Benefits of Bike Commuting

- Is a great way to get practical exercise and be active

- Helps you skip the traffic headache.
- Eliminates hassles of trying to find parking. Allows you to enjoy the scenery along your ride.
 - Is environmentally friendly and reduces your carbon footprint.

- Boosts your energy levels throughout the day.
- Saves you money on gas and maintenance.



Bicycle. A mechanically sound bicycle is essential. Be sure all gears, wheels and brakes are in good working order and that the frame is

Helmet. Besides your bike, a helmet that fits well is your most important piece of bicycle commuting equipment. Clothing. Wear bright clothing so motorists will notice you.

Getting Started

Safety and Education Program.

Transit Department

Equipment

Plan your route. Map out your route in advance using this map. If there

are gaps in the suggested routes or direct routes, try going out on the

weekend or after to explore alternatives. A leisurely ride through the

neighborhoods along the way will reveal alternate roads that may be

perfect for your commute. Make a practice run. The more comfortable

vou are with your route, the easier your commute will be. Get acquaint-

ed with your bike. If there are adjustments that will need to be made

this is the time to discover that. Get used to riding your bike in a variety

of traffic conditions. You will need to plan for arriving at your destination.

Where you will park your bike, freshen up and change your clothes, if

necessary, are all good things to know in advance. Learn and practice

through a bicycle safety class offered by the City of Albuquerque, Bicycle

good safety skills and riding habits. You can do this on your own or

• Get a mechanically sound bike you are comfortable riding

• Wear a helmet that is properly fitted and less than 5 years old

• Plan your route and ride it on a non-work day to gauge time

· Have a front light, rear reflector, rear light and reflective gear

• Never leave home without a spare tube, a patch kit, and a pump

• Take a City Cycling class at the Esperanza Community Bike Shop

• Join the "Guarantee Ride Home" from the City of Albuquerque's

Helpful Commuting Tips

Plan your work attire and store clothing at work

Buy a good lock and learn how to use it

ights. Lights are necessary if you are going to be riding in darkness. ed strobe lights are very effective. You will want to be seen in low

Tires. Keep your tires properly inflated. Use high quality tiresand tire iners. Carry a spare tube or patch kit, tire levers and a pump and know ow to use them. You may consider making a test run to make sure you are comfortable with fixing a flat before you find yourself in the position f having to do it on your way to work.

Carriers. A rack, panniers (saddlebags), basket, or backpack will be ecessary for carrying things and to free up your hands for gripping the

The Bicycle Safety Program offers "Bicycle Safety Rodeos" and presentations to schools and the community. Children and adults learn basic bicycling skills, traffic laws, helmet use, and safety. Presented by certified instructors, the Bicycle Safety Program provides all equipment including bicycles, helmets, literature, signs, and instruction.

scouts, community centers, after school programs, churches, etc. For more information call 768-BIKE (2453).

Parents,

- Please discuss the following information with your child.
- a vehicle, not a toy. All traffic laws, such as stopping at stop signs and red lights, must be obeyed.
- Children should never ride in the dark unless they are experienced, and their bicycles must have proper reflectors and a head lights.
- Bicycles are easily stolen. Children should always lock their bicycles
- responsibilities of bicycling in traffic?



Bicycle Safety Program

- When they ride a bicycle on a public street, the bicycle is considered
- The bicycle should be ridden in the direction of the traffic, not against the traffic.
- Is my child mature enough to understand the rules and



Parking

Park in open areas where many people pass by and your bicycle can be

easily seen. The best bike racks are made with thick, sturdy tubing, are bolted down, and allow you to lock both the frame and the wheels to

the rack. When locking your bike to an object other than a bike rack,

parking meter, or sign post, ensure that is not possible to slide the bike

up and over the top of the object. Your employer may allow you to park

your bike inside the building where you work. This is a good way to avoid

Lock the whole bike. Place your chain, cable, or U-lock through your

frame and wheels. If you have a quick-release front hub, you might

solid surface, and decrease the slack in your cable or chain. It's

consider taking it off and locking it with the rear wheel and frame. When

using a padlock, put it where it's not close to the ground, a wall or other

advisable to remove any easily removable accessories that cannot be

locked such as quick-release seats, horns, bike bags, pumps, cycle

theft and protect your bike from the elements.

Locking Your Bike

Esperanza Community Bike Shop

Esperanza Community Bike is a non-retail community resource for

learning all about bicycles, from maintaining one's own bicycle to refurbishing old bicycles for new use. The shop is also the home of the Richard Rivas Community Bike Recycling Program. Donations and volunteers are always welcome, and please remember to support your local bike shop! Programs offered: Open Shop Hours, Youth Build-a-Bike, Adult Earn-a-Bike, and Safety and Mechanical Classes. /isit: http://www.cabq.gov/parksandrecreation/recreation/bike/esperanza-community-bike-shop.

Open Shop

Open Shop at Esperanza Community Bike Shop is the time when the shop is open to the public. During these hours, you can bring in your bike and get it back in running shape. The shop will provide you with the use of a repair stand and the needed tools, but you are expected to perform the work yourself. If the repair requires more mechanical expertise than you are comfortable performing, the friendly staff at the shop will be on hand to offer guidance.

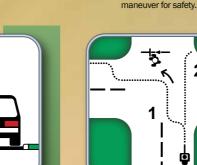
Open Shop Hours

Standard Hours uesday: 6:00pm to 8:00pm Wednesday: 6:00pm to 8:00pm hursday: 6:00pm to 8:00pm Sunday: Noon to 7:00pm

Summer Hours (June-August) Tuesday: 3:00pm to 8:00pm Wednesday: 3:00pm to 8:00pm Thursday: 3:00pm to 8:00pm Sunday: Noon to 7:00pm



SCAN THE ROAD BEHIND Shoulder check regularly and use a mirror to monitor traffic. Although bicycles have equal right to the road, be prepared to



MAKE EYE CONTACT



contact with motorists to insure that they



able to hear other trail users.



RIGHT-OF-WAY



BE VISIBLE except when passing or turning left. Move



All trail users must keep to the right except when passing or turning left. Move off the trail to the right when stopping.



SIGNAL TO OTHERS

Rio Rancho Corrales 25

cycling information

City of Albuquerque

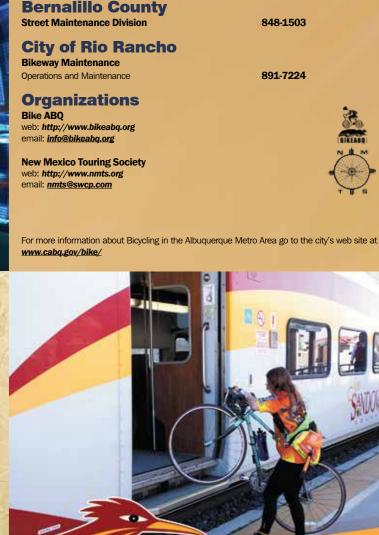
Albuquerque, NM 87103

Department of Municipal Developme



Photo by Gregory Smith

Rio Rancho Bicycle Map



City of Albuquerque

Fransportation Planning and Project Deve **Transportation Development Division**

Street Repair and Sweeping

Construction Management Division

Fraffic Signals and Signing

Multi-use Trail Maintenance

Park Management Division

Outdoor Recreation Division

Open Space Division

Open Space Trail Maintenance

Bike NOW Program/Bike and Ride

Transportation Division at 768-2680.

Parks and Recreation Departme

Bicycle/Pedestrian Safety Education Program

GABAC - Greater Albuquerque Bicycle Advisory Committee

GARTC - Greater Albuquerque Recreational Trails Committee

Municipal Development, Transportation Division at 768-2680

A citizen advisory committee that meets the second Monday of every month to review and ment on projects affecting the bikeway system within the Albuquerque metropolitan area.

GABAC, please contact the City of Albuquerque Department of Municipal Development,

GABAC meetings are open to the general public. Anyone interested in more information about

A citizen advisory committee that meets the third Tuesday of every month to review and commen

on policies and projects affecting multi-use trails (bike, pedestrian, equestrian, in line skating, etc.)

within the Albuquerque metropolitan area. GARTC meetings are open to the general public. Anyone nterested in more information about GARTC, please contact the City of Albuquerque Department of

Construction Barricading and Detours

Street Maintenance Division

311

857-8025

924-3690

768-BIKE (2453)

Ride the Rail Runner and Bring Your Bike For Free! Each train is equipped with tie-downs for at least four

standard-size bikes. Additional bike storage is

are not being used. Spaces are available on a first-come, first-served basis. Bringing your bike on board—basic guidelines: - Let other passengers get on and off the train first

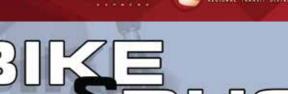
Board at doors marked with the bicycle symbol - Store bike in space marked with bicycle symbol immediately inside the doors Secure your bike with the yellow straps - Keep your bike out of the aisles Stay near your bike - You can also leave your bike safely locked at the

bikeracks located at each Rail Runner station. You can also use our convenient bike lockers: - Located at each station

- Low cost way to safely store your bike 1-866-795-RAIL (7245) for more info.

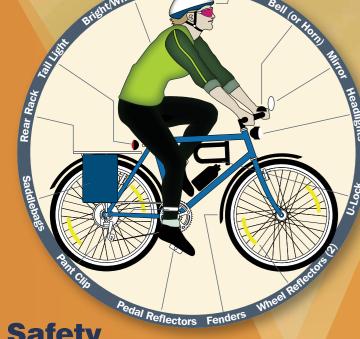
RIO METRO

RAIL RUNNER

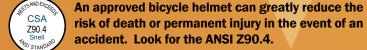


Bike and Bus in Albuquerque is designed to give you more

commuting alternatives to your car. Cyclists can use multi-use trails, bicycle lanes and routes, and continue to travel in higher



Safety



accident. Look for the ANSI Z90.4.

On-Street Bikeways Share the Road

Ride Defensively - Prepare for the unexpected and plan alternate maneuvers to avoid conflict. Rules alone do not always protect cyclists from injury. Be alert.



USE HAND SIGNALS Signal all turns and stops ahead of time, move only when it is safe to do so.



AND RAILROAD CROSSINGS making turns are particularly dangerous





BEWARE OF CAR DOORS

Be wary of parked cars. Motorist can

careful if you see a motorist in the car.

Ride a car's door width away.

expectedly open doors. Be particularly

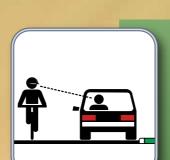
CONTROL YOUR PET Albuquerque requires pets to be leashed while on the trail and owners to clean up after their nets. Keen leashes short and



DISMOUNT AS POSTED



walk pets on the outside of the trail.



Confirm that you are seen. Establish eye



EARPHONE DANGERS If you must use earphones on the trail, keep the volume sufficiently low to be



TURNING LEFT - 2 OPTIONS

1). AS A VEHICLE: Signal your intentions in

clothing. See and be seen!

enjoyable.

Multi-Use Trails

Shared Responsibilities

Share the trail. Albuquerque's trails have been designed for a variety of users, and not only for

one group. By following simple, common sense

rules and courtesy, trail use will be safe and





off the trail to the right when stopping.



Cyclists: when approaching others, sound safely on the left. Pedestrians: acknowledge with a wave when someone is overtaking. then step to the right



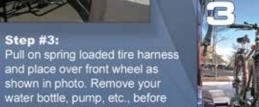


ice, loose gravel or silt. Be sure the trail is clear of obstructions ahead. Ring bell for others where visibility is restricted such as

traffic areas by combining bicycle trips with public transit. Try it and you'll find that you should have been doing this sooner! Loading instructions are marked on each bike rack. Bicycles are not allowed aboard buses.



Load the front wheel of the bike in position nearest the bus with the handlebars toward the curb.





Phone #

265-5170

224-6668

1. Before reaching your stop tell the driver that you'll need to unload your bike. When the bus stops, leave via the front door. Pull the hook out and over the wheel to release your bike. The hook springs back into position. Lift or roll your bike out of the wheel slots. moving it toward the curb side of the bus. 3. If no other bike is being loaded and the rack is empty, please fold it up

and lock into place. Quickly move away and signal the driver that it is save to leave. Never step into traffic. Always move toward the curb.

Albuquerque Code of Ordinances Chapter 8: Traffic Code ♦ 8-3-3-1 JURISDICTION.

The regulations in §§ 8-3-3-1 et seq. shall be applicable whenever a bicycle is operated on any municipal paved or dirt path or roadway set aside for the exclusive use of bicycles or set aside for use of bicycles with pedestrians, motorcycles and/or horseback riders and shall also be applicable to all streets, parking lots and the like, regardless of road surfaces covered by § 8-1-3-2.

The parent of any child and the guardian of any ward shall not authorize or knowingly permit such child or ward to violate any of the provisions of §§ 8-3-3-1 et sea.

imprinted on the frame of any bicycle.

§ 8-3-3-2 PARENT'S RESPONSIBILITY.

§ 8-3-3-3 BICYCLE SERIAL NUMBER. A. No person shall alter, obliterate or change the serial number

B. No person shall sell or rent a bicycle on which the serial number

imprinted on the frame has been altered, obliterated or changed.

automobiles in the use of streets, highways and roadways within the

This section shall not prohibit the restoration by an owner of an

original serial number or mark. § 8-3-3-4 TRAFFIC REGULATIONS APPLY. **A.** Operators of bicycles have the same rights as operators of

city, except as otherwise specifically provided herein. **B.** Every person riding a bicycle upon a roadway shall be subject to all the duties applicable to the drivers of motor vehicles, except as otherwise expressly provided in this Traffic Code and except as to those provisions of laws and ordinances which by their nature can have no applications; and each such person shall be subject to the same provisions and sections of this Traffic Code to which a motorist

§ 8-3-3-5 OBEDIENCE TO TRAFFIC CONTROL DEVICES. **A.** Any person operating a bicycle shall obey the instructions of official traffic control signals, signs, and other control devices applicable to

B. Whenever authorized signs are erected indicating that no right or left or U-turn is permitted, no person operating a bicycle shall disobey the direction of any such sign, except where such person dismounts from the bicycle to make such turn, in which event such person shall then obey the regulations applicable to pedestrians.

vehicles, unless otherwise directed by a police officer.

§ 8-3-3-6 RIDING ON PROHIBITED STREETS OR CONTROLLED No person shall ride a bicycle either on any street or path where

signs have been erected by the Mayor or his designated representative which prohibit the use of the street or path to bicycles. which restrict the use of the street or path to modes of transportation



other than bicycles, or on controlled access streets. Notwithstanding this provision, drivers of vehicles using such streets or controlled access roadways are not relieved of responsibility of using due care.

§ 8-3-3-7 OPERATION IN BICYCLE LANE. Where the bicycle lane provides a minimum of four feet of ride-able space or once a bicyclist has entered a bicycle lane, bicyclist shall endeavor to maintain the lane except: To pass a slower bicyclist, or to avoid parked cars or obstacles;

C. A bicyclist may leave the bicycle lane between intersections in order to make a U-turn, or left hand turn where such a turn is missible for vehicular traffic, or to turn into driveways; When leaving a bicycle lane, the bicyclist shall use caution and vield the right-of-way to vehicles.

§ 8-3-3-8 DIRECTION OF TRAVEL IN BICYCLE LANE. No person shall ride or operate a bicycle within a bicycle lane or on the roadway in any direction except that permitted of vehicular traffic traveling on the same side of the roadway; provided, that bicycles may proceed either way along a lane where two-way bicycle traffic is so designated.

§ 8-3-3-9 POSITION ON THE ROADWAY. **A.** If the right hand vehicle lane available for traffic is wide enough to be safely shared with overtaking vehicles and no bike lane is present, a bicycle shall be ridden far enough to the right in said lane to facilitate such overtaking movements unless other conditions

Exceptions to driving bicycles on the right: When and where road hazards exist.

To overtake vehicles making right-hand turns at intersections. Bicycles may move out of their lane to overtake and pass another vehicle/bicvcle.

4. When preparing for a left turn at an intersection, when making a U-turn or turning into a private road or driveway. Upon a one-way road with two or more marked traffic lanes the bicyclist may ride in the center of the most left-hand lane for a reasonable distance to complete a left hand turn.

6. If the right-hand vehicle lane available for traffic is not wide enough to be safely shared with overtaking vehicles or if passing is otherwise unsafe, a bicycle may be ridden far enough to the left to temporarily control the lane. Bicyclist must move to the right to allow vehicles to overtake at the earliest and safest location. At no point is a bicyclist required to ride within less than three feet of any objects or curb on the

In approaching or passing a person on a bicycle, every person

operating a motor vehicle shall proceed with caution and shall pass

§ 8-3-3-10 DUTY OF MOTORIST TO BICYCLIST.

such bicyclist at a reasonable speed and keep a safe distance from him; provided however, in no event shall a distance of less than five feet be considered a safe distance within the meaning of this No person operating a motor vehicle shall harass or endanger a

§ 8-3-3-11 OPENING AND CLOSING VEHICLE DOORS. No person shall open any door on a motor vehicle unless and until it is reasonably safe to do so and can be done without interfering with the movement of other traffic including bicycle traffic, nor shall any person

leave a door open on a side of a vehicle adjacent to moving traffic for a period of time longer than is necessary to load or unload passengers. § 8-3-3-12 MOTORIST TURNING ACROSS BICYCLE LANE. **A.** Whenever a motorist is turning across a bicycle lane or path, such motorist shall maintain a proper lookout for bicyclists and shall yield

the right-of-way to any bicyclist traveling in a bicycle lane or path

lane to his right, if any, before the start of the turning movement.

duties imposed by § 8-2-2-2, in particular, but not limited to, §

ath or lane except to cross such path or lane when turning as permitted

in § 8-3-3-12, to park such vehicle, or to leave a parking space. No

person shall drive upon or across a bicycle lane or path as permitted by

this section except after giving the right-of-way to all bicycles within the

B. Nothing in this section shall be deemed to relieve the motorist of

and, prior to turning right, shall merge, if practicable, into the bicycle

8-2-2-2(A)(1), (B)(1) and (E)(1). § 8-3-3-13 DRIVING VEHICLE ON OR ACROSS BICYCLE No person shall drive or operate a motor vehicle upon or across a bicycle

§ 8-3-3-14 TRAVELING IN GROUPS. Persons riding bicycles on a roadway shall not ride more than two abreast except on paths or parts of roadways set aside for the

§ 8-3-3-15 RIDING BICYCLE ON SIDEWALK. A. Bicyclists shall not ride upon a sidewalk when there is a wide right lane, bike lane, or bike trail adjacent to the direction of travel, or when signs are posted prohibiting bicycles on the sidewalk, or when within a business district. When riding on a sidewalk, a bicyclist is

person shall ride slowly, shall yield the right-of-way to any pedestrian, shall overtake on the left, and shall give an audible signal before attempting to overtake and pass such pedestrian, and

shall only ride on the sidewalk on the right hand side of the street,

§ 8-3-3-16 BICYCLE SPEED. No person shall operate a bicycle at a speed either greater than the lawful speed limit or than is reasonable and prudent under the conditions then

moving with the directional flow of the motor vehicle traffic.

§ 8-3-3-17 EMERGING FROM ALLEY OR DRIVEWAY. The operator of a bicycle emerging from an alley, driveway, bicycle path or building shall, upon approaching a sidewalk or the sidewalk area, yield the right-of-way to all pedestrians, and, before entering the roadway, shall yield the right-of-way to all vehicles approaching on said roadway.

upon the handlebars B. No person operating a bicycle shall transport any package, bundle or article, or any combination thereof, which interferes with the

No person riding upon a bicycle shall attach the same or himself to any

§ 8-3-3-20 SEATED PASSENGER. A. No bicyclist shall carry a passenger on the bicycle unless the passenger is seated upon an individual seat or other carrier

designed for carrying a passenger. **B.** No person shall ride upon a bicycle as a passenger unless he is seated upon an individual seat or other carrier designed for carrying a passenger separate from that intended to be used by the operator.

A. Before turning and altering the course of a bicycle, the bicyclist shall

make sure that movement can be made safely and shall give a signal by hand in the same manner as hand signals are given by motorists to indicate the direction in which he intends to proceed. **B.** A signal by hand and arm need not be given if the hand is needed in

§ 8-3-3-21 TURNING AND HAND SIGNALS.

the control or operation of the bicycle § 8-3-3-22 PUSHING A BICYCLE. Any person dismounted from and pushing a bicycle shall obey all regulations applicable to pedestrians.

A bicycle may be parked on a sidewalk and other places if the parking does

not impede normal and reasonable movement of pedestrian or other traffic. § 8-3-3-24 BICYCLE EQUIPMENT.

§ 8-3-3-23 PARKING OF BICYCLE.

A. Lamp. No person shall operate a bicycle after sunset or prior to sunrise or in low light conditions unless equipped with a lamp on the front which emits a white light visible from a distance of at least 500 feet from the front. B. Reflector. No person shall operate a bicycle at nighttime unless it

is equipped on the rear with a red reflector of a type which shall be visible from at least 300 feet to the rear when directly in front of lawful upper beams of headlamps on a motor vehicle. C. Brake. No person shall operate a bicycle unless it is equipped with a brake which will enable the operator, when traveling at a speed of 15 mph, to stop within 30 feet on a dry, level, clean pavement after

Area Bicycle Shops Address

2839 Carlisle Blvd. NE 884-0341 3. Bike World 3119 San Mateo Blvd. NE 4. Bike World 6624 Caminito Coors NW 5. Bike World 1820 Central Ave. SE 6. Cycle Cave, Inc. 5716 Menaul Blvd. NE * 7. Fat Tire Cycles, Inc. 421 Montano Rd. NE 114 Tulane Dr. SE 10701 Corrales Rd. NW Suite. 19 9. Hawk's Tri-Cycle High Desert Bicycles 8110 Louisiana Blvd. NE 842-8260 909 36th Place SE High Desert Bicycles * 12. Northeast Cyclery Inc 8305 Menaul Blvd. NE 299-1210 * 13. Performance Bicycle 1431 Mercantile Ave. NE 765-2471 1550 Mercantile Ave. NE * 15. Sports Systems 6915 Montgomery Blvd. NE 837-9400 16. Stevie's Happy Bikes 4685 Corrales Rd. Corrales, NM 87048 17. Trek Bicycle Super Store 5000 Menaul Blvd. NE Suite A 1706 Central Ave. SE 18. Two Wheel Drive Inc

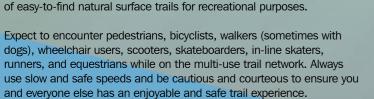
* 19. Esperanza Community Bike Shop 20. Team O Productions (mobile repair

5600 Esperanza Dr. NW





metropolitan area has approximately 177 miles of official non-motorized multi-use trails and the system continues to grow every year. For trails Presentations/Rodeos on bicycle safety are available for cub/boy/girl that are not paved, the Albuquerque region provides hundreds of miles



Albuquerque Multi-Use Trails

The City of Albuquerque plans, designs, constructs, and maintains most

of the multi-use trails within the Albuquerque region. There are also

paved multi-use trails not within the City's jurisdiction that are part of

the overall multi-use trail network or system. The Albuquerque



Interactive Bike Trail Guides

Two avid bicyclist/writers and an award-winning photographer have combined to write a guide to Albuquerque's wonderful bicycle trails. which cover a surprising amount of the city. They write of the sights to be seen along the way, the natural history and the human history of Albuquerque as it unrolls as you roll along (on walk or run or skate). Available for each tour are a brief version with availability of parking and mileages from the ends to major intersections along the way, a full version with all of that history and many photographs, and a map. Find all of this on the city's website at http://www.cabq.gov/parksandrecreation/recreation/bike/bicycle-trail-guides

RIDE IN A STRAIGHT LINE in a straight line at least one yard away

from the curb to allow room for moving

around road hazards. Watch for cars

RIDE IN SINGLE FILE Ride in single file when riding in a group except when overtaking or passing.



BE CAREFUL AT INTERSECTIONS





USE LIGHTS AT NIGHT Always use a strong white headlight and red taillight at night or when visibility is poor. Use bike reflectors and reflective

safety and traffic is not impeded. When riding more than two abreast is permitted on a roadway, the bicyclist shall ride within a single lane.

subject to the laws that apply to pedestrians.

exclusive use of bicycles where more than two abreast may ride in

If a bicyclist dismounts, the bicyclist is subject to the laws that apply to pedestrians. Whenever a person must ride a bicycle upon a sidewalk, such

existing, whichever is the lesser.

§ 8-3-3-18 CARRYING ARTICLES ON BICYCLE. No person operating a bicycle shall carry any package, bundle or article which prevents the rider from keeping at least one hand

feet from the front, back or sides of the frame of the bicycle, or which tends to impair the operator's control or balance. Nothing in this division shall be deemed to prohibit the use of trailers or side cars which are designed to be used with bicycles. § 8-3-3-19 CLINGING TO VEHICLES.

turning or braking of such bicycle, or which extends more than two

RESPECT NATURE trails to protect habitat. Do not collect plant or animal material. **Bike Boxes**





