
BICYCLING + TRANSIT

A guide to help you explore more



 **Metro Transit**

metrotransit.org/bike



COMBINE A BICYCLE TRIP WITH TRANSIT

Bicycling saves money, saves time and improves fitness. A bicycle can provide a trip to work, school, the store — virtually everywhere someone might drive their car. Traveling by bicycle reduces traffic congestion and has little impact on the environment. Plus, bicycling is fun!

For any trip you take, combining a bicycle trip with a bus or train ride can provide time-saving options. All Metro Transit buses and trains have free bicycle racks, so you can pedal part of the way and ride the rest.

Why use bicycle racks?

- » To increase the number of transit connections and eliminate transfers
- » For one-way commuting
- » During poor or dangerous weather
- » For an equipment failure, such as a flat tire
- » For recreational outings

Good to know

- » Only two-wheeled, non-motorized bikes are permitted on racks.
- » Racks will hold many wheel and frame sizes — bicycles with wheels from 20 to 29 inches in diameter generally fit.
- » Call Metro Transit Lost & Found at 612-373-3333 if you have left your bicycle on a bus or train.
- » Metro Transit is not liable for damage to bicycles, except if Metro Transit is found to be negligent or

at fault in an accident. Theft, damage, injury while loading and unloading, acts by a third party and all other incidents are solely the responsibility of the bicyclist and not Metro Transit.

Pre-boarding tips

- » Consider practicing loading your bicycle on a practice rack or when a bus is between trips. Check metrotransit.org/bike to find locations with practice racks.
- » Always approach the bus from the curb — never ride around to the front of a bus from the street side.
- » Wait with your bicycle on the curb for the bus to come to a complete stop.
- » When it's dark outside, use a flasher light to hail an approaching bus.
- » Consider locking your bicycle's rear tire and frame together before loading your bicycle on the rack. Bring any loose items with you and consider removing water bottles and bags from your bicycle.
- » Make eye contact with the bus driver to make sure you are seen as you move in front of the bus to load your bicycle.
- » Use a kickstand to stabilize your bicycle or position the bicycle between yourself and the bus and just reach over it to begin loading.

Note: By policy, bus drivers cannot leave their seat to assist you with loading.

LOADING YOUR BICYCLE ON THE BUS RACK



Step-by-step loading instructions are printed on the rack.

If yours is the only bicycle:

1 Squeeze the handle to release the locking pin



2 Lay the rack down flat and release the handle



3 Hoist (or roll) your bicycle into the slot closest to the driver if possible



Always load the bicycle directly in front of the bus or from the curb — do not expose yourself or your bicycle to passing traffic. Hoisting the bicycle by the seat tube and stem provides good leverage and keeps the bike stable.

4 Pull the support arm out completely and then up and over the front tire



➡ See an instruction video on bikes and transit at metrotransit.org/bike

Loading your bicycle on the bus rack (continued)



Do not place the arm on top of a fender or brake — it should be in contact with the tire directly.

If there is already a bicycle on the rack, hoist or roll your bicycle into the available slot and proceed as above.

When you're at your destination, let the driver know that you will be unloading your bike. Unload your bike by simply reversing the loading procedure.

If yours is the only bicycle on the rack, squeeze the handle and return the rack to its upright position.



What happens if the rack is full?

If the rack is loaded with two bicycles, you may ask the driver if you may bring your bike aboard. The driver always has the discretion to determine whether or not your bicycle can be safely accommodated on that trip. The driver knows the route and may refuse your request — even if the bus is not full at the time you are boarding — to avoid crowded conditions farther along the route.

If the driver determines that you can bring your bicycle inside the bus:

- » Allow other customers to board first.
- » Quickly remove any sand, snow, water or debris from the wheels.
- » Carefully hoist or roll your bicycle onto the bus.
- » Ask the driver where you should sit or stand with your bike — generally this will be the rear of the bus.

LOADING YOUR BICYCLE ON A LIGHT-RAIL TRAIN



Walk — do not ride — bicycles at stations, on platforms and on trains.

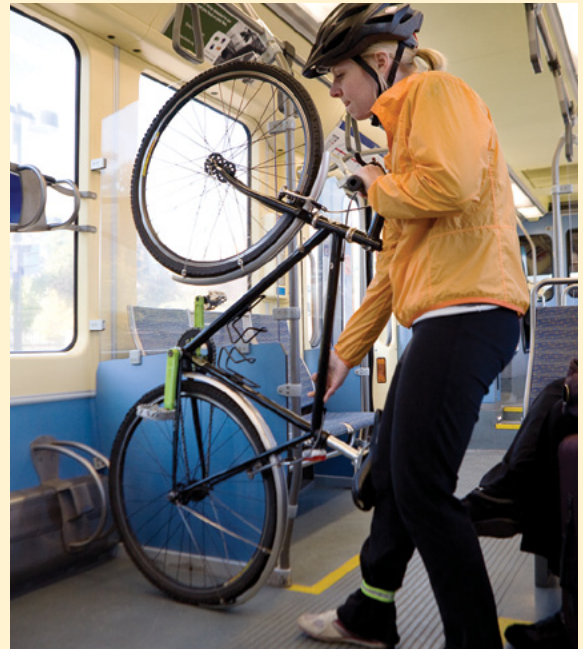
Bicyclists are required to use elevators or ramps (where available) to access station platforms.

Pay your fare on the platform, then walk your bicycle to the boarding area and wait behind the line.



As a train approaches, position yourself to board. Each train car has four doors; the middle two doors are closest to the onboard racks.

Wait for those getting off the train, then let others board before rolling your bicycle through the doors.



Position the rear wheel between the hoops of the lower rack and hook the front wheel at the top.

Remove any unsecured items and collapse your seat post if possible.

Stand with your bike or take a nearby seat.

As you approach your stop, prepare to remove your bike from the rack as soon as the train stops moving.

Allow others to exit before you unload your bicycle.

To ensure safety, Metro Transit reserves the right to limit onboard storage of bicycles during special events or when trains are crowded. If there is no room for you and your bicycle on the train or the bike racks are full, wait for the next train.

LOADING YOUR BICYCLE ON A NORTHSTAR TRAIN



Walk — do not ride — bicycles at stations, on platforms and on trains.

Bicyclists are required to use elevators or ramps (where available) to access station platforms.

Pay your fare on the platform. After paying, walk your bicycle to the boarding area and wait well away — behind the yellow line or further — from the approaching train.

As the train approaches, position yourself to board. Each train has two doors. Load your bicycle at the door marked with the bicycle symbol.

Allow others to board or exit the train before lifting your bicycle through the entrance.



You will see the storage area a few feet away. Instructions are printed above the foldable seat.

If necessary, fold up the seat and place your wheel in the bracket closest to the folded seat. Secure the wheel tightly with the yellow strap.

When your bicycle is secured, stand with your bike or take a nearby seat.

As you approach your stop, prepare to remove your bicycle from the rack.

Allow others to exit the train before you exit with your bicycle.



BICYCLE LOCKERS

Get a bicycle locker for safe and weatherproof storage — it's like a garage for your bicycle and equipment. Bike lockers are available for rent at many Park & Ride lots, light-rail stations and other Twin Cities locations. Go to metrotransit.org/bike to find an available locker near you.

For more details, visit metrotransit.org/bike or call 612-373-3333, and choose “bicycling programs” from the menu.

GUARANTEED RIDE HOME

With the Guaranteed Ride Home program, you won't have to worry about having to work late unexpectedly or leave work early due to an emergency.



Commuters who bicycle and/or ride the bus, train, carpool, vanpool, or walk at least three days a week to work or school are eligible for this free program. Registered participants can request reimbursements up to four times per year or \$100 in value, whichever comes first, for eligible trips with proper documentation.

Sign up today at metrotransit.org/grh or call 612-373-3333 for more information.

READY FOR WORK

Appearing presentable at work after a ride is a concern for many considering bicycle commuting. Here are some ideas:

- » If your trip is short or you can ride at a relaxed pace, you may be able to ride in your work clothes (an ankle strap will keep your pant leg out of the chain).
- » Store your bicycle in a rack on the bus or train on the way to work then pedal home.
- » If you need to change clothing, you can either leave clothes at work or carry them with you.
- » Your employer may have shower and locker facilities available or you may be able to find facilities nearby your workplace (in the same building, for instance).
- » Your employer may have a room where you can privately change into work clothes and clean up.
- » Changing in the restroom and freshening up is always an option. You may want to bring or store toiletries and a towel (“pack” towels are super absorbent, small and light). Some bicyclists use baby wipes to freshen up.





GET MORE RESOURCES ONLINE

Go to metrotransit.org for useful information for any bicyclist – from the curious to the committed – on these bicycling topics:

- » Developing your route
- » Minnesota bicycle laws
- » Proper gear
- » Safe bicycling
- » Going to work
- » Bicycle connections to Northstar stations



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Learn about all of the ways Metro Transit is Going Greener at metrotransit.org/gogreener



metrotransit.org/bike



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