

# WHY RIDE YOUR BIKE TO WORK?

Here are a dozen great reasons to ride your bicycle to work:

1. Bikes increase mobility for those who don't want to drive motor vehicles.
2. Bicycles increase mobility for those who don't have access to motor transport.
3. Bicycling can be faster than walking, transit or motor vehicles.
4. Bicycling is the most energy efficient form of transportation ever invented.
5. Save travel money by biking. If the switch is from a car this includes purchase price, gas, tires, fluids, insurance, maintenance, washing, parking, etc.
6. Cycling is low impact on the environment
7. Cheaper parking.
8. Cycling is low impact on the body.
9. You get exercise from bicycling.
10. The exercise increase your productivity at work
11. Reduce stress by bicycling.
12. Biking is therapeutic for the mind and spirit -- is fun and can make you happy.

Check out

<http://www.ibike.org/encouragement/benefits.htm> for even more healthful encouragement!



## NOW WHAT?

You got to the NOAA campus, now what do you do??

### Where to park your bike –

**In SSMC1** – 4 bike racks, garage entrance level, ~50 feet from entrance. Each rack holds ~5 bikes. A valid Federal ID from SSMC2-SSMC4 is required to enter parking garage. The ID must be coded to enter a closed door (after hours) or use the intercom.

**In SSMC3** – 20 lockers on the G2 parking level (SW corner). Lockers are *1<sup>st</sup> come, 1<sup>st</sup> served, reserved through the NOAA Bike Team*. 1 bike rack can hold ~5 bikes on the M1 parking level (SW corner). 1 bike rack with 4 loops can hold ~8 bikes on the PL parking level (W side, by ramp to MARC train). Cyclists using railings in the elevator areas and the perimeter of the parking lot should not impede pedestrian traffic or park where at risk of being hit by a car.

### Where to clean up –

**In SSMC1** –All employees with a valid Federal ID from SSMC2-SSMC4 may use the locker rooms in SSMC1, garage level. Each has 4 showers, including 1 handicap accessible. ~15 day use lockers and 5 overnight lockers marked for biking community use. These lockers may be shared between 2 or more bikers. Locker rooms are open during SSMC1's normal business hours: 7am to 5pm, M-F. At all other times, sign out the key from the SSMC1 Security Desk in the Main Lobby.

**In SSMC3** – The NOAA Fitness Center, level M2, has separate men's and women's locker rooms with 5 showers in each. Lockers available for rent. Membership required. No locks on day lockers. <http://www.noaafitness.net/>  
Winter hours of operation: 6:30am-7:30pm, M-Th  
6:00am-7:00pm, F Summer hours of operation:  
6:30am-7:00pm, M-F

## EARN BIKE BUCKS WHILE YOU RIDE!

**What are Bike Bucks?** NOAA Bike Bucks is an incentive program for bicycle commuters to ride their bikes to work. For every 100 miles ridden to and from work, you can earn 5 *Bike Bucks* to spend at local merchants. The program is open to all NOAA, FAA, and VA employees and contractors at the Silver Spring, MD, metro center (SSMC).



**How do I earn Bike Bucks?** The program is very simple: Ride your bike to work, and earn monetary rewards. Registered participants will be asked to log their miles on a specially designed spreadsheet. The spreadsheet totals all of the miles for you! It's really easy. At the end of the program, you submit your log and get your *Bike Bucks*! For every 100 miles you commute to and from work, you earn 5 *Bike Bucks*!

**Where can I spend Bike Bucks?** Currently, two local bike shops accept *Bike Bucks* – *The Bicycle Place* on Grubb Road in Silver Spring, and *Proteus Bicycles*, on Baltimore Blvd., in College Park. *Bike Bucks* are also accepted at the *NOAA Fitness Center*. You can use your *Bike Bucks* to cover up to 50% of a purchase. For example, if you purchase \$30.00 worth of merchandise, \$15.00 worth can be paid for using *Bike Bucks*. At the *Fitness Center*, you can use *Bike Bucks* to purchase merchandise, pay for the initiation fee, or buy day passes! The *NOAA Bike Team* is currently working with other local vendors to accept *Bike Bucks*. Participants will be notified of changes in vendors, or check in with us for the latest list!

**How do I sign up?** Applications for *Bike Bucks* are available on the secure *NOAA Bike Team* website or email the *NOAA Bike Team* for more information.

# RULES OF THE ROAD



When bicycling to work in Maryland, have fun and be safe. Be aware of your skill level and make sure your equipment is in good working order. Always wear a helmet and obey the following rules: (from: <http://www.cpabc.org/mdlaws.htm>)

In Maryland, the bicycle is classified as a vehicle with all of the same requirements and restrictions as a motor vehicle, except the following:

Bicycles are prohibited on:

- Roads where the posted speed limits are greater than 50 mph (riding on the shoulder of the roadway is permitted)
- Expressways or other roadways where bicycles are prohibited
- The travel lanes of roads where there exists a smooth shoulder or bicycle lane (except to make left turns or to avoid debris in the shoulder space)

On all public roads, where bicycling is allowed, the operator must:

- Wear a bicycle helmet if under 16 years old
- Obey all traffic signs, signals and other traffic devices
- Ride in the same direction as motor vehicles, as near to the right side of the roadway as possible
- Use standard arm signals to alert other drivers of lane changes and turns
- Stop for school buses when they are loading or unloading children
- Yield to pedestrians
- Refrain from wearing a headset that covers both ears

Legally, the bicycle must be equipped with:

- Front and rear lamps and reflectors if the bicycle is used on a public road at any time when there is insufficient light or inclement weather
- A bell or horn (sirens and whistles are not acceptable)
- Brakes

## - The NOAA Bike Team -



## A subteam of the NOAA Green Team

The **NOAA Bike Team** was launched in 2008 to help promote biking within NOAA as a safe and healthful commuting option. If you are interested in learning more about biking options or the NOAA Bike Team, please visit us on the web at: <http://www.biketowork.noaa.gov/>

Email [NOAABikeTeam@noaa.gov](mailto:NOAABikeTeam@noaa.gov)

Secure site: [https://secure.seco.noaa.gov/ECS-Council/Green\\_Team/Bicyclist\\_subteam.html](https://secure.seco.noaa.gov/ECS-Council/Green_Team/Bicyclist_subteam.html)

The **NOAA Green Team** — a NOAA staff team — was established to focus on reducing NOAA's consumption of energy, natural resources, and manufactured materials, as well as its contributions to greenhouse gas emissions, other air and water pollution, and landfills. The NOAA Green Team was established to meet these new challenges and new regulations. The Team is sponsored and supported by Bill Broglie, NOAA's Chief Administration Officer (CAO). [https://secure.seco.noaa.gov/ECS-Council/Green\\_Team/index\\_green\\_team.html](https://secure.seco.noaa.gov/ECS-Council/Green_Team/index_green_team.html)



# RIDE YOUR BIKE TO WORK!

Check out great information on what you need to ride your bicycle to **NOAA** from your home!



Brought to you by the NOAA Bike Team

Email: [NOAABikeTeam@noaa.gov](mailto:NOAABikeTeam@noaa.gov)

Web: <http://www.biketowork.noaa.gov/>