BENEFITS OF BICYCLING

Commuting by bike is a simple way to cut down on campus congestion and help preserve the environment – but biking to work offers even more benefits. Biking may improve your health, save you money, offer convenient parking and save you time in your daily commute. Thousands of students, staff, and faculty commute by bicycle to UW-Madison.

Many bicycle commuters start out by riding only once a week as it can be challenging to change your routine and build up your fitness. The more you ride, though, the easier it becomes. Before you know it, the once-a-week bike commute will become a daily activity. Give it a try!

BICYCLE PARKING

Preferred bicycle parking locations
- Bike racks are available at every building on the UW campus and Transportation Services is always adding more to address additional capacity needs
- Bike locker and bike cages (requires a fee)
  http://transportation.wisc.edu/transportation/bike_paidparking.aspx

Places it is illegal to park your bicycle (your bike may be confiscated without notice)
- Handrails
- Blocking a sidewalk/walkways
- Any rack that has been marked as no parking
- Any location with a “no bicycle parking” decal

Places to avoid parking (unattractive and may block walkways)
- Signs
- Light posts

BICYCLE REGISTRATION
- $10.00 for four years.
- Required by Madison Ordinance
- Registration may help you recover your bicycle if it is stolen
- Register your bicycle in person at the Transportation Services offices or online at www.madisonpay.com

BIKES ON BUSES
Taking your bike with you on the bus is a convenient option for traveling beyond campus. All Madison Metro buses, including campus buses, are equipped with bicycle racks. Instructions for using the racks are available at http://www.cityofmadison.com/Metro/planyourtrip/bikeRacks.cfm

SHOWERS
UW employees may use showers located at the SERF, Nat, or Shell athletic facilities, but must pay a membership fee. Showers are available for hospital employee use at C5/123, C5/125 (Women only: D4/116, Men only: D4/110).

BIKE BUDDIES
Afraid to ride alone the first time? Get a bike buddy! This free service is available from Rideshare, etc. On the registration page you will be asked to rate your experience as either an accomplished or novice biker. Then you choose if you would like to be matched with either an accomplished or novice bike buddy. Bike trails will appear on match maps in some areas. Your Welcome Page will give web site links to area bike trail maps. Match online at http://www.rideshareetc.org/ or call 608-266-RIDE or email rideshare@cityofmadison.com

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MISSING BIKE?
- Contact Transportation Services at 263-2969. We may have confiscated your bike for appearing abandoned, for being parked illegally, or because of construction.
- Impounded bicycles are delivered to UW Surplus after remaining unclaimed for 60 days, where they are then made available for sale.
- Don’t abandon your bike, donate it to Wheels for Winners (www.wheelsforwinners.org)
- If you believe your bike was stolen, file a police report with UW and Madison Police. Registering your bike in advance gives you a better chance of recovery
- Prevent theft by using a high quality lock and locking the front wheel, rear wheel, and frame to a designated rack. If possible, do not leave your bike unattended on campus overnight. Most bike thefts are crimes of opportunity.

BICYCLING RESOURCES
- A public air pump is available on the southwest side of Memorial Union (nearer Science Hall) near the bike parking area
- The UW Bike Annex is a self-service bike workshop located in Lot 60. Tools, air pump, grease, lube, and cleaning supplies are available for use by UW students and employees. Hours vary by semester
- The UW holds periodic classes and events related to bicycling. Check our website for current offerings
- The Bicycle/Pedestrian Subcommittee advises the Campus Transportation Committee, the administration, and staff on programs and policies pertaining to the development of bicycle and pedestrian ways and their associated facilities.
  http://transportation.wisc.edu/transportation/bike_committee.aspx

A list of on-line resources (including information on bike auctions and winter bicycling) appears at http://transportation.wisc.edu/transportation/bike_resources.aspx

STAYING SAFE
- Ride on the right in the same direction as traffic. Use the lane furthest to the right that heads in the direction that you are traveling. Slower moving cyclists and motorists stay to the right
- Act like a vehicle. Obey all traffic laws, signs, and signals. Use hand signals to indicate your intention to turn or change lanes
- Always wear a properly fit helmet. After a crash replace your helmet whether or not there is visible damage. You should also replace your bicycle helmet AT LEAST every 3-4 years as the protective foam degrades
- Ride predictably. Ride in a straight line and don’t swerve in between parked cars. Check for oncoming traffic before entering any street or intersection (including crossing driveways). Anticipate road hazards (glass, debris, grates, rail tracks) and adjust position in traffic accordingly
- Be visible. Wear bright colored clothing. At night use a white front light and a rear red light or reflector. Reflective clothing will improve your visibility. Make eye contact with motorists to let them know you are there.
- Dress for the weather conditions
- Stay hydrated. Drink before you are thirsty, eat before you are hungry
- If bicycling alone, carry a cell phone.
- ABC Quick Check. Perform this check every time you get on your bike. It only takes a moment. There is a video of the ABC Quick Check at http://www.youtube.com/watch?v=9VziOlkNXsE
  o Air: Is there air in your tires and are tires/wheels in working order?
  o Brakes: Do your brakes stop the bike? Are your brake cables attached?
  o Chain/Cranks: Is chain lubed, do pedals spin, is there any looseness?
  o Quick Releases: Are all quick release levers closed tightly? You can read the word “closed” on the lever if it is closed.
  o Final Check: Lift and drop bike…does anything rattle? Give the bike a general look over.
- As a cyclist, it is important to recognize the leading causes of bicycle/motor vehicle crashes. Recognizing the following situations will help you avoid crashes and keep you safe:
  o Motorist turn/merge into bicyclist's path
  o Motorist driving out from stop sign
  o Motorist exiting a driveway or alley
  o Bicyclist turn/merge into motorist path

For more information visit http://transportation.wisc.edu!
THE PARTS OF THE BICYCLE
Even if you don’t intend to do any bicycle repairs yourself, learning the parts of the bicycle is useful so that you can describe problems you are having with your bicycle to a mechanic. Knowing the parts of the bicycle will also help you with basic maintenance that will keep your bike safe and pleasant to ride.

(continued on reverse)
ABC QUICK CHECK
Perform this check every time you get on your bike. It only takes a moment. There is a video of the ABC Quick Check at http://www.youtube.com/watch?v=9VziOlkNXsE

- Air: Is there air in your tires and are tires/wheels in working order?
- Brakes: Do your brakes stop the bike? Are your brake cables attached?
- Chain/Cranks: Is chain lubed, do pedals spin, is there any looseness?
- Quick Releases: Are all quick release levers closed tightly? You can read the word “closed” on the lever if it is closed.
- Final Check: Lift the bike a few inches and let it drop…does anything rattle? Give the bike a general look over.

More details on each of these parts of the bicycle are listed below.

AIR/TIRES
- Check that the tires are aired to the proper pressure. The amount of pressure the tire needs in psi (pounds per square inch) is printed on the side of the tire. Either use a bike pump with a gauge on it to tell how much pressure is in the tire, or use a separate tire gauge. There are two kinds of valves on bicycle tires, Schrader and Presta. Make sure you have a pump with an adaptor for the proper kind of valve. A Schrader valve can be aired up directly while the top of a Presta valve must be unscrewed before airing up and rescrewed after airing up. Do NOT use an air pump at a gas station.

- Check that tires are not cracked and tubes are not bulging out. If either of these is happening, the bike is not safe to ride.

- Learning to change a tire is an invaluable skill. There are many videos and explanations of changing a tire on line. One example is at http://www.youtube.com/watch?v=9oFXewhx3BE (front tire). Most bike shops will also change flat tires on a walk-in basis for a reasonable fee.
BRAKES

- Brakes can be complicated to adjust. If you’re brakes do not work and you do not feel confident to correct the problem, take the bike to a qualified bike mechanic. Riding your bike without properly functioning brakes is quite dangerous.

- When you pull the brake lever, the wheels should stop. You should not be able to pull the brake lever all the way to the handlebar. If you can pull the lever all the way to the handlebar, your brake cables are too loose and/or the pads need to be replaced.

- Your brake pads should squarely hit the rim of the wheel (the silver part of wheel). The pads should not drop below the rim or hit the tire (the rubber part). The pad can get caught on a spoke if too low or wear a hole in the tire if too high.

- If your brakes are not working, check to be sure that the cable has not become unlatched from the brake.

Places to check that your brakes are attached on two kinds of bicycle brakes

- Brake pads periodically wear out. There is a wear line on the pads that will indicate when they need to be replaced

- You can make minor tightening or loosening adjustments of the brake cables by turning the barrel adjusters near the brake levers

Turning a barrel adjuster.

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CHAIN/CRANKS

- Your chain should be clean and lubricated. There should be no rust on your chain.
- To lubricate, use a lubricant available at any bike store marked as “chain lube”. Place a drop of lubricant on each moving part on the chain, then run a clean towel over the chain to collect any extra lube. Extra lube will collect dirt and shorten the life of your chain.
- Periodically, check to be sure that your crank arms are not loose. Grab each crank arm make sure there is no side-to-side movement. If anything in this part of the bike is loose it can be a dangerous situation.

![The crank arms hold on the pedals.](image)

QUICK RELEASES

- Most modern bikes have quick release levers on both wheels, on the seatpost, and sometimes in other locations.
- Quick release levers are spring-loaded. Finger tighten them, then close the lever. Do not over tighten. When you close the lever, it should leave a slight imprint on your hand, but not be overly difficult to close. If your quick release levers are left open, it is a dangerous safety issue as your wheels may fall off or your seat may slip.

![Open Quick Release Lever](image) ![Closed Quick Release Lever](image)

OVERALL MAINTENANCE AND REPAIRS

- Keep your bike clean. Use a soft rag with water and a mild soap. Do not use a hose or harsh cleaners
- When in doubt, take your bike to a qualified bike mechanic for all repairs and maintenance. It is a good idea to get a check up once a year.

For more information visit [http://transportation.wisc.edu/home.aspx](http://transportation.wisc.edu/home.aspx)!
Red Bikes
To use a Red Bike you put down a deposit or credit card imprint, use the bike as long as you need it, and get your deposit back when you return the bike. Contact Budget Bicycle Center.
930 Regent St, Madison, WI – (608) 251-1663

St Vincent DePaul
Thrift store. Use bicycle sales are typically done once a month. Bicycles are sold as-is and may need repair before riding.
1309 Williamson St. – (608) 257-0673

UW SWAP
Bicycles that have been abandoned on the UW campus are sold at the UW SWAP. Typically the UW delivers bikes to the SWAP only once or twice per year. Bicycles are usually sold through the on-line auction portion of SWAP. Bicycles are sold as-is and may need repair before riding.
http://www.bussvc.wisc.edu/swap/
1061 Thousand Oaks Trail, Verona WI 53593

Madison Police Department Auction
Bicycles that have been abandoned in the City of Madison are sold through www.propertyroom.com. Bicycles are sold as-is and may need repair before riding. See also http://www.cityofmadison.com/events/police_auction.html

Craig’s List
http://madison.craigslist.org/bik/

Wheels for Winners
Wheels for Winners is a 501(c)(3) non-profit organization that refurbishes and recycles used bicycles and presents them to individuals who do 15 hours of community volunteer service. Most of the bikes go to children, but adults may also earn a bike. Bikes are given away in full working order with a helmet, lock, and free City of Madison bike registration. Limited hours.
http://www.wheelsforwinners.org/ wheelsforwinners@gmail.com
229 S. Fair Oaks Avenue, Madison, WI 53704 - (608) 249-2418

Freewheel
FreeWheel is a community bicycle workshop run by volunteers. During our open shop hours anyone can come and participate. You can bring your bike and repair it or tune it up using tools and parts from the shop. You can build a whole bike from scratch and get help from the volunteers. Limited hours.
http://free.mildmedia.net/ freewheel@mutualaid.org
1804 S. Park Street #5, Madison, WI - (608) 256-FREE (3733)

Dream Bikes
DreamBikes is a non-profit used bicycle store in Madison that employs kids from the Boys and Girls Club of Dane County.
http://dream-bikes.org/ info_madison@dream-bikes.org
4611 Verona Road, Madison, WI – (608) 467-6315

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Local Bike Shops

Madison has a number of independent local bicycle dealers. Some offer used bicycles or lower cost entry-level new bikes. Most shops also provide repair service.

Budget Bicycle Center: Central
*Used bicycles available. 5 locations on Regent Street*
601, 930, 1230 Regent St, Madison, WI - (608) 251-8413

Cronometro: East/Central
*higher cost and custom bicycles*
www.cronometro.com
1402 Williamson St, Madison, WI - (608) 243-7760

Erik's Bike Shop: West
www.eriksbikeshop.com
680 S Whitney Way, Madison, WI - (608) 278-9000

Erik's Bike Shop: Central
www.eriksbikeshop.com
795 University Ave, Madison, WI – (608) 250-2701

Erik's Bike Shop: East
www.eriksbikeshop.com
1651 Thierer Rd, Madison, WI - (608) 244-9825

Machinery Row: Central
www.machineryrowbicycles.com
601 Williamson St, Madison, WI - (608) 442-5974

Old Town Cycles: East/Central
902 Johnson St, Madison, WI – (608) 259-8696

REI - Recreational Equipment Inc.: West
www.rei.com
7483 W. Towne Way, Madison, WI - (608) 833-6680

Revolution Cycles
*Used bicycles available*
www.revolutioncycles.net
2330 Atwood Ave, Madison, WI – (608) 244-0009

Trek Bicycle Store: West
trekstoremadison.com
8108 Mineral Point Rd, Madison, WI - (608) 833-8735

Trek Bicycle Store: East
trekstoremadison.com
1706 Eagan Road, Madison, WI 53704 - (608)-442-8735

Williamson Bikes & Fitness: West/Central
willybikes.com
640 W Washington Ave, Madison, WI - (608) 255-5292

Williamson Bikes & Fitness: East
willybikes.com
3729 E Washington Ave, Madison, WI - (608) 244-2453

Yellow Jersey: Central
*Used bicycles available*
www.yellowjersey.org
419 State St # A, Madison, WI - (608) 257-4737
LOCK YOUR BIKE OR LOSE IT!

Hundreds of bikes are reported stolen at UW-Madison each year, but most thefts can be prevented. Here’s how:

- Always lock your bike, even if you are leaving it for just a minute.
- Always lock your bike to a bike rack.
- Lock your bike in a highly visible, well-lit location if possible.
- Buy a high-quality lock and read the manufacturer’s recommendations for use. U-shape locks are among the most theft-resistant, although knowledgeable thieves can break even them.
- Never lock your bike up by just the front wheel. You may return to find only your wheel.
- Ideally your lock should pass through the rack, front wheel, rear wheel, and center of frame. At the very least, pass your lock through the front wheel, frame, and rack.
- Quick-release wheels and seats need to be secured with a cable or other device. Remove any expensive accessories, such as bag or lights, and take them with you.
- Register your bike. This is the best way to assure your bike is returned to you if it is stolen. You can register your bike:
  - In person at the Transportation Services offices, either at the WARF Building (West Side of campus) or at the Welcome Center at 21 North Park Street.
  - Online at [http://www.madisonpay.com](http://www.madisonpay.com)
  - Via mail in form printable from [http://www.transportation.wisc.edu/files/BikeMailInForm.pdf](http://www.transportation.wisc.edu/files/BikeMailInForm.pdf)
- Use a less valuable bike for riding to class or commuting to work. Statistics show that most bikes stolen on campus are worth $200 or more.
- If your bike is stolen, report it to the police promptly. You will need to know the make, model name, serial number and value of your bike. Contact the UW Police Department at 262-2957.
- If you prefer greater security, consider renting a bike locker or a bike cage. Lockers and cages are available at a number of locations around campus.

For more information visit [www.transportation.wisc.edu](http://www.transportation.wisc.edu)!
WHY BIKE IN THE WINTER?

It is a small but growing group of hearty souls who bike through winter. It isn’t as hard as it seems, though it does take preparation and determination. But so do lots of things in winter in Wisconsin. Not everyone is interested in commuting by bicycle all winter long, but it is far less unpleasant than most people believe. It is a great way to keep exercising all year long and to get outside. Besides, it really is fun, and in so many ways, easier than driving to work in the nasty weather.

WINTER BIKING TIPS

- **Clothing:** If you live in Wisconsin and you ever go outside in winter, you have all of the clothing that you need to ride your bicycle in winter. You can buy fancy gear, but you don’t have to. What goes for ice skating or skiing or ice fishing or walking the dog goes the same for biking: dress in layers and remember that cotton kills. Basically, what you will discover is that, after five minutes of bicycling, you will be much warmer than you expected. You may even start to sweat. Don’t overdress. Dressing in layers will allow you to adapt if you over estimated your clothing. Synthetic fabric or wool will keep you warm when sweaty.

  Key body parts to protect while winter bicycling are your hands, feet, and face. It seems that people’s sensitivity in these zones is very personal, and preferences for how to cover the areas vary widely. However you deal with these three areas, don’t take them for granted.

  Some temperature break clothing suggestions (it may be different for you:
  a. Below 75, light jacket
  b. Below 50, medium jacket and maybe gloves
  c. Below 35, heavy jacket, gloves, a scarf, and ear warmers
  d. Below 20, same as 35 but add long johns
  e. Below 10, same as 20 but wind proof over-pants, extra shirt and heavier gloves, scarf, and ear warmers (or exchange ear warmers for a full head cover)
  f. Below 0…this is when you may start thinking about taking the bus, but heartier souls can still safely bike below this temperature.

  You should always wear a bicycle helmet when riding.

- **Eye Protection:** When you are riding a bike your eyes are exposed to all kinds of debris which only gets worse in the winter. It’s a good idea to wear glasses or goggles to protect your eyes. You may even want to carry sunglasses with you, as the glare off of snow can sometimes be blinding. You’ll soon learn that preventing your glasses from fogging is a key pastime of the winter bicyclist. Some recommend wearing ski goggles to prevent fogging, or smearing a light layer of gel toothpaste (non-abrasive) on the lens of your glasses.

(continued on reverse)
Visibility: In the winter it gets dark earlier and stays dark longer. If you bike during traditional commuting hours, you'll likely be biking to and from work in the dark. In the winter, motorists’ view of the road is often impaired by a combination of darkness, precipitation, and poorly cleared windshields. It is important to be visible. It’s a good idea to wear reflective materials and to have both a front and rear light (a front white light is required by state law, along with a red rear reflector).

Traction: Conventional wisdom on tires in the winter is varied. Some people prefer slick tires to cut through snow to pavement, others swear by big knobby mountain bike tires. One option is having a studded mountain bike tire on the front wheel and a regular mountain bike tire on the back. The studs prevent slipping on ice, and unless the snow is really deep, the mountain bike tread can handle it. Some people prefer having two studded tires.

Follow your personal comfort level with regards to snow and ice. The roads are usually worst directly after a snowfall or when low temperatures have left ice. Watch your local weather report before hitting the road and do not risk your safety. During UW Snow Action Days, it is best to leave the bike at home and take the bus.

Fuel: Like any kind of exercise, eat before you’re hungry and drink before your thirsty. It is easy to get dehydrated in the winter and not realize it. It doesn’t have to be warm outside to sweat.

Skills: The most important thing about bicycle commuting in the winter is learning the proper vehicular cycling skills. You have to be confident riding your bicycle in traffic in order to be able to safely ride your bicycle in traffic when the weather is poor. Classes are available on cycling skills, but the main thing is to follow all traffic laws, ride in the same direction with traffic, and practice riding in a straight line and checking over your shoulder for traffic behind you. Practice in good weather so you will be ready when it gets nasty.

Handy Items:
- Fenders keep your clothes dry
- Lock de-icer
- Spare tire or patch kit and the ability to use them

Maintenance:
- Lube your chain & moving parts weekly
- Clean your bike as frequently as possible with water and mild soap
- Check/clean your brakes
- Regularly check that quick release levers are not rusting in place

Storage: It is best to store your bicycle inside during wet weather. Consider purchasing space in a locker or cage on campus.
- Bike lockers and bike cages (requires a fee)
  http://transportation.wisc.edu/transportation/bike_paidparking.aspx
- Do not leave your bicycle parked at a rack for long periods on campus. It may be confiscated. If you do not intend to ride for a long period of time, take your bike home.

Options: Didn't prepare to ride home in the winter weather? No problem. All Madison Metro buses, including campus buses, are equipped with bicycle racks. Instructions for using the racks are available at http://www.cityofmadison.com/Metro/planyourtrip/bikeRacks.cfm

WINTER BIKING RESOURCES
Bike Winter: http://bikewinter.org/

For more information visit http://transportation.wisc.edu/home.aspx
WHY BIKE IN THE RAIN?
Not everyone is interested in commuting by bicycle through all kinds of weather, but it is far less unpleasant than most people believe. It is a great way to keep exercising all year long and to get outside. Besides, it really is fun, and in so many ways, easier than driving to work in the nasty weather.

TIPS FOR BIKING IN THE RAIN
- **Clothing:** Keeping dry in wet weather when bicycling means protecting yourself from the precipitation, but also from your own sweat. Basically, what you will discover is that, after five minutes of bicycling, you will be much warmer than you expected. You may even start to sweat. Don’t overdress. Dressing in layers will allow you to adapt if you over estimated your clothing. Wear a breathable, water proof outer layer. When it is cold, synthetic fabric or wool will keep you warm when sweaty.

  Key body parts to protect when the weather gets colder are your hands, feet, and face. It seems that people’s sensitivity in these zones is very personal, and preferences for how to cover the areas vary widely. However you deal with these three areas, don’t take them for granted.

  You should always wear a bicycle helmet when riding.

- **Eye Protection:** When you are riding a bike your eyes are exposed to all kinds of debris which only gets worse in wet conditions. It’s a good idea to wear glasses or goggles to protect your eyes. You’ll soon learn that preventing your glasses from fogging is a key pastime of the inclement bicyclist. Some recommend wearing ski goggles to prevent fogging, or smearing a light layer of gel toothpaste (non-abrasive) on the lens of your glasses.

- **Visibility:** During rainy conditions it is often darker than normal. Motorists’ view of the road is often impaired by a combination of darkness, precipitation, and poorly cleared windshields. It is important to be visible. It’s a good idea to wear reflective materials and to have both a front and rear light (a front white light is required by state law, along with a red rear reflector).

- **Traction:** Wet pavement may be more slippery than dry. Of particular concern are metal surfaces. If possible, avoid crossing metal utility covers or grates. If you must cross these, proceed slowly with caution and try to keep your bicycle as upright as possible. Cross railroad tracks at a perpendicular angle.

- **Fuel:** Like any kind of exercise, eat before you’re hungry and drink before your thirsty. It is easy to get dehydrated and not realize it. It doesn’t have to be warm outside to sweat.

- **Skills:** The most important thing about bicycle commuting in any weather condition is learning the proper vehicular cycling skills. You have to be confident riding your bicycle in traffic in order to be able to safely ride your bicycle in traffic when the weather is poor. Classes are available on cycling skills, but the main thing is to follow all traffic laws, ride in the same direction with traffic, and practice riding in a straight line and checking over your shoulder for traffic behind you. Practice in good weather so you will be ready when it gets nasty.
• **Handy Items:**
  - Fenders keep your clothes dry
  - Spare tire or patch kit and the ability to use them

• **Maintenance:**
  - Lube your chain & moving parts weekly
  - Clean your bike as frequently as possible with water and mild soap
  - Check/clean your brakes
  - Regularly check that quick release levers are not rusting in place

• **Storage:** It is best to store your bicycle inside during wet weather. Consider purchasing space in a locker or cage on campus.
  - Bike lockers and cages (requires a fee) [http://transportation.wisc.edu/transportation/bike_paidparking.aspx](http://transportation.wisc.edu/transportation/bike_paidparking.aspx)
  - Do not leave your bicycle parked at a rack for long periods on campus. It may be confiscated. If you do not intend to ride for a long period of time, take your bike home.

• **Options:** Didn’t prepare to ride home in the rain? No problem. All Madison Metro buses, including campus buses, are equipped with bicycle racks. Instructions for using the racks are available at [http://www.cityofmadison.com/Metro/planyourtrip/bikeRacks.cfm](http://www.cityofmadison.com/Metro/planyourtrip/bikeRacks.cfm)

For more information visit [http://transportation.wisc.edu/home.aspx](http://transportation.wisc.edu/home.aspx)!