

Cycling is Fun and Functional

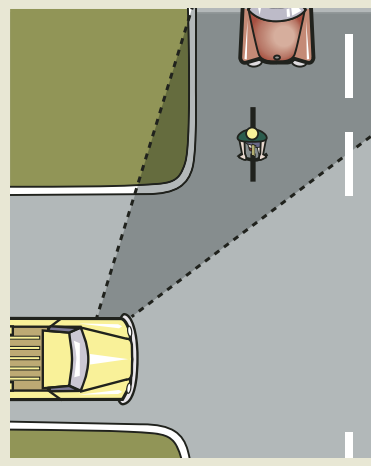
Bicycling is a great way to get around town for short trips and daily errands. Peddling an easy 10 mph on city streets and trails, you can often cover short distances as quickly as you could drive in a car. It's also gentle exercise that's good for your heart, easy on your joints, and a great way to improve and maintain your balance.

Want to try it?!

Visit WhatcomSmartTrips.org to learn about programs and resources that might be helpful to you. Here is an overview of the five the principals from *Confident City Cycling*.

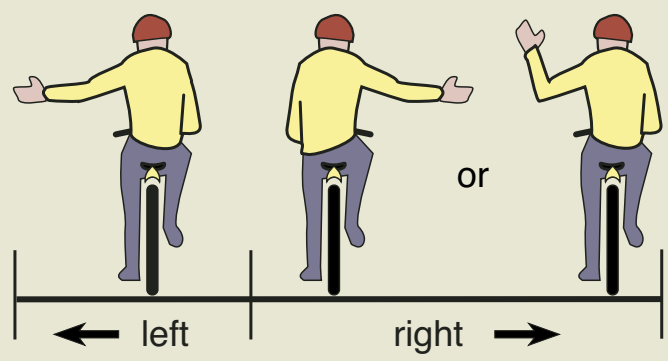
Ride Visibly

- Ride on the right with traffic, but don't hug the curb.
- Ride in the middle of lanes that are too narrow to share with cars.
- Ride in the left lane for turns.
- Use lights and reflectors at night.
- Avoid riding on sidewalks.



Communicate Your Intent

- Use your position in the lane to signal your intended direction.
- Use hand signals before turning.
- Make eye-contact.



Handle Intersections Defensively

- Turn right from the middle of the right lane.
- Turn left from the center of the lane that cars use to make left turns.
- Go straight from the center of the right lane or the lane next to a Right-Turn-Only lane.
- Activate magnetic traffic signals in the center of the lane, two feet behind the stop line.

Beware of Roadway Hazards

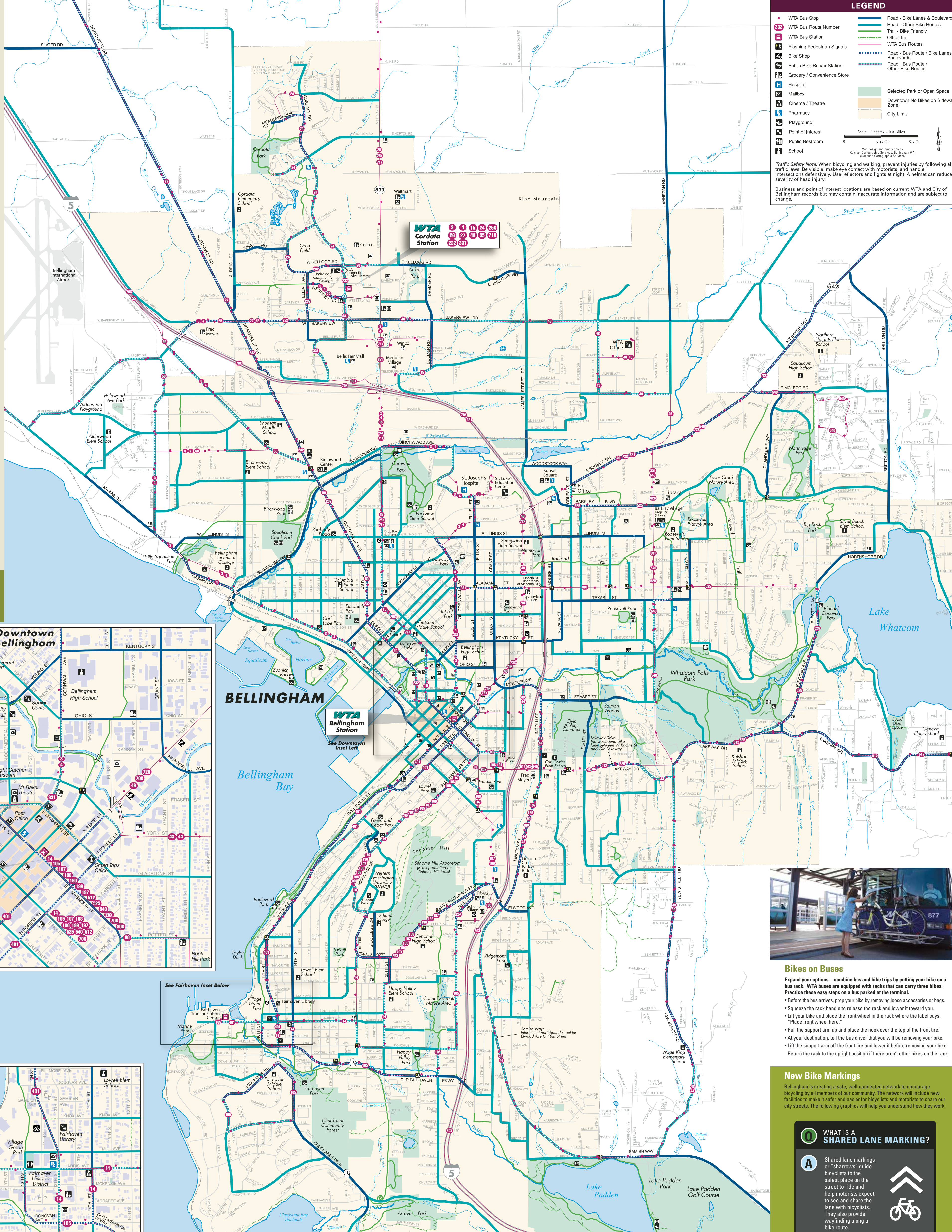
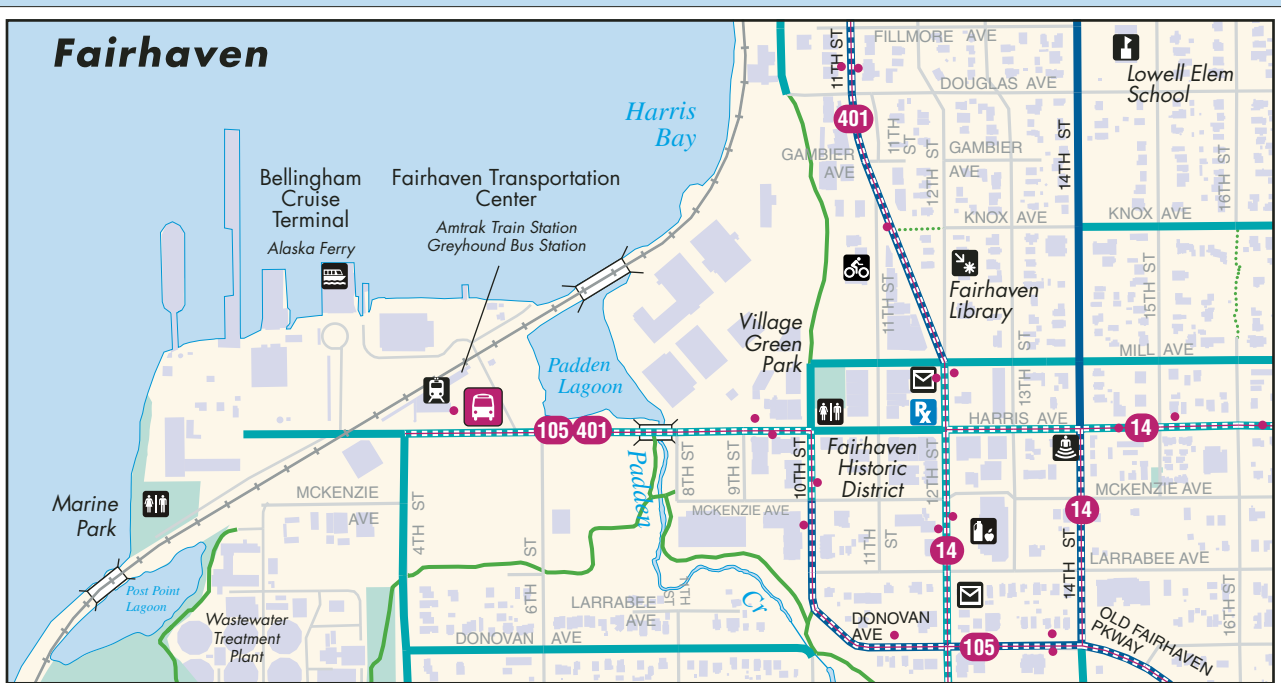
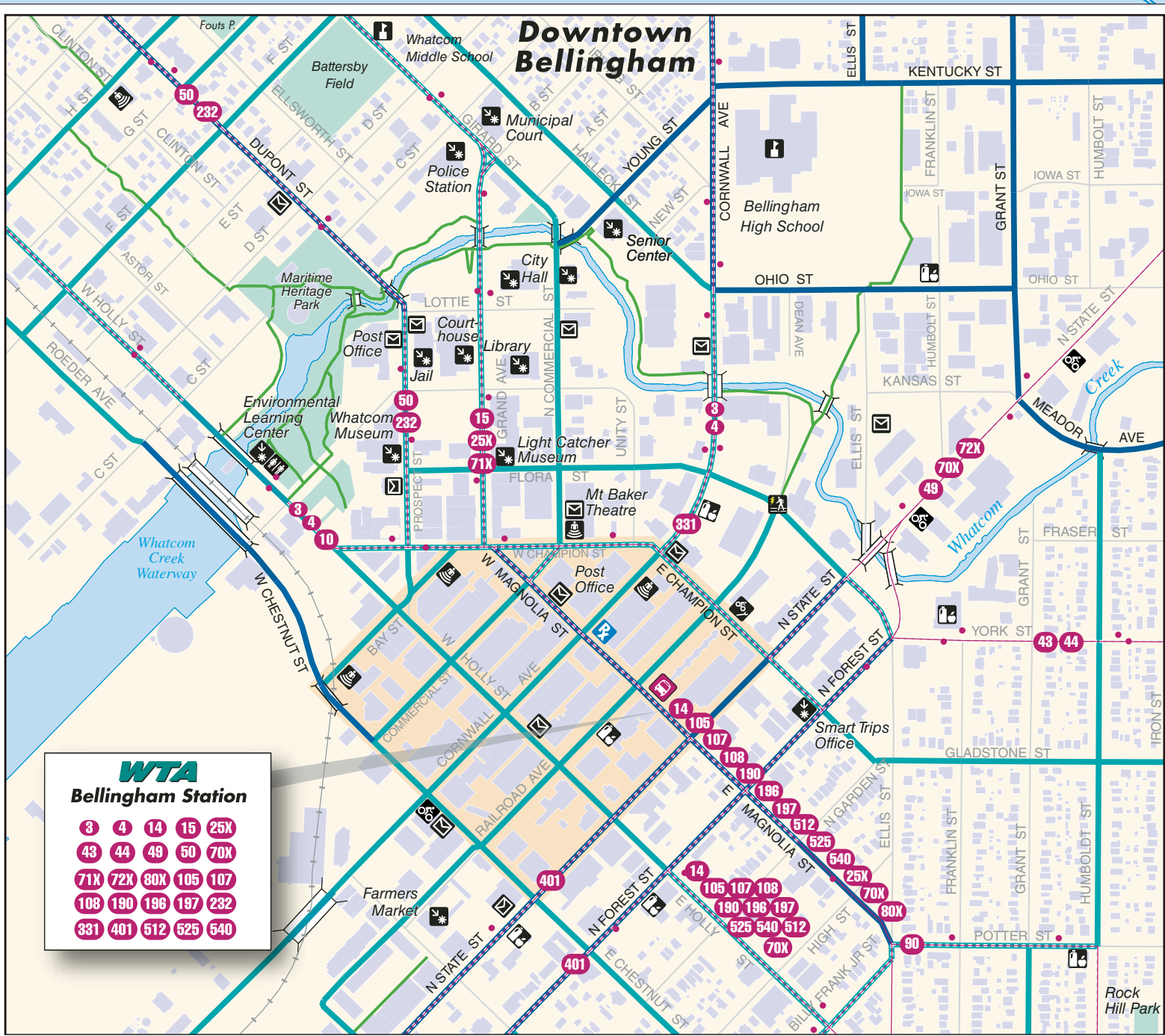
- Avoid car doors by riding at least three feet from parked cars.
- Avoid slippery surfaces like wet leaves, steel plates, sand and roadway markings.
- Give clearance to angle parked cars so that drivers can see you.
- Anticipate driver vision problems, such as sun glare by riding defensively.
- Avoid potholes, debris and broken glass.
- Cross railroad tracks with your wheels perpendicular to the tracks.

Prepare for Bicycling

- Look for bike friendly routes, not necessarily the route you would drive.
- Check the air, brakes, chain, and quick release levers each time before riding.
- Wear bright-colored rain gear and allow longer stopping distances in wet weather.
- Wear a helmet.

Prevent Theft

- Don't leave your bike unlocked, even for short periods.
- Lock the frame and one of the wheels to a bike rack or pole.
- Use a high quality lock and cable.



QUESTIONS? WhatcomSmartTrips.org
 Contact us: 360-756-TRIP (8747)
 Bellingham, WA 98225
 314 E. Champion Street

Whatcom Smart Trips is an equal partnership between local government, public agencies, employers, and schools to promote transportation by walking, bicycling, sharing rides, and riding the bus.



A Map for Making Smart Trips
 The Bellingham side of this map is designed to show you how to reach many of your nearby destinations by walking, bicycling or riding the bus. WTA bus stops and routes are highlighted as well as trails and bicycle paths. The legend shows the symbols for grocery stores, pharmacies, mailboxes and many other destinations. The opposite side is a Whatcom County bicycle map.

SMART TRIPS
 Make a difference anywhere you go.

map of Bellingham

www.WhatcomSmartTrips.org

WHAT IS A BIKE BOX?
 It's a painted green space on the road with a white bicycle symbol inside.
 Bicyclists wait in the green box ahead of traffic. Motorists stop behind the box. This makes bikes more visible and predictable to drivers.

WHAT IS A BIKE DETECTOR?
 Bike detectors tell the traffic signal when a person on a bike is waiting for the light to turn green.
 Place your bicycle on the bike detector symbol to trigger the green light.

WHAT IS A SHARED LANE MARKING?
 Shared lane markings or "sharrows" guide bicyclists to the safest place on the street to ride and help motorists expect to see and share the lane with bicyclists. They also provide wayfinding along a bike route.

WHAT DOES GREEN MEAN?
 Green pavement highlights areas where bicycles and cars cross paths. The green pavement alerts both drivers and bicyclists to pay extra attention.