

Bicycling in NYC

Resources

Questions

👉 transalt.org

Commuting Tips

👉 transalt.org/into/cycling.html

Maps

NYC bike maps are free and available at most bike shops, Transportation Alternatives (online or pick up in person) and the NYC Department of Transportation.

👉 transalt.org/into/maps.html

Bike Shops

👉 transalt.org/into/bikeshop.html

Popularity

On an average day, 120,000 New Yorkers ride bikes.

Transit Time

The average NYC bike commute takes 30 minutes. The city average for all modes of transport is 45 minutes (the longest in the US).

Bike Paths & Greenways

NYC has 80 miles of bike lanes.
NYC has 120 miles of greenways—off-street bike paths.

👉 transalt.org/campaigns/bike/lanesgreenways.html

Bridges

All four East River bridges—Brooklyn, Manhattan, Williamsburg and Queensboro—have paths for cyclists and pedestrians.
All eight Harlem River bridges—Willis Ave, Third Ave, Madison Ave, 145th St, Macombs Dam, Washington Bridge, University Heights and Broadway—can be crossed by foot or bike.
The Triboro Bridge and George Washington Bridge have paths for cyclists and pedestrians.

👉 transalt.org/bridges

Bike Parking

To accommodate the increase of the number of cyclists, Transportation Alternatives is calling on building owners and managers to

Allow bicycles on freight elevators and in workplaces if requested by tenants.
Create guarded bicycle parking areas in parking lots, garages or storage rooms to ensure security.

👉 transalt.org/campaigns/bike/indoor.html

NYC has 15-20 parking garages that accept bicycles.

👉 transalt.org/into/garages.html

10 Common Sense Tips for New Bike Commuters

A transit strike will create unusual conditions and stresses for everyone in New York City. Following are some specific tips for folks who usually do not bicycle to work. But first, two general suggestions: be patient and use your head instead of your hormones. Riding a bicycle in the city is fun and safe if you pay attention.

Rules of the Road

- 1. Bicycles are vehicles and must obey traffic laws.** Ride with traffic—not against it. Obey red lights and other traffic rules.
- 2. Always yield to pedestrians and stay off sidewalks.** Pedestrians always have the right of way, so be respectful of their vulnerability. It is illegal to ride on the sidewalk. So don't.
- 3. Avoid car doors.** Stay at least four feet from the nearest parked car. Getting "doored" is the number one cause of bicycle crashes in NYC.

Your Bike

- 4. Check the brakes.** Make sure they work or get them tightened. If they don't work, DO NOT USE THE BIKE.
- 5. Pump up your tires** (inner tubes) to the recommended pressure or until they feel very hard. This is the best way to avoid flats. You can use pumps at most gas stations and all bike shops.
- 6. Adjust the seat** so that your knee is slightly flexed when the pedal is at its lowest point.
- 7. Use front and rear lights at night.** Flashing safety lights—red for rear, white for front—are available at bike shops and many hardware stores for \$6-10. They could save your life. At the very least, they can save you from a ticket.
- 8. Lock your bike.** Your best bet is parking inside your building. Ask your boss if you can bring your bike inside or if your company can create secure parking. If you park outside, use a heavy duty chain and padlock or Kryptonite NYC U-lock. Lock through the back wheel and the frame to a secure object like sign post. Or, use two locks and lock the frame to a post and the back wheel to the frame and take the front wheel with you. If you can, take the seat with you as well, or chain the seat down.

You

- 9. Wear a helmet.** Adjust the straps so that the helmet is snug and does not slide.
- 10. Dress Smart.** Wear light colored clothing for safety. For the cold weather, wear gloves, but don't overdress. You should feel a little cold at the start, but you'll warm up. Consider wearing a winter hat or bandanna under your helmet until you warm up.