

## Getting to Work: Bicycle Commuting 101



Bicycling is an easy, inexpensive, and healthy commute. Most Oakland residents live within two miles of a major transit station or downtown. That two miles amounts to an easy 12-minute bike ride. If you live too far from work, you can use transit to extend your range. And if you aren't bicycling already, you'll be surprised by how close things really are. Take your driving time and turn it into exercise plus reading and relaxing on transit. The following information will help you get started with avoiding freeway congestion and saving parking charges with an easy and healthier commute.

### Gathering Your Equipment

In addition to the bicycle, the bare necessities you need are a helmet and a high-quality lock. U-locks are strongly recommended and you may also need a cable to secure the wheels of your bike. (See "Parking Your Bicycle" below.) If you ride at night, be sure to use both a front light (white) and a rear light (red). Other accessories will improve your comfort and convenience and make bicycling more enjoyable. Consider using bicycle gloves to cushion your hands, a bell to alert drivers and pedestrians, and a rack to carry your belongings.

Oakland has many neighborhood-based bicycle shops that will help you get equipped: Bay Area Bikes (downtown), Bent Spoke (North Oakland), Cycle Sports (Grand Lake), Fruitvale Bike Station (Fruitvale BART), Hank & Frank Bicycles (Rockridge), Montano Velo (Piedmont Ave), Pioneer Bike Shop (Piedmont Ave), Tip Top Bike Shop (Temescal), and Wheels of Justice Cyclery (Montclair).

### Planning Your Route

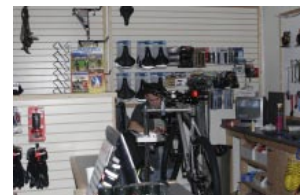
First, take a practice trip on a day off from work. Go at a time when traffic is light so you can focus on the route. Try different options to see how long they take and which you like best. The following maps are available for getting started. Like most cyclists, you'll develop your own routes based on personal preferences and experiences.

- **511 BikeMapper** (<http://bikemapper.mtc.ca.gov/BikeMapper/>) is an on-line tool that creates bikeway maps based on the user's origin and destination.
- **Walk Oakland! Map & Guide** includes bikeways and is available at bike shops and bookstores throughout Oakland.
- **Bicycle Transportation Map of the East Bay** (Map 1: West of the Hills) provides recommended routes and is available at bike shops and online at [www.ebbc2.ebbc.org/maps/map.html](http://www.ebbc2.ebbc.org/maps/map.html)
- **San Francisco Bay Trail Maps and the San Francisco Bay Shoreline Access Guide** include bikeways that are useful to commuter cyclists; see [www.baytrail.org](http://www.baytrail.org).

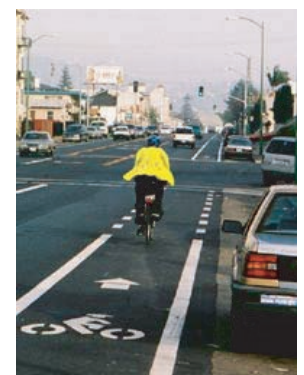
### Riding Safely and Confidently

Bicyclists riding on the street have all of the same rights and responsibilities as drivers. Riding safely and confidently means being a predictable and visible cyclist. Always ride with the flow of traffic and obey traffic signals and other laws. Use hand signals to let drivers know what you intend to do. Ride a door's length away from parked cars and use the entire travel lane if it's too narrow for drivers to pass you safely. Wear a bright jacket and other clothing or accessories with reflective materials. The more you ride on the street, the more comfortable you will become with riding in traffic. Need a refresher? Go to <http://bicycling.511.org/classes.htm> for a list of "street skills" bike safety training courses offered throughout the Bay Area.

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*The bike shop at the Fruitvale BART Bike Station provides repair services, parts and accessories.*



## Getting to Work: Bicycle Commuting 101 (cont.)

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### Parking Your Bicycle

Never leave your bike unattended. Always lock your bike to a fixed object, securing the frame and both wheels with a high-quality U-lock and a cable. Consider replacing any “quick release” levers with bolts for the wheels and seat. Ask your employer if secure parking is provided by a bicycle cage or bicycle racks in view of an attendant. When parking your bike on the street, leave it in a visible place with plenty of foot traffic.

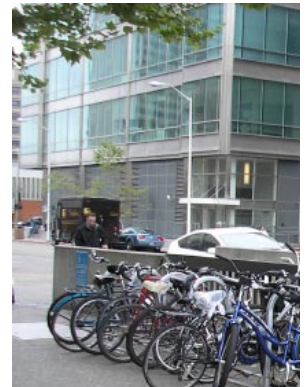
The Fruitvale BART Bike Station has free, attended bike parking from 6am-8pm, Monday through Friday. There are also Bike Stations at the Downtown Berkeley and Embarcadero BART Stations. If leaving your bicycle at another transit station, check to see if electronic lockers like those at Broadway and 14<sup>th</sup> Street are available (<http://www.oaklandpw.com/Page127.aspx>.)



### Bicycles on Transit

If you need your bicycle at both ends of a transit trip, take it with you. You can plan your transit trip using the “511 TakeTransit Trip Planner” at [www.511.org](http://www.511.org).

**BART:** Bicycles are allowed on most BART trains except those traveling at the peak time in the peak direction. Additionally, the Caltrans Bay Bridge Bike Shuttle provides commute time service between MacArthur BART, Treasure Island, and the San Francisco Transbay Terminal. See the BART schedules or go to [www.bart.gov](http://www.bart.gov) for details.



**AC Transit:** All AC Transit buses are equipped with racks that each carry two bicycles. Transbay buses carry additional bikes. For more information, go to [www.actransit.org/riderinfo/bikes.wu](http://www.actransit.org/riderinfo/bikes.wu).

**Ferry:** The Alameda/Oakland Ferry services Jack London Square, Alameda and San Francisco and leaves from Oakland at the Ferry Terminal at the foot of Clay Street. Get more information at [www.eastbayferry.com](http://www.eastbayferry.com).



**Capitol Corridor Amtrak Rail:** Capitol Corridor trains carry bicycles at no extra charge. The Oakland Station is at Alice and The Embarcadero and the Coliseum Station is adjacent to BART at 700 73rd Avenue, off San Leandro Street. Get more information at [www.capitolcorridor.org](http://www.capitolcorridor.org).

### Additional Resources

Plenty of information is available on the web to help you become a confident and knowledgeable bicycle commuter.

- <http://bicycling.511.org/> is the comprehensive bicycling resource guide for the San Francisco Bay Area.
- [www.oaklandpw.com/bicycling](http://www.oaklandpw.com/bicycling) provides Oakland-specific information on bikeways, bicycle parking, and related events.

