

BICYCLE COMMUTER RESOURCE GUIDE

**for the
Baltimore Region**

Flip over for Employer Guide



A publication of the Baltimore Metropolitan Council
and the Baltimore Regional Transportation Board **BRTB**

How do I get the support I need?

Contact the Baltimore Metropolitan Council (BMC) at 410-732-0500 ext. 1055 or log on to www.baltometro.org for more information about commuting by bicycle. BMC hosts an annual Bike-to-Work Day (visit www.Bike2WorkCentralMD.com) every May by partnering with rideshare coordinators at locations across the Baltimore region. Bike-to-Work Day is an outreach program of the Clean Commute Partnership and Clean Air Partners. BMC will put you in touch with mentors in your neighborhood who bike to work and help you find the most comfortable route.

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If you don't know how to ride a bike or use all the gears, this guide will help you get started and overcome the common obstacles! And don't forget — most bicycle commuters just start with a bike, a helmet, a water bottle and a backpack.

Read on to get more information....

TOP 10

reasons often heard why I can't bike to work.

1. *It's unsafe to ride on the road.*
2. *It's uncomfortable.*
3. *It's impossible to carry my stuff or a passenger.*
4. *I'll be too sweaty, cold or wet.*
5. *Bikes are too expensive and someone will steal it anyway.*
6. *There aren't any marked bike lanes or bike route signs.*
7. *The roads are too bumpy.*
8. *There is nowhere to park my bike.*
9. *It's too far and takes too long.*
10. *My employer won't support it.*

THANK YOU!

This guide was published with funds provided by the Baltimore Regional Transportation Board (BRTB). The BRTB is the Metropolitan Planning Organization (MPO) for the Baltimore region. The BRTB recognizes, supports and promotes bicycling as transportation through the Baltimore Metropolitan Council (BMC). The BRTB reminds us that bicycling for recreation and transportation requires responsibility. If you observe traffic laws and use correct cycling skills you can avoid crashes and injuries.

About This Bicycle Commuter Resource Guide

Bicycling has both a recreational and transportation purpose. Bicycling is a healthy, clean, economical, and fun way to get to work. Hundreds of employees in the Baltimore region bike to work every day using a combination of an on-road and off-road bicycle network as well as multi-modal facilities. This guide is designed to ease the transition to bike commuting for Baltimore region employees, and to help employers encourage this smarter way to work. This section is geared toward employees, the opposite side of this guide should be shared with employers.

Why bike to work?

- Biking to work means less traffic congestion and air pollution for the region.
- It's good for the environment. Check out www.rei.com/bikeyourdrive?cm_mmc=ad_PND-_-ROS-_-160x600-_-BYD_CTA to calculate your CO₂ reduction.
- Biking allows you to stay in shape, or get into shape, while you commute. A five-mile, one-way commute takes approximately 30 minutes and burns 300 calories round trip for a 130-pound woman.
- People who bike to work arrive invigorated and work off any of the day's stresses on the way home.
- Riding to work costs less than driving.
- People who begin riding a bike to work may continue riding into retirement.
- There are lots of bicycle trails and facilities to choose from in the Baltimore region, and many transit options to customize your ride to work.

How do you get started?

Here are some suggestions to help you ease into commuting by bicycle:

- Try a practice run on a weekend to find a good route and determine how long it may take. Remember that the route you currently choose to commute by car or bus will likely not be identical to the route you choose to commute by bicycle.
- Choose a route with rolling terrain so it isn't mostly uphill. Remember, your route to work may not be the same as your route home, but it may take the same time.
- Commute by bicycle with a co-worker or friend.
- Start by riding just one day a week. It may be easier on "casual Friday."
- Bring a bike to work and ride it home.
- If you live far from work, try bicycling to the nearest commuter rail station, or put your bike on a bus equipped with a bike rack, or drive part of the way and bike the rest, or bike or drive to a park-and-ride lot and participate in a carpool or vanpool.

"I'm a middle-aged guy who bikes to work from Bel Air to the Edgewood area of Aberdeen Proving Ground at least two days a week from April through early November. Some weeks I get three or four days in. I ride mostly because it makes me feel better and because I can. I certainly like saving money and being green, but **I ride primarily for the health benefits – both physical and mental.** I plan to continue cycling for the rest of my life." — J. Resta/ APG employee



On-Road Riding in Traffic

Be predictable. Riding in traffic is not as hard as it looks if you follow the icon suggestions below.

Bicyclists are vehicle drivers. Traffic rules that apply to motorists also apply to bicyclists. Every person operating a bicycle in a public area has all the rights granted to and is subject to all of the duties required of the driver of a vehicle (Section 21-1202 *Annotated Code of Maryland* (http://mlis.state.md.us/asp/web_statutes.asp?gtr&21-1202)).



Obey all regulatory signs and traffic lights.

Bicyclists must follow the same rules of the road as drivers of other vehicles.



Ride in the same direction as drivers of vehicles.

Never ride against traffic.

Ride so drivers can see you and predict your movements.



Use hand signals for turning, slowing and stopping.

Hand signals tell motorists what you intend to do. Signal as a matter of law, courtesy and self protection.



Ride in a straight line.

Whenever possible, ride in a straight line to the right of traffic and about a car door width away from parked cars.



Don't weave between parked cars.

Don't ride towards the curb between parked cars unless they are far apart. Motorists may not see you when you try to move back into traffic.



Take the lane.

Ride in the middle of the lane whenever you are moving at the same speed as traffic.

"You see a lot more of the city when you commute by bike." — *Barry Childress*



Choose the best way to turn left.

There are two ways to make a left turn:

- (1) Like an auto. Look behind, signal, move into the left lane and turn left.
- (2) Like a pedestrian. Ride straight to the far-side crosswalk. Walk your bike across.

Solution #1

You may not feel unsafe riding if you follow these on-road riding tips.



**Avoid or go slow on sidewalks.**

Pedestrians have the right of way on sidewalks. Bicyclists should always give pedestrians audible warnings when passing. In most cases local ordinances do not permit bicyclists on sidewalks.

**Be alert.**

Ride defensively, watch the traffic, and be prepared to react.

**Scan the road around you.**

Watch for cars parking and pulling in and out of driveways. Make eye contact with drivers. Assume they don't see you until you are sure they do. Learn to look back over your shoulder without losing your balance or swerving left. Some riders use rear-view mirrors.

**Avoid road hazards.**

Watch out for parallel-slatted sewer grates, slippery manhole covers, oily pavement, gravel, pot holes, and ice. Cross railroad tracks carefully at right angles. For better control as you move across bumps and other hazards, stand up on your pedals.

**Keep both hands ready to brake.**

You may not stop in time if you brake one-handed. Allow extra distance for stopping in the rain, since brakes are less efficient when wet.

Be Equipped**Wear a helmet.**

Always wear a helmet whenever you ride a bicycle. Helmets dramatically reduce the risk of head injury in a bicycle crash.

**Be visible. Use lights at night.**

Always use a strong white headlight and red taillight at night and when visibility is poor.

Off-Road Trail Etiquette

Off-road riding is often done on a shared use path. Shared-use paths are used by bicyclists of all ages and abilities, walkers, strollers, joggers, runners, rollerbladers and for organized events. Even though shared-use paths tend to feel safer, because they are off-road and wider, many incidents may occur due to crowding and users travelling at different speeds. On the contrary, not being crowded can make a trail feel vacant and void of activity. While riding on an off-road trail here are some basic rules to follow:



- Stay to the right except when passing.
- Travel at a reasonable speed in a consistent and predictable manner.
- Always look ahead and behind before passing.
- Pass slower traffic on the left; yield to oncoming traffic when passing.
- Give a clear warning signal before passing (ring a bell and say “on your left”).
- Move off the trail when stopped to allow others room to pass.
- When riding on trails at dusk and dawn, use a strong white headlight a red taillight, or red rear reflectors; most trails are not lit.
- Yield to other users when entering and crossing the trail.
- Stop for traffic where the trail crosses a roadway.



Bicyclist Education

One of the best ways to learn how to feel safe and confident while bicycling in traffic is to take a Bicyclist Education Course. There are a number of options in the Baltimore region. Never ridden before? Need a bike mentor? The BMC can connect you with a bike mentor. Additionally, Baltimore Spokes and the League of American Bicyclists (LAB) offer courses through certified trainers. LAB offers a three-hour class designed specifically for bicycle commuting. Call BMC at (410) 732-0500 ext.1055, or the LAB at (202) 822-1333, for more information on bicyclist education courses in the Baltimore area.

Contact the Maryland Department of Transportation (MDOT) to receive a free 16-minute video that provides valuable tips and information for cyclists navigating in traffic on public roads. www.mdot.state.md.us/Planning/Bicycle/MBPAC.html.

Bicycle Rules and Laws

Bicyclists are vehicle drivers, too. By law, “vehicle” means “any device in, on, or by which any individual or property is or might be transported or towed on a highway.” (Section 11-176, *Annotated Code of Maryland*) Every person operating a bicycle in a public area has all the rights granted to and is subject to all the duties required of the driver of a vehicle. (Section 21-1202, *Annotated Code of Maryland*).

Bicyclists are prohibited on roadways that are signed “Prohibited” or on roadways with a posted maximum speed greater than 50 mph unless a continuous paved shoulder or bicycle lane is provided.

Motorists and bicyclists who share the road – especially in heavily traveled urban and suburban areas – need to look out for one another. Motorists should leave at least three feet between their vehicles and any bicycle they pass, and bicyclists should leave at least three feet between them and any parked cars. By law, bicycles are vehicles: motorists should treat them as such. Bicycles should obey all traffic laws, including those that govern left- and right-hand turns, lights and stop signs, right-of-way, and proper lane position. For more information on safety awareness, visit the Maryland State Highway Administration’s Maryland Highway Safety Office’s Choose Safety for Life Campaign at www.choosesafetyforlife.com.



For a complete list of Maryland State Bicycle Laws go to: www.marylandroads.com/index.aspx?Pageid=596

A) Air: Tires lose a little air every day. If your gauge says a tire is more than five pounds under the needed pressure (printed on the side of the tire), add air. No gauge? Push each tire hard against a curb. If you can flatten it, add air.

B) Brakes: You should adjust or replace the brake cable or pads if you have any of these problems:

(a) when you apply the brake on each wheel, one or both brake pads don't touch the rim; (b) you can squeeze your brake lever all the way to the handlebars; (c) on each wheel, the brake can't stop the tire from moving on dry, clean pavement.

C) Chain: A dry chain can lock up or break suddenly. If your chain squeaks when you pedal or it hangs up when you pedal backward, lubricate the chain. Oil will do, but it attracts dirt; a greaseless chain lubricant is best.

D) Handlebars: Hold the front tire between your legs and try to turn the handlebars. If they're loose, tighten the stem bolt.

E) Loose Parts: Pick up the bike and shake it hard. Check and fix anything that rattles.

F) Shifting: Try all of your gears, shifting each gear lever from high to low. You have a problem if the lever sticks, you can't shift to all gears, the chain rubs the derailleur, or the chain jumps off the gears. These are usually caused by worn or dirty cables, or a derailleur that needs cleaning or adjustment.

G) Tires: Turn each wheel very slowly and look for big cuts, bulges, bubbles, or places you can see the inner casing. If you spot any, replace the tire. Remove glass or other debris. If the valve stem doesn't point straight at the middle of the wheel, the rim might cut it; let the air out and straighten the valve.



H) Seat Height: Adjust your seat height so that when you are seated, you can touch the ground with your toes.

I) Wheel Spin: Lift each wheel up and give it a slow spin. (Spin the back wheel forward so the pedals don't move.) If the wheel won't spin by itself or stops suddenly, see whether it's rubbing against the brake pads, frame, or something else. If the wheel's not rubbing, the problem might be the axle or hub.

While riding remember . . .

- **Bicycle Position**

When slower than other traffic, ride as close to the right as safely practicable, except when:

- 1) turning left,
- 2) passing,
- 3) avoiding pedestrians or road hazards,
- 4) when the right lane is right turn only, or
- 5) you are on a one-way street. *This does not apply in lanes too narrow to share with a motor vehicle.*

- **Passing Cars**

Cars should pass on the left; however, they are not required to pass on the left on a one-way street or when passing a vehicle turning.

- **Bicycling Two Abreast**

Riding two abreast is permitted when it does not endanger other bicyclists or impede the flow of traffic.

- **Turning Left**

From a two-way to two-way street, enter and leave the intersection near the center line of the roadway. From a one-way to one-way street, keep as close as practicable to the left curb.

- **Turning Right**

Stay as close as practicable to the right-hand curb.

- **Restricted Roads**

Bicycles are prohibited from expressways, toll bridges, toll tunnels, toll approaches, and other signed 'prohibited' roads.

- **Bicycling on Sidewalks**

Bicycles are prohibited on sidewalks except where allowed by a local ordinance.

- **Mandatory Use of Bike Paths & Bike Lanes**

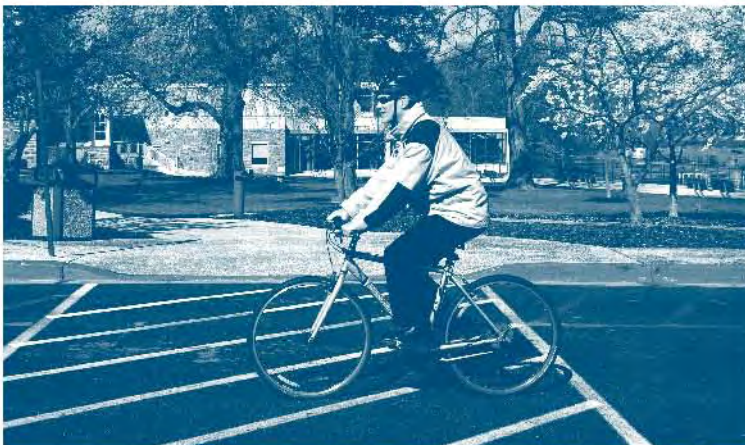
Use of bike lanes is required when available. Cyclists are not required to use separated paths. Cyclists must, however, use smooth paved shoulder on roads where the speed limit is over 50 mph.

- **Helmets**

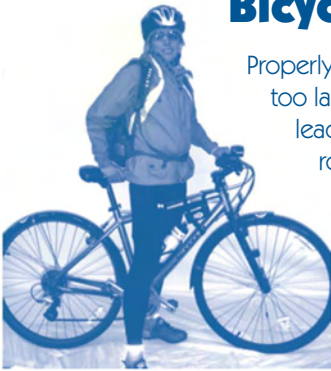
Required for cyclists aged 16 and under. Required in Howard County aged 17 and under and all ages in Sykesville.

- **Lights**

A front light is required when dark. A red rear reflector is required.



Bicycle Fit



Properly fitting on your bike is important. A bike that's too large or too small is difficult to control and can lead to discomfort or injury. As a general rule for road bicycles, you should have at least one inch of clearance between the top tube and your crotch as you stand astride the bike.

Clearance should be approximately two inches for a hybrid or cross bike and three to four inches for a mountain bike. Ask at a local bike shop for help checking your bicycle fit.

Solution #2

You may not feel uncomfortable if you have proper "Bicycle Fit."

Outfitting Your Bicycle

You don't have to spend a lot of money on gear, but certain accessories can make bike commuting feel safer and more enjoyable. Prioritize spending on safety-related items. Keep in mind that you get what you pay for, and since bike commuting is very economical, you will save money in the long run. To make choosing among the wide variety of bicycle accessories a less daunting task, think about your needs, talk to friends and staff at your local bike shop and read equipment reviews in bicycle publications.



Headlights & Taillights Headlights are required by law for night riding. Taillights are a good addition to the rear red reflector. Lights vary greatly in their quality of construction, mounting design, amount of light they supply and run time. Headlights can be rechargeable, non-rechargeable, or generator powered.

liners can help prevent flats. Including a rag in your tool kit can help you stay clean in the event of a mechanical problem.

Tools It's a good idea to carry a basic tool kit with a small set of allen wrenches, a tire patch kit, and tire levers. Flat tire repair is often featured in bicycling magazines and is always included in repair manuals. Products such as puncture-resistant tires, tubes and tire





Fenders Fenders help in wet conditions. They nearly eliminate spray from your wheels, keeping you drier, cleaner, and more comfortable.

Mirrors Mirrors come in two basic types: 1) Mirrors mounted on your helmet (or eyeglasses) are constantly in your field of view, requiring just a quick glance to check the road behind, but some may find that distracting and, 2) Bar-mounted mirrors are not constantly in your field of view, but are subject to vibration from the road. Although mirrors can help you keep tabs on traffic, they are not a substitute for looking behind you.

Racks, Bags or Baskets — A bike without carrying capacity is not a convenient way to get to work. A sturdy luggage rack is a must. Panniers are removable carrying bags which hang from the sides of the rack. Some are like soft briefcases, some are folding baskets, some are like a hanging bag for clothes. Smaller rack-packs attach to the top of the rack. You can strap a briefcase, books, or other items to the top of the rack with a bungee cord. Another alternative is a securely belted back pack, although these can become very uncomfortable on longer rides. Some type of carrying-gear is essential if you want to be able to run errands during your commute.



Solution #3

You can use a rack to carry your stuff or use a trailer to carry a passenger.



Bicycle Trailers

Whether you're dropping the kids off at school on the way to work, or enjoying a ride with your pet, www.BicycleTrailers.com has information on the type of bike trailer you need. Visit BicycleTrailers.com for a list of examples based on experience from new users.

Outfitting Yourself

Helmets: A Must

Using a helmet can reduce the chance and severity of injury and may even save your life if properly sized, adjusted, and consistently worn. Here are some important points about helmet use:

- The helmet should fit snugly and be worn level on your head. If tilted back, it will not protect your head. Side straps should meet in a 'V' below your ear lobes.
- Bicycle helmets are designed to withstand one crash only. Structural damage is not always visible, so always replace a helmet that has been in a crash and never buy used helmets.
- Light or fluorescent-colored helmets make you more visible to motorists, as does reflective tape applied to your helmet.
- You can never tell when a crash is going to occur, so wear your helmet every time you ride, no matter how short the trip.
- If you are towing children in a child carrier or in a child seat on your bicycle, the child must be wearing a helmet.



Visible Clothing

- Wearing bright clothing or accessories (e.g., reflective arm/leg bands, vests) can help make up for the fact that drivers often are not used to scanning for objects smaller than cars. In daylight conditions, fluorescent or light-colored items are very visible but, at night, reflective items are most visible.

Bike Shorts (Spandex)

- Cycling shorts reduce friction and provide cushioning. For short commutes, they may not be necessary.

Motorist: Do you realize we have been passing each other for the last 5 miles?

Cyclist: I'm sorry. I hope I did not inconvenience you.

Motorist: No it's not that, I did not realize bikes are as fast as cars.

Cyclist: In the city it's real close.



Rain Gear

- Riding in the rain is possible, and rain gear makes it easier.
- Look for breathable fabric. Non-breathable fabric can cause you to overheat and sweat. An inexpensive waterproof poncho, while not breathable fabric, allows good ventilation. Rain pants should be long enough to cover the top of your footwear to help keep your feet dry. The cuffs of the pants should cinch snugly against your ankles to keep them from getting snagged on anything (such as your bike's chain or chainrings).



Footwear

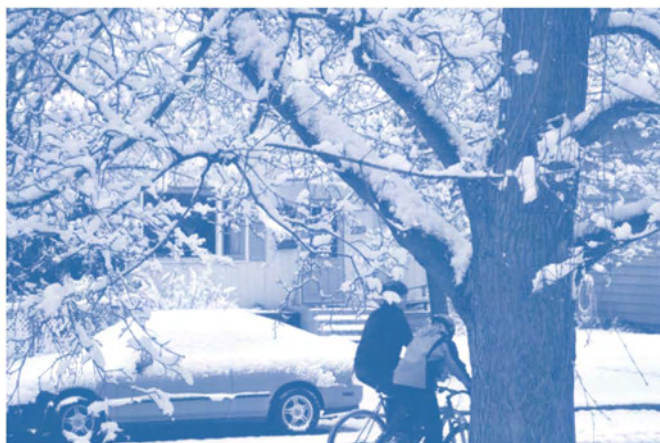
- Ideal cycling footwear is stiff-soled and comfortable to walk in. Some cyclists use special shoes, toe-clips or clipless pedals, but common footwear such as light hiking boots, sneakers, or even dress shoes may suffice. Weatherproof booties fit over most any footwear.
- Pedals with clips? Try them before you buy them. If your ride is hilly and you can hold your line while riding, then having your foot clipped to the pedal may save you some energy. If you have a lot of stops to make at intersections and cross streets that require quick attention and taking your foot off the pedal a lot in the beginning, then don't commit to just a clip-on pedal.

Cold Weather Clothing Tips

Don't let the cold keep you from biking to work. Cycling, like all exercise, warms you up. In cold weather, put a thin layer against your skin to keep yourself dry. Then use an insulating layer on top of that, and finally, if you need, a wind or rain jacket. Make sure the jacket has full front zippers to allow for ventilation. Your head, hands, and feet tend to get colder faster than the rest of your body. Ear warmers and thin, knit head coverings and gloves allow you to cycle comfortably in cold weather. If you have to be wet (due to rain or perspiration), at least be warm. Avoid cotton, which loses its ability to insulate when wet. Synthetics or wool keep you warm when wet and dry out quickly.

Solution #4

**You may not feel
sweaty, cold or
wet if you follow
these tips.**



Dealing with Office Clothes

Cycling in partial or full office attire is often feasible, especially if your trip is relatively short or you maintain a moderate pace. Even in summer, it is seldom very hot in the early morning. You could also buy a garment bag that attaches to a bicycle (available at bicycle stores) and change when you get to work. Some health clubs offer “runner” memberships, where, for a reduced rate, you can use the showers and locker rooms. Ask at a fitness club near your office.



“I drove to Bike to Work Day in 2007 and 2008 to promote the Parking Authority’s efforts in bicycle parking and car sharing. By May of 2008 I had begun taking the bus to work fairly regularly, but did not own a bicycle. I was embarrassed to show up in my minivan and felt like I needed to take the plunge. After watching 5-10 bicycles pass me by while I waited for the bus, I finally broke down and bought the first bicycle in my price range that I came across – a \$150 Schwinn at Target! It weighs about a ton, but works just fine to get me the 4 miles from my house in Hampden to work downtown. I love bicycling to work and wonder why I waited so long to try it. About half my ride uses bikeways, either using sharrows along Keswick Avenue or along the Jones Falls Trail, which is completely separate from vehicle traffic. It’s a very easy ride. It’s also convenient. Although I’m also a big advocate of using public transportation, my bike puts me in control of my schedule. I am most surprised by the boost to my mental health. **I am just a happier person on the days when I ride to work.** As a mother of 3 children under the age of 5, I just don’t take time to exercise like I should. This builds it into my day. Once you’ve tried it, you’ll want to find ways around the excuses you have not to bicycle. — Tiffany James



Bicycle Security

Nothing is theft-proof and no locking system is perfect, but you can take the steps below to ensure that your bike is a less attractive target to a thief:

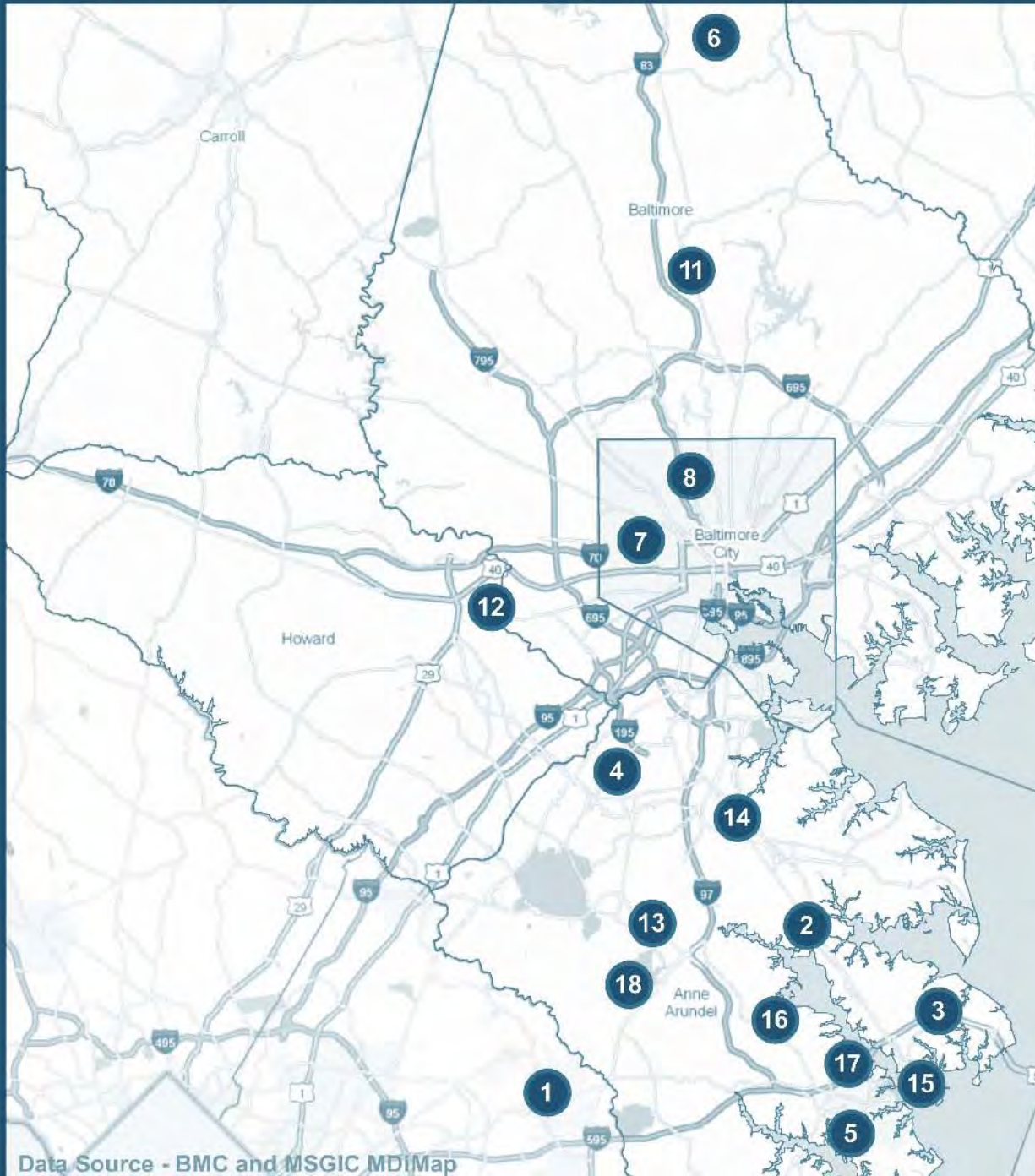


- Check to see if your office has secure bicycle parking. If it does not, contact your local planning office to inquire about a bike rack installation.
 - Consider where and how long your bike must be parked when deciding how to secure it. If possible, keep your bike in your office or in a secured room at your workplace.
 - If your bike must be parked outside, lock your frame and both wheels to an immovable object. Don't lock your bike to a sign or other object that can be easily unbolted, bent, cut or removed. Pick a well-traveled, lighted place; thieves don't like working in exposed areas.
 - Consider leaving your heavy U-lock at work, locked to the bike parking rack, and carrying a light cable lock with you for quick errands. At work, use both locks because thieves need different large, bulky tools for each type of lock. This requires more time and more risk for the thief, plus some thieves only carry tools to break one kind of lock, not both, making your bike an unlikely target.
- When not in use, cable locks can be wrapped around the seat post and U-locks can often be carried on a rear rack or bracket.
 - Take all easily removed accessories with you when leaving your bike unattended.
 - Many lock manufacturers offer warranties that will cover the cost of replacement if your bike is stolen while using their lock.
 - Many parking garages offer bike parking. Look for a garage with racks in view of the attendant.

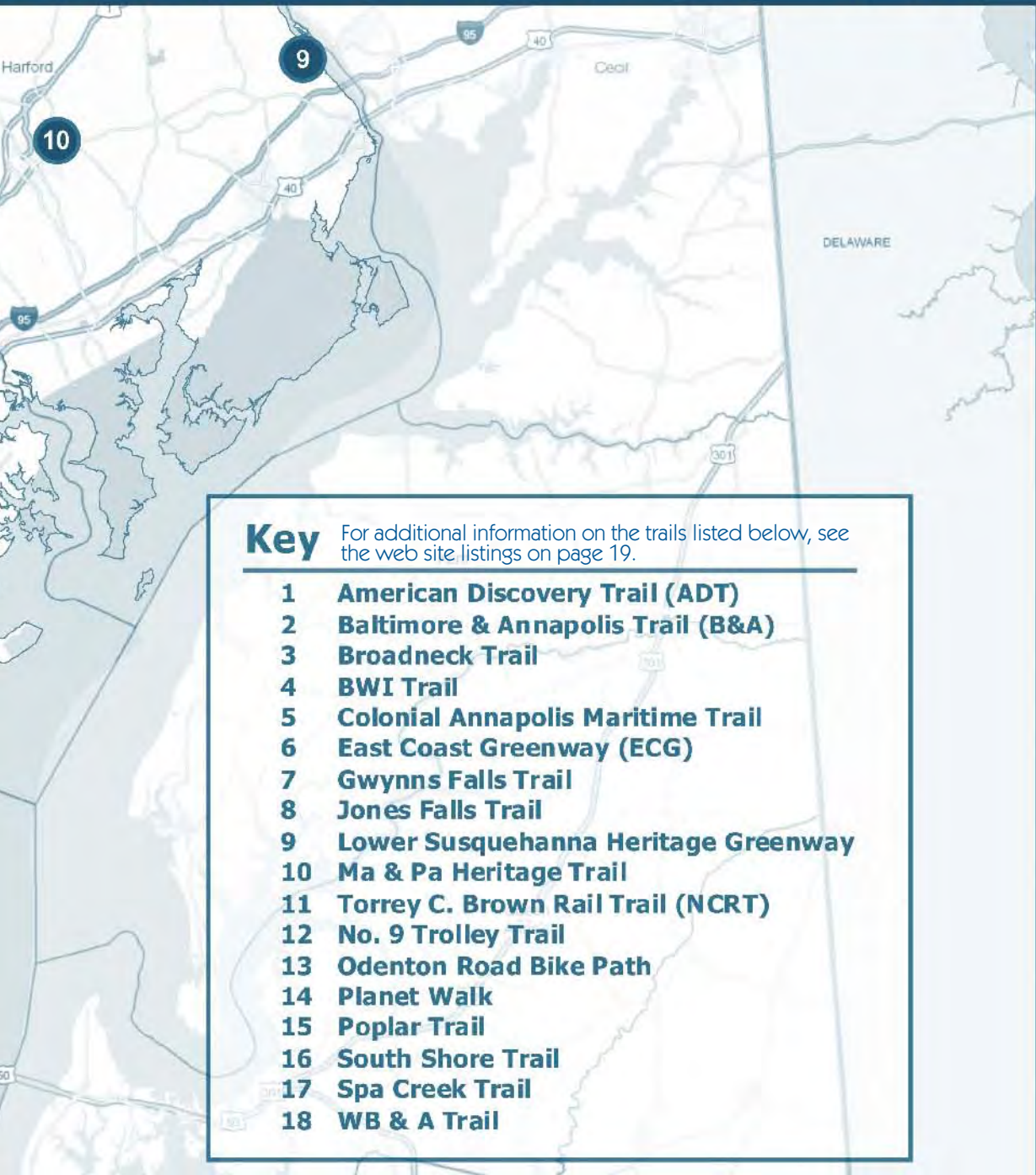
Solution #5

**Secure your
commuter bike by
following the tips
on this page.**

BALTIMORE REGION



TRAIL VICINITY MAP



Key For additional information on the trails listed below, see the web site listings on page 19.

- 1 American Discovery Trail (ADT)**
- 2 Baltimore & Annapolis Trail (B&A)**
- 3 Broadneck Trail**
- 4 BWI Trail**
- 5 Colonial Annapolis Maritime Trail**
- 6 East Coast Greenway (ECG)**
- 7 Gwynns Falls Trail**
- 8 Jones Falls Trail**
- 9 Lower Susquehanna Heritage Greenway**
- 10 Ma & Pa Heritage Trail**
- 11 Torrey C. Brown Rail Trail (NCRT)**
- 12 No. 9 Trolley Trail**
- 13 Odenton Road Bike Path**
- 14 Planet Walk**
- 15 Poplar Trail**
- 16 South Shore Trail**
- 17 Spa Creek Trail**
- 18 WB & A Trail**

Resources for Employees and Employers

Area Bicycle Clubs, Groups and Organizations

Annapolis Bicycle Club www.annapolisbicycleclub.org

Baltimore Bicycling Club (410) 792-8308 or www.baltobikeclub.org

Baltimore Metropolitan Council (BMC) (410) 732-0500 ext.1055 or www.baltometro.org

BMC provides staff support to the Metropolitan Planning Organization for the Baltimore region. BMC conducts bicycle planning, hosts an annual Bike-to-Work Day, and provides information to cyclists to help them find ways to commute using alternative modes of transportation.

Baltimore Spokes www.baltimorespokes.org

Baltimore Spokes is a public resource for and about cycling and cyclists in the Baltimore region. It is dedicated to helping raise the awareness of what's good and not so good about cycling in the world around us.

Bicycling Advocates of Howard County <http://sports.groups.yahoo.com/group/FriendsofBAHC/>

Billers Bikes www.billersbikes.com/index.html

Carroll County www.carrollcountytourism.org/things/todo/biketours.aspx

East Coast Greenway www.greenway.org

Friends of Anne Arundel County Trails www.friendsofaatrails.org

The Friends of Patapsco Valley & Heritage Greenways, Inc., www.patapscoheritagegreenway.org/recreation/hiking.html

Harford Velo Cycling Club www.harfordvelo.org

Hopkins Cycling www.jhu.edu/~cycling/

League of American Bicyclists (LAB) (202) 822-1333 or www.bikeleague.org

LAB is a national cycling advocacy group founded in 1880. The LAB provides bicyclist education courses taught by certified instructors.

Lower Susquehanna Heritage Greenway www.lshgreenway.org

One Less Car (410) 960-6493 or www.onelesscar.org

One Less Car advocates for providing safe and effective transportation alternatives for all citizens through education, lobbying, and facilitation between our communities, governments, and state and local representatives.

Velocipede www.velocipedebikeproject.org

Area Bicycle Planners and Plans

Call these numbers if you have questions or comments about bike lanes, trails, routes, racks or the plans listed.

City of Annapolis (410) 263-7961, www.ci.annapolis.md.us/upload/images/government/depts/pl_zon/compplan/Comp%20Plan%20CC%20Draft%20-%20Chap%204%20Transportation.pdf

Anne Arundel County (410) 222-7440, www.aacounty.org/PlanZone/Transportation/BikePedestrianPlan.cfm

Baltimore City (410) 396-6802, www.baltimorecity.gov/government/transportation/downloads/BaltimoreBikePlan_entire_06.pdf

Baltimore County (410) 887-3521, www.baltimorecountymd.gov/Agencies/planning/community_planning/adopted_community_plans/easterncountbikeandped.html

Carroll County (410) 386-2132, <http://carrollpathways.org/todo/transportation.asp>

Harford County (410) 638-3103, www.harfordcountymd.gov/PlanningZoning/landuseplan/Plan/TransportationPlan.pdf

Howard County (410) 313-2350, www.howardcountymd.gov/DPZ/DPZDocs/HCPedestrianPlan0807.pdf

Baltimore Metropolitan Council (410) 732-0500 ext. 1055, www.baltometro.org/downloadables/Outlook2035/TO2035_Final_All.pdf

Maryland Department of Transportation (888) 713-1414, www.marylandtransportation.com/Planning/Bicycle/FINALB.PDF

Maryland State Highway Administration (410) 545-5656, www.marylandroads.com/index.aspx?PageId=593

Road and Trail Maintenance

It is not always clear whom to call to remove debris, patch potholes, trim branches or bushes, or notify about hazards along the way. Most trails serve recreational purposes and are not cleared of snow or ice. Please check specific trail hours and what the conditions are in inclement weather. Here are some numbers to help you get started:

State Roadway Maintenance

To see what state roads each maintenance shop listed below are responsible for visit
www.marylandroads.com/index.aspx?PageId=593:

Anne Arundel County:	Annapolis Shop . . 410-841-1009	Glen Burnie Shop . 410-766-3770
Baltimore County:	Golden Ring Shop 410-574-4511 Owings Mills Shop 410-363-1315	Hereford Shop . . . 410-329-6756
Carroll County:	Westminster Shop 410-876-2061	
Harford County:	Churchville Shop . . 410-838-7788	
Howard County:	Dayton Shop 410-531-5533	

Local Roadways:

Anne Arundel County:	410-222-6120
Baltimore City:	311
Baltimore County:	410-887-3560
Carroll County:	410-386-2035
Harford County:	410-638-3532
Howard County:	410-313-7450

Local Trails:

Local Departments of Parks and Recreation usually maintain trails and trail facilities. If you are involved in an incident along a trail or anywhere, call 911 immediately.

Anne Arundel County:	410-222-8820
Baltimore City:	410-396-0440
Baltimore County:	410-887-3827
Carroll County:	410-386-2103
Harford County:	410-638-3571
Howard County:	410-313-4700



Solution #6

Planners are working towards more miles of marked bike lanes and bike route signs all the time.

Solution #7

Don't wait to fall or for someone else to call and report a hazard along the way. Call to report a roadway or trail hazard.

Call your area planner for an update.

Area Bicycle Trails & Maps

Don't see a trail or place you may decide to ride listed? Visit [www.traillink.com/trailssearch.aspx?tn=&st=MD&ct=\\$sp=Y](http://www.traillink.com/trailssearch.aspx?tn=&st=MD&ct=$sp=Y)

American Discovery Trail www.discoverytrail.org/states/maryland/index.html

Baltimore City - Baltimore County Bicycle Map
www.umbc.edu/ges/student_projects/bike_map/bike_map_mainpage.html

Baltimore and Annapolis (B&A) Trail
www.dnr.state.md.us/greenways/ba_trail.html

Broadneck Trail

BWI Trail Map, Anne Arundel County
www.aacounty.org/RecParks/parks/trails/bwitrailmap.cfm

Carroll County Bicycle and Pedestrian Map
www.cfrdc.org/BikePed/carrollmap.pdf

Colonial Annapolis Maritime Trail

East Coast Greenway
www.greenway.org/maps/ECG-MD-DC1.kml
For cue sheets (read and complete the East Coast Greenway's web site disclaimer)
www.greenway.org/cuesheets.php

Gwynns Fall Trail
www.gwynnsfallstrail.org/

Harford County Trails www.harfordcountymd.gov/parks_rec/trails.cfm

Inner Harbor Trail

Jones Falls Trail www.jonesfall.org/index.php/programs/jones_fall_trail/

Torrey C. Brown Rail Trail (Northern Central Railroad Trail)
www.dnr.state.md.us/greenways/ncrt_trail.html

Lower Susquehanna Heritage Greenway
www.lshgreenway.org/map.html

Ma & Pa Heritage Trail www.mapatrail.org/

Maryland State Bicycle Map www.mdot.state.md.us/planning/bicycle/bicyclemaps.html
To order a free hard copy or a larger quantity call (800) 252-8776 or visit
www.marylandroads.com/SHAServices/mapsbrochures/maps/OPPE/maps.asp

Maryland Bicycle Level of Comfort Maps
www.marylandroads.com/index.aspx?PageID=593

Maryland Department of Natural Resources
www.dnr.state.md.us/outdoors/central.html

Number 9 Trolley Trail

Odenton Road Bike Path

Planet Walk www.friendsofaatrails.org/planet_walk.htm

Poplar Trail

South Shore Trail

Spa Creek Trail

Washington, Baltimore & Annapolis (WB&A) Trail
www.waba.org/areabiking/trails/wbatrail.php

See where others are biking and mapping connections visit www.bikely.com

Bridges and Toll Tunnels

Not all bridges or approaches were designed to accommodate bicycle or pedestrian traffic. For more information on crossing the Thomas J. Hatem Memorial Bridge (US 40 over the Susquehanna River), contact 410-537-1196; for toll facilities, contact the Maryland Transportation Authority at 410-537-1000; or mdta@mdtransportationauthority.com or local services www.billersbikes.com/bridgeservices.html.

Local Bicycle Rack Programs

Baltimore City Department of Transportation bike rack program (410) 396-6820 or www.baltimorecity.gov/government/transportation/planning/bikebaltimore/bikeparking.php

List of Bicycle Parking Equipment Dealers & Manufacturers

American Bicycle Security Co.	(800) 245-3723	www.ameribike.com
BikeLid Systems LLC	(212) 893-8351	www.bikelid.com
BikeUp, Nepean	(800) 661-3506	www.bikeup.com
Bike Security Racks Co.	(800) 545-2757	www.bikeracks.com
Cora Bike Rack Inc.	(800) 354-8624	www.cora.com
Creative Pipe, Inc.	(800) 644-8467	www.creativepipe.com
Cycle Safe Inc.	(888) 950-6531	www.cycle-safe.com
Dero Bike Rack Co.	(888) 337-6729	www.dero.com
Madrax Inc.	(800) 448-7931	www.madrax.com
Saris	(800) 783-7257	www.sarisparking.com
Sunshine U-Lock Corporation	(800) 548-1344	www.sunshineu-lok.com
Urban Accessories, Inc.	(800) 544-7529	www.urbanaccessories.com

"Commuting by bike has **made me more aware of my surroundings and happenings in my own neighborhood** by slowing down and taking it all in. In addition to that, I have lost over 30 lbs. Commuting only takes 10 minutes longer by bike but the benefits make it well worth it." — *Josh, City of Baltimore*



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This guide was based largely on the "Bicycle Commute Guide," a publication of the Metropolitan Washington Council of Governments, the Washington Area Bicyclist Association, and Commuter Connections of Washington D.C.

For an electronic version of this free guide or for more copies and for information on all types of alternative commuting throughout the Baltimore region, contact the BMC at (410) 732-0500 ext.1055 or www.baltometro.org.

Solution #8

Talk to your employer about having one of the bicycle parking equipment dealers, listed on this page, install a bike rack to support your commute.

Multi-Modal: Bicycles and Transit

Bicycling can be an easy and inexpensive way to get to a bus stop, park-and-ride lot, or commuter train. Listed below are the bike policies for area transit providers. Folding bikes are permitted on all transit services. See http://en.wikipedia.org/wiki/Folding_bike for folding bike information.

Maryland Transit Administration (MTA)

Local Transit and Commuter Bus

Please call your local transit agency for information regarding policies related to bicycles on transit.

Bicycles are permitted on all MTA Light Rail and Metro Subway service except on crowded trains. If the train is crowded due to morning or evening rush hour, sporting or special events, please wait for the next train.

Local MTA buses are equipped with racks to carry two bicycles. The bicycle racks are very easy to use, designed for a cyclist to load and unload themselves. Ask your bus driver if you have questions on how to load or unload your bicycle.

Most Light Rail and Metro Rail stops have bicycle racks, bicycle lids, and some have lockers. For more information, call (800) 543-9809 or go to www.mtmaryland.com.

Commuter Rail

Only folding bicycles are allowed on MARC or Amtrak Trains; however, most stations have bicycle parking. For more information, call (800) 325-RAIL or go to www.mtmaryland.com.

Park-and-Ride Lots

Many area park-and-ride lots have bicycle racks and some have lockers. For more information, contact the MTA at (410) 529-5000 or visit www.mtmaryland.com/resources/bikesonMTA.

Solution #9

It may not be too far or take too long if you build your trip by making multi-modal choices.



How to encourage your employer to support biking.

You're now well versed in the ways of bike commuting, but you would like to see a few changes at your office to assist you and your colleagues who might like to bike to work. Flip to the other side of this guide to learn about sound investments and policies employers can use to encourage cycling, improve employee health, and save money. Here are some ideas to get you started:

- Show this guide to your human resources representative and building manager.
- Organize a bike-to-work day at your office (see Employer Section).
- Call BMC at (410) 732-0500 ext.1055 and ask about setting up a bike-to-work orientation at your work site.



"Of course, a number of things make my commute by bike easier. The building where I work has a gym in it and I've joined simply so that I can have a place to shower and change. Coming from three miles away a shower is very helpful, even if most of my ride to work is downhill. The building's concierge also offers a laundry service, so I just keep shoes and pants at the office and every week I get clean shirts. Because there are several bike commuters in our office, we were able to convince the building management to remove an awkward parking spot and replace it with four bike racks in the parking garage, ensuring that my bike is secure and out of the elements. Even when the weather gets really bad, the **bike racks on MTA buses mean that I can get my bike home if freezing rain starts in the middle of the day.** Finally I'm able to borrow a car from co-workers when I need to drive to a work meeting and soon we'll be able to use Baltimore CarShare vehicles, which will save the company money and make it easier to know that I can ride to work even if I have to drive somewhere later in the day." — Patrick McMahon

THANK YOU!

This is the end of the Employee Section. Please flip this guide over and share it with your employer.