tight and in place, and wheel **QUICK** releases are closed.

QUICK CHECK

Be prepared:

The best way to avoid crashes and falls on your bike is to ride predictably, visibly and aware. More ways you can be prepared for rides short or long:



Helmet

In the event of a crash or fall, a helmet reduces chance of a serious head injury by up to 85%.



Lights

Texas law requires a front white light and rear red light or reflector when you ride at night.



Tool Kit

Carry a tool kit with an 8mm or 10 mm Allen wrench and screwdriver, tire levers, spare inner tube, and portable air pump.



Bell/Horn

A bell or horn (or simply calling out) helps to alert pedestrians and other bicyclists to your presence.



Fenders

Add fenders to your front and back wheels to prevent puddles from splashing onto you and your bike.



Racks, bags, and baskets

There are lots of options for toting your things while letting you keep both hands on the handlebars and your load balanced.



Follow the Law

Your safety and image of bicyclists depend on you. People on bikes have the same rights and duties as drivers. Obey traffic signals and stop signs. Ride with traffic, not against it. Use the rightmost lane that serves the direction you're headed.



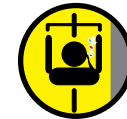
Be Predictable

Travel in a straight line. Signal your turns – look behind you before turning or changing lanes and point your arm in the direction you are going.



Be Visible

Wear bright clothing and use lights and reflectors. Ride where drivers can see you (3-5 feet from the curb). Unless in a bike lane, don't pass stopped cars on the right, and don't ride on sidewalks. Drivers aren't expecting other vehicles there.



Be Aware

Keep at least one ear clear from earphones. Ride over train tracks at a 90 degree angle. Stay out of the door zone by riding 3-5 feet from parked cars, even in bike lanes. Scan the road ahead.