Benefits of Bike Commuting

Bicycle commuting is an opportunity to turn your stressful commute into valuable exercise time. It's fast enough to get you there in a reasonable amount of time, yet slow enough to allow you to enjoy the scenery. Bicycling is environmentally friendly. It will prolong the life of your car, save you money on gas, and parking.

Getting Started

Plan your route. Map out your route in advance using this map. If there are gaps in the suggested routes or no direct routes, try going out on the weekend or after work to explore alternatives. A leisurely ride through neighborhoods along the way will reveal alternate roads that may be perfect for your commute. Make a practice run. The more comfortable you are with your route the easier



Albuquerque Irails

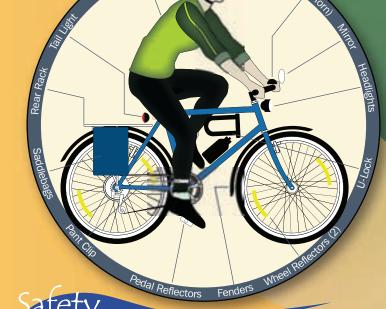
The City of Albuquerque plans for, develops, and maintains many of Albuquerque's trails. The Albuquerque metropolitan area has more than 100 miles of paved multi-use trails and hundreds of miles of unpaved trails that are used by bicyclists and other users. These trails are connected with the on-street bikeway system to provide a recreational

Albuquerque's premiere trail, the Paseo del Bosque Trail, goes from the north to the south edges of the metro area through the Rio Grande's cottonwood bosque, 16 miles of paved trails uninterrupted by roadways. It passes through Rio Grande Valley State Park, with opportunities to see birds, coyotes and other wildlife, but also takes trail users to the Nature Center, Bio Park, the zoo, and the National Hispanic Cultural Center.

meet other bicyclists, walkers, people with wheelchairs, in-line skaters, possibly equestrians. Courtesy and caution are a part of having an

You may encounter many different kinds of users on the trails. Expect to





An approved bicycle helmet can greatly reduce the risk of death or permanent injury in the event of an accident. Look for the ANSI Z90.4.

On-Street Bikeways share the road

Ride Defensively - Prepare for the unexpected and plan alternate maneuvers to avoid conflict. Rules alone do not always protect cyclists from injury. Be alert.

The regulations in SS 8-3-3-1 et seq. shall be applicable whenever a bicycle is

operated on any path set aside for the exclusive use of bicycles or set aside for

use of bicycles with pedestrians, motorcycles and/or horseback riders and shall

also be applicable to all streets, parking lots and the like, covered by SS

The parent of any child and the guardian of any ward shall not authorize or

knowingly permit such child or ward to violate any of the provisions of SS

(A) Operators of bicycles have the same rights as operators of automobiles in

the use of streets, highways and roadways within the city, except as otherwise

(B) Every person riding a bicycle upon a roadway shall be subject to all the

provided in this Traffic Code and except as to those provisions of laws and

ordinances which by their nature can have no applications; and each such

to which a motorist is subject. ('74 Code, S 9-5-16.5) (Ord, 65-1974)

duties applicable to the drivers of motor vehicles, except as otherwise expressly

person shall be subject to the same provisions and sections of this Traffic Code

(A) Any person operating a bicycle shall obey the instructions of official traffic

control signals, signs, and other control devices applicable to vehicles, unless

(B) Whenever authorized signs are erected indicating that no right or left or

U-turn is permitted, no person operating a bicycle shall disobey the direction of

any such sign, except where such person dismounts from the bicycle to make

8-1-3-2. ('74 Code, S 9-5-16.1) (Ord. 65-1974)

8-3-3-1 et seq. ('74 Code, S 9-5-16.2) (Ord. 65-1974)



8-3-3-1 JURISDICTION.

8-3-3-2 PARENT'S RESPONSIBILITY.

8-3-3-5 TRAFFIC REGULATIONS APPLY.

8-3-3-6 OBEDIENCE TO TRAFFIC CONTROL DEVICES.

otherwise directed by a police officer.

Signal all turns and stops ahead of time, ntended move only when it is safe to do

USE HAND SIGNALS



BE CAREFUL AT INTERSECTIONS intersections. Proceed with care. Vehicles making turns are particularly dangerous.



DISMOUNT AS POSTED

Dismount and walk across roadways or

BEWARE OF CAR DOORS

unexpectedly open doors. Be particularly

careful if you see a motorist in the car.

Ride a car's door width away.

Be wary of parked cars. Motorist can

CONTROL YOUR PET

adjustments that will need to be made this is the time to find that out. Get used to riding your bike in a variety of traffic conditions. You will need to plan for arriving at your destination. Where you will park your bike, freshen up and change your clothes, if necessary, are all good things to know in advance. Learn and practice good safety

your commute will be. Get acquainted with your bike. If there are

skills and riding habits. You can do this on your own or through a

Rules Of The Road

predictable, and obey the rules of the road.

piece of bicycle commuting equipment.

having to do it on your way to work.

What To Wear

Here are three options to consider:

your comfort level on longer rides.

bicycle safety class offered by the City of Albuquerque, Bicycle Safety

If your bike commute involves streets with a great deal of traffic, be aware of your surroundings and ride defensively. Drivers are more

Bicycle. A mechanically sound bicycle is essential. Be sure all gears,

Helmet. Besides your bike, a helmet that fits well is your most important

Lights. Lights are necessary if you are going to be riding in darkness. Red

strobe lights are very effective. You will want to see as well as be seen in

Tires. Keep your tires properly inflated. Use high quality tires and tire

Carriers. A rack, panniers (saddlebags), basket, or back pack will be

necessary for carrying things and to free up your hands for gripping the

Ride in your work clothes. Depending on the weather and the length of your commute, you may be able to wear your work clothes on your bike.

Wear casual clothes and carry your work clothes. For longer, more strenuous commutes or more extreme temperatures, it can be more

practical to change once you get to work. Rolling work clothes, rather than folding them, will help to minimize wrinkles. Specialized clothing, such as padded cycling shorts and gloves, are optional but can increase

Store a week's worth of clothing at the office. This option may require you to drive in one day a week to bring a few changes of clothing to the

The Bicycle Safety Program offers "Bicycle Safety Rodeos" and presenta-

tions to the schools and the community. Children and adults learn basic

bicycling skills, traffic laws, helmet use and safety. Presented by certified

instructors. The Bicycle Safety Program provides all equipment including

Presentations on bicycle safety are available for cub/boy/girl scouts,

community centers, after school programs, churches, etc. For more

BIKE ROUT

Bicycle Safety Program

bicycles, helmets, literature, signs and instruction.

information call 768-BIKE (2453).

liners. Carry a spare tube or patch kit, tire levers and a pump and know

how to use them. You may consider making a test run to make sure you are comfortable with fixing a flat before you find yourself in the position of

wheels and brakes are in good working order and that the frame is

Clothing. Wear bright clothing so motorists will notice you.

likely to respect your position on the road if you are consistent,

Park in open areas where many people pass by and your bicycle can easily be seen. The best bike racks are made with thick, sturdy tubing, are bolted down, and allow you to lock both the frame and the wheels to the rack. When locking your bike to an object other than a bike rack, parking meter or sign post, ensure that it is not possible to slide the bike up and over the top of the object. Your employer may allow you to park your bike inside the building where you work. This is a good way to avoid theft and protect your bike from the elements.

Locking your bike. Lock the whole bike. Place your chain, cable, or U lock through your frame and wheels. If you have a quickrelease front hub, you might consider taking it off and locking it with the rear wheel and frame. When using a padlock, put it where it's not close to the ground, a wall or other solid surface, and decrease the slack in your cable or chain. It's advisable to remove any easily removable accessories that can not be locked such as quick-release seats, horns, bike bags, pumps, cycle computers, or lights.



as a vehicle not a toy. All traffic laws, such as stopping at stop

signs and red lights must be obeyed.

bicycles rather than just leaving them.

Questions to Consider

a bicycle, ask yourself the following questions:

correct size for my child?

beyond my child's skill?

practices?

answered yes to all of the above.

OBEY TRAFFIC SIGNS AND SIGNALS

As a vehicle, bicycles must obey all the

Rules of the Road. Cyclists have the

same privileges and duties as other

responsibilities of a bicyclist in traffic?

children may learn to bicycle safely?

Bicyclists are subject to the same traffic laws as automobile drivers. You

signs, signals and traffic regulations described in this map. Before buying

• Is my child mature enough to understand the rules and

• Am I willing to help my child learn how to ride a bicycle?

• Am I willing to shop carefully for a well made bicycle that is the

• Do we live in an area which is safe for children on bicycles? If

Will I make sure that my child knows how to follow safe riding

• Do I have the patience not only to teach my child traffic laws

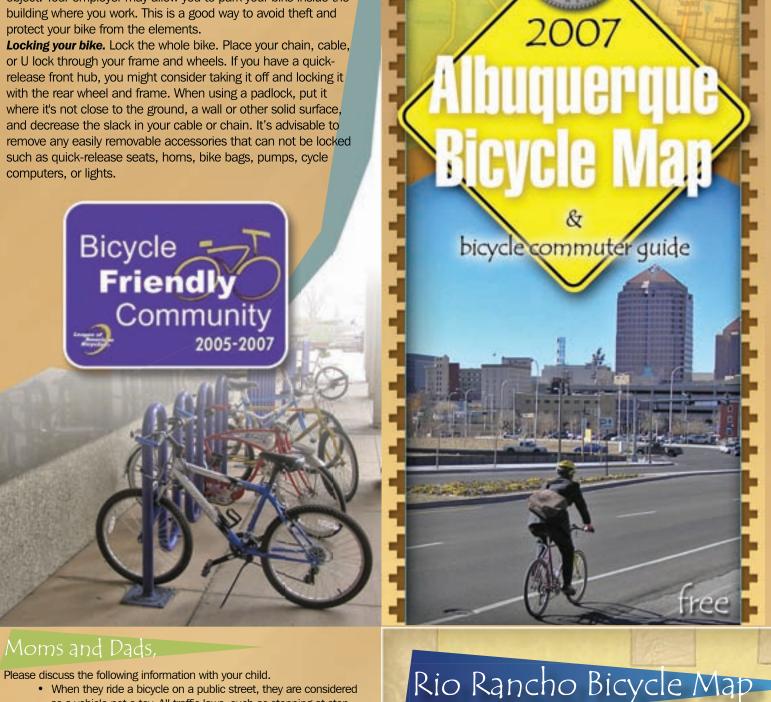
 Will my child keep the bicycle in good mechanical condition, and will I assist with bicycle maintenance and repairs which are

and safety rules, but to enforce them as well?

You should consider purchasing a bicycle for your child only if you've

not, are there bicycle paths or other places nearby where

are responsible for seeing that your child understands and obeys the



Multi-use Trail Maintenanc Park Management Division

Fransportation Planning and Project De ransportation Development Division **Street Repair and Sweeping** 857-8025 Street Maintenance Division **Construction Barracading and Detours** 924-3690 Construction Management Division 857-8025 Traffic Engineering **Parks and Recreation Departmen**

Bicycle/Pedestrian Safety Education Program

768-BIKE (2453) Outdoor Recreation Division **Open Space Trail Maintenance** 452-5200

857-8650

891-7224

GABAC - Greater Albuquerque Bicycle Advisory Committee comment on projects affecting the bikeway system within the Albuquerque metropolitan area. GABAC meetings are open to the general public. Anyone interested in more information about GABAC, please contact the City of Albuquerque Department of Municipal Development,

A citizen advisory committee that meets the third Tuesday of every month to review and comment on policies and projects affecting multi-use trails (bike, pedestrian, equestrian, in line skating, etc.) within the Albuquerque metropolitan area. GARTC meetings are open to the general public. Anyone interested in more information about GARTC, please contact the City of Albuquerque Department of Municipal Development, Transportation Division at 768-2680

Bernalillo County 848-1503

Lity of Rio Rancho Operations and Maintenance

GARTC - Greater Albuquerque Recreational Trails Committee

Organizations email: info@bikeaba.org

www.cabq.gov/bike/

New Mexico Touring Society email: nmts@swcp.com For more information about Bicycling in the Albuquerque Metro Area go to the city's web site at

Each New Mexico Rail Runner Express train is equipped with tie-downs for at least four stand-size bikes. Six additioonal bikes can be stored in the areas reserved for wheelchairs if these are not being used. Spaces are available on a first-come, first-served basis.

Bringing your bike on board: Board at doors marked with the bicycle symbol

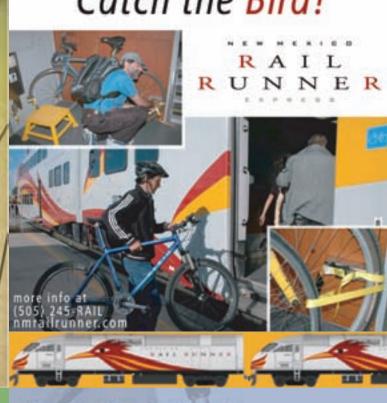
 Let other passengers get on and off the train first Store bike in space marked with bicycle symbol immediately inside the doors

Additionally, please keep your bike in designated spaces and out of the aisles. Always follow directions from New Mexico Rail Runner personnel.

Secure your bike with the yellow straps

New Mexico Rail Runner staff will make every effort to accommodate as many bicycles on the trains as possible.

Catch the Bird!



Bike and Bus in Albuquerque is designed to give you more com-

muting alternatives to your car. Cyclists can use multi-use trails,

bicycle lanes and routes, and continue to travel in higher traffic

Loading instructions are marked on each bike rack. Bicycles are

areas by combining bicycle trips with public transit. Try it and

you'll find that you should have been doing this sooner!

Multi-Use Trails

Shared Responsibilities

Multi-use Trail

Share the trail. Albuquerque's trails have been designed for a variety of users, and not only for one group. By following simple, common sense rules and courtesy, trail use will be safe and



TURNING LEFT - 2 OPTIONS RIGHT-OF-WAY 1). AS A VEHICLE: Signal your intentions Cyclists and pedestrians must yield to in advance. Move to the left turning lane,



and complete the turn when it is safe.

2). AS A PEDESTRIAN: Ride to the far

SCAN THE ROAD BEHIND

bicycles have equal right to the road, be

Shoulder check regularly and use a

mirror to monitor traffic. Although

prepared to maneuver for safety.

USE LIGHTS AT NIGHT red taillight at night or when visibility is poor. Use bike reflectors and reflective clothing. See and be seen!



All trail users must keep to the right except when passing or turning left. Move off the trail to the right when

Rio Rancho



SIGNAL TO OTHERS Cyclists: when approaching others, sound your bell or horn early, then pass safely on the left. Pedestrians: acknowledge with a wave when someone is overtaking, then

step to the right



trails to protect habitat. Do not collect plant or animal material.



ice, loose gravel or silt. Be sure the trail is clear of obstructions ahead. Ring bell for others where visibility is restricted such as on hills and turns.



in position nearest the bus with the handlebars toward the curb.

Pull on spring loaded tire harness and place over front wheel as shown in photo. Remove your water bottle, pump, etc., before

not allowed aboard buses.

Step #1:



Load the front wheel of the bike

1. Before reaching your stop tell the driver that you'll need to unload you bike. When the bus stops, leave via the front door. Pull the hook out and over the wheel to release your bike. The hook springs back into position. Lift or roll your bike out of the wheel slots, moving it toward the curb side of the bus.

3. If no other bike is being loaded and the rack is empty, please fold it up

Quickly move away and signal the driver that it is save to leave. Never step into traffic. Always move toward the curb.

8-3-3-12 MOTORIST TURNING ACROSS BICYCLE LANE. 8-3-3-17 BICYCLE SPEED. (A) Whenever a motorist is turning across a bicycle lane or path, such motorist shall maintain a proper lookout for bicyclists and shall yield the

roadway as practicable.

before the start of the turning movement. (B) Nothing in this section shall be deemed to relieve the motorist of duties. imposed by 8-2-2-2, [Note 8-2-2-2(A)(1), (B)(1) and (E)(1),] ('74 Code, S 9-5-16.12) (Ord. 65-1974)

right-of-way to any bicyclist traveling in a bicycle lane or path and, prior to

turning right, shall merge, if practicable, into the bicycle lane to his right, if any,

-3-3-13 DRIVING VEHICLE ON OR ACROSS BICYCLE LANE OR PATH. No person shall drive or operate a motor vehicle upon or across a bicycle path or lane except to cross such path or lane when turning as permitted in S 8-3-3-12, to park such vehicle or to leave a parking space. No person shall

drive upon or across a bicycle lane or path as permitted by this section except after giving the right-of-way to all bicycles within the lane or path. ('74 Code, S 9-5-16.13) (Ord. 65-1974) 3-3-14 RIDING ON THE RIGHT.

(B) Every bicyclist, in compliance with division (A) of this section, may maintain his position on the right side of the roadway against a vehicle coming up behind him which is without room to pass in the same lane.

(A) Every bicyclist upon a roadway shall ride as near to the right side of the

(C) The provisions of this section shall not apply, however, when compliance with division (A) would place the bicyclist in a right-turn-only lane and the bicyclist does not intend to turn right, or when compliance with division (A) would prevent the bicyclist from making a left-hand turn from the left side of the right traveling side of the roadway. ('74 Code, S 9-5-16.14) (Ord.

8-3-3-15 TRAVELING IN GROUPS (A) Persons riding bicycles in a business district of the city shall ride in single

(B) Persons riding bicycles on a roadway other than in a business district shall not ride more than two abreast except on paths or parts of roadways set aside for the exclusive use of bicycles where more than two abreast may ride in safety. ('74 Code, S 9-5-16.15) (Ord. 65-1974)

8-3-3-16 RIDING BICYCLE ON SIDEWALK (A) No bicyclist shall ride upon a sidewalk when it is reasonably safe for such

bicyclist to ride in the street or when signs are posted prohibiting bicycles on the sidewalk, or when within a business district.

(B) Whenever a person is riding a bicycle upon a sidewalk, such person shall yield the right-of-way to any pedestrian and shall give an audible signal before attempting to overtake and pass such pedestrian. ('74 Code, S 9-5-16.16)

No person shall operate a bicycle at a speed either greater than the lawful speed limit or than is reasonable and prudent under the conditions then existing, whichever is the lesser. ('74 Code, S 9-5-16.17) (Ord. 65-1974)

8-3-3-18 EMERGING FROM ALLEY OR DRIVEWAY The operator of a bicycle emerging from an alley, driveway, bicycle path or building shall, upon approaching a sidewalk or the sidewalk area, yield the right-of-way to all pedestrians, and, before entering the roadway, shall yield the right-of-way to all vehicles approaching on said roadway. ('74 Code, S 9-5-16.18) (Ord. 65-1974)

8-3-3-19 CARRYING ARTICLES ON BICYCLE. (A) No person operating a bicycle shall carry any package, bundle or article which prevents the rider from keeping at least one hand upon the handlebars.

(B) No person operating a bicycle shall transport any package, bundle or article, or any combination thereof, which interferes with the turning or braking of such bicycle, or which extends more then two feet from the front, back or

sides of the frame of the bicvcle, or which tends to impair the operator's control or balance. Nothing in this division shall be deemed to prohibit the use of trailers which are designed to be used with bicycles. ('74 Code, S 9-5-8-3-3-20 CLINGING TO VEHICLES.

No person riding upon a bicycle shall attach the same or himself to any moving vehicle. ('74 Code, S 9-5-16.20) (Ord. 65-1974) 8-3-3-21 TRICK RIDING

No person shall engage in trick riding or shall ride a bicycle without at least one hand

upon the handle grips. ('74 Code, S 9-5-16.21) (Ord. 65-1974) 8-3-3-22 RIDING ON THE SEAT. No bicyclist shall ride upon a bicycle other than upon or astride a permanent and

regular seat attached thereto. ('74 code, S 9-5-16.22) (Ord. 65-1974)

(A) No bicyclist shall carry a passenger on the bicycle unless the passenger is seated upon an individual seat or other carrier designed for carrying a

(B) No person shall ride upon a bicycle as a passenger unless he is seated upon an individual seat or other carrier designed for carrying a passenger separate from that intended to be used by the operated. ('74 Code, S 9-5-16.23) (Ord. 65-1974)

Before turning an altering the course of a bicycle, the bicyclist shall make sure that movement can be made safely and shall give a signal by hand in the same manner as hand signals are given by motorists to indicate the direction in

which he intends to proceed. ('74 Code, S 9-5-16.24) (Ord. 65-1974)

8-3-3-25 PUSHING A BICYCLE. Any person dismounted from and pushing a bicycle shall obey all regulations applicable to pedestrians. ('74 Code, S 9-5-16.25) (Ord. 65-1974)

In-line skating is an effective form of low-impact aerobic

exercise. Wear safety equipment, control your speed and

yield to pedestrians. Racing or trick skating have no place

n-line Skating

on trails, sidewalks or roadways.

No person shall park a bicycle other than against the curb, or in a rack to support the bicycle, or against a building, or at a curb, and then only in such a manner as not to obstruct pedestrian or vehicular traffic. ('74 Code, S 9-5-16.26) (Ord. 65-1974) 8-3-3-27 LOCKING PARKED BICYCLES.

No person shall leave a parked and unattended bicycle without first locking the bicycle in such a manner that the bicycle frame cannot be moved away from a

fixed object to which it shall be locked. ('74 Code, S 9-5-16-27) (Ord. 65-1974) 8-3-3-28 BICYCLE EOUIPMENT. (A) Lamp. No person shall operate a bicycle at nighttime unless equipped with

a lamp on the front which emits a white light visible from a distance of at least **(B)** Reflector. No person shall operate a bicycle at nighttime unless it is

equipped on the rear with a red reflector of a type which shall be visible from at least 300 feet to the rear when directly in front of lawful upper beams of headlamps on a motor vehicle. A lamp emitting a red light visible from the rear may be used in addition to the red reflector.

(C) Brake. No person shall operate a bicycle unless it is equipped with a brake which will enable the operator to make the braked wheel skid on dry, level, clean pavement. It shall be presumed that the bicycle is so equipped if the bicycle, when traveling at a speed of 15 mph, is stopped within 30 feet on a dry, level, clean pavement after the brakes are applie

(D) Handlebars. No person shall operate any bicycle equipped with handlebars so raised that the operator must elevate his hands above the level of his shoulders in order to grasp the normal steering grip area.

(E) Pedal. No person shall operate a bicycle which has been modified or altered in such a way as to cause the pedal in its lowermost position to be more

than 12 inches above the ground. (F) Front Fork. No person shall operate a bicycle which has been modified or altered in such a way that the length of the front fork exceeds the diameter of

the front wheel. ('74 Code, S 9-5-16-29) (Ord. 65-19

Area Bicycle Shops

Address Phone # 888-3730 1570 Juan Tabo Blvd. NE 292-5262 3. Albuquerque Bicycle Cente 4. Bike City 1130 Juan Tabo. NE 293-2888 5. The Bike Coop LTD 3407 Central Ave. NE 265-5170 7. Bike World 6624 Caminito Coors NW 792-1300 1820 Central Ave. SE 247-8033 106 Vassar Dr. SE **268-6547** 9. Campus Bicycle 5716 Menaul Blvd. NEO 884-6607 10. Cycle Cave Inc. 11. Fat Tire Cycles Inc 421 Montano Rd. NE 345-9005 909 36th Place SE 12. High Desert Bicycles 8305 Menaul Blvd. NE 299-1210

13. Northeast Cyclery Inc.

16. REI

19. Stevie's Happy Bikes

1605 Juan Tabo NE2 296-9111

11200 Montgomery Blvd. NE **293-9684**

1550 Mercantile Ave. NE 247-1191



such turn, in which event such person shall then obey the regulations applicable to pedestrians. ('74 Code, S 9-5-16.6) (Ord. 65-1974) 8-3-3-7 RIDING ON PROHIBITED STREETS OR CONTROLLED ACCESS ROADWAYS. No person shall ride a bicycle either on any street or path where signs have been erected by the Mayor or his designated representative which prohibit the ('74 Code, S 9-5-16.7) (Ord. 65-1974) 8-3-3-8 OPERATION IN BICYCLE LANE.

use of the street or path to bicycles, which restrict the use of the street or path to modes of transportation other than bicycles, or on controlled access streets. Notwithstanding this provision, drivers of vehicles using such streets or controlled access roadways are not relieved of responsibility of using due care. Once having entered a bicycle lane, no bicyclist shall leave such lane except at intersections or, as necessary, to pass a slower bicyclist or to avoid obstacles; provided, that such person may leave a bicycle lane upon dismounting from a

bicycle, walking the same, and being subject then to all laws applicable to

(A) In approaching or passing a person on a bicycle, every person operating a motor vehicle shall proceed with caution and shall pass such bicyclist at a

reasonable speed and keep a safe distance from him: provided however, in no event shall a distance of less than five feet be considered a safe distance within the meaning of this division. **(B)** No person operating a motor vehicle shall harass or endanger a bicyclist pedestrians; provided further, that such bicyclist may leave the bicycle lane by the movement or maneuvering of his motor vehicle. between intersections in order to make a U-turn, where such a turn is ('74 Code, S 9-5-16.11) (Ord. 65-1974) ssible for vehicular traffic, or to turn into driveways on the right or left

8-3-3-10 BICYCLE PATHS.

• The bicycle should be ridden in the direction of the traffic not Children should never ride in the dark unless they are experienced, and their bicycle must have proper reflectors and a · Bicycles are easily stolen. Children should always lock their



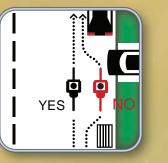
Cycling 101

ROAD

Let the Bicycle Safety Education Program help you sharpen up your cycling skills with a Cycling 101 Class. The seven and a half hour program runs from 8:30 a.m. to 4:00 p.m. and will include:



All participants will receive a patch kit and tire irons. For class registration call 857-8640. Groups of 6 to 12 may schedule a private class



RIDE IN A STRAIGHT LINE n a straight line at least one yard away from the curb to allow room for moving around road hazards. Watch for cars



Ride in single file when riding in a group except when overtaking or passing.



hand sides of the bicycle lane. Upon leaving a bicycle lane, the bicyclist shall

yield the right-of-way to vehicles and shall not leave the bicycle lane until it is

No person shall ride or operate a bicycle within a bicycle lane in any direction

except that permitted of vehicular traffic traveling on the same side of the

roadway; provided, that bicycles may proceed either way along a lane where

Whenever a usable path for bicycles has been provided adjacent to and parallel

to the right hand side of the roadway, bicycle riders shall use such path and

safe to do so. ('74 Code, S 9-5-16.8) (Ord. 65-1974)

3-3-9 DIRECTION OF TRAVEL IN BICYCLE LANE.

two-way bicycle traffic is so designated.

('74 Code, S 9-5-16.9) (Ord. 65-1974)

shall not use the right hand side of the roadway.

('74 Code, S 9-5-16.10) (Ord. 65-1974)

8-3-3-11 DUTY OF MOTORIST TO BICYCLIST



while on the trail and owners to clean up after their pets. Keep leashes short and walk pets on the outside of the trail.



MAKE EYE CONTACT

Confirm that you are seen. Establish eye

contact with motorists to insure that they

know you are on the roadway.

If you must use earphones on the trail keep the volume sufficiently low to be able to hear other trail users.



