

## Guaranteed Ride Home

Did you know you can get a free ride home in an unexpected emergency if you bike to work? When you take transit, bike, walk, or car/vanpool to work the GRH program will pay for a taxi or other convenient transportation in an unexpected emergency.

To register,  
visit [www.commuterconnections.org](http://www.commuterconnections.org)  
or call 301-600-RIDE.

### Be Street Smart!

Always wear a helmet.

Wear bright or  
reflective clothing.

Ride defensively.

## Biking to Work

### Safety First! Tune up!

Get your bike ready, check tires, reflectors, etc. Most bike shops will check your bike for a small fee. Check YOUR readiness, consult your physician. Wear a helmet and bright or reflective clothing.

### Map Your Route:

Look over TransIT and other maps to chart your route in advance. Look for bike paths, low traffic areas, and wider travel lanes.

### Make the Connection:

How will you get to your final destination? Will you connect with a bus, rail, carpool or vanpool to complete your trip?

### Trial Run:

Check out the route in advance. Make note of traffic and road conditions.

### Company benefits?

Talk to your employer. Some companies offer incentives, lockers, or showers for employees using commuting alternatives to driving alone.

**TransIT Services of Frederick County**  
**1040 Rocky Springs Rd**  
**Frederick, MD 21702**

**[FrederickCountyMD.gov/TransIT](http://FrederickCountyMD.gov/TransIT)**  
**301-600-2065**

# Biking with TransIT



# Biking with TransIT

Use one of the bike racks mounted on the front of a TransIT bus to bike to work or connect with your favorite bike path or park. The bike racks are extremely easy to use. Any bike fits into the rack. All bikes fit into the rack the exact same way, despite different wheel sizes, frame types or overall length of the bicycle. Bikes can be mounted quickly and easily! The average load / unload time is 20 seconds!



## Benefits of Biking Over Driving

Protect the environment by improving air quality.

Reduce your gas costs.

Reduce commuting stress.

Get into shape!

# Loading Your Bike

Prepare your bike for loading by removing water bottles, pumps and other loose items that could fall off while the bus is in motion.

Let the bus operator know you will be using the bike rack. The operator may not leave the bus to assist you, but he/she can answer your questions.

Load your bike from in front of the bus. Do not step into oncoming traffic to load your bike!

Squeeze the handle up to release latch, then fold down the bike rack. You only need to use one hand to unlatch and pull the rack down, so you can hold your bike with your other hand. Do not lean the bike against the bus.

Lift the bike onto the rack, fitting wheels into proper wheel slots. Each wheel slot is clearly labeled for the front wheel.

Raise the Support Arm over the front tire. The Support Arm's number one purpose is to add lateral support for the bike. The Support Arm must be raised so the hook rests at the highest point on the front wheel.

Board the bus choose a seat near the front of the bus. Sit back and enjoy the ride!

# Unloading Your Bike

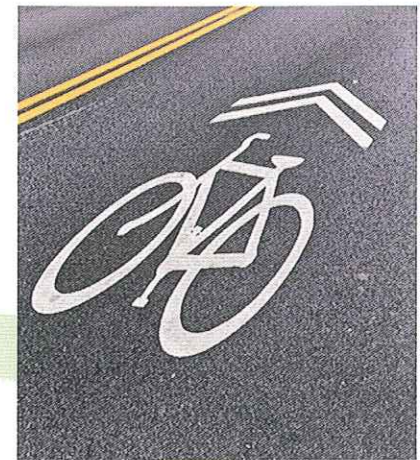
Inform the bus operator that you will be unloading your bike as you approach your stop. Use the front door to exit the bus.

Unload your bike from in front of the bus or from the curb.

Raise the Support Arm off the tire. The Arm will automatically fold down to a secure position.

Lift your bike out of the bike rack.

Fold up the rack if there are no bikes on the rack. The rack will lock into place.



Step away from the bus with your bike, moving away from the travel lane of the roadway while preparing to continue your trip.

Signal the driver when you and your bike have cleared the bus' path.

Enjoy your trip!