

LOS ANGELES COUNTY BICYCLE COALITION

BICYCLE

RESOURCE GUIDE

HOW
TO:

RIDE BETTER
AND SAFER

DEAL WITH
TRAFFIC

GET HEALTHY

BE FREE

SEE
THE SIGHTS

MAKE FRIENDS

SAVE THE
ENVIRONMENT

BE SPEEDY

LOOK
GOOD



LA IS BETTER BY BIKE

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www.planetbike.com

Why Los Angeles Needs More Bicyclists... ...and a Resource Guide

"Sometimes my bike commute to work feels like the most important thing I do in a day," a longtime bicycle advocate recently told me.

Biking is personal and communal, local and global. Moving at a slower pace through an otherwise frenetic city brings the fabric of place into focus in a surprising way.

As I bike, I enjoy myself, exercise, and create demand for cycling facilities, clean air, and livable city planning, while decreasing demand for non-renewable energy and a city segmented by freeways. Bicycling is fun and healthy, but it's also an expression of freedom and activism.

Thought you'd NEVER ride a bike in Los Angeles? This guide is for you! Designed to debunk the common myths about cycling in LA, it provides information on the benefits of cycling and helps cyclists roll out on the road safely. Hopefully its pages will entice you and your bicycle onto the streets of Los Angeles, where you'll find that getting on your bike will change your life and your relationship to this metropolis and to the planet. Read on! Ride on!

- Jen Petersen
LACBC Member-at-large

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Special Thanks to: All of the above plus Bike Coalition members Sarah Bradshaw, Jennifer Gill, Dan Gutierrez, Virginia Hunter, John Keller, Aubrey and Melba Provost, Jen Petersen, Julio Santizo, Liz Schiller, Elon Schoenholz, Ryan Snyder, & Ziv Termeforoosh; the San Francisco Bicycle Coalition; www.bikemetro.com; our advertisers; your local bike shop; and the David Bohnett Foundation.

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NOBODY MYTH 1 RIDES A BIKE IN LOS ANGELES

FACT 100,000 TO 240,000
PEOPLE RIDE THEIR BIKES
EVERY DAY... ...AND 24,000 OF
THEM COMMUTE TO
WORK BY BICYCLE!

"The bicycle is the most civilized conveyance known to man. Other forms of transport grow daily more nightmarish. Only the bicycle remains pure in heart."

*Iris Murdoch,
The Red and the Green*

Every day, between 1% and 2.4% of all trips made in Los Angeles County are made by bicycle. Many more people ride regularly for recreation. There are many good reasons why more and more people (even you!) are riding their bikes!

For your health!

A major reason people choose to ride a bike is for its personal health benefits. Cycling can help your health by doing all the great things that regular exercise does: increasing your cardiovascular strength, helping you lose weight and burn fat, decreasing anxiety and stress levels (not being stuck in traffic jams is also a great way to reduce stress), lowering your risk of high blood pressure, heart attacks, strokes and other health problems, and increasing your happy, healthy life expectancy!

Check out www.bikemetro.com to calculate how many calories you'll burn on a ride, and see how riding your bike can make you trim and slim!



"Not only do I arrive at work feeling pumped up rather than drained, but at lunch I've got a wider array of restaurant options without having to get in the car and battle traffic for most of my lunch break!" - John, 33

Save your planet!

Americans bicycle much less than people in other parts of the world, and the U.S. leads the world in petroleum consumption; L.A. is the perfect poster child. Our high levels of consumption are leading to many negative environmental effects, including increased emissions of toxic gases causing global warming, depletion of the ozone layer, and a reduction in general air quality (and peoples' respiratory health). Motor vehicles also cause noise pollution.

Choosing to commute by bicycle instead of by car is a good way to do your part to help the environment. When you ride a bicycle, you don't create any pollution, and you can feel good about reducing your impact on the environment! According to an MTA-commissioned report, if just 1% of motor vehicle trips were diverted to bicycles, there would be 3 million miles less of vehicle travel per DAY in Los Angeles—think how much more breathable the air could be!

Save Your Wallet!

Choosing to commute by bicycle can save you a lot of money. When you add up the cost of fuel, insurance, maintenance, tolls and parking, (let alone the cost of a CAR!) driving just doesn't make financial sense around town. Think of all the extra vacations (bring your bike!) you could take!

Driving a car, you're spending ten bucks a day if your commute is ten miles roundtrip, you're getting a consistent 25 mpg, and gas is \$1.50 a gallon... (and in LA many commutes are longer, vehicles less efficient, and gas pricier than that!). Go to www.bikemetro.com to calculate exactly what your car commute is costing you every day, week, year.... Think of the amazing bicycle you could buy for all that!



"When my lungs expand into the fresh morning jasmine-scented air and I whizz out onto Sunset and past people stuck in their metal boxes, it makes me happy to be riding a bike in Los Angeles, feeling the blood pumping through my legs, the wind in my face and the extra cash in my pocket from not having to pay for gas and parking every day!"

- Elisabeth, 31

MYTH 2 YOU'RE TOO OUT OF SHAPE TO RIDE

FACT

IF YOU CAN WALK, YOU CAN RIDE A BIKE

Road bike Road bikes are used for racing and long group rides. They are lightweight and very efficient. Road bikes are very responsive and transmit more road vibration. They like smooth roads and attentive 'drivers.'



Mountain bike Mountain bikes have many gears for steep hills, wide-knobby tires for dirt roads and sometimes suspension systems for a smoother ride. Some energy is lost flexing the suspension system and is only efficient on really bumpy roads.

Single speed beach cruiser

Cruisers usually have one speed, sometimes more, and a pedal brake. Easy to use, slower for distance and a bit heavier.

You may not be able to win a race or go 100 miles, but you can hop on a bike for a few blocks. Start small, and you'll be amazed at how far you can go.

There are many different types of bicycles available today, and they all work as a means of daily transportation.

Knowing more about each type will help you figure out which bicycle will best suit you (whether you're a type-A exercise addict or a couch potato who views walking to the mailbox a test of endurance). Dirt-cheap and luxury bikes are available in all of these categories.

Hybrid bike Hybrids combine the stability of mountain bikes with the lightness of road bikes. They're good commuter bikes and have wider tires suitable for many kinds of roads.

Folding bike Folders are great for commuters. The bikes usually fold up to fit under seats or your desk. Folders have less gears and smaller tires.

Recumbent bike Recumbents are the mating of bike and beach chair. They are typically longer, have many gears and are ideal for long, windy commutes where storage is not a problem.

Start small

Ride to the grocery store to pick up a quart of milk, or ride to your favorite yoga class. Try riding somewhere ½ mile away-you'll find it will take you just a few minutes and you'll probably expend less energy than you would walking! With that mini-adventure under your belt, ride a mile - meet your friends for brunch, taking a leisurely Sunday morning ride.

Remember, combining a bike trip with an errand gets you where you need to go and gets you pumping those quads and calves as well. It speeds up your metabolism, so you don't have to feel guilty when you order the eggs bennie at brunch! Then riding home, you'll burn even more fat and calories!

Basically, riding your bike will keep you in good health, and the hardest part is getting started. Once you do, you'll wonder what took so long.

Nationally, if all sedentary people walked or cycled one-half hour per day, the prevalence of heart disease, obesity and diabetes would be cut in half.

(World Health Organization, "BAT List" v4 no. 899.2)

Here's a line-up of trips you can make by bicycle, which will gently ramp you up to full-fledged star about town on your two wheeler!

The rides are designed to transition you to your new role as urban cyclist. Go at your own pace. We encourage you to find a friend or family member to ride with you.

1

Visualization counts! Picture yourself riding a bicycle. Think of all the fun it will be! Think how it will get you in better shape. Imagine the places you could go. Remember riding as a kid.

2

Find your bike

Make the trip to where you keep your bike and make sure it's in good working order. If not, either fix it yourself or make a side trip to a bike shop for repair. *Distance: 1/100 of a mile*

3

Get going... Ride down to the end of the block and back. That wasn't that hard, was it? *Distance: ¼ mile*

4

..and going... Ride your bike to and from the library, store, park, farmers market, or church. *Distance: 1 to 3 miles*

5

...keep going... Pick a ride outside your neighborhood and bike there- to the beach, on the L.A. River, to a regional park, to the Bike Expo, to a major event. Combine your trip with transit by putting your bike on the bus, or on the train. *Distance: 5-15 miles*

6

7

8

9

...by now, you should be getting the hang of it. Enjoying yourself?

Try biking to work or join a club ride! *Distance: As far as you want to go.*

YOU NEED TO WEAR SPANDEX & RIDE A \$1000 BIKE

MYTH 3 FACT YOU GET TO DECIDE WHAT WORKS BEST FOR YOU

Bicyclists ride for many different reasons, in all sorts of places, on bikes that come in many shapes, sizes, styles, and prices.

In order to ride safely and confidently, there are some basics (other than a bike) you'll want - at the top of the list is a helmet. Other than that, you can go as fancy or as plain as you like - ride that ol' beater you picked up at a yard sale or splurge on a slick titanium racer. Just remember, start simple!

Helmet

The helmet must fit properly in order for it to work. Helmets should fit snugly, but not tightly. It should sit level on your head, protecting the front and the back of the head.

You should be able to:

1. See the rim when you look up
2. Feel the straps at your earlobes
3. Feel the strap when you open your mouth

In order to ride safely, you **MUST** ride wearing a **HELMET** - they reduce head and neck injuries by as much as 85%.

Helmet life is three to four years (unless you're in a crash, in which case you should replace your helmet). When you buy a helmet look for the certification sticker inside by CPSC, ASTM F1447, SNELL B-90, or SNELL B-95.

The 'Y' of the straps should cross just below the earlobes. The chin-strap should be snug, while allowing two fingers to fit between it and the chin.

remember...

You may feel like a geek and ruin your hairstyle, but at least you won't be dead if you fall on your head!

Extras

Once you start riding your bike regularly, you'll want some extras, to carry your stuff around and make riding more comfortable and secure. Here is a list of common items that many cyclists use.



A helmet is your best friend

Reflective vests allow you to be seen from a distance, esp. at night

Bells or horns and lights

A rack & pannier bags for all your stuff

A lock keeps you secure

Waterbottles keep you hydrated.

Ankle straps keep your right pant leg out of the chain

Toe clips will give you twice as much power when you pedal.

Other items:

- gloves
- front rack
- saddle bags
- basket
- trailer
- repair kit
- wrenches
- saddle bags
- fenders
- odometer (so you can impress your friends with tales of how far you ride)

The Legal Minimum

These are the legal minimum requirements to be out rolling on the roads:

1. If you're riding at night, a white headlight that lights the road and is visible from 300 feet, red rear reflector visible in car headlights from 500 feet, and white or yellow pedal reflectors visible from 200 feet. On the front of the bike (usually on the spokes),

white or yellow reflectors visible from each side and on the rear, white or red reflectors visible from both sides.

2. Working brakes that can make at least one wheel skid on dry pavement.

3. If you are less than 18 years old, State law requires you wear a helmet.

YOUR BIKE HASN'T BEEN RIDDEN MYTH 4 FOR YEARS... FACT ...IT WON'T WORK IT'S NEVER TOO LATE TO RIDE

Before
you get
rolling...

Sure, your bike may need some air in the tires and maybe a quick overhaul to see if everything is safe, but otherwise, if you've got a bike, you're ready to go. The hardest bike trip to make is the first one. After that, they get easier. We promise.

Adjusting the fit of your bicycle

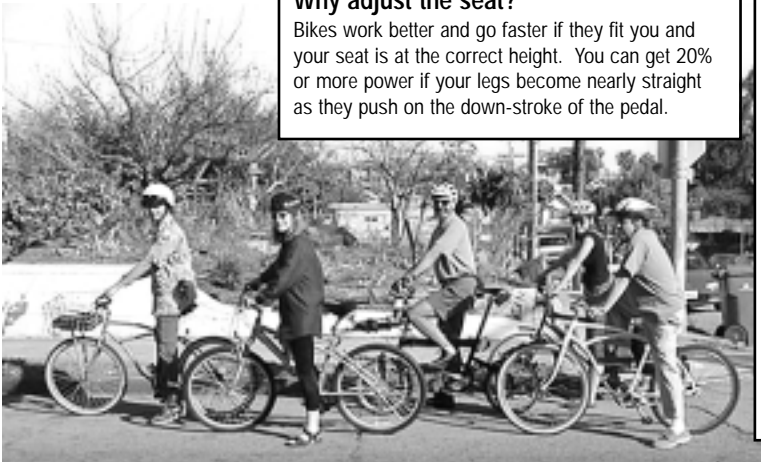
Once you get going, it is important that your bike fit you—you'll ride better and be safer. Getting exactly the right fit depends on many things, including your height, weight and riding style. To ensure the bike you have rides comfortably, first check your seat.

Why adjust the seat?

Bikes work better and go faster if they fit you and your seat is at the correct height. You can get 20% or more power if your legs become nearly straight as they push on the down-stroke of the pedal.

Here's how to adjust your seat:

1. Sit on the seat and push one pedal all the way down. Your knee should be just slightly bent.
2. While riding, if your hips rock from side to side as you pedal, your seat is too high.
3. If you raise your seat, keep at least 3" of the post in the frame.
4. You can adjust the tilt for comfort. Many women prefer a nose-down angle and men often prefer the seat tilted nose-up.
5. If you're still sore after a couple of rides, you may want to get a saddle pad, gel-filled saddle or a gender-specific seat. (The female pelvis is wider than men's, so many women will find narrow men's saddles uncomfortable or even painful.)



ABC Quick Safety Check

AIR Look for correct tire inflation, condition, wheel trueness and no broken spokes.

BRAKES Squeeze the brake levers-there should be a thumb's width of space before the lever bottoms-out. Brake pads should only contact the rim surface, not the tire or spokes. Cables should not be kinked or frayed.

CHAIN Check for free-turning pedals, smooth turning crankarm and straight chainwheels. Make sure the derailleurs move smoothly and the chain is lubricated with oil.

QUICK Hand-check the quick-release levers to be sure that wheels and seat will not come off or move.

CHECK! When you first begin to ride check the bike to see that everything is working properly and feels normal with no strange sounds.

Troubleshooting along the way

Avoiding flat tires

1. Inflate the tires to the manufacturer's specs and regularly check the pressure.
2. Replace worn tires when they start looking cut, nicked and low on tread thickness.
3. Lift your weight off the saddle when riding over pot holes and big bumps.

A BASIC FLAT REPAIR KIT CONTAINS:

- tire levers
- spare tube
- bicycle pump
- patch kit



Fixing a flat tire

1. Locate the puncture site and clear it out.
2. Remove the wheel and deflate the tire.
3. Pry the tire side wall away from the rim with the tire levers.
4. Pull out the tube and inspect the inside of the tire.
5. Slightly inflate the new tube and insert it into the tire.
6. Carefully push the tire side-wall back onto the rim using the tire levers.
7. Inflate the tire & ride on!
8. Repair the old tube when you get home, using your patch kit.

Check out these great resources to get more tips on whipping your bike into shape for your next ride!

Urban Bikers Tricks & Tips: Low-Tech & No-Tech Ways to Find, Ride, & Keep a Bicycle by Dave Glowacz
Wordspace, 1998 (773) 292-0932, www.askmrbike.com

The Bicycle Commuting Book, and **The Bicycle Repair Book**, by Rob Van Derplas
Bicycle Books, 1989 and 1995
(800) 826-6600, www.motorbooks.com

The Everything Bicycle Book, by Ronni Sarig; Adams Media
(800) 872-5627, www.adamsmedia.com

Bicycling with Children, by Trudy Bell; The Mountaineers,
1999 (800) 553-4453, www.mountaineersbooks.org

YOU DON'T HAVE MYTH 5 TIME TO RIDE A BIKE FACT YOU DON'T HAVE TIME NOT TO RIDE A BIKE

In some circumstances, especially for shorter rides, you can get to your destination faster when you bike than you would by driving! If you make the time to ride, then you'll have the time to ride.



Save money, save time, oxygenate your blood and minimize your production of pollution... these are just a few of the reasons to ride your bike. Get a feel for the lay of the land you just can't get from a car, explore off-the-beaten-track neighborhoods and enjoy feeling the breeze on your face. If you've got time to drive a car, sit with other cars in traffic and then park, you've got time to bike!

Faster than a car? Yes, in L.A.!

In May 2002, after Bike to Work Day, the *Los Angeles Times* ran a story entitled, "Auto, Bike, Bus Race to the Office." Three Times reporters met up in La Crescenta to see who could get to downtown Los Angeles the fastest during the morning rush hour.

From start to finish was 14.3 miles. Guess who won? The cyclist! It took the cyclist 37 minutes, the motorist 38 minutes and the bus rider one hour and twenty-five minutes. What the article didn't say is that often, bicycles are the fastest way to commute five miles or less.



Why I ride to work

I don't mind rush hour. In fact, I love rush hour. I usually whiz by all the cars stuck in traffic in Downtown LA.

Parking problems are no problem. The City of L.A. installed a bike rack right in front of my building, in view of the security guard. There is always a free parking spot waiting for me.

Getting my legs moving and my heart pumping makes my office job more bearable. I feel like I've really gotten to know the three miles between my home and my work.

Riding my bicycle gives me a sense of freedom, joy, peace and happiness.

- Ron Milam

Time is money

In 2002, the average cost of owning and operating a motor vehicle was 54 cents per mile (AAA Auto Club). Riding a bike represents a significant savings in personal costs.

For those with a broader, more community-based outlook, bicycling saves society money even more than it saves yourself! Accidents, pollution, noise, congestion - cars create significant social costs that those 54 cents a mile you're paying for your own wheels just don't cover. It is estimated that drivers pay for less than half the true costs created by cars in our society!

By bicycling, you will reduce not only the load on your own pocketbook, but on the pocketbook, air and streets of your community and country.

To see just how much driving your car weighs on your wallet, calculate your costs at www.bikemetro.com!

No Parking Hassles!

Parking a bike is always free of charge. Parking your car often costs you money. If you have to pay for parking, you can save hundreds of dollars a year by bicycling instead. Also, parking your car can be challenging when you're trying to park in congested areas, circling around the block and hoping your park

ing karma's good that day. On a bike, you've always got good parking karma! You can just ride right up to where you need to go, hop off your bike and you're there! The space it takes to park one car could park 12 bikes! One SUV = 15 bikes! One Hummer = 20 bikes! Tell your truck-driving friends!

THERE'S NO MYTH 6 PLACE TO RIDE IN LA COUNTY

FACT TRY OVER 417 MILES OF DEDICATED BIKE LANES!

There are over 177 miles of Class I bike paths that allow for riding away from car traffic, 240 miles of Class II bike lanes that provide a 5-foot-wide lane on the road, and many more Class III bike routes throughout Los Angeles County.

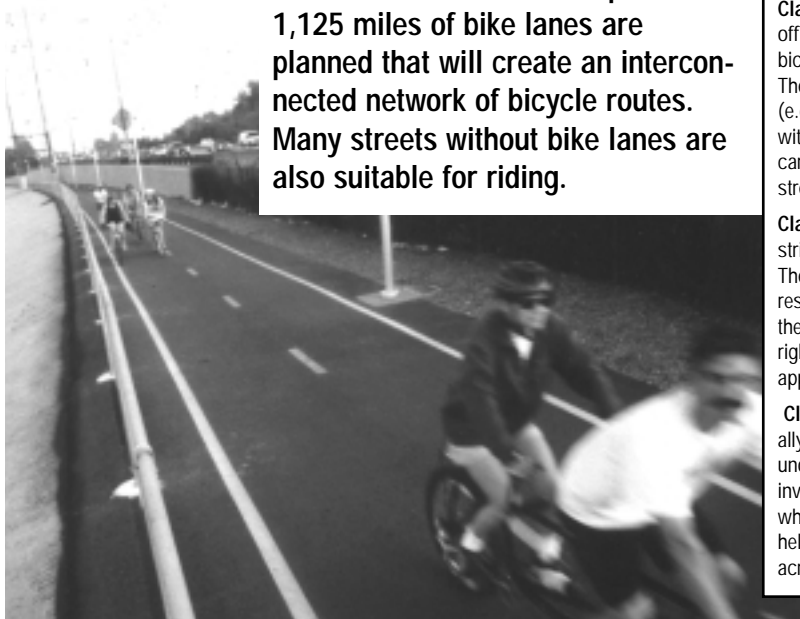
Another 229 miles of bike paths and 1,125 miles of bike lanes are planned that will create an interconnected network of bicycle routes.

Many streets without bike lanes are also suitable for riding.

Class I bike paths are separate, off-road right of ways shared by bicyclists and pedestrians. These routes are often crowded (e.g. the Venice bike path) and without clear regulations. Be careful when these paths cross streets or driveways.

Class II bike lanes are marked, striped lanes for bicycles. These lanes remind cars to respect the space you need on the roadway. Watch out for right-turning vehicles when you approach intersections.

Class III bike routes are generally roadways marked with unobtrusive (read: sometimes invisible) green bike signs, which are part of a system to help cyclists go longer distances across town.



Plan your Route

Some routes to your destination will be better than others. You may prefer the quiet back streets through residential neighborhoods.

Or, you might want the quickest way to work and the traffic of a large street doesn't bother you. Sometimes the route that works in the morning is not the one you want in the evening. You take the flat way, even though it's longer in the morning because you won't sweat. But, on your way home you like a workout, so you take the hilly road.

You will need to experiment to find your favorite routes. Good routes will have some of the qualities listed below.

1. Lanes wide enough for a car and bicycle to share.
2. Few stop signs, and signals that favor your direction of travel.
3. An even road surface, in good repair and swept regularly.
4. Well-lit for commuting in darkness.
5. The roadway doesn't have 'freeway-ramp'-style turning lanes that trap you on the right when you want to go straight.

Don't worry about roads with traffic, just start riding on streets with a level of traffic you feel comfortable with. Over time, your comfort zone will expand, and you will feel comfortable, be safer and get there faster. Be friendly and assertive and follow traffic rules and you will be accepted as a normal user of the road.

Going Multimodal

Using your bike and transit makes your trip more flexible and easier, and can really give you some extra range. To maximize your use of transit when you're going by bike in Los Angeles County, check out the MTA at www.mta.net/metro_transit/bikes/bikes.htm.

Or, use the **TranStar trip planner** to get a transit itinerary for travel anywhere in Southern California. TranStar includes all bus, rail and Amtrak schedules for Los Angeles, Orange, Riverside, San Bernardino, Santa Barbara and Ventura counties. <http://ts.scag.ca.gov/transit2/>

Sometimes a car is useful, especially if you can toss your bike in or on top of it when necessary. But why buy when you can borrow? **Flexcar** is a member-based mobility club that gives its members the key to new cars, trucks, and mini-vans located across the metropolitan region.

You pay an hourly rate, and Flexcar provides the car, insurance and gas! Check it out at www.flexcar.com.

QUICK TIP
Try out a new internet-based bicycle routing system at www.bikemetro.com

Mapping Your Routes Online!

Looking for a bike route? **Bikemetro.com** is a website that will generate bicycle routes for you, based on your skill level and riding preferences. For both beginner and experienced cyclists, this website will help you find a route that will make your ride just what you want. The website also contains useful information on bike maintenance and safe biking.

go to helen's.



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- Shimano
- Rockshox
- Campagnolo
- Nightrider
- Swim goggles

Photo: Seven Cycles

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Give your Bike a Ride

Bikes are welcome onboard the Metro Bus & Metro Rail system. No permits are required, and access is easier than ever.

For complete bike information: mta.net



EVERYTHING IS TOO FAR MYTH 7 TO RIDE

FACT LOCAL TRIPS ARE BETTER BY BIKE

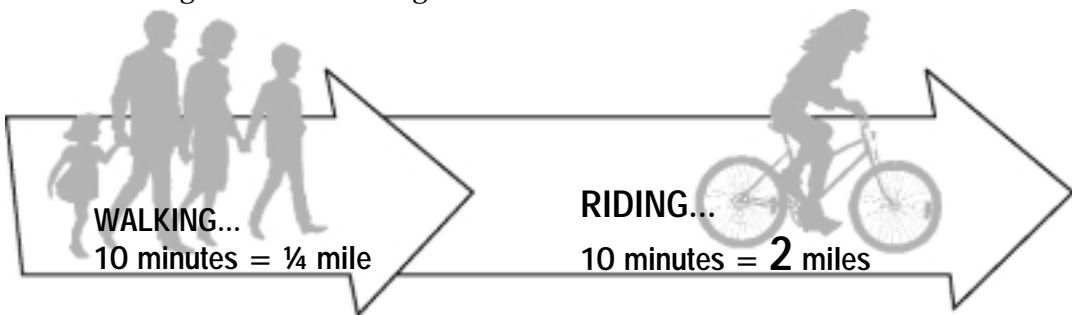
Biking Makes the City Smaller

Transit studies have shown that on average, people limit their walking to distances less than 1/2 mile, providing access to destinations in the surrounding 0.79 square mile. In contrast, bicycles are excellent for distances out to 5 miles. This provides access to an area 100-fold greater than walking!

For most people, their local park, market, video store, church, and school are within two or three miles-

no problem!

For longer trips, try putting your bike on the bus or the train.



On a Thomas Guide map, you can estimate how far you can walk in ten minutes by drawing a circle with a 1/2-inch radius from where you are.

On bicycle, expand that circle to a 4 1/2-inch radius. When you draw a circle 9 inches wide around where you live, you'll be amazed at all the places that are just a short bike ride away!

Make it Multi-Modal!

Combining your bike ride with the bus can take you greater distances, and give you a rest. It's easy and convenient and can also allow you to ride one way and sit and relax coming back. We highly recommend it!

If you've never put your bike on a bus, you might be worried. It's very easy, thanks to simple step-by-step instructions on the rack itself.

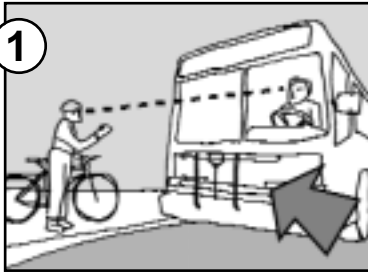
Bikes & Busses

1. Make sure the driver sees you and your bike before you use the rack.
2. Follow the step-by-step directions provided here and on the rack.
3. Always load your bike from the curb side of the bus.
4. Sit near the front of the bus and watch your bike.
5. When you leave the bus, let the bus driver know you'll be retrieving your bike.

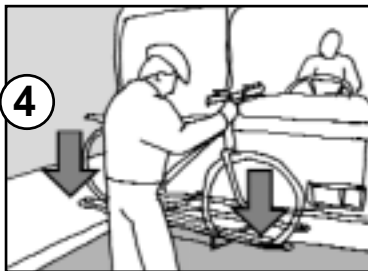
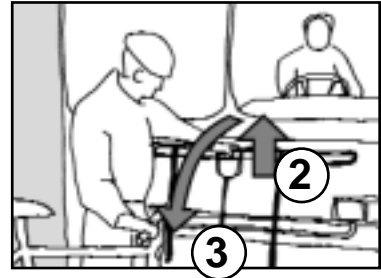
HOW TO... PUT YOUR BIKE ON A BUS BIKE RACK

ILLUSTRATION Peter Aeschbacher

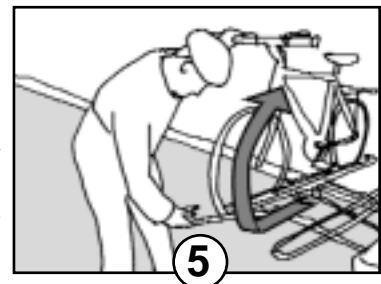
1
Make sure the bus driver sees you and knows you want to use the rack.



The bike rack is mounted on the front of the bus. Instructions are on the rack.



Take the bike off the rack following the same steps. Be sure to close the rack!



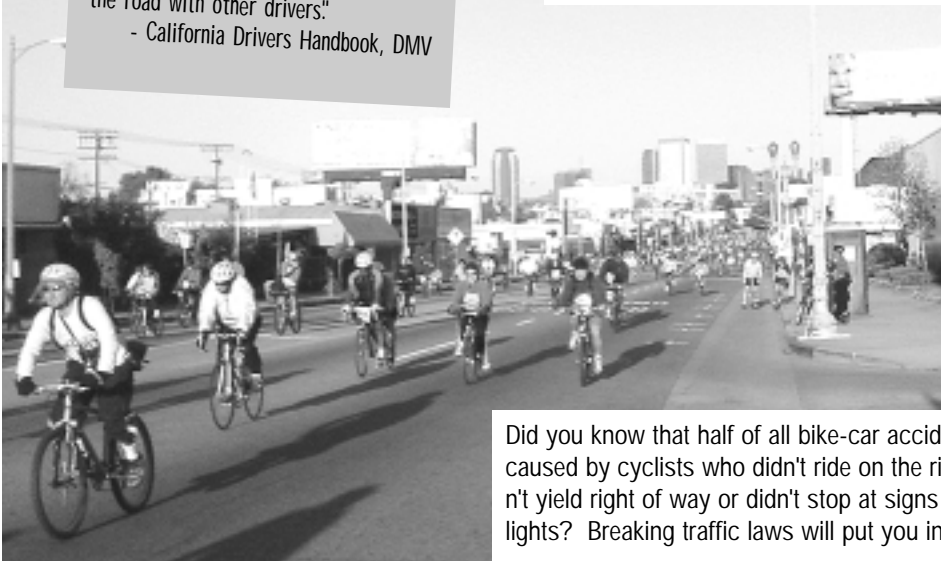
IT'S NOT MYTH 8 SAFE TO BIKE IN LOS ANGELES FACT MOST PEOPLE DO SO WITHOUT INCIDENT

Legal Status of Bicycles on the Road

"A bicycle rider on a public street has the same rights and responsibility as automobile drivers...Cyclists are not out of place on the roadway. They are a part of normal traffic flow and share the road with other drivers."

- California Drivers Handbook, DMV

When you carefully follow the rules of the road, any chance of injury decreases considerably. It's important to drive your bicycle like you drive any other vehicle, following the rules of the road.



Did you know that half of all bike-car accidents are caused by cyclists who didn't ride on the right, didn't yield right of way or didn't stop at signs or lights? Breaking traffic laws will put you in danger.

Basic Rules of the Road

A long time ago someone figured out we would all get where we are going faster and safer if we organized traffic into a predictable system that gave everyone equal rights to use the roads. That's what traffic rules are really about: basic common sense.

Following the rules of the road makes your riding predictable, and if drivers can predict what you'll do (and they can when you act like a vehicle on the road and not a zig-zagging daredevil) there's much less chance they'll hit you.

If you're nervous about those SUV's roaring up behind your left shoulder, remember that the vast majority of collisions happen in front of the cyclist (so keep your attention there).

The five basic rules of the road:

1. Drive on the right side of the highway.
2. Slower traffic goes on the right side in the direction of travel. Traffic that passes goes to the left side.
3. At intersections, position yourself near the direction you want to go. Left turns from the left, right turns from the right and straight ahead from the center.
4. Yield to traffic when you change lanes or enter onto a new street. Yield to pedestrians.
5. Obey stop signs, traffic lights and where applicable, speed limits, lane controls and other traffic control directions.

Here's a couple of additional rules of the road which will help ensure your safety:

1. As a matter of courtesy and personal safety, **use hand signals** to indicate to others your intentions.

2. **Be visible at night.** In fact, be visible at all times. You're a lot smaller than a car, so think about riding as

though you were invisible (because sometimes you are). Wear light or reflective colors, use bright lights, and ride predictably.

3. **Choose the best way to turn left.** Either turn like a motorist, by scanning behind, signaling left, and turning from the left lane. Or, like a pedestrian, use the crosswalk.

4. **Follow lane markings.** For example, do not go straight in a lane marked right turn only.

5. **Never, ever ride against traffic!** Ride with the flow of traffic, it is legal and much safer.

6. **Ride with your hands ready to brake** at all times.

7. **Ride in the middle of narrow lanes.** If there isn't enough space

for a car to pass you safely, you have the legal right as a cyclist to take the full lane.

8. **Don't talk on the phone and ride** (a real LA phenomenon), you'll either drop the phone or yourself. Let common sense prevail, and hopefully it will for the cell-toting car drivers out there, too.

How to Ride in Traffic

1. Do not ride in and out of between parked cars. You won't be visible to traffic as you weave back near the curb. Ride in a straight line.
2. Ride on the right side of the lane going in the direction you want to travel.
3. Remember, you are driving a bicycle so act like a driver.
4. Obey traffic lights, wait for the green and yield at stop signs so you don't get hit.
5. NEVER give anyone the 'Finger' or shout rude remarks. It just makes the situation worse and is dangerous, for you and the next cyclist!
6. If a lane is too narrow to share with a car, move over and control the lane until you can let them pass. Scan behind first!
7. Wear bright clothing or an orange-reflective vest to make yourself more visible day and night.



More Information

As a cyclist, you need to know and obey all traffic signals and pavement markings. To learn these, see the DMV Code on the operation of bicycles on the web at www.leginfo.ca.gov/calaw.html, Vehicle Code Section 21200-12.

Safe Riding Tips

Safe Bicycling in San Francisco is a 40-page manual covering just about everything you need to know to bike in SF, all applicable to LA!
www.sfbike.org/campaigns/promoting_bicycling/safe_cycling_in_sf.pdf

National Bike Safety Network

National Bike Safety Network is a good first stop for bike safety resources.
www.cdc.gov/ncipc/bike/default.htm

Bicycle Helmet Safety Institute

Anything and everything you ever wanted to know about bicycle helmets. www.bhsi.org/

How to Not Get Hit by Cars

by Michael Bluejay. Need we say more? Take responsibility for your safety! <http://bicyclesafe.com/>

National Center for Bicycling and Walking

Tips for creating communities where people walk and bicycle. www.bikefed.org/

Pedestrian and Bicycle Information Center

A clearinghouse for all kinds of bicycling information!
www.bicyclinginfo.org/

Thunderhead Alliance

The Thunderhead Alliance is a national coalition of state and local bicycle advocacy organizations working to break down the barriers to safe bicycling in American communities. www.thunderheadalliance.org

America Bikes

America Bikes is a collaborative effort of leaders from eight major national bicycling organizations, focused on the reauthorization of the Transportation Equity Act for the 21st Century (TEA-21), federal funding for transportation (including bicycle) infrastructure.
www.americabikes.org

What to do in an Accident

If you are involved in a collision with a car, don't keep riding on or brush off what may seem like a minor injury - later you may realize you were more badly hurt than you initially thought. If you are a victim or a witness to a collision, here's what to do:

- Call 911. Get medical help if necessary.
- If you're injured, don't move unless you're sure you won't injure yourself more.
- Don't get angry or vent at anyone; stay calm so you can get the information you need from everyone involved.
- Get the following information from every vehicle: driver name, address, phone number, driver's license number, license plate number, make of car, insurance company name and policy number.
- Get the names and phone numbers of all witnesses.
- Get the police report number from the police at the scene.
- Write down how the accident happened while it's still fresh in your mind.
- Keep or photograph any damaged clothes or equipment.

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- 25 years experience representing accident victims.
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- Will not accept cases against racing organizations or cycling clubs.
- B.A., U.S.C., 1971, J.D., Hastings Law School, 1975.
- Member, LA County Bike Coalition.
- Life Member, League of American Bicyclists.

GARY C. BRUSTIN
Attorney at Law

Complimentary Consultation

References available upon request.

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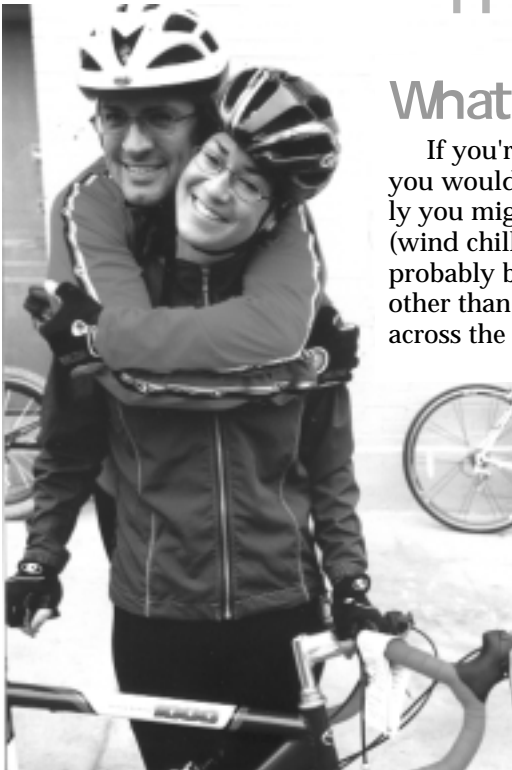


Gary Brustin

BIKING FOR FUN

MYTH 9 IS FINE, BUT OTHERWISE IT'S TOO COMPLICATED

FACT RIDING TO WORK, SHOPS OR THE MOVIES IS EASIER THAN YOU THINK



What to wear

If you're riding less than four miles, wear whatever you would wear anyway, keeping in mind that initially you might be cooler than you would be in a car (wind chill factor) but that after a couple blocks you'll probably be warmer than you would in a car (no A/C other than whatever oceanic breeze may be wafting across the County that day). So layering is key.

Perhaps you've decided to ride to work and you may fear bike and business wear are mutually incompatible. But people in cities like Copenhagen and Amsterdam ride in such attire all the time! However, if you're not feeling Euro, wear more casual clothes to ride and keep a change of clothes at work that you bring in on a day you don't ride. Or, if you pack your clothes on your bike, roll them up tightly to minimize wrinkling.

Where and How to park

The best place to park your bike is where lots of people will see it. The dark, secluded corners of parking structures usually reserved for bikes are not always the safest bet. Look for black inverted-U-shaped racks, installed by LADOT outside buildings all over the City of Los Angeles.

If there's no rack, and you have a U-lock, parking meters are your next best bet. (If you have a cable or chain lock, be aware that a thief will be able to slide your bike over the top of the meter.) Sign poles will work too, just be sure it can't be pulled out of the ground.

Here are some tips to help you park safely once you find a good location:

1. Remove the seat and front wheel if they have quick-release levers.
2. Use a 'U-Lock' to affix the bike frame and front wheel to a pole or sturdy object.
3. Make sure the 'U-Lock' does not have spare room to put a lever or jack into it.
4. Pick a locking area that is watched by security or one of its cameras.
5. Pick a less popular bike or make your bike look less desirable.
6. Avoid isolated places where thieves can work uninterrupted.
7. Ask your employer for a bike parking area that is secure.
8. Have the bike licensed by the city or county. If it's found by the police you will have a better chance of it being returned to you. (Contact the LAPD or go to www.nationalbikeregistry.com.)

If your favorite destination in the City of Los Angeles doesn't have a rack, contact LADOT and let them know; they'll have one installed. Call 213.580.1199.



Bike Lockers

The MTA offers a limited number of bicycle lockers at select Metro Rail stations at a cost of \$25 per year with a \$25 key deposit. For more information call 1-800-COM-MUTE. The MTA is currently developing a Bicycle Parking Plan which will provide recommendations for the future expansion of its bicycle parking facilities. If you have suggestions for ways MTA can improve their bike parking, send them to Lynne Goldsmith: goldsmithl@mta.net.

In the Valley, the LACBC manages reservations of bicycle lockers at seven park and ride locations. For a \$15 refundable deposit, you can lease one of these fine lockers. Call the LACBC office- 213.629.2142.

The very best place to park your bike is indoors-this may be possible if you bike to work or, if only for a short time, at some stores or buildings.

RIDING IN L.A. SMOG WILL KILL YOU MYTH 10 AIR QUALITY HAS IMPROVED FACT SIGNIFICANTLY IN THE PAST DECADE

Air Quality in Los Angeles - the long and the short of it

About 70% of our area's smog problem is caused by vehicles and other mobile sources with internal combustion engines, including cars, SUV's, trucks, and buses. Unfortunately, poor air quality is still a real health threat in our region. Different types and levels of air pollution can cause or contribute to everything from watery eyes and fatigue to respiratory disease, lung damage, cancer, birth defects and premature death.

Some things about life in Southern California will never change. But there's one thing we can change. Smog. We breathe it. We help make it. We- and you- can help eliminate it.

In the past decade, air quality has improved significantly in Southern California. About 70% of poor air quality is caused by mobile sources such as cars, truck and busses. Call 1-800-CUT-SMOG for the latest air quality forecast. If you want to improve air quality, ride a bike. As for the rain, while it's true you should take some extra precautions, riding in the rain can actually be quite refreshing... for one, the air quality is great!

How Bicycling Cleans the Air

According to the Southern California Air Quality Management District (AQMD), every time someone changes their commute from car to bike for an entire year, the average reduction in air pollution is 10 pounds of VOC's (volatile

organic compounds), 9 pounds of NO_x (nitrous oxides) and 82 pounds of CO (carbon monoxide). That may not sound like much, but when you consider almost 4 million people live in Los Angeles County, and many of them drive cars regularly, that's a lot of junk floating in our air that wouldn't be there if everyone rode a bike to work!

How to Avoid the Dirtiest Air

Many residents react to air pollution with symptoms such as watery eyes, coughing or wheezing. Even for healthy people, polluted air can cause respiratory irritation or breathing difficulties during exercise or outdoor activities. Your actual risk depends on your current health status, the pollutant type and concentration, and the length of exposure to the polluted air.

People most susceptible to health problems from air pollution are individuals with heart or lung disease or with respiratory problems; pregnant women; outdoor workers; children under age 14; elderly residents; and athletes who exercise vigorously outdoors.



A few tips:

- Avoid riding or ride less on days with "Very Unhealthy" or "Unhealthy" Air Quality. Call 1-800-CUT-SMOG to find out air quality levels for your zip code or check out www.aqmd.gov.
- If you're riding less because of smog, take the extra time to write a letter to your Mayor about the importance of making your city a better place to bicycle to improve air quality.
- Know if you are especially susceptible to health problems from pollution.
- Ride on streets with more trees and/or streets with less traffic.
- Wear a mask. Hardware stores have everything from single layer cotton/gauze masks to more complicated masks designed for spray-painting, etc. See <http://www.transalt.org/blueprint/chapter18/> for a good photo.
- Avoid idling car traffic.
- Avoid riding behind busses, which kick up lots of poisonous street debris in their wake.
- Don't be defeated. Keep riding.

Christopher Quint

Bicycle Safety Education, Curriculum Development and Programs Serving:

Adults - Adolescents - Children -

Employee Bike To Work Programs - Social Service Providers

Civic Planning Staff & Traffic Engineers - Private Groups

Christopher Quint is a California credentialed teacher who is experienced in developing, instituting and operating programs that promote the safe use of the bicycle in transportation, touring and recreation. He is a certified instructor in the League of American Bicyclists Bike Ed™ program teaching Vehicular Cycling.

Contact information:
210 Grand Ave. #302
Long Beach, CA 90803
Tel. 562-433-5220
chriskuint@mindspring.com



NO ONE IS ADVOCATING TO MAKE LOS ANGELES A BETTER PLACE MYTH FACT TO BICYCLE THE LOS ANGELES COUNTY BICYCLE COALITION SURE IS... ... AND YOU CAN HELP!



OUR MISSION AND VISION

The Los Angeles County Bicycle Coalition is a membership-based, non-profit bicycle advocacy organization, working to improve the bicycling environment and quality of life in Los Angeles County. We envision an interconnected network of bike lanes, paths and safe streets where cyclists and motorists safely share the road with each other.

Our mission is help make Los Angeles County a great place to ride a bike!

The Los Angeles County Bicycle Coalition is a grassroots organization working to improve the bicycling environment and quality of life.

OUR PRIORITIES

Relying mainly on our grassroots membership, our current priorities include:

1. Ensuring Los Angeles County and the cities within it develop and implement plans to improve bicycling conditions.
2. Educating cyclists and motorists to safely Share the Road with each other.

A RECORD OF ACHIEVEMENT

- **Los Angeles River Bike Path:** Secured path funding, gained major media attention and public participation in two Annual Los Angeles River Rides.
- **Bicycle Planning:** Convinced the MTA to prepare a County Bicycle Plan. Initiated ten member-led groups to improve cycling conditions locally.
- **Bicycle Education:** Hosted educational bicycle workshops throughout L.A. County. Won LA. City Council approval to develop Share the Road signs.

- **Bike to Work Day:** Co-sponsored this event for the last three years. In 2002, over 3,000 people participated with major media attention given.
- **Increased Funding for Bicycle Projects:** Successfully encouraged the MTA to allocate an extra \$6.7 million to bike and pedestrian facilities in 1999.

LOS ANGELES COUNTY BICYCLE COALITION
 634 S. Spring St., Suite 821
 Los Angeles, CA 90014
 tel 213.629.2142
 fax 213.629.2259
www.labikecoalition.org

YES, I want to make Los Angeles County a great place to bicycle!

The Los Angeles County Bicycle Coalition can only be successful with a strong membership base of bicyclists and bicycle supporters throughout Los Angeles County.

Join us! Membership benefits include discounts at participating bike shops, invitations to bike rides and special events, our newsletter, email updates and opportunities to participate in making L.A. County a better place to ride. **Join today!**

- | | |
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| <input type="checkbox"/> \$35 | Tandem (2 members/
1 newsletter) |
| <input type="checkbox"/> \$52 | Sunset (includes T-shirt) |
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I want to volunteer!

Get involved with a LACBC campaign:

- | | |
|---|--------------------------------------|
| <input type="checkbox"/> Bicycle Planning | <input type="checkbox"/> L.A. River |
| <input type="checkbox"/> Bike access on Transit | <input type="checkbox"/> Education |
| <input type="checkbox"/> Share the Road | <input type="checkbox"/> Fundraising |
| <input type="checkbox"/> Increasing Bicycle Funding | |

Check what you can help with:

- staffing an informational table
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- attending public meetings/events
- newsletter production/distribution
- other: _____



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