



## Frequently Asked Questions About Bicycling or Walking to Work



### What should I know about bicycling or walking to work?

Bicycling and walking to work is the most cost-efficient means of commuting. Riding a bicycle or walking to and from work even one day a week saves gasoline, helps the environment and you get exercise.

### What are the rules of the road for bicycling?

Obey all traffic laws. According to the California Vehicle Code, every person riding a bicycle on a street or highway has all the rights and responsibilities of the driver of a vehicle. You could be subject to citations for the following:

1. Running stop signs
2. Riding at an unsafe speed for road or weather conditions
3. Riding on the wrong side of the road
4. Wearing headphones while riding (one ear must be uncovered)
5. Not having legal brakes
6. Not having the proper lights on your bike
7. Not yielding to pedestrians
8. Parking a bike and restricting access for pedestrians or the disabled
9. Riding your bike under the influence

### Helpful Hints for Better Biking:

1. Wear a helmet. Helmets greatly reduce the risk of a head injury or death. Don't "hit the road" without one!
2. Buddy up. Team up with a bike buddy for your first bicycle commute.
3. Test your knowledge. Find a bike safety quiz to test your grasp of bike

safety and the rules of the road. Need a refresher? Take a bike safety class.

4. Learn how to maintain your bike. Take a free bike maintenance class at one of the community bike shops.

### Where do I store my bike safely?

Check with your facility manager to locate bike racks or bike lockers. You may even be able to bring your bike into your office.

### Can I bring my bike on the bus or train?

Most transit providers have provisions for bikes such as bike racks or bike harnesses. Metrolink even has special bike cars!

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### What should I consider about walking to work?

Know the safe walking laws. Pedestrians have the right-of-way when they have the green light to walk. If vehicles have a green light, the pedestrian must yield to the vehicle. If there is no light then pedestrians should exercise caution and wait for traffic to clear before they cross.

Map your walking route. Google Maps now allows you to plan a walking route with their mapping system.

Visit <http://maps.google.com>, and enter your starting and ending addresses. Driving directions will be listed first, but click the option for "Walking" and you'll be provided with walking options.