

Properly Locking your Bike

Be sure to secure the frame and at least one wheel when leaving their bicycle in a public area (1). People leaving their bicycle in a public place for a long time should make sure that they secure both their wheels and frame with the bicycle lock (2).



Know Your Turn Signals

Use Hand Signals!

It is your responsibility to let other commuters know where you're going and doing. Using 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

How to Use a Bus-Mounted Bike Rack

Standing in front of the bus, squeeze the bus, squeeze handle... and pull the bike in the rack slot closest to the bus... arm over the front tire.



Bikes on SEPTA

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.

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.

Commuter Connection PA Norristown



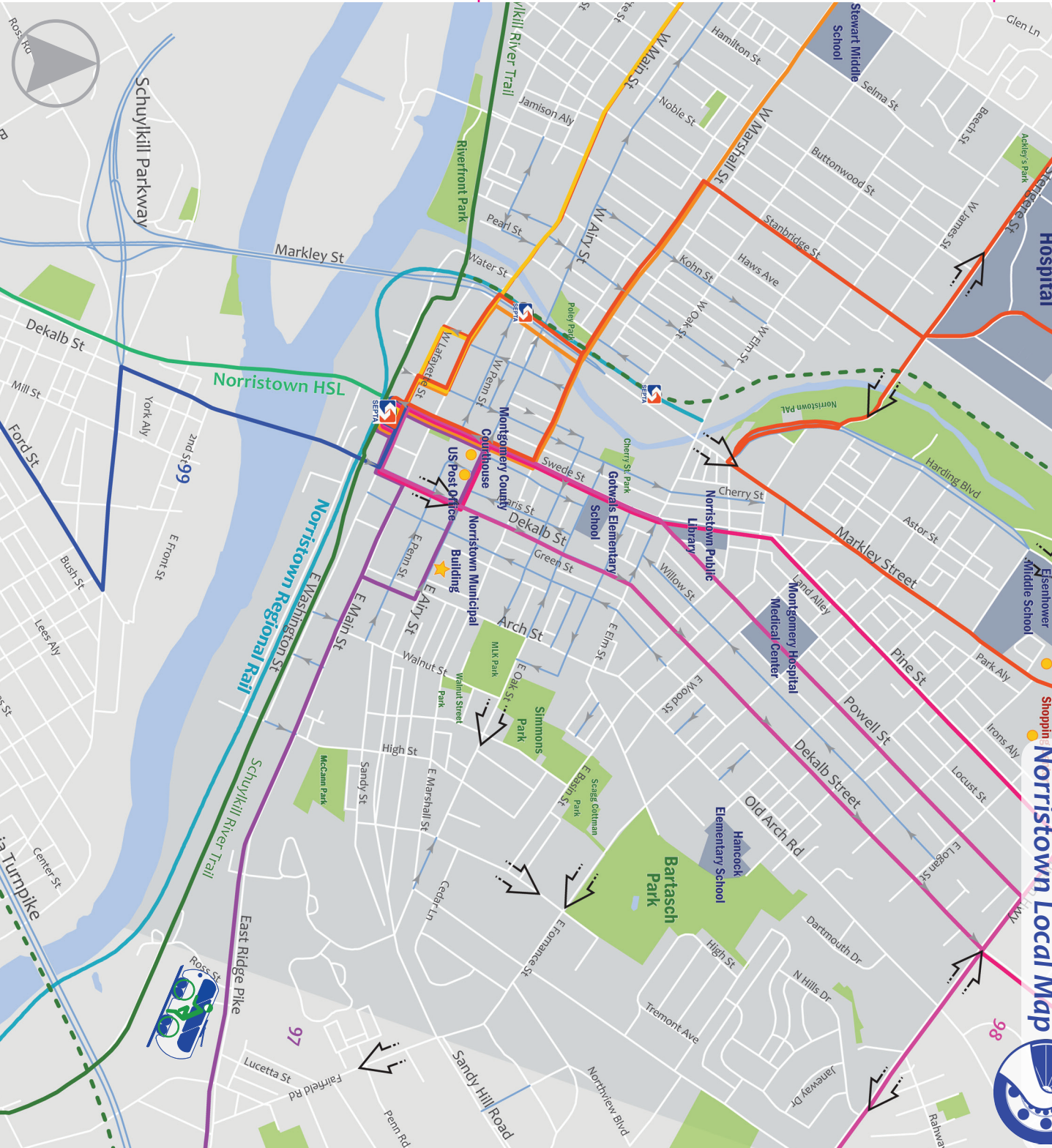
Legend

- Public Facility
- Public Park
- One Way Road
- Sleep Slope
- 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 Mile



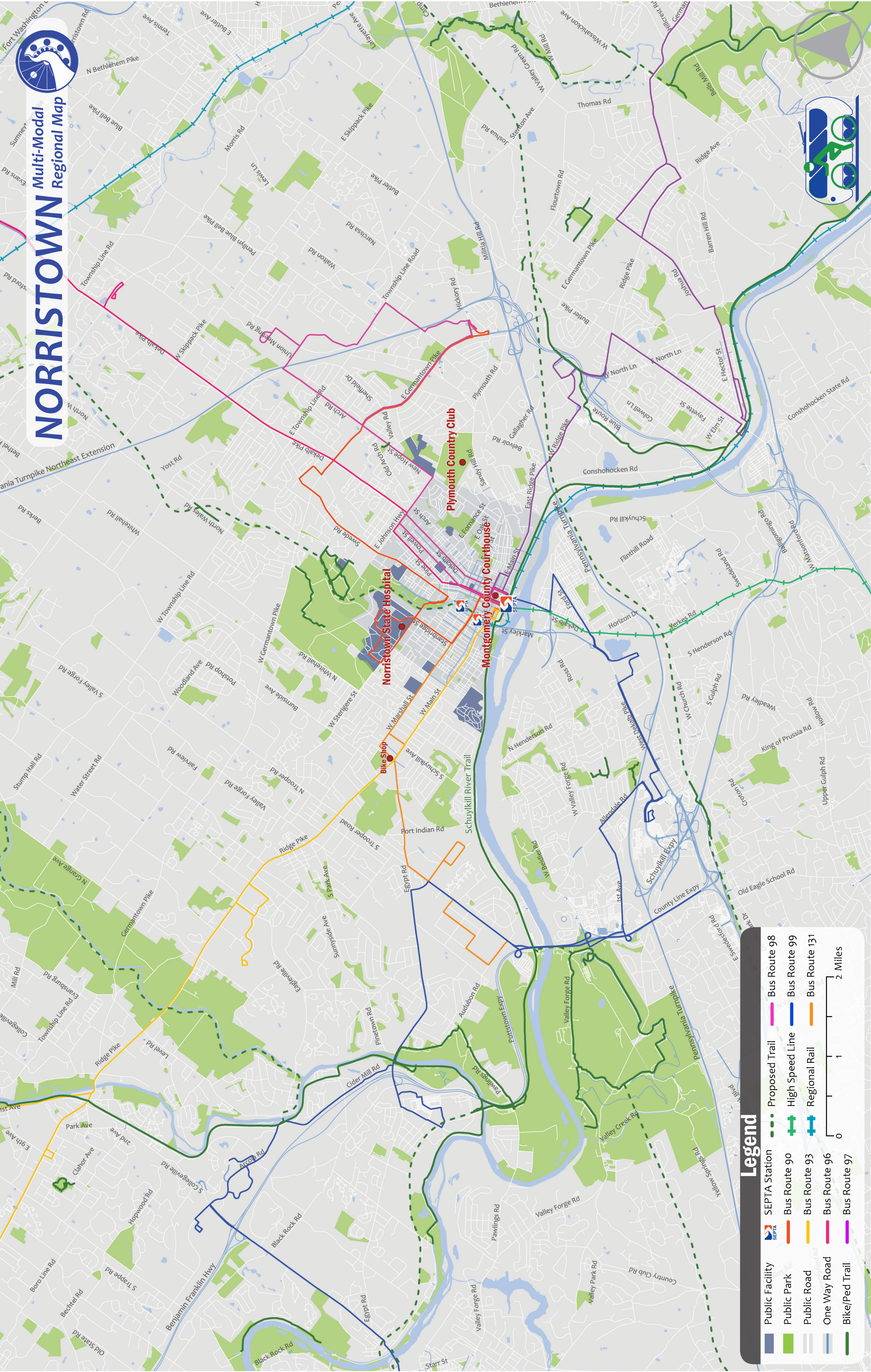
Norristown Local Map



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 lanes 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.



NORRISTOWN

Multi-Modal Regional Map

Legend

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- 0 1 2 Miles