

My Guide to Biking in LA

Student Guidebook



ACKNOWLEDGMENTS

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The Bicycle Education Safety Training (BEST) Program is a Metro-sponsored initiative. BEST partners include:

- Bike San Gabriel Valley (BikeSGV)
- Cyclists Inciting Change thru Live Exchange (C.I.C.L.E.)
- Estolano LeSar Advisors (ELA)
- Los Angeles County Bicycle Coalition (LACBC)
- People for Mobility Justice (PMJ)

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Do you want to feel more comfortable riding a bike on city streets?

Do you want to bike on a more regular basis to commute or to run errands?

This guide can help you build confidence and teach you safe biking skills that will help you throughout LA County.

This guide is best complemented by taking an in-person class or joining a group ride. Not to be missed, Open Streets events like CicLAvia and Beach Streets are great ways to join thousands of other riders in a comfortable environment without vehicle traffic.

Metro sponsors many free biking classes, rides and Open Streets events across LA County so that you can learn skills, gain confidence and experience biking in a supportive setting. To find a biking class or event in your area, go to ***metro.net/gobike***.

Metro views biking as an important piece of the transportation system, and provides this resource and the other tools to help you choose biking as a regular transportation option.

LET'S RIDE!

WHY RIDE AND RIDE WISE

Bikes can be used for your everyday needs, including commuting to and from work or school, running errands, for exercise or recreation, and carrying goods.

TOP FIVE REASONS TO BIKE

It's convenient:

- > If your trip is three miles or less, your fastest option may be a bike.
- > Enjoy the freedom of traveling on your own schedule and making multiple stops along the way without worrying about rush hour traffic or circling for a parking space.



It's a money-saver:

- > On average, drivers spend \$8,220 each year to travel by car, while it costs just \$308 per year to maintain your bike.



It's enjoyable:

- > Studies have shown that biking to work can reduce stress by up to 40% and improve mental health.



It's healthy:

- > Biking is good for your heart, brain, and blood vessels. Regular biking builds muscle and increases bone density, and it's easy on the joints.



It's green:

- > Biking is zero-emission. Making more trips by bike (or on foot) helps reduce air pollution, improving the air we all breathe and reducing our impact on the climate.



RIDE WISE

This guidebook will help you understand how to ride comfortably and safely in a variety of settings, regardless of your experience level. Whether you're commuting, riding to school, or riding for fun, keep in mind these key takeaways:

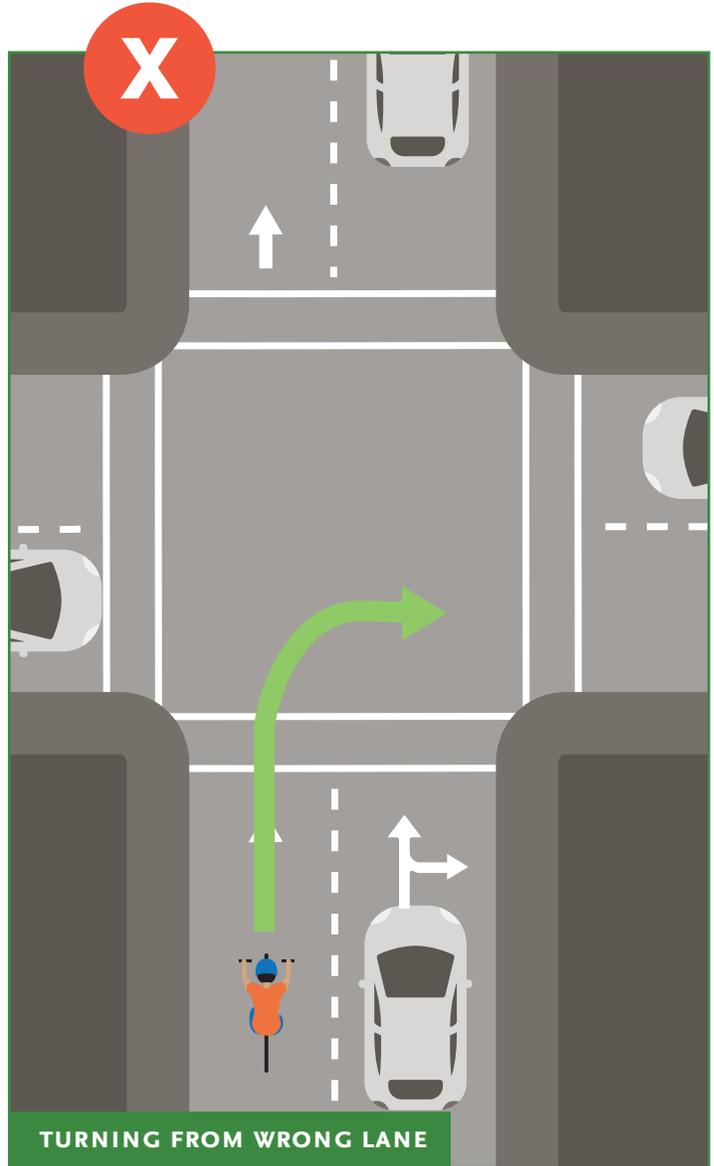
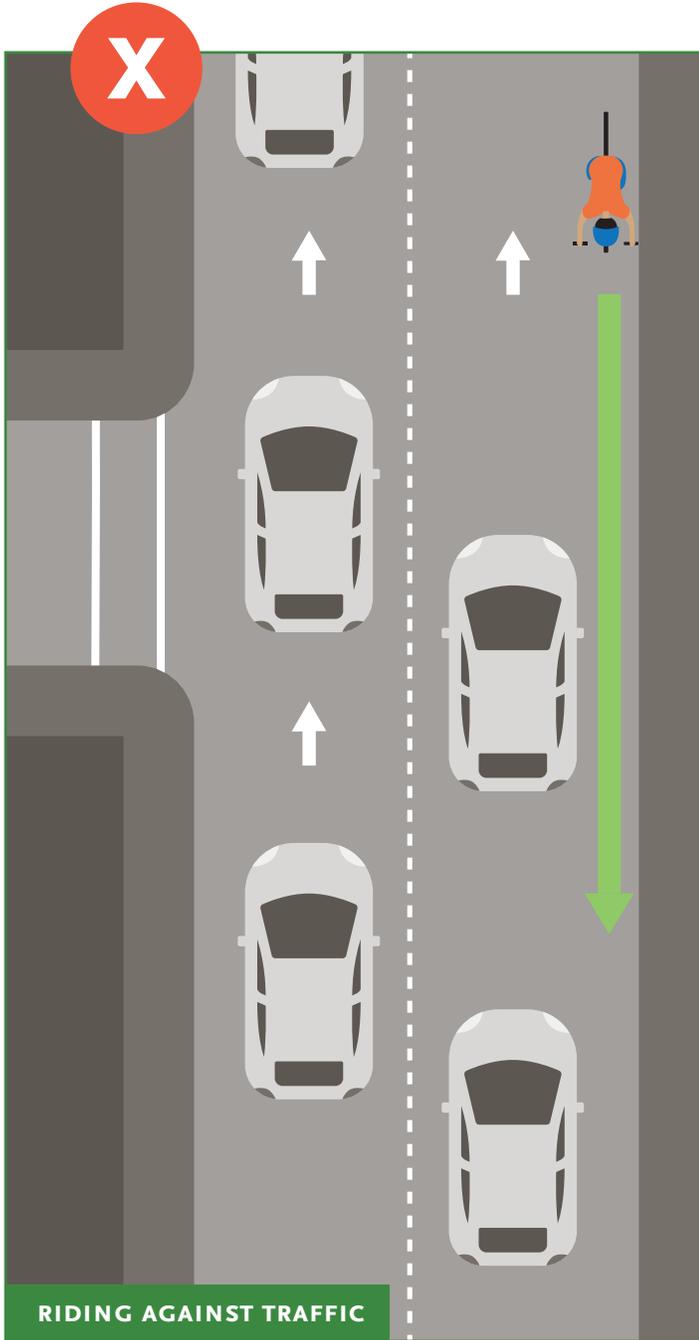
- > **Biking can fit any lifestyle:** a bike can be used for many purposes, such as commuting, running errands, visiting friends, exercise or recreation. No special clothes are needed to bike.
- > **Lights required for all riders during darkness:** make sure you have a white front light and red rear reflector/light on your bike.
- > **Helmet required for children:** children under 18 are required to wear helmets.
- > **Plan your route:** choosing the right route to ride is key to a comfortable experience.
- > **Invest in a quality bike lock:** a good bike lock is usually cheaper than a new bike.
- > **Follow traffic laws:** people who bike must follow the same rules as drivers. Always ride with traffic and know the local rules about riding on sidewalks.
- > **Be predictable:** ride where other road users expect to see you and signal when stopping, turning or changing lanes.
- > **Be visible:** do your best to ensure that other road users see you by using correct lane positioning and using lights and reflectors.

We'll discuss these in more detail in upcoming chapters, but keeping these general rules in mind will help you bike more comfortably in a variety of situations.

Top 3 Mistakes Bike Riders Make On The Road

1. Riding against traffic
2. Making turns from the wrong side of the street
3. Not using lights when riding at night or in low-light conditions

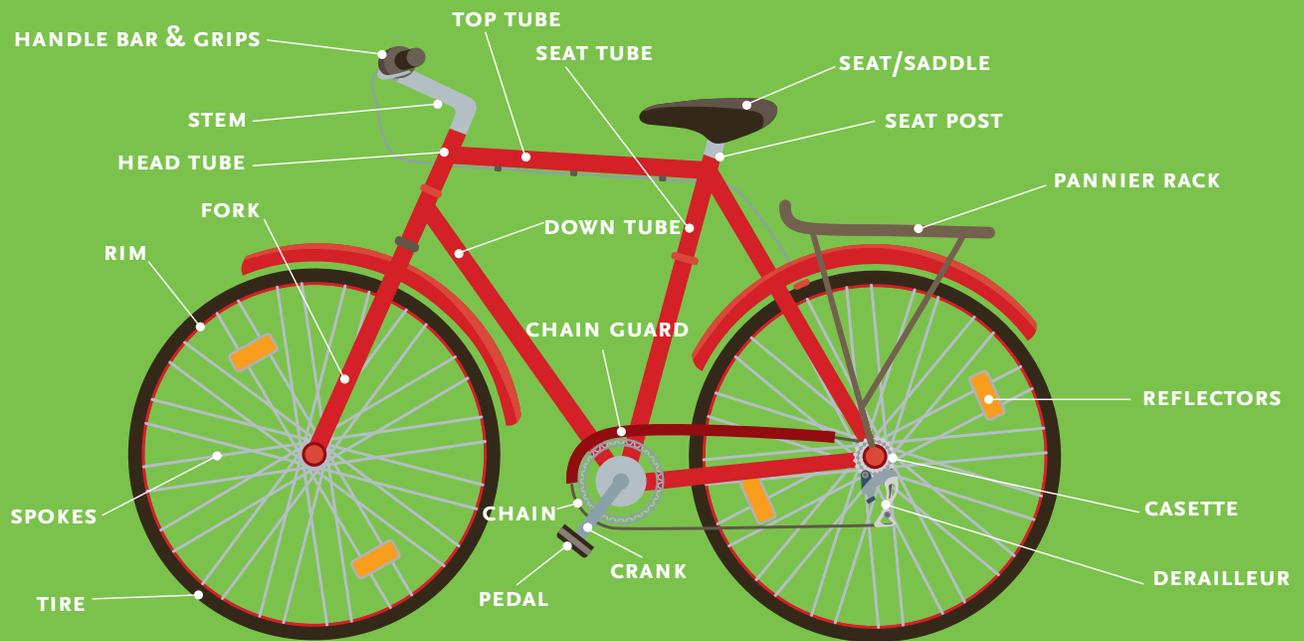
When biking, follow traffic laws and remember that you have the same rights and duties as the driver of a car. You'll be safer if you avoid these common mistakes.



WHAT YOU NEED TO BIKE

Need help deciding what type of bike is right for you? The first question you should ask is where and how do you expect to ride most often?

Road bikes, mountain bikes, and hybrid/comfort bikes are the most common bikes that you'll see on the road. Each of them are suitable for making short trips and running errands, but they are all made for different environments and are tailored to meet the needs of particular activities.



BASIC PARTS OF A BIKE

Wheels (including hubs, spokes,
rim, tire, tube, rim strip and valve)
Saddle/Seat
Seat Post
Derailleurs & Casette
Chain & Chainrings
Pedals & Cranks
Frame (including top tube and down tube)
Fork

Brakes
Quick Release Axle
Cable & Housing
Shifters
Brake Levers
Handlebar & Grips
Stem
Head tube
Lights & Reflectors

CHOOSING THE RIGHT BIKE

Need help deciding what type of bike is right for you? Ask yourself the following:

- > Are you planning to make short trips or ride for long distances?
- > Do you want to be able to carry stuff (e.g. groceries) or do you want to be light to go fast?
- > What kind of riding position is comfortable for you and do you have any physical limitations?

The best resource to help you select a bike is a local bike shop. A knowledgeable staff person should use questions like these to help you pick a bike that fits your needs and size. Be sure to think about where and how you expect to ride most often.

See below for a brief comparison of the main bike types.

Type	Key Features	Terrain	High Speed
Road Bike	<ul style="list-style-type: none"> > Multi-speed > Thin tires > Lightweight > Aggressive riding position 	<ul style="list-style-type: none"> > Paved smooth roads 	
Fixed/Single Speed	<ul style="list-style-type: none"> > Single-speed > Thin tires > Lightweight > Aggressive riding position 	<ul style="list-style-type: none"> > Paved smooth roads; > No hills 	
Mountain Bike	<ul style="list-style-type: none"> > Multi-speed > Larger tires > Upright riding position > Often has suspension system 	<ul style="list-style-type: none"> > Unpaved roads > Dirt > Rocky trails 	
Hybrid Bike	<ul style="list-style-type: none"> > Blends elements of road and mountain bikes 	<ul style="list-style-type: none"> > Paved and dirt roads 	
Folding Bike	<ul style="list-style-type: none"> > Compact, foldable bikes with smaller wheels 	<ul style="list-style-type: none"> > Paved and dirt roads 	



ROAD BIKE



MOUNTAIN BIKE



FOLDING BIKE



SINGLE SPEED BIKE



HYBRID BIKE



Light Weight	Comfort Level	Recommendation
		Good for long distance commuting, racing and touring
		Popular in urban riding due to affordability and simple construction
		Can be easily adapted to urban riding and comfortable even when riding on bumpy roads
		Ideal for city and casual trail riding due to comfort and versatility
		Ideal for commuting with transit as they can be easily taken onboard buses and trains

LIGHTS

California vehicle code requires that you have the following on your bike when riding in the dark:

- > A front-facing white light (can be on the bike or your helmet).
- > A red rear reflector or a red light.
- > Reflectors on both pedals (ankle straps are okay to substitute).
- > Reflectors on both wheels visible from the sides (reflective striping on the tire sidewalls are okay to substitute).



HELMET

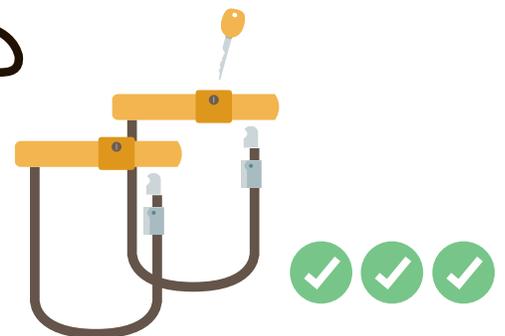
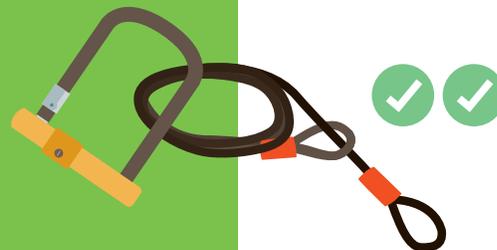
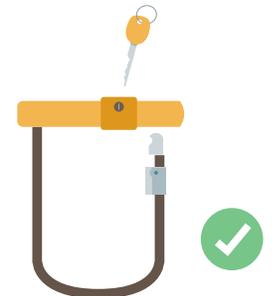
In California, people under the age of 18 must wear a helmet when biking, but helmets are optional for adults. Follow these guidelines for a good fit:

- > Find the smallest helmet that fits you comfortably.
- > Make sure that it sits level on your head and covers your forehead.
- > The side straps should come to a “V” under your ears.
- > There should be less than half-inch between your chin and the strap.



LOCKS

Although no lock is completely secure, it is better to buy the best lock you can afford. Even the most expensive lock is usually cheaper than buying a new bike. In general, a sturdy U-lock is secure enough for everyday use. Cable and non-hardened chain locks are easy to cut through and are not recommended except as secondary locks.

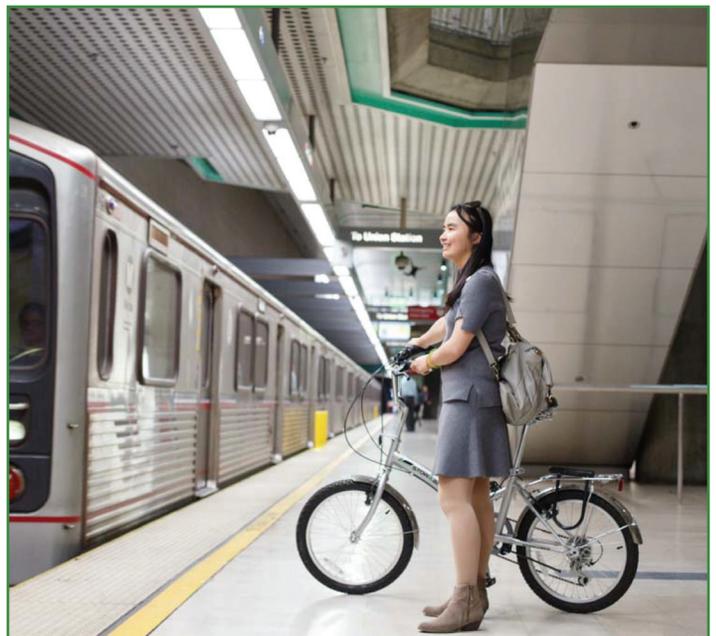


CLOTHING

No special clothing is needed to ride a bike: you can ride in the clothes that you wear regularly. For improved comfort, you can wear clothes that move well with you and layers that you can take off to reduce sweating once you warm up.

For increased safety: you may want to consider wearing clothes of white or bright colors or wear reflective accessories to increase visibility at night.

Plan ahead: if you know your ride is long or hilly, or if you have a special occasion, consider packing a change of clothes, toiletries and a towel so that you can freshen up once you reach your destination.



CARRYING GEAR

If you want to carry cargo (groceries, work or school supplies, a change of clothes, etc.) while biking, consider the following options:

- > You can carry a messenger bag or a backpack if your bike is not outfitted with a rack
- > Add a front and/or rear rack to your bike and attach the following:
 - > **Basket:** can be mounted in front of handle bars or on the rear rack
 - > **Panniers:** specialty bags made to attach to either side of a rack, usually on the rear
- > Hanging bags on your handlebars is not recommended because bags can get entangled in your bike's front wheels, which can lead to a crash.



PANNIERS



BASKET



MESSANGER BAG

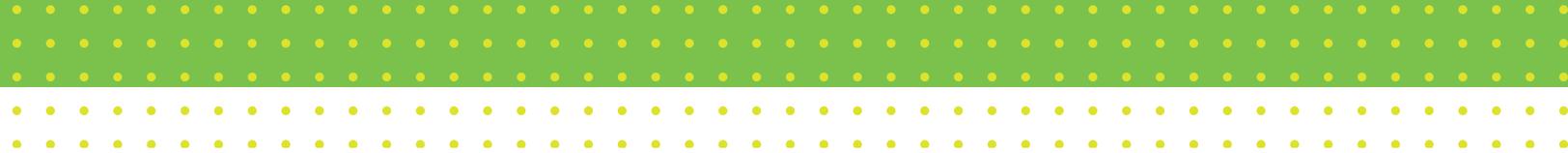


BACKPACK



BASKET

THINGS TO KNOW BEFORE HITTING THE STREETS



This section covers the basics and tips you should know before each ride to keep your bike and your ride safe and comfortable.

ROUTE PLANNING

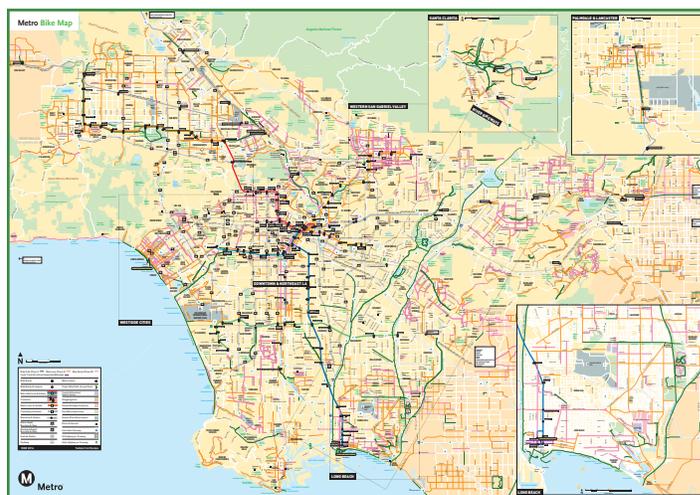
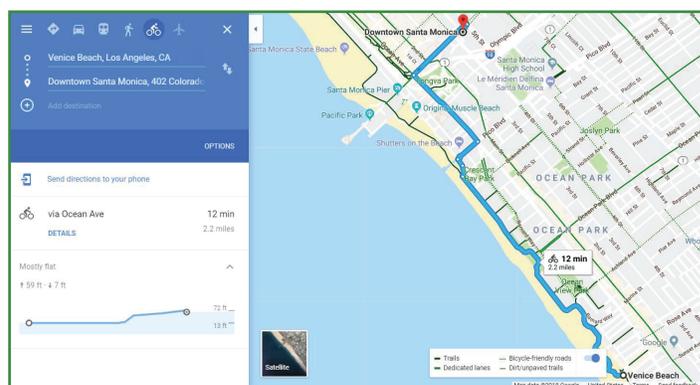
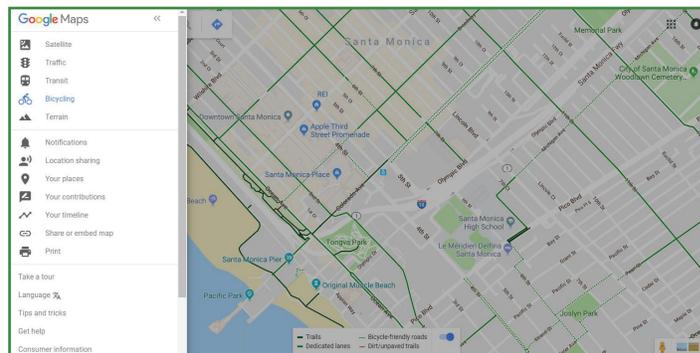
Choosing a good bike route can greatly improve the comfort level and safety of your ride. When planning your route, follow these basic guidelines:

- > Choose streets with bike infrastructure
- > Consider roads with low traffic volumes (e.g. neighborhood streets) instead of major roads
- > If you need to cross major roads, look for intersections with traffic signals
- > Avoid construction zones and damaged roads
- > Learn about the local rules about biking on sidewalks
- > Ask your fellow riders what routes they prefer
- > Use extra caution and ride at lower speeds when exploring new areas or unfamiliar routes

To plan your trip, you can utilize online resources like Google Maps' bike trip planning feature. If data is available, Google Maps can display bike-friendly streets in the area. It can also tell you what the elevation gain (i.e. how far you'll have to travel uphill) will be for your trip. If available, use Street View and aerial images to help you navigate busy intersections and identify potential obstacles ahead of time.

Metro also provides free bike maps that show bike infrastructure (e.g. bike paths, bike lanes, etc.) in LA County. You can request a Metro Bike Map by contacting bikeinfo@metro.net.

While maps are helpful, becoming familiar with your planned route ahead of time is the best option. You can also take a test ride during the weekend, when traffic is typically lighter.



THE ABC QUICK CHECK

Before each ride, perform this basic bike check to make sure your bike is in good condition and able to get you to your destination safely:



AIR



BRAKES

Air

Fill up your tires with enough air so the tire feels as firm as a basketball. You can check the air pressure rating of your tire on the sidewall. Having enough air makes sure you have a smooth, safe ride. Also look for any damage on the tire or sharp objects poking into the tire that may cause a flat.

Brakes

The left brake lever is for the front wheel and the right is for the back. Squeeze the brake levers firmly and make sure that the lever doesn't hit the handle bar before it stops the wheel from spinning. If you suspect any defect or damage to your brakes, take your bike to a local bike shop or co-op to get it adjusted or repaired.

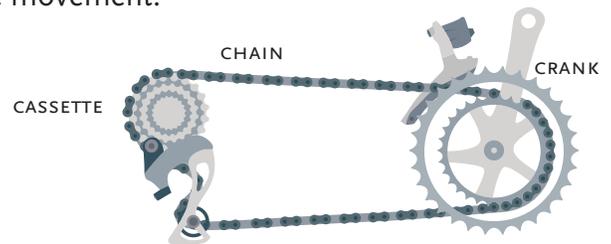
Chain, Cranks, Cassette

Chain

Turn your bike pedals backwards and look at your chain to make sure it's clean; listen to make sure it doesn't squeak.

Cranks

For the cranks, wiggle both crank arms in your hand away from the bike frame; there should be no side-to-side movement.



Cassette:

The cassette holds the gears in the rear wheel; make sure it is clean and moves freely.



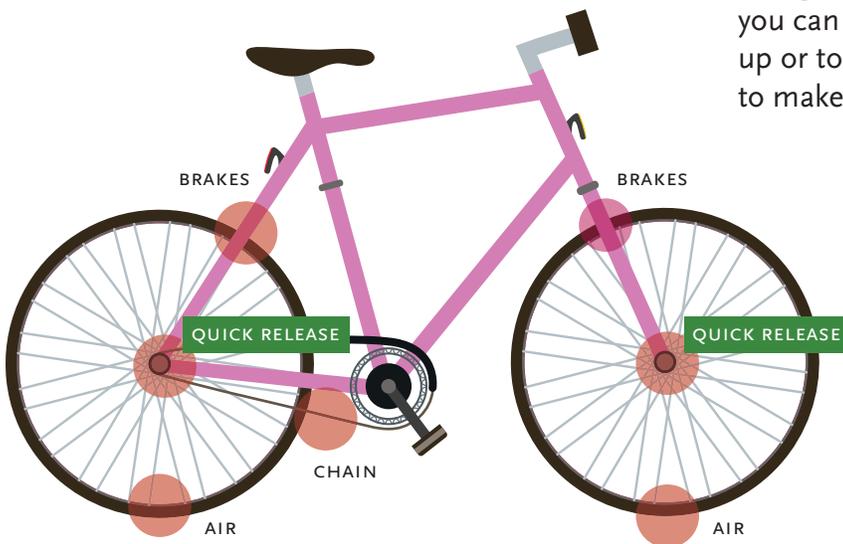
Quick Release

Your bike may have a quick release lever (or levers) that allow you to quickly detach your seat post, wheels, and/or brakes to the bike. Before you ride, check to make sure that all levers are securely closed. Twist the lever around and push it in to secure the wheel. When the lever is closed, the resistance should be enough to make a slight imprint in the palm of your hand.

Check

Do a final visual inspection of your bike and in the first few minutes of your ride, pay attention to anything that feels or sounds wrong. If you hear or feel something unusual, stop and try to identify the problem.

It is a good idea to learn how to make minor adjustments if you find something is wrong when doing the ABC quick check. If you don't know how, you can take your bike to a local bike shop for a tune up or to a local co-op where they can show you how to make the adjustments.

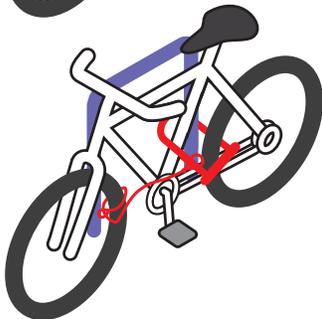
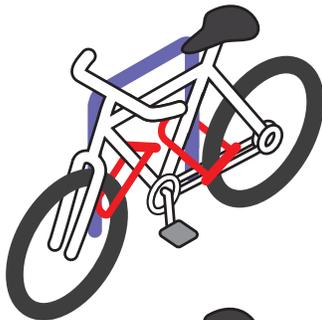


BIKE PARKING

Here are a few bike parking options you can consider in LA County:

Bike Racks

- > Remove accessories that can easily come off your bike as they may be subject to theft.
- > Ideally, use two locks to secure both wheels and the frame to the rack. Your rear wheel is typically more valuable, so if you only have one lock, use a U-lock to lock the frame and rear wheel to the rack.
- > If you have a quick release on your front wheel, consider removing the front wheel and locking it with the rear wheel and the frame.
- > Also, consider registering your bike with the local police department to facilitate recovery in case your bike is stolen.



Bike Lockers

Metro bike lockers are more secure than bike racks and can shield bikes from the elements. Bike lockers are available for rent at more than 50 Metro Rail and Busway stations. To check locker availability, visit blrs.metro.net or call 213-922-2660.

Certain Metrolink stations also offer bike lockers. They are operated by the cities where the station is located. To inquire about lockers at Metrolink stations, please contact the local municipal government.

Bike Hubs

Metro Bike Hubs provide an easy and safe way to park your bike, get accessories, and access repair services. Bike hubs offer security features, such as controlled access for members only and surveillance cameras, and they provide weather protection.

Metro currently operates Bike Hubs at El Monte Bus Station, Hollywood/Vine Red Line Station, and Union Station. For more information, visit metro.net/bikehub.

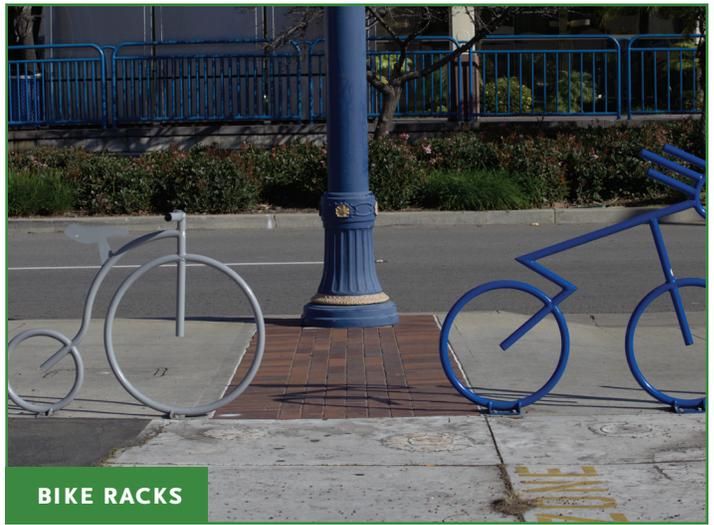
Similar facilities also exist in Burbank, Covina, Long Beach, and Santa Monica.

If there's no formal bike parking:

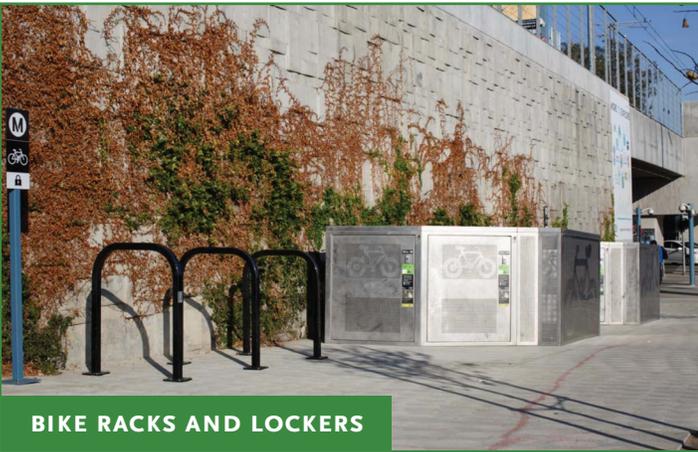
- > Check with your regular destinations (e.g. work, gym or residential building) to see if they have secure storage facilities.
- > When using your bike to access transit, **DO NOT** lock your bike to station railings or furnishings, since this blocks access to the station.
- > Generally, you are permitted to park in the public right of way if you don't block pedestrian access, but rules and enforcement vary by city. Be mindful when locking your bike to street signs or parking meters.



BIKE RACK



BIKE RACKS



BIKE RACKS AND LOCKERS



BIKE HUB



BIKE HUB



BIKE LOCKERS



BIKE HUB

BIKE INFRASTRUCTURE IN LA

In LA County, you may encounter the following road features designed for people travelling on bikes:

Bike Paths (Class I Bikeway)

These include bike or multi-use trails that are completely separated from vehicular traffic. Bike paths typically offer the most secure and comfortable riding experience, but they are less common in urban settings.

Standard Bike Lanes (Class II Bikeway)

This is one of the most common types of bikeways you'll find in LA County. Just like a vehicle travel lane, bike lanes use road striping to designate an exclusive space for bikes. An enhanced version is a **buffered bike lane**, which typically includes additional striping that creates a buffered space between people on bike and automobile traffic.

Bike Routes (Class III Bikeway)

Bike routes are roadways shared by bikes and automobiles. They use signage (sharrows and street signs) to make drivers aware that bike riders may be present on the roadway. These routes are comfortable to ride when traffic levels are low and vehicle speeds are 25 mph or less. **Bike Boulevards** are a type of enhanced bike route that incorporate features to calm traffic speeds, such as speed humps and curb extensions.

Separated/Protected Bike Lanes (Cycle Tracks or Class IV Bikeway)

These on-street bike lanes offer additional protection for people biking by using physical barriers to separate people on bikes from vehicle traffic. They offer a higher level of security and comfort than standard or buffered bike lanes.

Bike Boxes

Bike boxes are positioned near the front of a travel lane at an intersection to give bike riders greater visibility and to allow riders to position themselves ahead of traffic.

Two-Stage Left Turn Boxes

These boxes indicate where riders should wait to properly position themselves when making a two-stage left turn; this relatively new feature is typically being installed with protected bike lanes.

Bike-Specific Traffic Signals

This signal features bike shapes in traffic lights to communicate intersection movements to people on bikes. This is a relatively new piece of equipment to the region, but it exists in some locations with enhanced bike accommodations like downtown Los Angeles and Long Beach.



CLASS I BIKEWAY



CLASS II BIKEWAY



CLASS IV BIKEWAY



CLASS II BIKEWAY



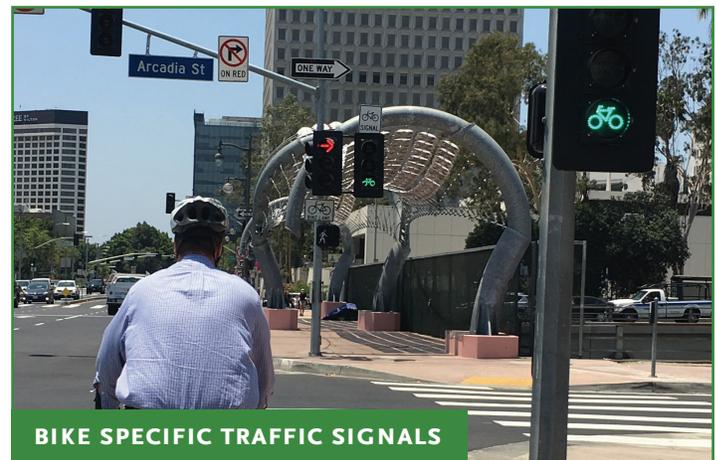
BIKE BOXES



TWO-STAGE LEFT TURN BOX



CLASS III BIKEWAY



BIKE SPECIFIC TRAFFIC SIGNALS

BIKING ON CITY STREETS

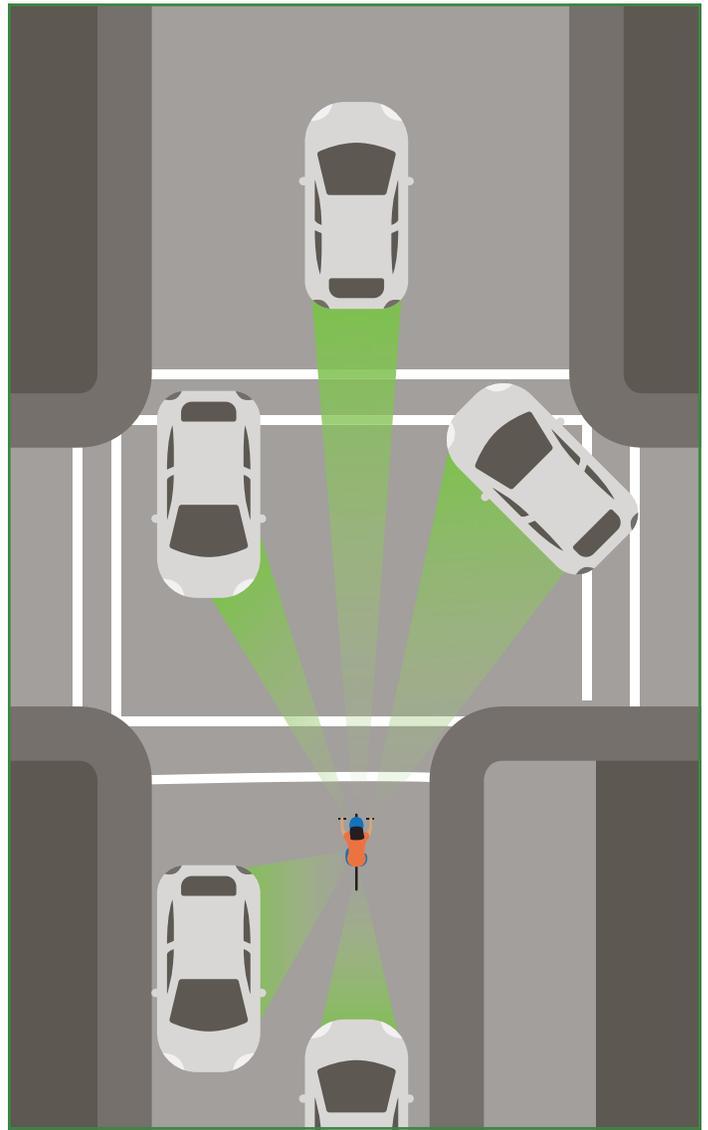
This section will help prepare you for a low-stress bike ride on city streets. It covers the basic rules of the road, provides tips to help you navigate city streets, and shows you how to be predictable and visible to best share the road with others.

SCANNING

A strategy you should become familiar with is scanning. Scanning is spotting potential hazards ahead of you, as well as looking over your shoulder to assess traffic conditions behind you, especially when changing lanes, turning or stopping. To help you balance when scanning, you may try taking one hand off the handlebar and placing it on the back of your saddle to prevent you from swerving.

SIGNALING

Signaling is an important part of riding predictably as it helps other road users know when you are planning on stopping, turning or changing lanes. Before signaling, scan or look behind you to check for other road users. For turns, try to signal about 100 feet before the turn and signal for 2-3 seconds.



LEFT



RIGHT



STOP

ROAD POSITIONING

This section identifies where you should ride based on the California Vehicle Code and best safety practices. Remember that people on bikes should generally follow the same laws as drivers.

Rule 1

Always ride with the flow of traffic.

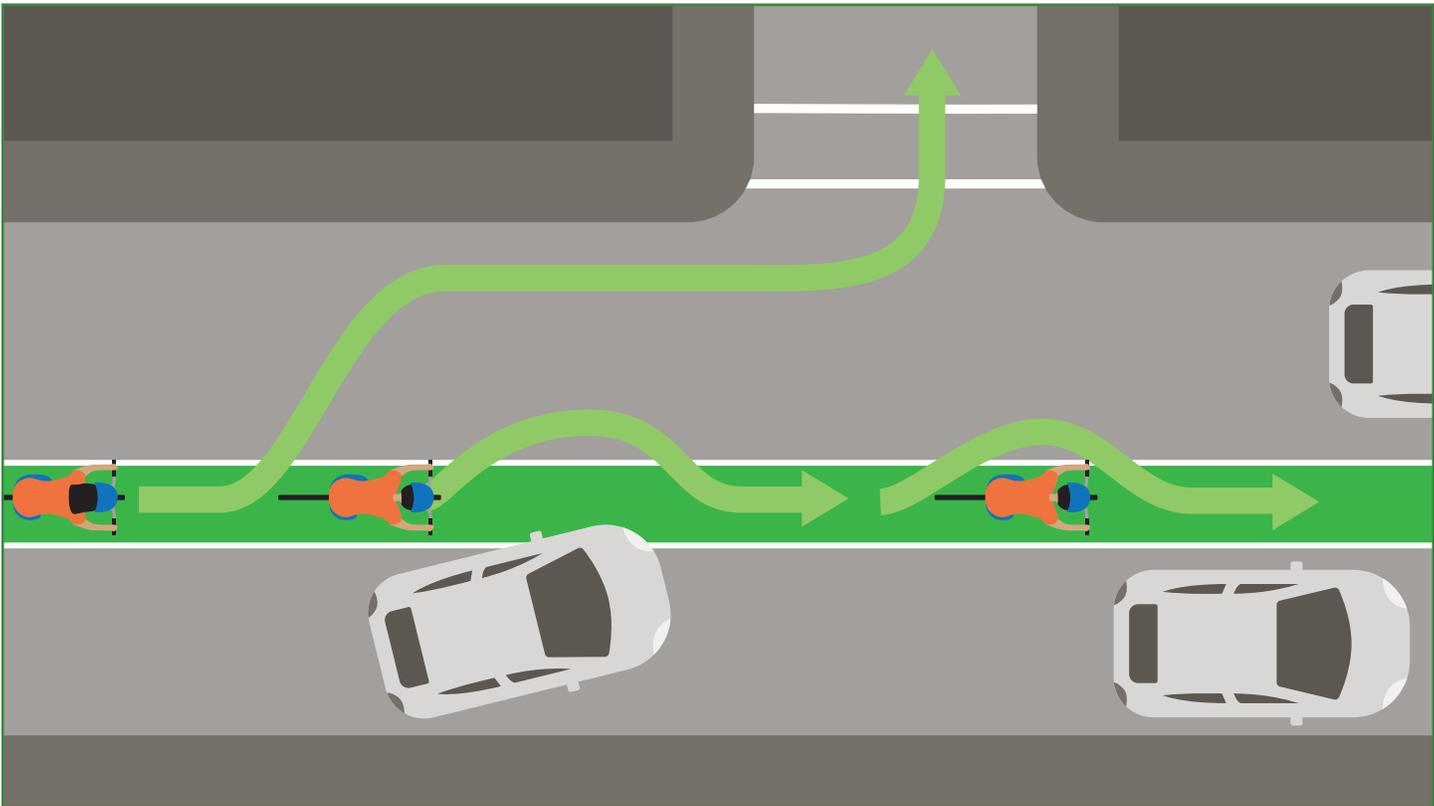
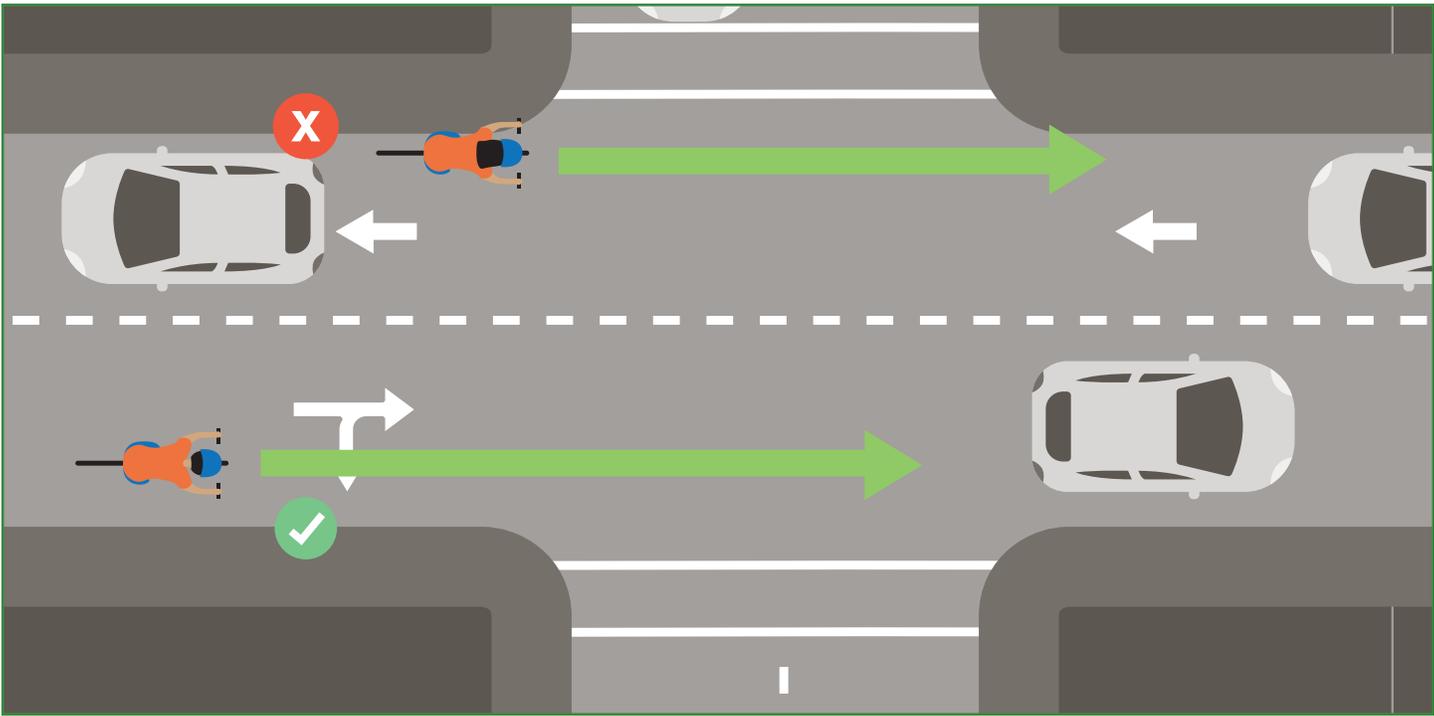
Rule 2

If you are moving at the same speed as traffic, you can ride in travel lanes like a car.

Rule 3

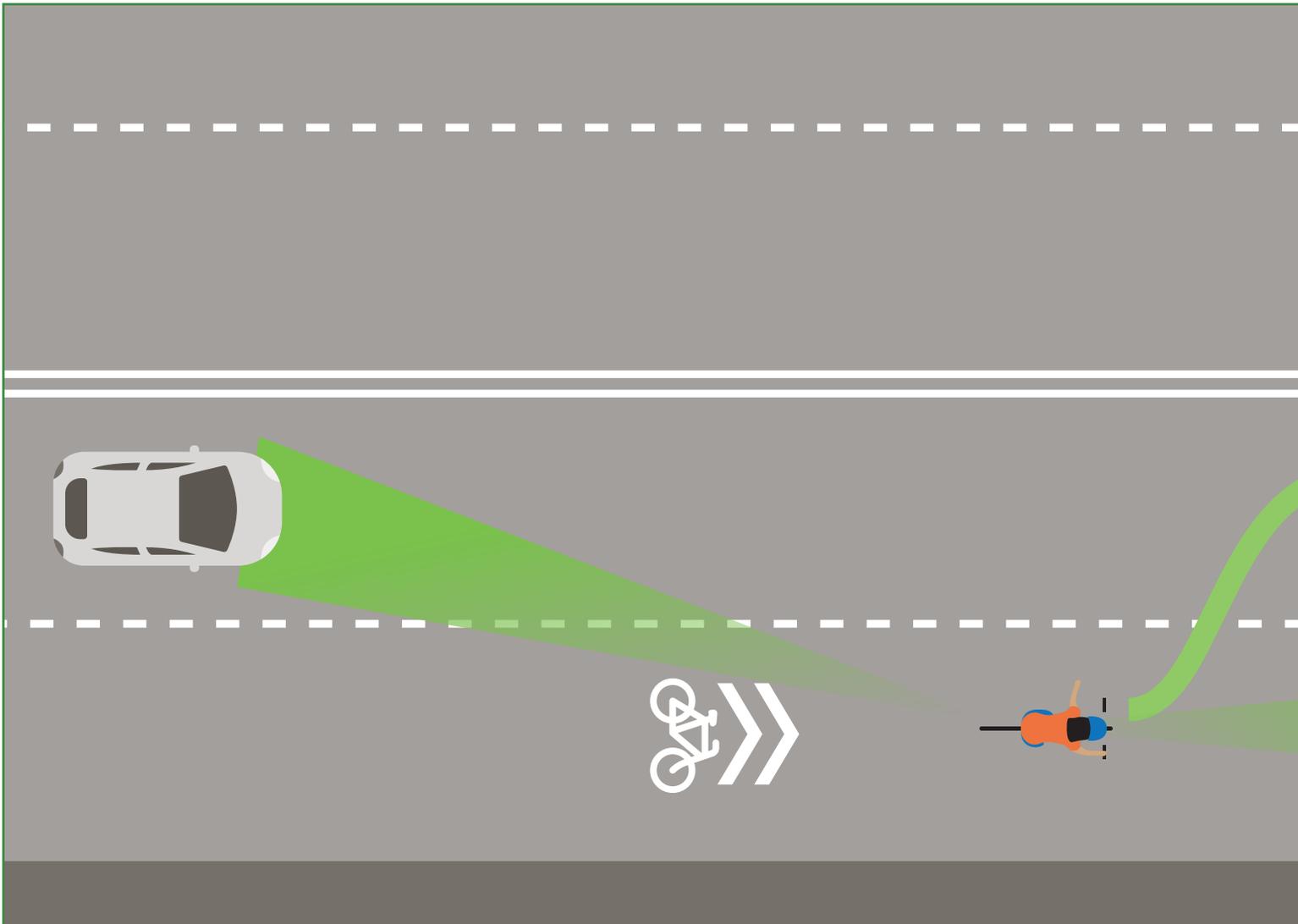
If you are moving slower than traffic:

- > You must ride in the bike lane if one is available.
 - > If the travel lane is wide enough to share with cars side-by-side safely, ride as close as practicable to the right-hand curb or edge of the roadway.
 - > If the travel lane is too narrow to share, ride in the middle of the right-most travel lane (i.e. taking the lane).
 - > If you feel uncomfortable riding in the travel lane, you can ride on the sidewalk if your city allows it or walk your bike as a pedestrian.
- > **Exceptions: When riding in a bike lane, you can move into travel lanes when you are passing others, avoiding hazards (e.g. car doors, debris, cars blocking bike lane), or preparing for turns.**

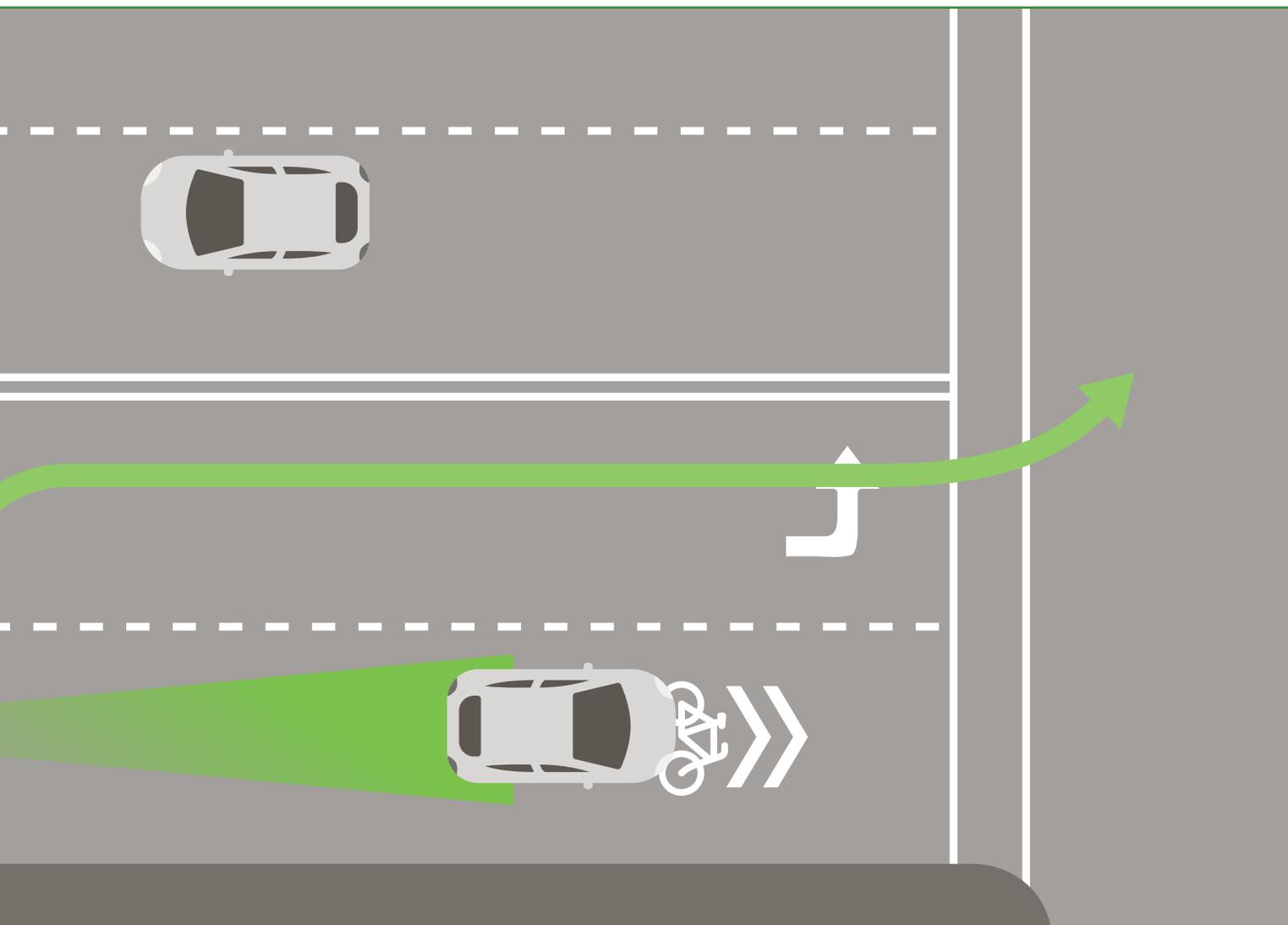
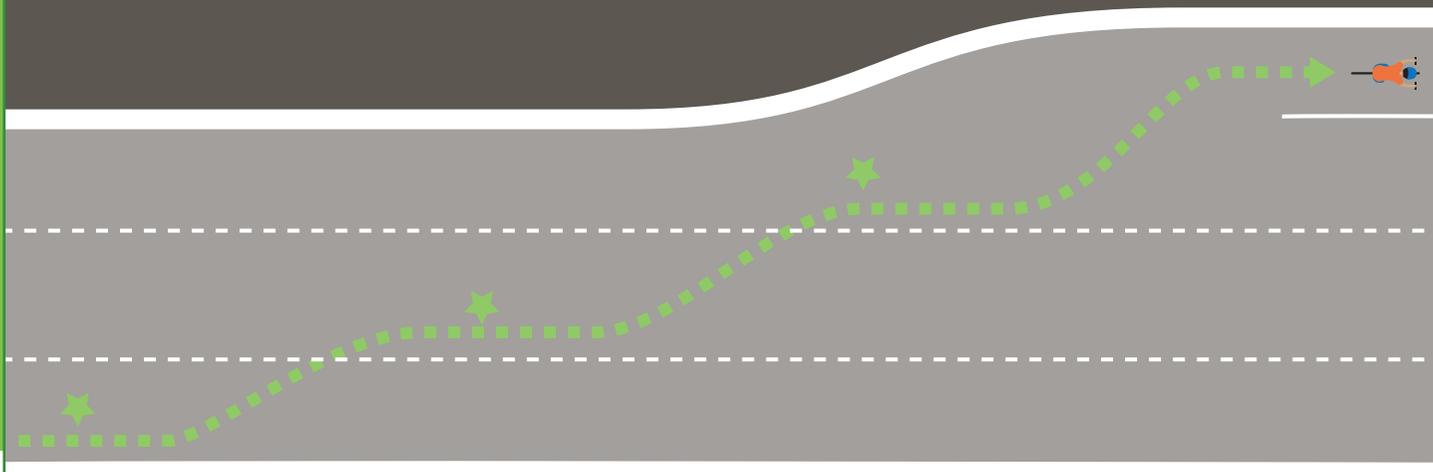


CHANGING LANES

- > **Scan** before changing lanes; always look behind you to scan for traffic conditions.
- > **Signal** before changing positions and make sure you yield to other road users.
- > **Scan again** and make your move when traffic permits.



Star indicates moment to look behind you and make your move as traffic permits.



INTERSECTIONS AND TURNS

When you approach an intersection, you should choose the proper lane that best serves your desired movement through the intersection. Remember, always signal before you turn.

Going Straight

Follow the guidance in “Road Positioning,” most often, you will want to be in the right-most travel lane that allows you to go straight. Remember to travel on the right-hand side following the flow of traffic.

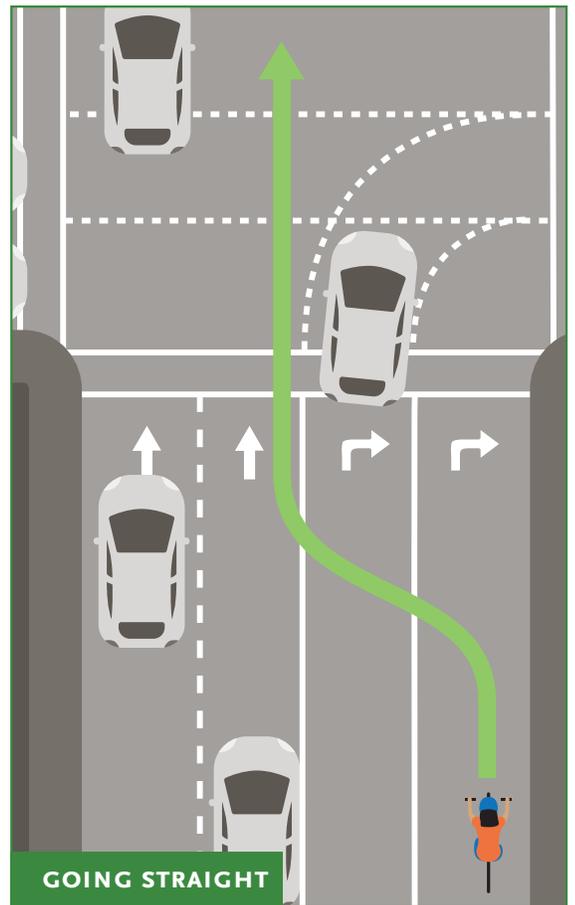
Right Turns

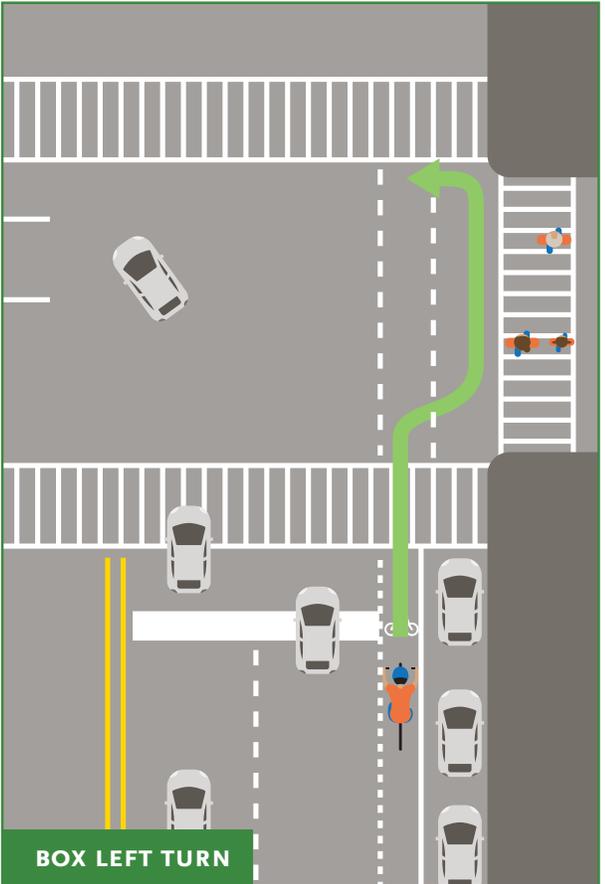
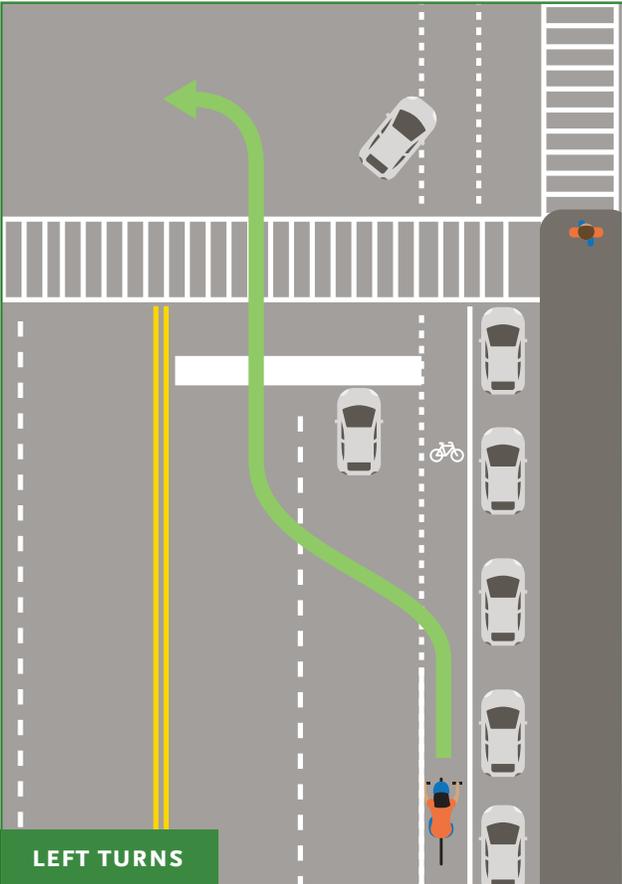
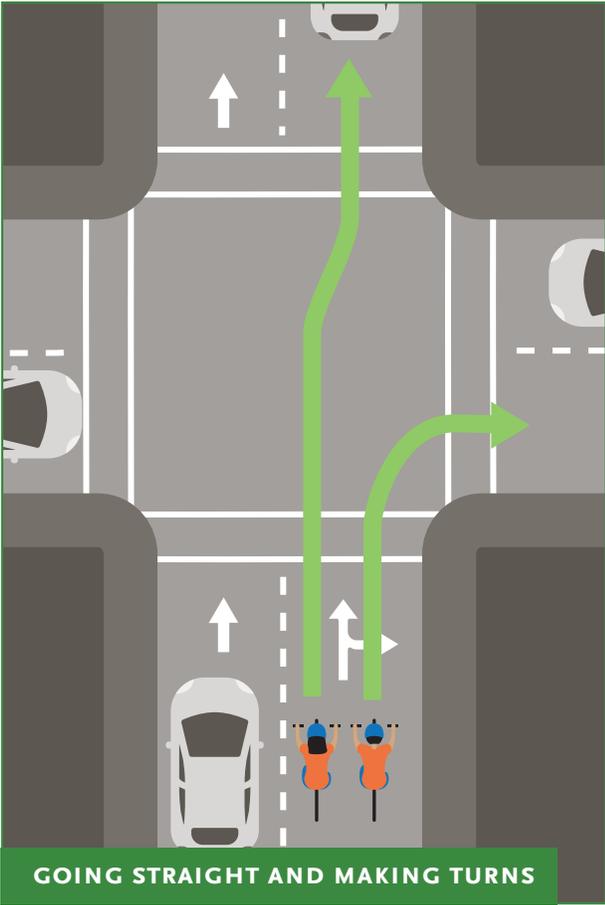
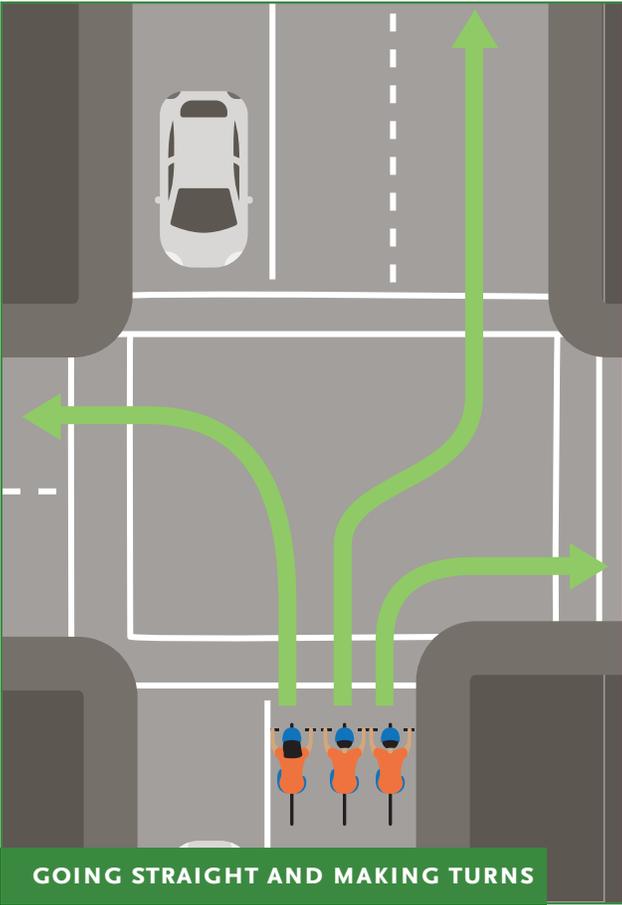
Position yourself on the right side of the lane before turning.

For Left Turns

You have three options; choose the one that feels the most comfortable based on your experience and traffic conditions:

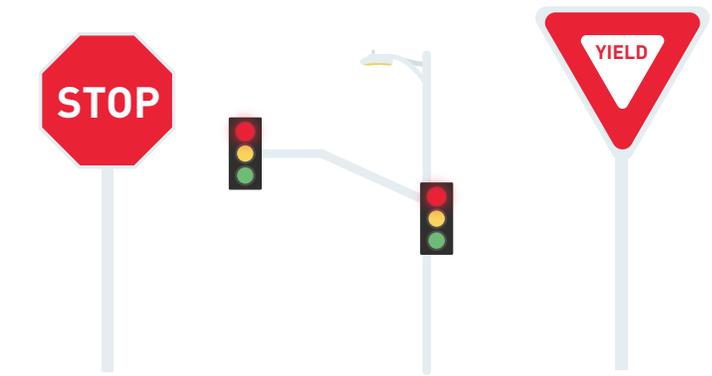
- > From the left turn lane or near the center line of the street.
- > Make a box left turn (i.e. a two-stage left).
- > If you feel uncomfortable navigating an intersection and making the turns, it's okay to get off your bike and cross the intersection as a pedestrian.





TRAFFIC SIGNALS AND SIGNS

- > You should follow all traffic signals and signs just as you would in a car.
- > If there is a dedicated bike signal or signs for bikes, make sure you follow it.

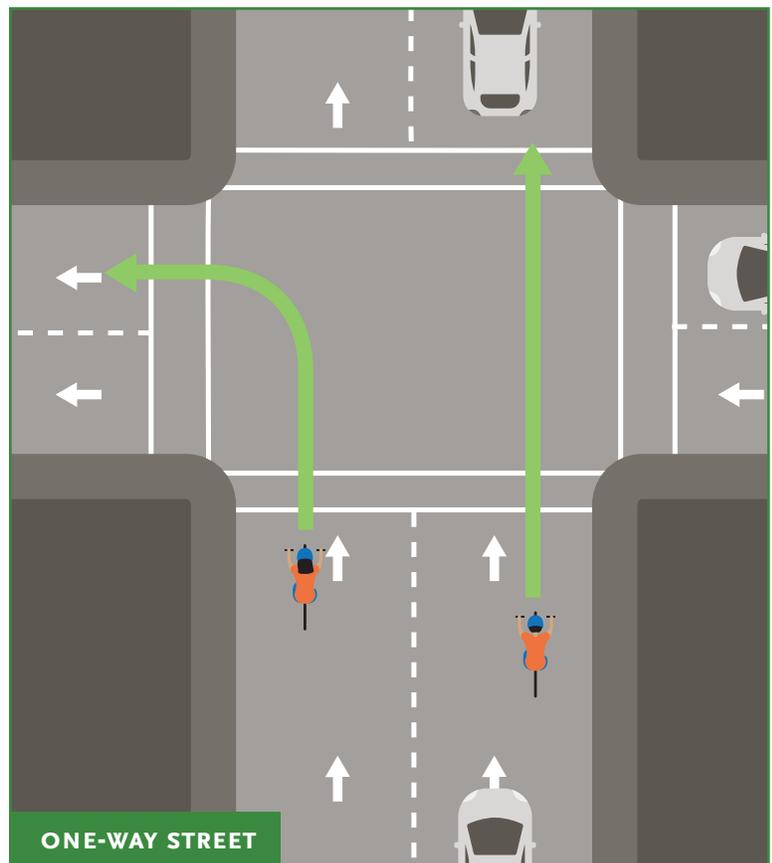


ONE-WAY STREETS

On multi-lane one-way streets, you are allowed to ride on either the right or left side of the road. You can also turn left on a red light if you are turning from a one-way street to another one-way street.

ON- AND OFF-RAMPS

Navigating around on- and off-ramps can be difficult, even for experienced riders. If possible, plan your route so that you don't have to pass a freeway entrance or exit. If you find yourself near an on- or off-ramp and you don't feel comfortable navigating the intersection, you can pull aside, dismount, and use the sidewalk to go through the intersection.



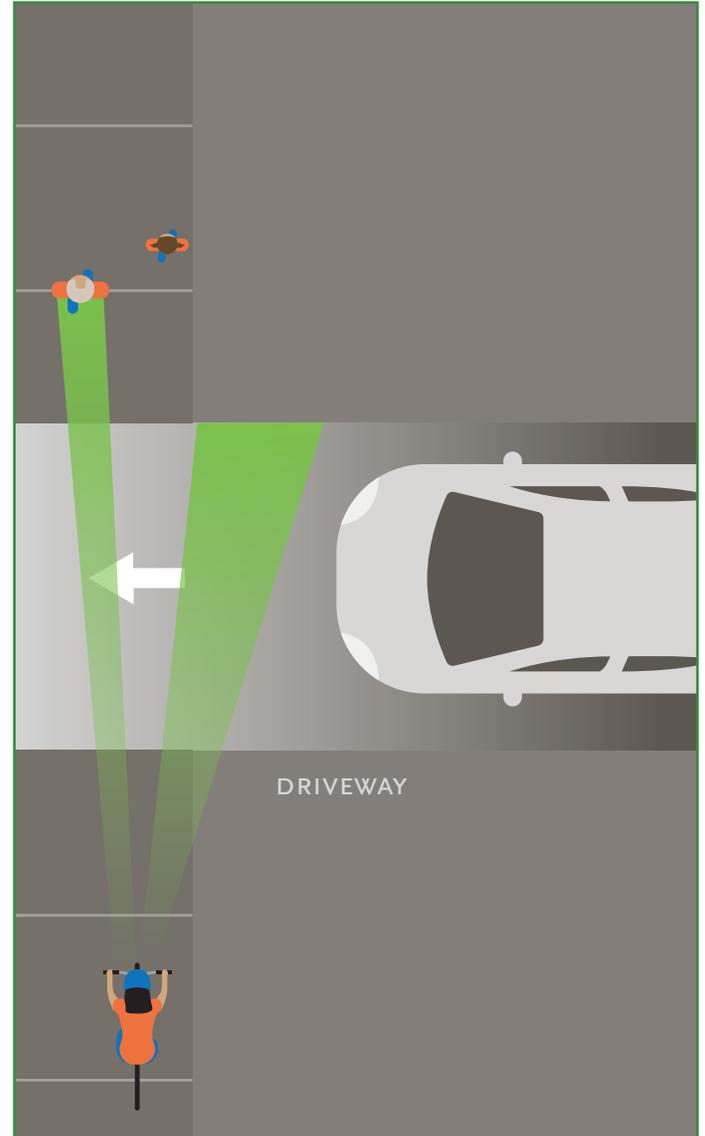
RIDING ON THE SIDEWALK

In California, each city decides if biking on sidewalks is allowed, so learn the rules for your local cities. The Los Angeles Department of Transportation has compiled the “L.A. County Sidewalk Riding Guide” to help you identify local sidewalk riding rules.

You may choose to move to the sidewalk if traffic conditions do not permit you to ride comfortably on the street. Young children riding bikes should generally remain on the sidewalk and cross intersections as pedestrians.

Riding on sidewalks presents several constraints that require people on bike to use extra caution.

- > Ride slowly: sidewalks are built for traveling at walking speeds.
- > Always yield to people walking.
- > Get off and walk your bike if the sidewalk is crowded.
- > Watch out for pedestrians exiting buildings and ride as far from doorways as possible.
- > Use extra caution near driveways and at intersections, since drivers may not expect to see you on the sidewalk.



RIDING AROUND TRANSIT

Buses and trains can seem tricky to bike around, but if you ride predictably and follow the guidelines below, sharing the road with transit can be safe and low stress for all involved.

Avoid Riding in Blind Spots

Buses and other large vehicles, such as vans and trucks, have larger blind spots than smaller vehicles. To avoid riding in the blind spot, ride where you can see the driver's face in the side mirror.

Avoid Passing on the Right

Buses frequently pull to the right side of the road to serve bus stops. Instead of trying to pass a bus on the right, stop and wait for the bus to finish boarding passengers, or scan, signal and change lanes to safely pass the bus on the left.

Make Visual Contact and Communicate with Signals

A great way to make contact with a bus driver is with a friendly wave and smile. They will appreciate you acknowledging them just as much as you need them to acknowledge you. Make sure you communicate lane changes, turns and planned stops with hand signals.

Be Aware of Leapfrogging

Leapfrogging is when a bus and bike repeatedly pass each other (bike passes the bus when it's stopped, then the bus drives past the bike when it is moving). This can be stressful for both the bike riders and the bus driver. If you find yourself in this situation and you are uncomfortable, consider briefly exiting the roadway to break the leapfrogging pattern.

Be Cautious Around Train Tracks

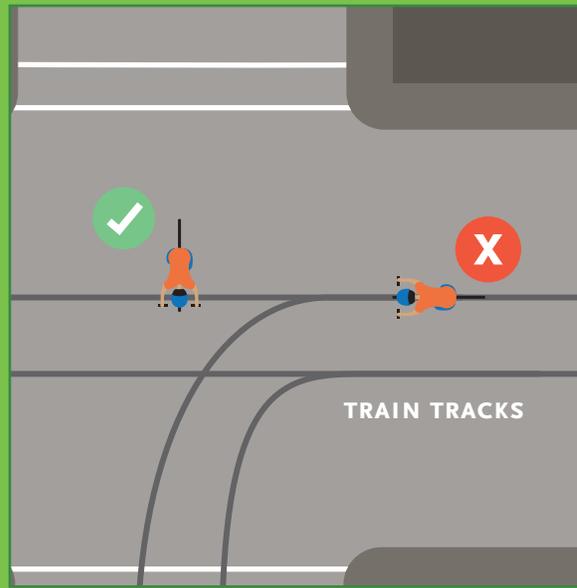
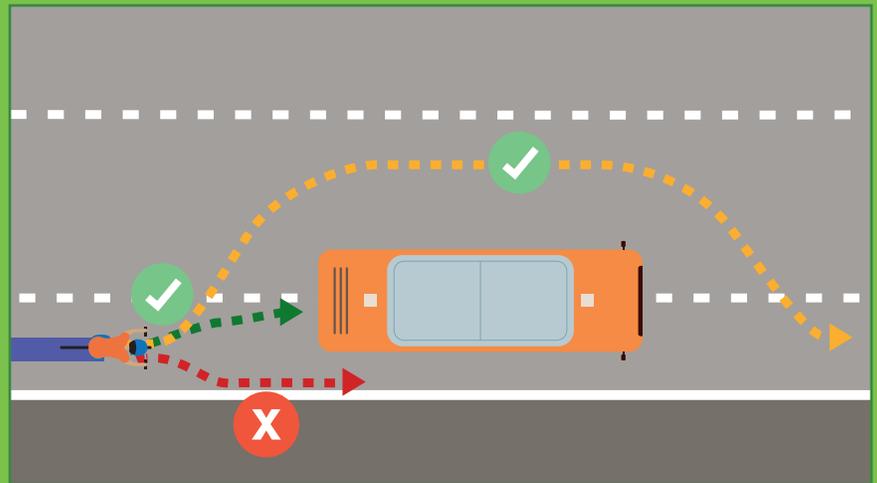
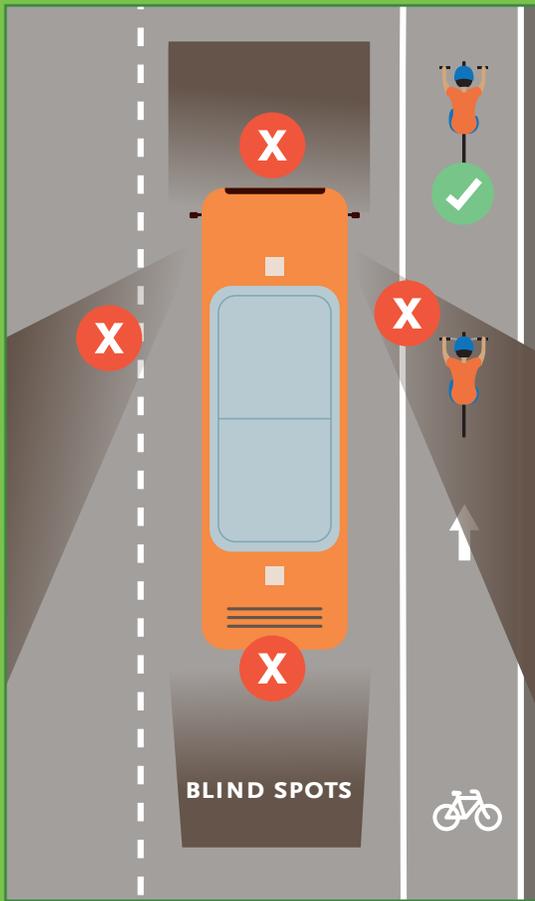
Bike tires can easily get caught in rail tracks, which often results in a fall. To avoid a crash, be sure to cross tracks as perpendicular as you can (preferably at a 90-degree angle). Never ride parallel to train tracks. Be careful of slippery rails when wet, and always walk your bike on station platforms. Never cross tracks if a railroad crossing arm is down.

RIDING AT NIGHT AND IN BAD WEATHER

When you ride at night or in bad weather, use extra caution since it is harder for other road users to see you and the roadway surface may become slick. When riding at night or in bad weather, make sure you follow these rules.

When riding at night, be highly visible by doing the following:

- > Use a front white light and red rear reflector or light .
- > Consider wearing light colored or reflective clothing .
- > Consider other reflective gear or using extra lights .



When riding during rain or bad weather, be mindful of the following:

- > When possible, avoid riding or making turns on metal surfaces like rail tracks, sewer grates or manhole covers, as they get slippery when wet. Avoid riding through standing water. If the roadway is impassable, walk your bike on the sidewalk or select an alternate route.



MAKE BIKING YOUR DAILY TRAVEL ROUTINE

Biking is a convenient way to get to and from transit, greatly extending the distance you can travel without a car. This section highlights opportunities to make biking a part of your longer journeys by connecting your bike ride to busses and trains, as well as opportunities to use bike share for local trips.

BIKES & TRANSIT

Riding Metro with Your Bike

Bikes can be brought onto Metro buses and trains at all times, if space is available. All Metro buses have at least two spaces for bikes on front racks. All Metro trains have designated open areas to accommodate bikes. If the bike spaces on a bus or train are full, please wait for the next one. If trains or buses are usually full during your commute time, consider parking your bike near your transit stop or, if it is available in your area, use bike share to get to your transit stop.

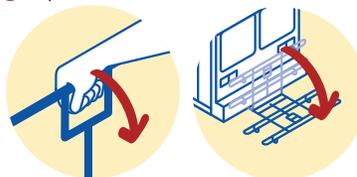
Rules for Bikes on Metro Buses

- > Remove loose items (i.e. helmets, lights, etc.) from your bike before you put it on the rack and take them with you onto the bus.
- > Locking your bike to the bus rack is not allowed.
- > Sit or stand near the front of the bus to watch your bike during your trip.
- > Before you arrive at your stop, tell the bus operator that you will be getting your bike from the rack and exit through the front door.
- > Never try to retrieve something that rolls under the bus.
- > Bikes are not allowed inside the bus; **folding bikes** can be stowed out of the aisle.

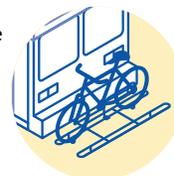
Notes: Motorized bikes or any bike over 55 pounds cannot be accommodated on Metro bus bike racks. Folding bikes with 20-inch or smaller wheels can be taken onboard. Make sure your bike is folded and stored in a way that does not block aisles and doorways. Motorized folding bikes are not allowed on Metro buses.



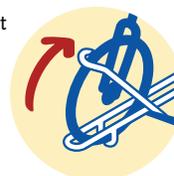
- 1 Squeeze handle to lower the rack.



- 2 Load your bicycle in an empty slot.



- 3 Raise the support arm up and over the front wheel.



- 4 Board the bus and pay your fare. Sit or stand near the front of the bus to watch your bike.

Rules for Bikes on Metro Rail

- > Use wheelchair-accessible gates to bring your bike in and out of stations.
- > Always walk your bike through stations and on train platforms.
- > Enter at doors marked with the yellow sign on the right.
- > Do not block the operator's cabin door as it opens outwards.
- > Always keep doors and aisles clear, and be courteous to others.
- > Give priority to wheelchair passengers in designated areas.
- > Always stand in the designated open area and hold your bike.
- > Bikes are not allowed on escalators.

Notes: Electric bikes are allowed if they are the size of a regular bike and are subject to safety inspection by security personnel. Fuel powered, three-wheeled, tandem, recumbent and over six-foot long bikes, as well as all mopeds and trailers, are not allowed.

If your bike is accidentally left on the bus or train, please visit Metro Lost & Found online or in person to report your lost item.

Riding Other Transit Systems with Your Bike

In LA County, many other transit agencies also provide a bus rack or space to put your bike when taking the bus. Metrolink and Amtrak generally allow bikes to be brought on trains, but you should check the rules, requirements and potential cost with each agency before your trip.



BIKE SHARE

Bike share is a public bike system for short trips. You can use any of the bikes, any time, 24 hours a day, seven days a week, all year long. You can use the Metro Bike Share system to make short trips by bike, to get to a transit station or to complete the last leg of your transit journey.

Metro Bike Share

Use the following guide to access Metro's Bike Share program. For more details visit metro.net/bikeshare.

Buy a Pass

You can use your transit TAP card to use Metro Bike Share if you register online for an account and buy a monthly or a flex pass. You may also use a credit card to buy a single trip at any station kiosk. Visit metro.net/bikeshare for pass options and pricing.

Get a Bike

Walk up to any bike, touch the silver button to wake up the dock, tap your TAP card on the reader and away you go! If you do not have a TAP card, you can choose your bike and complete your transaction with a credit card using the kiosk touchscreen.

Go for a Ride

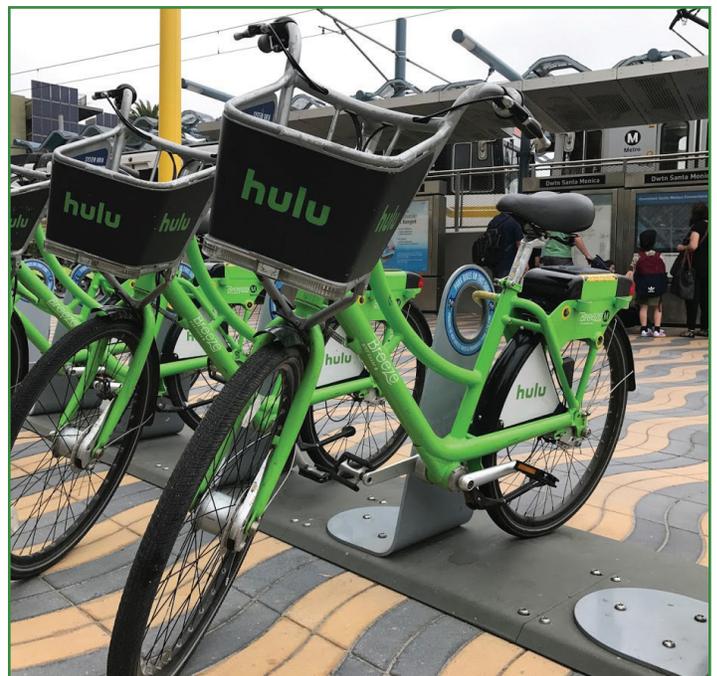
Go where you want and follow the rules of the road.

Give it Back

Use the Metro Bike Share app or website to find stations to re-dock and see real-time open dock availability throughout the system. Listen for three beeps and a green light to indicate a successful return.

Other Bike Share Systems in LA County

Santa Monica, West Hollywood, Beverly Hills, UCLA campus, and Long Beach also operate bike share programs. There are also dockless bike share services offered by private firms. These systems use different types of bike share equipment. To ride, follow the instructions on the bikes or the system's website.



STAYING SAFE

Biking is a fun and safe activity for everyone, but just as with any mode of transportation, there can be risks involved. This guide can help you to build the confidence to make smart and safe decisions on the road.

AVOIDING A FALL



The most common type of bike crash is a solo fall. The bright side to this statistic is that although many people on bikes fear being hit by a motorized vehicle, data show that less than 20% of biking injuries involve cars. This means that most bike crashes can be avoided with good skills and riding know-how.

Be aware of the following road surface hazards that can lead to solo falls and how to safely navigate around them:

- > Bumpy or damaged roads
- > Road debris or obstacles
- > Storm grates
- > Slippery or icy surfaces
- > Train tracks

Hitting an uneven patch, road debris or a pothole can throw you off balance. Getting a tire caught in

a crack, grate or train track can cause your bike to stop, throwing you forward. Riding fast on a slippery or icy surface may make your bike fishtail, where the front and rear tires go in different directions.

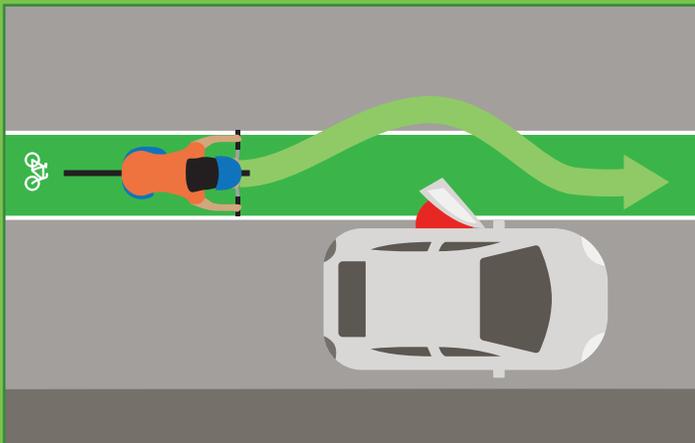
- > If possible, find alternate routes and avoid riding on roads that often present these hazards (e.g. roads in a state of disrepair).
- > If not possible, the best thing to do is to slow down and scan ahead for potential hazards.
- > During nighttime or weather with low visibility, slow down even more to a pace that allows you to spot an obstacle and still have time to react.
- > Make sure to scan behind you and signal before slowly applying your brake and changing your lane position to go around hazards.
- > Avoid sudden braking as that itself can lead to a fall.
- > Ride slow and perpendicular to cross train tracks.

AVOIDING COLLISIONS

Collisions with cars are not as common as most people fear. Many crashes can be prevented by drivers scanning for people on bikes. As a bike rider, be aware of the following common situations that lead to collisions.

Car Doors

- > People on bikes can avoid the door zone by riding at least three feet from parked cars and looking out for signs of a potential door opening (e.g. driver in the front seat, tail light being on).



Driveways and Alleyways

- > Scan ahead and ride cautiously when crossing driveways and alleyways where cars are joining the roadway. When riding on the sidewalk, driveways and alleyways require extra care when crossing.

Intersections

- > Ride cautiously when approaching intersections where cars are making turns. Be especially aware around cars turning right.
- > People on bike can increase visibility when approaching intersections by riding in the center of the lane (taking the lane).

As a bike rider, you can help avoid collisions by following traffic laws, being visible and being predictable on the road. You can do this by communicating where you are going with hand signals, announcing yourself when passing, avoiding abrupt turns and stops, and maintaining safe distances between you and fellow road users.

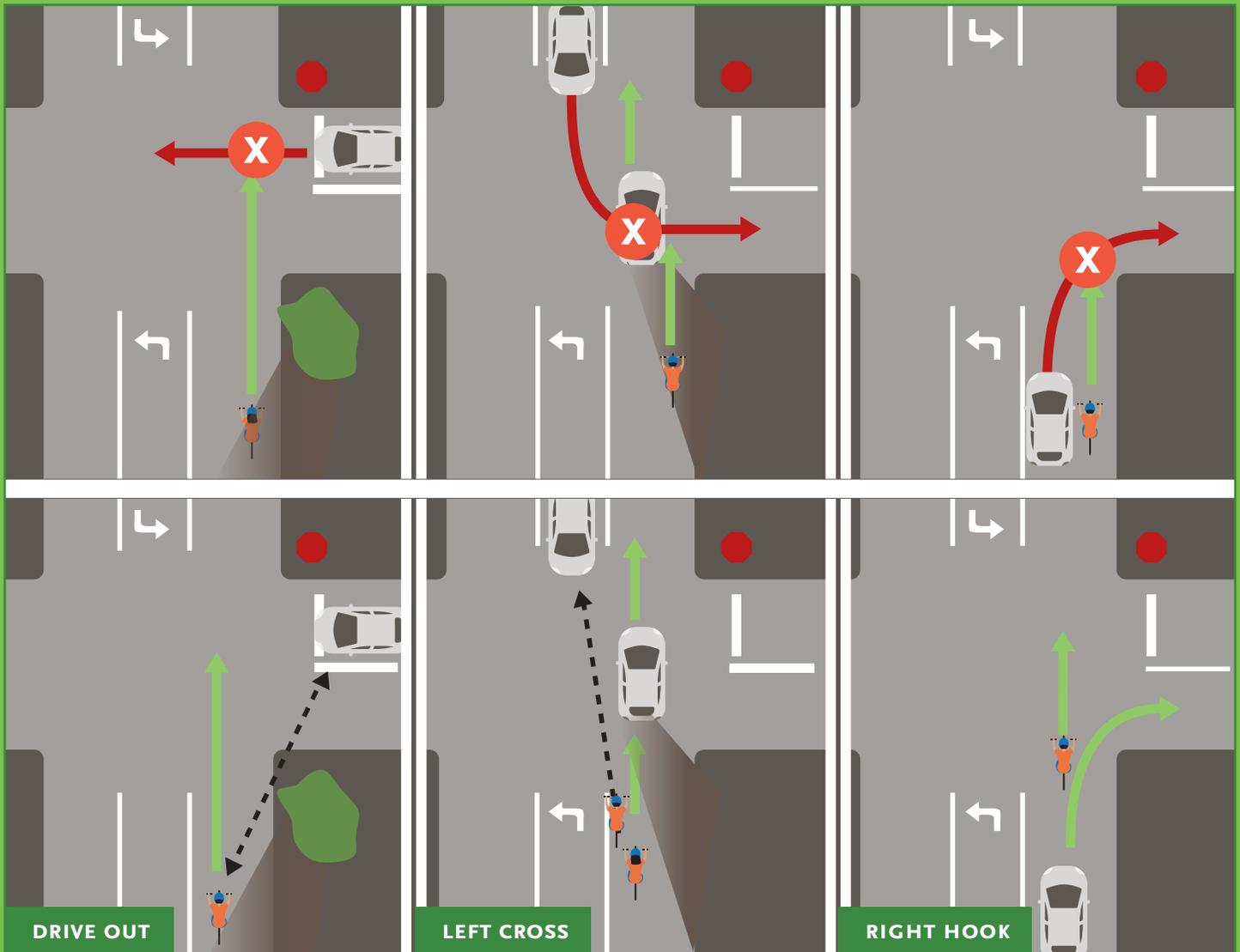
As a driver, you have the responsibility to be aware of your surroundings and to drive safely for yourself and fellow road users, including pedestrians and people on bikes. Scan carefully for pedestrians and people on bikes entering or exiting driveways, and at intersections. When parked at the curb, look over your left shoulder to check for other road users before opening your car door.

WHAT TO DO IF INVOLVED IN A CRASH

Reporting a Solo Fall

If you are involved in a solo fall due to road surface hazards, please report the location and conditions of the road to your local service request hotline (e.g. 311). This can help local cities to fix the problem, preventing similar incidents from happening to fellow riders.

COMMON CRASH TYPES



Reporting a Crash with Others

If you are involved in a crash, the most important thing is to move away from traffic and get to a safe place.

1. Move to a safe area. Check yourself for injuries.
2. Call 911 and get medical care if necessary.
3. Collect and document crash info on the report card.
4. Take photos/videos of the crash scene.



Bike Collision Report	
Driver Information	Collision Information
NAME _____	STREET _____
ADDRESS _____	CITY _____
EMAIL _____	DATE _____
LICENSE _____	TIME _____
INSURANCE _____	DESCRIPTION OF THE INCIDENT
License Plate	<input type="text"/>
STATE _____	PLATE NUMBER _____
Witness Information	
NAME _____	NAME _____
PHONE NUMBER _____	PHONE NUMBER _____
EMAIL _____	EMAIL _____

BIKING OPPORTUNITIES IN LA COUNTY

There are many opportunities and resources for people to learn and experience biking in LA. Check out the calendar and map of biking classes, community rides and other bike events in LA County at metro.net/gobike.

BIKING CLASSES

Metro sponsors classes at varying skill levels to get you comfortable with your bike and riding in an urban environment. These classes are free, interactive and take place all across the county.

Bike 1 – Back to Basics

Ideal for people who are comfortable on a bike but may be nervous navigating city streets.

Objective: participants will understand the rules of the road and transform their knowledge of how to ride a bike into practical skills to navigate city streets and use their bikes for everyday travel.

Bike 2 – Rules of the Road

Ideal for people who are comfortable on a bike but may be nervous navigating city streets.

Objective: participants will understand the rules of the road and transform their knowledge of how to ride a bike into practical skills to navigate city streets and use their bikes for everyday travel.

Bike 3 – Street Skills

Ideal for people who want to practice and enhance their bicycling skills on city streets.

Objective: the street skills rides are typically after-hour or weekend guided rides where participants can practice in real life the knowledge and skills learned at the Bike 2 – Rules of the Road classes.

Bike 4 - Flat Tire Clinic

This option is offered at Metro Bike Hubs where participants can learn and get hands-on experience on how to maintain your bike or fix a flat tire.

Local bike advocacy groups, bike shops and bike co-ops may offer similar classes for free or for a small fee. Check out their websites or chat with their staff to get more information.



OPEN STREETS EVENTS

Whether you are biking on the street for the first time or are a veteran bike rider, an Open Streets event is the best place to ride your bike in a car-free, safe and fun environment. Open Streets events temporarily close off streets to automobile traffic and open them up for people to walk, bike, skate, roll and dance.

- > Beach Streets in Long Beach
- > CicLAvia in the City of Los Angeles
- > COAST in Santa Monica
- > 626 Golden Streets in the San Gabriel Valley



CICLAVIA



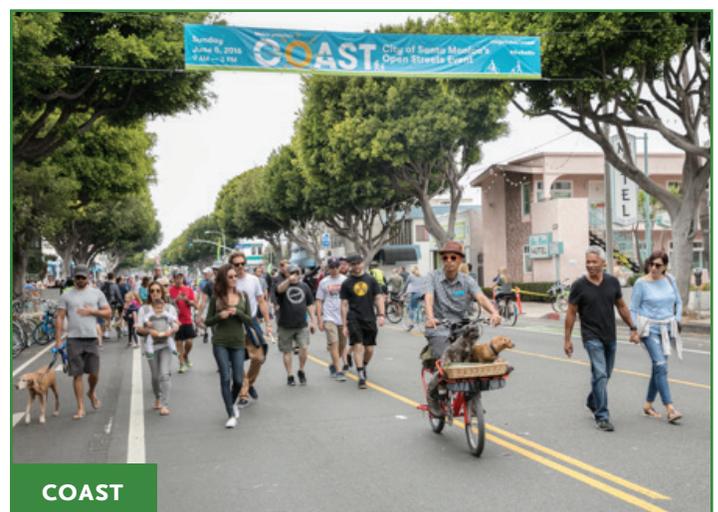
626 GOLDEN STREETS



CICLAVIA



BEACH STREETS



COAST

COMMUNITY RIDES

Community rides are a great way to experience biking in a safe, guided, group ride. There are many organizations throughout LA County that host regular rides across the region. Each ride is typically curated to highlight a community in a fun tour with planned stops. These rides vary in skill level and theme, and most are free and open to the public.



BICYCLE-FRIENDLY BUSINESS DISTRICTS

Bicycle-Friendly Business Districts promote and provide incentives for residents and visitors to make local trips by bike. Discounts or amenities may be offered at businesses for bike riders. Cities may provide a program for businesses to request bike racks. For people who bike, these programs provide an opportunity to explore new neighborhoods and support local businesses. Bicycle-Friendly Business Districts currently exist in Long Beach, Los Angeles, Santa Monica and several cities in San Gabriel Valley, including South Pasadena and Glendora.



BIKE MONTH

For the entire month of May, organizations throughout LA County celebrate biking in all forms. From group rides to workshops and community hosted events, there is no shortage of bike-related events. Whether you ride for fitness, transportation or for fun, you can find an event for yourself and maybe try something new. Bike to Work Day is the third Thursday of May and is a great opportunity for you to leave your car at home and try commuting by bike with thousands of other Angelenos. There are pit stops for refreshments, snacks and encouragement throughout the County.



Thanks

Thanks for reading this guidebook. We hope that we have given you the information you need to feel more comfortable about riding your bike for fun, for health and for everyday travel. For more resources and the most up-to-date information on how to ride a bike in LA County, visit [***metro.net/gobike***](https://metro.net/gobike).

Reference:

Page 9: “On average, drivers spend \$8,220 each year to travel by car, while it costs just \$308 per year to maintain your bike.”

Source: Sierra Club, Pedaling To Prosperity - Bicycling Will Save Americans \$4.6 billion in 2012, <http://vault.sierraclub.org/pressroom/downloads/BikeMonth_Factsheet_0512.pdf>

Page 9: “Studies have shown that biking to work can reduce stress by up to 40% and improve mental health.”

Source: Martin, A., Goryakin, Y., & Suhrcke, M. (2014). Does active commuting improve psychological wellbeing? Longitudinal evidence from eighteen waves of the British Household Panel Survey. Preventive Medicine, 69, 296-303.

Photo Credit:

Page 27: Bike Boxes - SMGOV DOT

Page 36: Bike Signals - LADOT

Page 43: Hulu Bike- SMGOV DOT

Page 50: Beach Streets -Beach Streets Facebook

