

NORRISTOWN

Bicycle Infrastructure

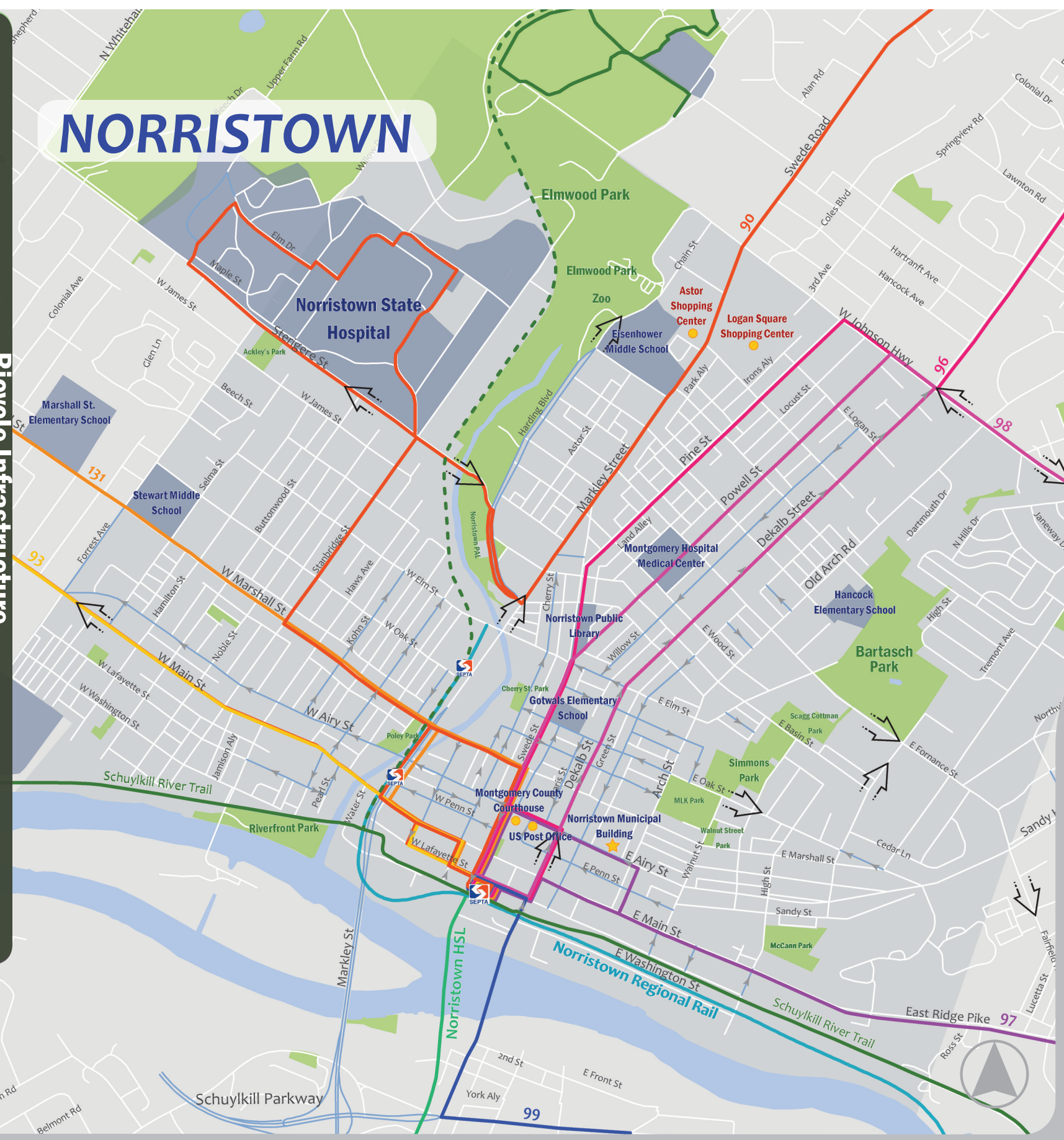
Bicycle Trail – Bicycle trails are pathways dedicated to cyclists and pedestrians. The lack of motor vehicles makes these routes some of the safest and quickest to take while commuting – just be sure to watch out for pedestrians!

Buffered Bike Lanes – Buffered bicycle lanes feature a 3-5 foot buffer between the bicycle lane and traffic, improving safety and providing a passing lane. Watch out, though, as motorists like to use these lanes for parking!

Bike Lanes – Bicycle lanes are the most common type of bicycle infrastructure in the metro region, and generally run 4-5 feet wide. Cyclists need to be aware of wandering drivers and people entering and exiting their cars.

Sharrows – Sharrows, short for “shared-use-arrows,” are a special symbol indicating shared use between bicycles and motorists. Cyclists are entitled to use the whole lane and don’t need to stick to one side of the road.

Connector Roads – Connector roads offer good routing options on public roads that are not designated bicycle routes. Cyclists should be aware that Pennsylvania law requires drivers to pass cyclists with a minimum 4 foot buffer!



Bikes on SEPTA

All SEPTA vehicles except for trolleys can accommodate bicycles, but the high number of passengers during restricts bicycles to off-peak hours. Find a secure place to lock your bike before boarding a trolley, train or high speed rail.

Buses – All SEPTA buses have bicycle racks mounted to the front that can accommodate two bikes at a time. These racks are designed to be quick and easy to use and can be operated by people of many age groups and levels of physical fitness.

Trolleys – SEPTA’s current generation of trolleys is incapable of carrying bicycles due to steep stairs and narrow interior spaces. Folding bicycles are allowed on trolleys as luggage, but must be fully collapsed prior to getting on the trolley.

Subway – Both of SEPTA’s subway lines, the MFL and BSL, allow riders to bring bicycles on the trains except during peak hours, from 6-9 am and 3 to 6 pm Monday through Friday. Folding bicycles are allowed during all times of the day.

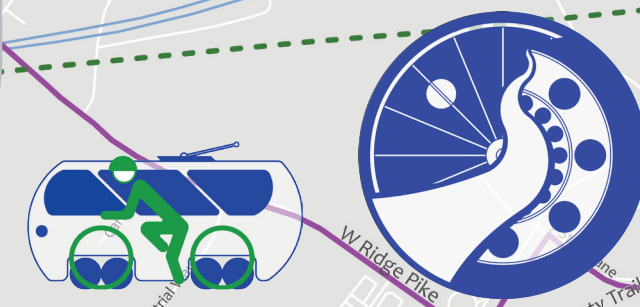
Regional Rail & NHSL – SEPTA’s Regional Rail system frequently intersects local and regional bicycle routes. However, SEPTA restricts bicycles from 6:30 to 9:30 am and 3:30 to 6:30 pm. Folding bicycles are allowed during all times of the day.

Regional Bike/Transit Legend

- Public Facility
- Public Park
- One Way Road
- Bike/Ped Trail
- Proposed Trail
- High Speed Line
- Regional Rail
- SEPTA Station
- Bus Route 90
- Bus Route 93
- Bus Route 96
- Bus Route 97
- Bus Route 98
- Bus Route 99
- Bus Route 131

0 1/4 1/2 Mile

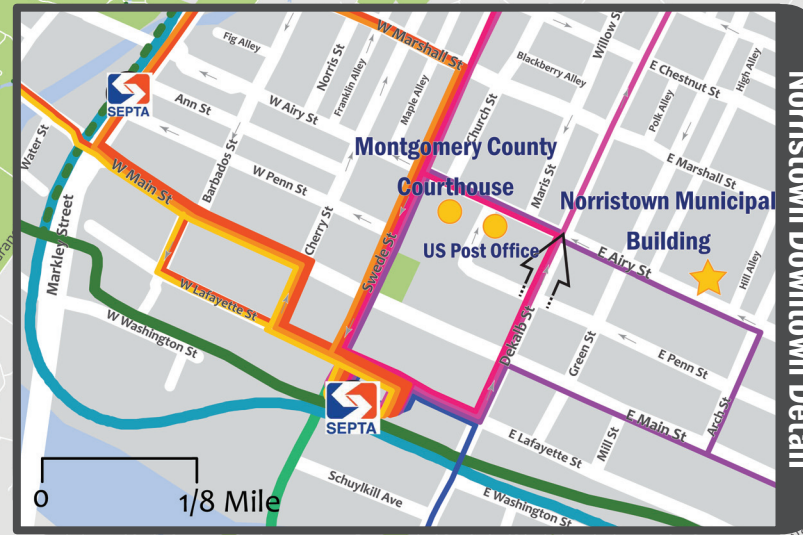
FIND MORE AT : <http://CommuterConnectionPA.org>
 & <http://www.CommuteByBike.com>
 @CommuterPA CommuterPA



Commuter Connection PA

Commuter Connection PA is a Clean Air Council program funded by the William Penn Foundation to promote usage of regional trails, bike trails and public transit in the Philadelphia Metropolitan Area. The project's goal is to shift commuters from Single Occupancy Vehicles (SOVs) to the region's broad and interconnected alternative transportation system, saving employees time and money while reducing workplace stress and increasing public health.

Norristown, PA is an ideal location for the project because of its unique concentration of bus, high-speed and regional rail transit lines that connect to neighborhoods and bicycle trails across the metropolitan region. Commuter Connection PA works with area businesses interested in green initiatives and employee health to promote multimodal bicycle transportation, helping to bring the social, psychological, physical and environmental benefits of increased physical activity into the work place.



Know Your Turn Signals

Use Hand Signals! – It is your responsibility to let other commuters know where you're going and what you're doing. Using standard hand signals is a good way to let drivers know when you are about to turn or stop – making it their responsibility not to hit you!

Left **Stop** **Right**



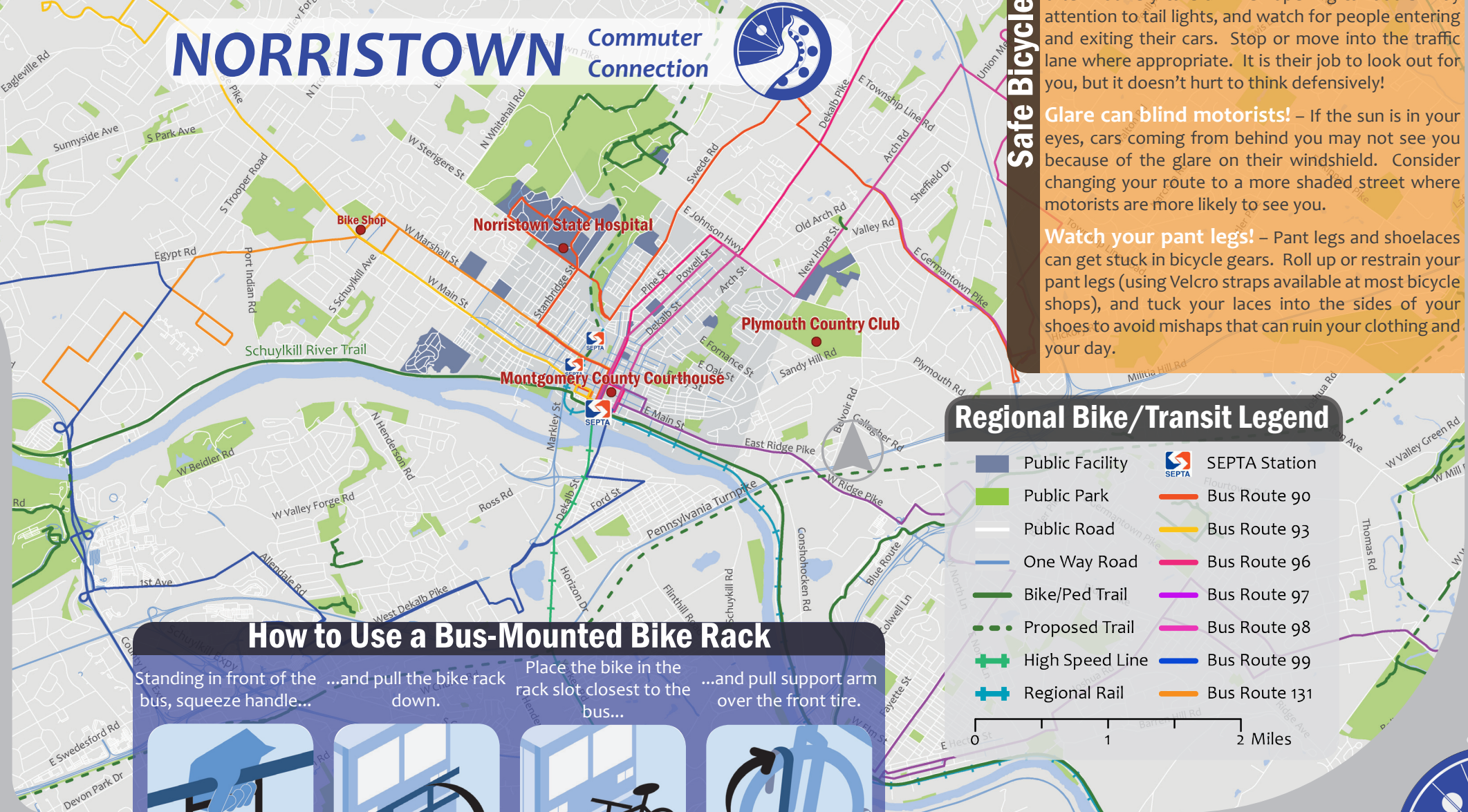
Wear normal clothes. – Too often people feel they need to buy special bicycle clothing or wear their work clothing on the way to the office – NOT SO! You want to make sure that you are comfortable when starting your new bicycle commuting routine – sweats, shorts and a t-shirt work just fine.

Buy a bike light! – It is essential to have bicycle lights when riding. Lights make you more visible to motorists and greatly improve safety. New battery powered LED lights are bright and noticeable while using little energy, making them the best option.

Don't be ashamed to walk up hills. – Bicycling to work is not a race; you are looking to have fun while increasing physical activity, and everybody struggles with hills. There is no shame in getting off the bike and walking it up the hill if you find it too steep.

Call the office if you get a flat. – Changing a tire or waiting for a ride can take time, and it's always good to notify your boss when (and why) you are going to be late.

NORRISTOWN Commuter Connection



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Safe Bicycle Commuting Tips

Wear a helmet! – Your mother was right: wearing your helmet can save your life! No bicyclist should be without one. Many people avoid helmets because they are worried about their hair or appearance, but no one is going to care about how good your hair looked if you injure yourself on the way to work.

Be visible! – Automobiles are the primary threat to bicyclists, causing most of the serious injuries and fatalities. Wear bright clothing and light colored jackets, use bags with reflector tabs, and use a flashing bike light (front and rear). Making yourself more visible to motorists is your first line of defense!

Be predictable! – Weaving in and out of traffic can leave motorists confused about where you are going, which can result in them turning into you or passing you quickly. Stick to one side of the road and use hand signals when appropriate.

Pay attention to parked cars! – Drivers are often not very careful when opening car doors. Pay attention to tail lights, and watch for people entering and exiting their cars. Stop or move into the traffic lane where appropriate. It is their job to look out for you, but it doesn't hurt to think defensively!

Glare can blind motorists! – If the sun is in your eyes, cars coming from behind you may not see you because of the glare on their windshield. Consider changing your route to a more shaded street where motorists are more likely to see you.

Watch your pant legs! – Pant legs and shoelaces can get stuck in bicycle gears. Roll up or restrain your pant legs (using Velcro straps available at most bicycle shops), and tuck your laces into the sides of your shoes to avoid mishaps that can ruin your clothing and your day.



General Commuting Tips

