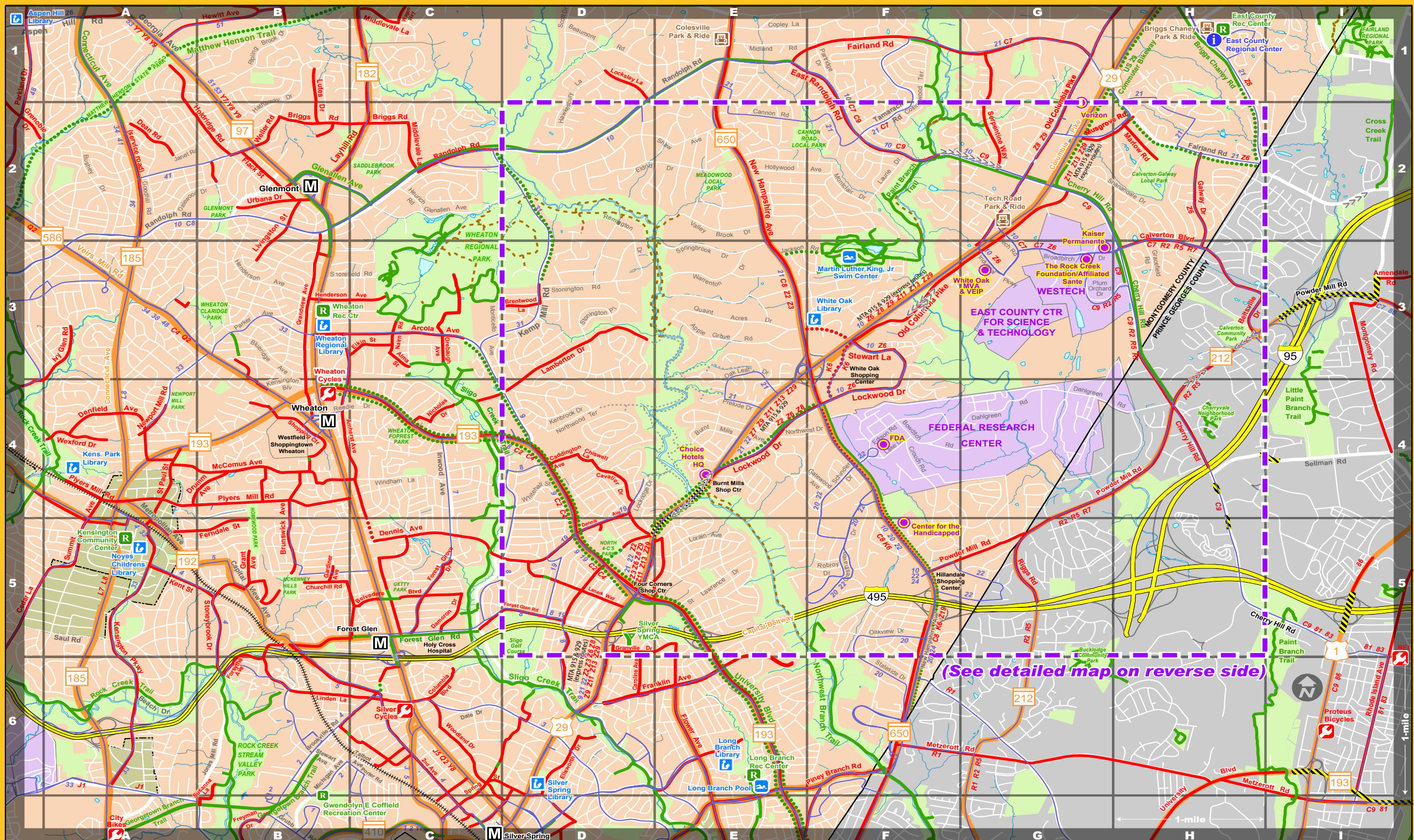


Ride on the right side of the road with the flow of traffic

Teach children the rules of the road for their protection

Never carry packages that can obstruct views or interfere with control of the bike

Never ride two people on a bike designed for one



Use a headlight and reflectorized safety equipment when riding at night

ALWAYS wear a helmet when riding, Montgomery County law requires cyclists under 18 to wear a helmet

Wear bright colored clothing with reflective strips particularly at night

Be sure your bike is in proper operating condition before each ride

Swap Tire Rubber for Shoe Rubber – But Be Safe!

FACT: The average passenger vehicle traveling 40 MPH requires a minimum of 189 feet to come to a complete stop. When a vehicle collides with a pedestrian, the pedestrian is always the more seriously injured party, regardless of who may be at fault. There is little a pedestrian can do to improve a driver's habits... but there are steps one can take to be safer while walking.

- Be predictable. Cross or enter streets where it is legal to do so.
- Where no sidewalks are provided, it is usually safer to walk facing road traffic.
- Make it easy for drivers to see you - dress in light colors and wear reflective material.
- Most drivers are nice people, but don't count on them paying attention. Watch out - make eye contact to be sure they see you!
- Alcohol and drugs can impair your ability to walk safely, just like they do a person's ability to drive.
- Use extra caution when crossing multiple-lane, higher speed streets. Be alert-especially at "Right-turn-on-red" intersections.
- Follow the pedestrian signal, not the overhead traffic signal.
- Before crossing, stop at the curb and scan left, right and left again for traffic. Keep scanning for cars while you are crossing.

Keep The Rubber-Side Down!

- **Tires** - Look for rips or cuts, sidewall bulges, cracking or loss of tread. Replace if needed before tube is damaged.
- **Wheels** - Wheels should be securely fastened with quick release levers turned inwards toward the wheel. They lock by turning, not screwing shut. Wheels should spin without rubbing or wobbling.
- **Spokes** - Check for bends or breaks. Tighten loose spokes. Broken spokes may mean a bent rim needs to be replaced.
- **Chain** - Remove dirt and lubricate. Replace chains that have frozen links.
- **Gears and Crank set** - Replace gears that have worn or broken teeth. Make sure the cranks are tight by rocking from side to side – they should not move laterally.
- **Pedals** - Roughness indicates pedals need to be repacked with grease. Tighten loose pedals on crank arm.
- **Brakes** - Squeeze each brake lever to be sure it stops before touching the handlebar. Inspect brake pads. The forward part of the brake pads must strike the rim first to prevent squealing. If the pad surface is worn away, replace them.
- Keep **handlebars** and **saddle** fastened tightly.
- **Frame** should be free from cracks, bends and wrinkles.
- **Accessories** and attachments should be secure.

Safe Cyclists Never Overlook the Basics

1. The helmet should rest snug and flat on top of the head, not too far forward or backward.
2. The helmet straps should be snug but not too tight and should form a "V" under the ears.
3. Once the helmet straps are snapped together, there should be enough room to fit one finger between chin and strap.
4. Watch for shoelaces, pant legs, etc. that can get caught in your bike chain.
5. **REMEMBER:** Traffic laws apply to bicycles, too. Observe stop signs, traffic lights and other posted signs. Be sure to signal turns, lane changes and stops.



Commuter's Checklist:

- Bright clothing
- Helmet
- Lights
- Fenders
- Hydration
- Tools, pump, patch kit ... and a smile

BIKES RIDE FOR FREE

Montgomery County **Ride On, Metrobuses, and even the FDA White Oak Facility Shuttle** are all equipped with bike racks! Each rack holds two bikes and supports most wheel and frame sizes- even kids' bikes. Visit www.montgomerycountymd.gov/rideon for details.

Bikes are permitted on Metrorail at most times during the week (excluding rush hours and select dates) and all day Saturday and Sunday. Visit www.metroopensdoors.com for details.



Don't lose it; lock it!

TELL YOUR BOSS! Montgomery County Commuter Services provides free consulting services to employers

to help them establish commuting benefits for their employees. Alternative commuting saves time and reduces expenses – all while being kind to the environment. Let the Montgomery County Commuter Services show you or your employees how to beat the traffic. Call (301) 770-POOL (7665) or visit www.montgomerycountymd.gov/commute. Or, stop by the Commuter Express Transit Store (located at 8401 Colesville Road, Suite 150, 7 a.m. to 5 p.m. (M-F) for information, maps and schedules, or to purchase transit passes and tokens. Their services are FREE!



Why Bike?

- **For Your Health** - Bicycling is one of the best forms of aerobic, low-impact exercise (approximately 375-600 calories burned per hour, depending on speed).
- **For Your Wallet** - Car ownership is expensive and consumes a major portion of many Americans' income. AAA reports it costs over \$5,000 per year to own and operate a car (compared to \$120 per year to own and maintain a bicycle).
- **For your Schedule** - Combine your commute with your workout. Biking can get you there nearly as fast as driving for many local trips.
- **For the Environment** - The U.S. puts between 25 and 45 per cent of its total energy (depending upon how one calculates this) into vehicles: to make them, to run them, and to clear a right of way for them when they roll and park. Motor vehicles also create a substantial amount of pollution. Bicycles are as true a "no emissions" vehicle as there is.
- **For FUN!!!**

Resources

Montgomery County:

- Bikeways Coordinator, 240-777-7244, www.montgomerycountymd.gov/dpwt
- Park & Planning Bikeways Planner, 301-495-4525, www.mc-mncppc.org/transportation/bikeways/A&A/contents.shtm

Prince Georges County:

- Park & Planning Bikeways Coordinator, 301-952-3661, www.mncppc.org

Local Bike Organizations:

- Montgomery Bike Advocates (MOBIKE), 301-503-9931, www.internetigloo.com/mobike
- Washington Area Bicyclist Association (WABA), 202-518-0524, www.waba.org
- One Less Car, www.onelesscar.org

Others:

- Montgomery County Ride On, 240-777-RIDE (7433), www.montgomerycountymd.gov/rideon
- Metro Rail and Metro Bus, 202-637-7000 www.metroopensdoors.com
- FDA at White Oak Bicycling info (including FDA Shuttle Bus Service), 301-376-0446
- "Biking to Work in the Washington Area", a booklet published by MWCOG Commuter Connections, www.mwco.org/commuter/Bdy-bike.html

Bicycle and Pedestrian Map

White Oak and Vicinity



In Montgomery County Maryland

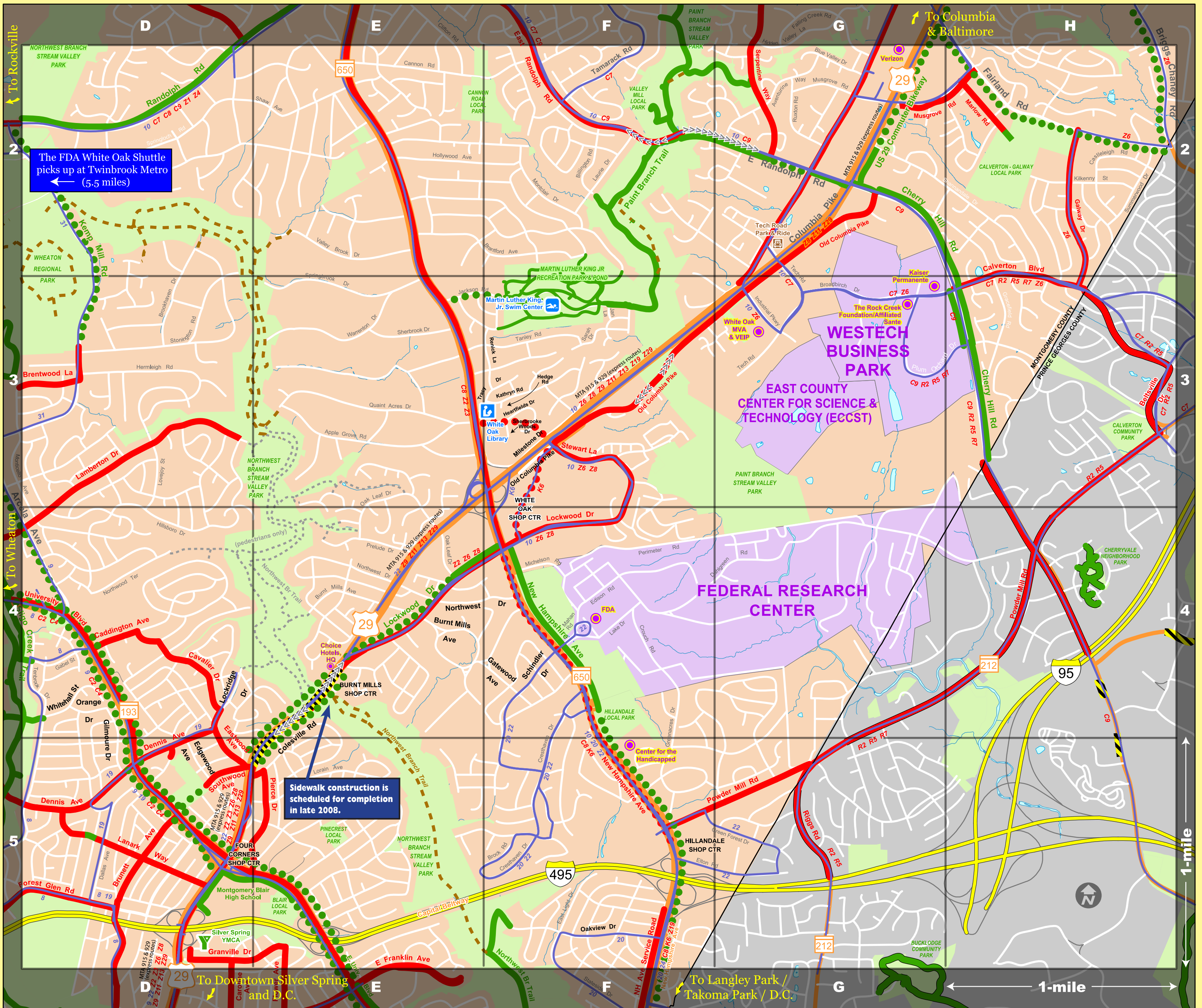


Featuring:

- Bike and pedestrian routes
- Public transportation options
- Commuter services
- Safety tips, rules of the road and other helpful resources

March 2008

Better Ways To Work! Montgomery County Commuter Services



This map has been created to aid cyclists and pedestrians in planning both recreational and commuter trips. Retail sites and services are shown for information only. No endorsement is implied. Bicyclists have the same responsibility as motor vehicle operators to obey traffic laws. Conditions on streets and trails may vary greatly. Be prepared to make your own evaluation of the conditions of the roadway or trail and plan your route appropriate to your ability. The user of this map bears full responsibility of his or her own safety. Information contained within this map was accurate as of the printing date (2008).

Published by the **Montgomery County Commuter Services Division of Transit Services, Department of Public Works and Transportation** and terrific assistance from the **Department of Technology Services**.

Each of us has a destination. Some choose to walk or ride their bicycle to get there. Let's share the road.

- Cyclists are considered vehicles and should be given the appropriate right of way.
- Recognize situations that may be potentially dangerous to pedestrians and cyclists and give them space.
- Cyclists may take the entire lane when hazards, road width or traffic speed dictate.
- Scan for pedestrians and cyclists in traffic, at intersections, and when opening doors.
- Leave at least three feet of space between your car and a cyclist when passing.
- Children walking or on bicycles are often unpredictable - expect the unexpected and slow down.



Bikeways and Paths	Points of Interest	Transportation
On-Street <p>These are roadways designated for use by both bicycles and motor vehicles.</p>	Bike Shop Major Employer Library Recreation Center Swimming Pool YMCA Park Campus	Metro Station Park & Ride Lot Bus routes: RIDE ON Metrobus <p>Blue numbers depict Ride On Routes. Red number/letter combinations depict Metrobus routes.</p> Major Arterial Road
Off-Street (paved) <p>These routes are physically separated from vehicular traffic by an open space or barrier. Pedestrians, bicyclists, skaters, wheelchair users, joggers, and other non-motorized users may also use these paths.</p>	Steep Slope Symbol points uphill	
Future On-Street 		
Future Off-Street 		

