



Take it with you

Getting on the Bus with a Bicycle

Loading your bike

1. Squeeze handle to lower rack.
2. Load your bike in an empty slot.
3. Secure bike by lifting the support arm up and onto the front tire.



Unloading your bike

As you near your stop, tell the driver you will be removing your bicycle and use the front door to exit.

1. Lift support arm up and off the tire.
2. Lift your bicycle out of the rack.
3. If rack is now empty, squeeze handle and lift rack to its upright position.

Rules for bikes on Metro (MTA) buses

- Most Metro buses are equipped with bike racks that hold two bikes. If the rack is full, please wait for the next bus.
- You are responsible for loading, securing and unloading your bicycle from the rack.
- Never step into traffic while loading or unloading your bike.
- After unloading your bike, never cross the street in front of the bus – passing traffic cannot see you coming around the bus.
- If an object rolls under the bus, never try to retrieve it. Tell the operator and wait for the bus to pull away, then retrieve the item.
- Make your bike “rack ready” by removing water bottles, pumps or any loose items that might fall off.
- Tandem bikes or bikes with motors, solid wheels, large racks, child seats or other attachments are not allowed.
- Folded bikes can be taken on the bus.



Share the Road

Safety for Cyclists and Motorists



El Monte Avenue and a northern portion of Santa Anita and Baldwin Avenues have a designated Class II bike lane that includes a striped lane for one-way bike travel.

Share the Road signs are for motorists and cyclists. They remind everybody that both cars and bikes have a place on the road and respect is needed on everyone's part to make sure all are safe.



For more information:

Recreation and Community Services Department

574-5113

Development Services Department

574-5415

Arcadia Police Department

574-5174

Foothill Transit

www.foothilltransit.org ■ 800-RIDE INFO

Metropolitan Transit Authority

www.metro.net ■ 323-GO METRO



CITY OF
ARCADIA



Bicycling Bike Routes and Safety Tips in Arcadia



City of Arcadia

Safety

RULES of the ROAD

on your bike

Bicyclists love to get out on their bikes, explore new areas, get some exercise and spend time outdoors. But it is important to remember that bicyclists share the road with other cyclists, cars and trucks. Obeying traffic laws and following these traffic safety tips can help make your ride safer!

apart. Motorists may not see you when you try to move back into traffic.

Keep Hands Ready to Brake

You may not stop in time if you brake one-handed. Allow extra distance for stopping in the rain, since brakes are less effective when wet.

(visible from at least 300 feet ahead) and a rear reflector or taillight (visible up to 500 feet from behind), as well as wheel and pedal reflectors. Wear reflective clothing.

Avoid Road Hazards

Watch out for parallel-slat sewer grates, gravel, ice, oil patches, wet leaves, potholes or debris. Cross railroad tracks at right angles.

Look Before Passing or Merging

Leave three to four feet when passing a motor vehicle or another bicyclist. Give a clear warning or call out, "Passing on your left." Some riders use rear-view mirrors.

Don't Pass on the Right

Motorists may not look for or see a bicycle passing on the right.

Ride in Front, or Far Behind, Not Beside

To ensure drivers of large vehicles can see you, stay out of their blind spots and ride far enough behind for the driver to see you. Keep at least four feet away from the sides to avoid falling under a large vehicle.

Cycle Defensively

Expect a car to pull out or turn left in front of you. Expect a car door to open in front of you. Ride at least a door's width away from parked cars. Take all precautions for a safe ride.

Always Wear a Helmet

A proper-fitting helmet is the best thing you can do to save your life in case of an accident. It is also the law for riders under 18 years old.

Protect Your Head!



Obey Traffic Signs and Signals

Bicycles are considered vehicles. Bicyclists must obey the same rules as motorists. Make sure to observe stop signs, signals and basic right-of-way rules.

Never Ride Against Traffic

Always go single file in the same direction as the other vehicles. Riding against traffic puts you where most motorists don't expect you.

Ride on the Right

In general, always ride as close as practical to the right edge of the roadway except when passing, making a left turn or avoiding an unsafe road hazard.

Make Eye Contact with Drivers

Assume that other drivers don't see you until you are sure that they do. Eye contact is important with any driver who might pose a threat to your safety.

Don't Weave Between Parked Cars

Don't ride out to the curb between parked cars unless they are far

Hand Signals

Hand signal tell motorists and pedestrians what you intend to do. Signal as a matter of law, of courtesy, and of self-protection.

Follow Lane Markings

Don't turn left from the right lane. Don't go straight in a lane marked "right turn only."

Choose the Best Way to Turn Left

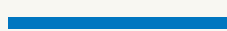




There are two choices to safely making a left turn: (1) Like an auto: signal and move into the left turn lane and turn left. (2) Like a pedestrian: ride to the far side crosswalk, dismount and walk your bike across.

Use Lights at Night

The law requires a white headlight

City of Arcadia

Bike Map

	Rancho Oaks Scenic Loop*	12.8 miles
	Arcadia Park Scenic Loop*	7.4 miles
	Lucky Baldwin Scenic Loop*	4.3 miles
	Hugo Reid Scenic Loop*	3.2 miles
	Class II Bike Lane	

* Suggested unmarked scenic route



five

Things to Know Before You Ride

1 | **Wear a helmet**
Wearing a helmet is the best thing you can do to be safe when you ride a bike. The proper helmet can reduce head injuries (the leading cause of death in bicycle accidents) by 85 percent.

To be effective, bicycle helmets should:
1) fit snugly
2) sit evenly between the ears
3) sit low on your forehead.

Look for helmets approved by ASAI or SNELL.

When a helmet has been in any type of crash, helmets lose their capacity to absorb shock. If your helmet sustains any impact, even a light crash, replace it as there might be tiny cracks in the inner shell that may not be visible. Everyone under 18 is required by California law to wear a helmet when riding a bicycle.

2 | **Wear the proper clothing**
Wear bright colors or clothes that reflect light at night so cars and other vehicles can see you. In rain, wear a poncho or waterproof suit. Dress in layers so you can adjust to temperature changes.

3 | **Keep your bicycle in good working order**
Each time you get on your bike make sure it is safe to ride by checking the wheels and tires – look for proper air pressure and adequate tread on both tires. Check to make sure the seat is secure and the chain is oiled and tight. Run your bike through its range of gears to make sure there are no problems with rough shifting or chain slippage. Handlebars should be tight with grips on both handles and brakes should work smoothly and quickly.

4 | **Be prepared**

- Make sure your lights are working properly. Place reflectors on the front, rear, sides, pedals and wheels. Have a bell or horn on your bike to alert others as to your presence.
- It's a good idea to plan your bike route.
- Bring enough food and ample water with you.

5 | **No distractions**
Don't wear anything that will distract you from riding your bicycle safely like headphones, talking on the phone, etc. Riding under the influence of alcohol or drugs not only impairs the senses, judgement, and the ability to react quickly which can cause a fatal accident, it is also **ILLEGAL!**