Special Green Bag Lunch:
Urban Biking 101

Sponsor & Co-host:
uGO University Circle
Sustainable Transportation @ CWRU

- 6 Bike Fixit Stations
- Over 140 bike racks
- 4 Bike Share Stations
- Greenie shuttle system (1 runs on CNG, 1 w/ bike rack)
- Car sharing – Enterprise & Zip
- Gohio ride matching portal
- New Van Pool program in Cuyahoga County
- RTA Commuter Advantage for employees
- U-Pass for Undergrads
- 3 electric car charging stations
- Bike Committee
- Area bike maps available
TODAY’S SPEAKER/Ride Leaders:

Annie Pease
Director of Transportation, University Circle Inc.

Deltrece Daniels
Outreach and Membership Manager, Bike Cleveland
45,000 employees in 1.5 square miles

2nd largest employment center in the region

1000 housing units added in the last 10 years and another 700 planned to be added in the next year

www.uGOinthecircle.com
Transportation Demand Management (TDM)

• A suite of strategies that change travel behavior (how, when and where)
• Results in more efficient use of transportation resources
• Alternative to expanding supply
• How people make transportation decisions
Fuel Efficiency by Mode

REDUCE YOUR CARBON EMISSIONS TO ZERO CHOOSE TO BICYCLE

- BUS, 3/4 FULL
- CARPOOL, 3 PEOPLE
- AVERAGE INTERCITY TRAIN
- HYBRID CAR, SOLO DRIVER
- BUS, 1/4 FULL
- AVERAGE JET PLANE
- AVERAGE CAR, SOLO DRIVER
- SUV, SOLO DRIVER

CO2 Emissions (pounds/passenger mile)

www.uGOintheCircle.com
University Circle Transportation Emissions

Last year, drive alone work trips to University Circle emitted 72,546 metric tons of CO₂.

University Circle Employee Mode Split

- Drive alone: 36%
- Carpool: 2%
- RTA bus: 1%
- Walk: 1%
- RTA rail: 6%
- Bike: 36%
- Other: 6%

Carbon Emission Per Person*

- Drive alone: 14.3 lb per trip
- Carpool: 6.6 lb per trip

Average commuting distance: 16.5 miles

Average commuting duration: 35 minutes

2 people in a carpool on average
uGO together
Find a carpool partner with someone who lives and works near you.

uGO is connecting you to University Circle by transit,
PLAN YOUR TRIP
Questions?

Annie Pease
Transportation Director
University Circle Inc.
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URBAN BIKING
101

PRESENTED BY
BIKE CLEVELAND

Deltrece Daniels
Outreach & Membership Manager
Licensed Cycling Instructor
Who is Bike Cleveland?

- The organized voice of all cyclists, Bike Cleveland makes our streets safer and our neighborhoods better places to live.
  - Advocacy
  - Education
  - Encouragement & Development
- 750+ Individual Members
- 27 Business Members
- 3 Regional Chapters & Growing
What This Is All About

- Enjoying the Ride
  - Safety
  - Gear
  - Rules & Laws
  - Be Smart
  - Q & A
Safety 1st

- ABC Quick Check
  - Air (pressure)
  - Brakes (function)
  - Chain (lubrication) & Contact Points
  - Quick Release Levers
  - Check Over
Gear - Helmets

- Covers the forehead
- Sits level
- Straps form a V under the ears
- Flat Straps
- Chin strap not too loose / tight
- Two Finger Test
Gear - Helmets

RIGHT

WRONG

WRONG
Gear - Bicycle

- Good & In Working Order Bicycle
- Various Types Depending on How You Plan To Use It
- UH Bike Share
Gear - Bicycle

Road

Single Speed

Hybrid

Mountain

Urban

Folding
Gear - Clothing

- Any!!! Including Your Helmet
- Comfortable
- Appropriate for the weather
- Cycling shorts w/ built in chamois for longer rides (can be worn under clothing)
- Wicking & Quick Drying
- Tools
Gear - Night Riding

- Lights
  - Day and Night are preferred
- Reflective tape
- Light clothing
- Helmet lights
- Reflective tires
- In the city
  - Street lights
- Rural areas
  - Limited lighting
  - Real headlight
Ready To Roll

Not The Same As Driving

- Bike Lanes
- Sharrows
- Lane Width
- Residential Streets
- Hills
- Red Lights
- Google Maps
- NOACA Maps
- Shortcuts
Know The Road

- Bike Lanes. They are legal lanes of travel, but designated for bicycle use only.

- Any vehicle moving into or across one must yield to vehicles already in it (bikes) – but don’t expect that, because some drivers don’t know and others don’t care.

- You can leave the bike lanes when there is debris, a car door, a vehicle, or anything else in your way, or when you’re preparing to make a left turn.

- Otherwise, all vehicle rules apply to you as a cyclist. Stop signs, speed limits 😊, lights, and so on.
Know The Law - Ride Smart

**FOLLOW THE RULES OF THE ROAD**

Bikes are legal vehicles and should be treated and act as such (ORC 4511.01).

**RIDE ON THE ROAD**

Let pedestrians rule the sidewalk, ride in the road.

**RIDE WITH THE FLOW**

Ride with the flow of traffic (ORC 4511.25)
Riding Against Traffic is Dangerous
Know the Law - Ride Smart

**TAKE THE LANE**

Ride as far to the right as is safe, but take the lane when cars cannot pass you safely. Travel in a straight lane, be visible, do not weave in and out of parked cars or ride between lanes of moving traffic (ORC 4511.55).

**BE PREDICTABLE**

Use hand signals when turning and stopping if it is safe to do so. (ORC 4511.39).

**BE BRIGHT**

Cyclists must use bike lights at night: white for the front, red for the back (ORC 4511.56).
Know the Law - Ride Smart

**DON’T GET “DOORED”**

Stay out of the “door zone” of parked cars. This is especially important in business districts.

**RIDE WITH CONFIDENCE**

Make eye contact with motorists and then signal your intentions to earn their respect.
Know the Law - Drive Smart

Give bikes 3-feet when passing
CLE 431.03(d)
State-wide law now IN EFFECT!
Have Fun & Enjoy the Ride!

▪ Educational Rides
▪ Social Rides
▪ Fundraising Rides
▪ Bicycle Tours
▪ Join a Cycling Club
▪ Visit Your Local Bicycling Shop
▪ Solo

FIND A BIKE BUDDY

If you are new to cycling, ride with a friend. If your friend is new, offer to take them on a ride to “show them the ropes.”
Q & A

Biking to Work

Planning a Route

Ride Smart, Ride Together

Riding at Night

Intersections and Turning Signals

Who Should Bike? And Why?
Membership Matters!

- Makes YOU stronger
- Makes us stronger
- Funds our work
- If you believe in safe, sustainable, and equitable transportation choices, becoming a member of Bike Cleveland is a great way to show it.

www.BikeCleveland.org/member
Get Involved!

BikeCleveland.org

/BikeCleveland

@Bike_CLE

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