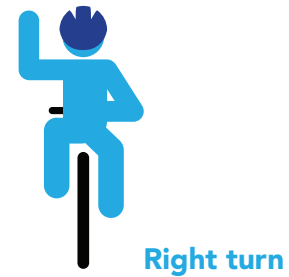
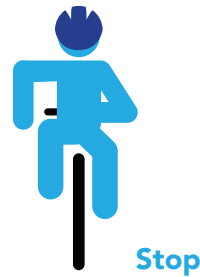


Hand Signals

Use hand signals to let other road users know when you're turning or coming to a stop.



Income-Eligible Bluebikes Membership

Cambridge offers discounted Bluebikes bike share memberships to income-eligible individuals who participate in qualifying public assistance programs OR who meet income guidelines.

- > Memberships are \$50 per year, or \$5 per month
- > Qualifying public assistance programs include:
 - > EBT (SNAP)
 - > Emergency Aid to the Elderly, Disabled, and Children (EAEDC)
 - > Free or Reduced Lunch
 - > Fuel Assistance (LIHEAP)
 - > Housing Choice Voucher (Section 8)
 - > MassHealth
 - > Pell Grant
 - > SSI/SSDI
 - > Transitional Aid to Families with Dependent Children (TAFDC)
 - > WIC

If you believe you qualify, or would like assistance in enrolling, please email bluebikes@cambridgema.gov or call 617-349-4600.

More Info

BIKE WORKSHOPS

cambridgema.gov/bikeworkshops

GETTING AROUND CAMBRIDGE MAP

cambridgema.gov/gacmap

CAMBRIDGE STREET CODE

cambridgema.gov/streetcode

BLUEBIKES

cambridgema.gov/bluebikes

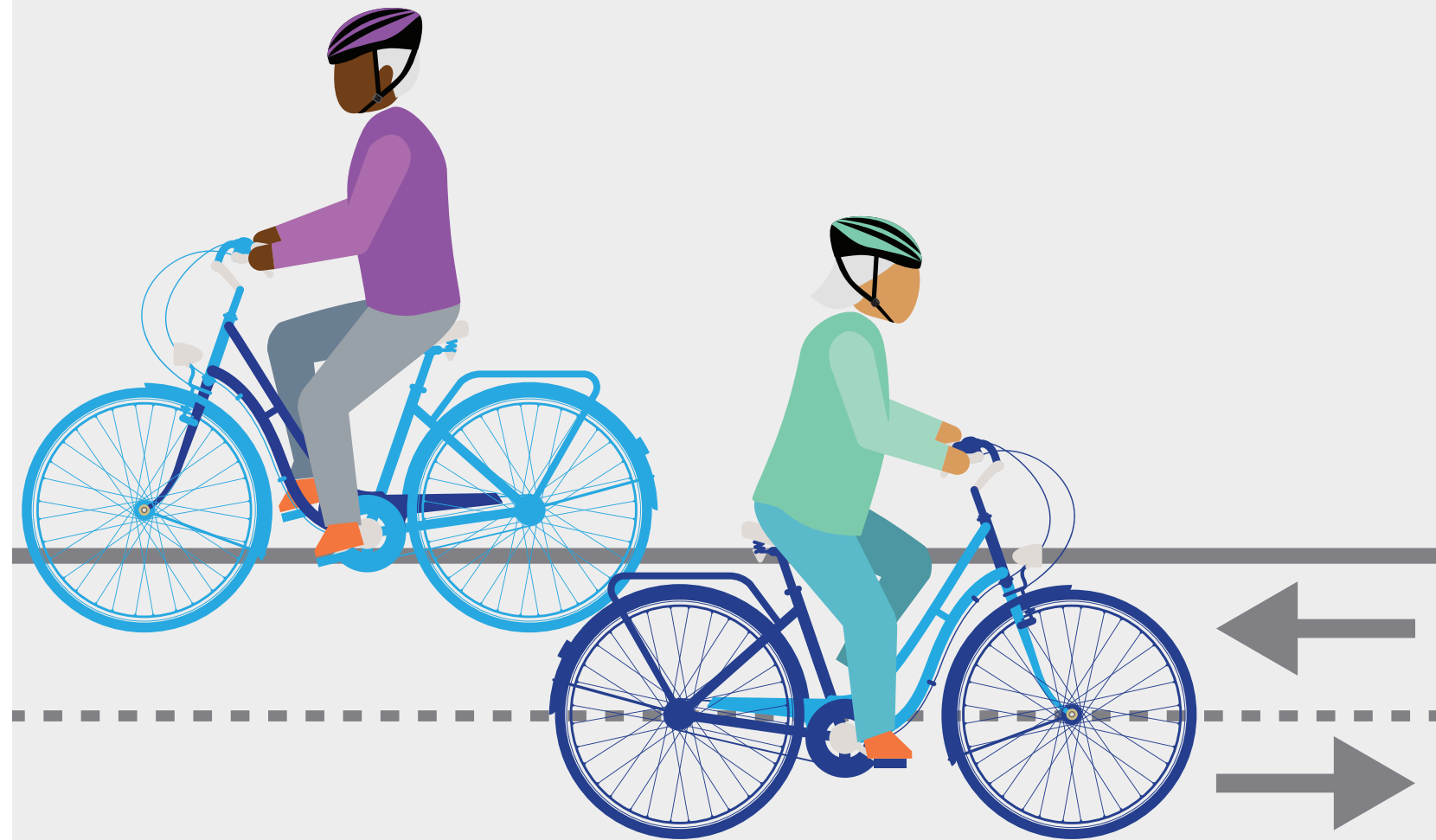
ALL ABOUT BIKING

cambridgema.gov/bikes

Questions

cambridgeinmotion@challiance.org

A GUIDE TO CYCLING IN CAMBRIDGE FOR OLDER ADULTS



Join the Community

Staying physically active as you age can help you lead a healthier and happier life. Still, the question of how to stay physically active can be a challenge. Bicycling has been on the rise with older adults for several decades and offers a form of physical activity that is easy on joints, can increase energy and strength, and can even improve mental health and social ties. With a continually expanding network of protected bike lanes, as well as easily accessible bike routes and parks, Cambridge offers a safe and welcoming environment for older adults to get around on two (or three!) wheels.



How to Get Started

- > Come to a free bike workshop to learn more about riding in Cambridge, and get a free helmet!
- > Choose a location where you're comfortable riding such as Fresh Pond or Memorial Drive (when closed on Sundays).
- > Try out Bluebikes! Bluebikes offers a great way to try riding a bike in Cambridge if you haven't before or if you don't own a bike. Income-eligible residents can get a 30-day membership for only \$5! Plus Bluebikes' step through design makes it easy to start and stop riding.

Great places to practice your riding skills

- > Fresh Pond
- > Danehy Park
- > Linear Park
- > Memorial Drive (when closed on Sundays)

Safe Riding in the City



Be visible Wear brightly colored clothing, include reflectors on your bike, and always ride with lights when riding at night.



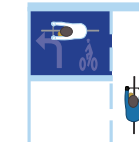
Yield to pedestrians.



Riding on the **sidewalk** at slow speeds is OK when not in a business district. Yield to pedestrians.



You are allowed to ride in **any travel lane**, even if a bike lane is present.



Use a **two-stage turn** to turn left without crossing the flow of oncoming traffic.



Ride to the outside of the bike lane to avoid **car doors**.



Plan your ride before you go and take a comfortable route to your destination.



Strength in numbers: ride with others!

Choosing the Right Bike



Step Through

Easy to mount and dismount, as well as putting foot down at a stop.



Folding Bike

Folding bikes are lightweight and easy to store at home. They are allowed on all buses and trains.



Recumbent

Easier on joints and encourages better spinal position.



Bluebikes

Bike share is a great choice if you don't have space to store your own bike, or don't want to worry about maintenance or repairs.



E-bike

Electric bikes, or e-bikes, use an electric-assist motor that allows riders to travel farther distances with less

effort than traditional bikes. Using an e-bike requires practice and added caution, given the additional weight of the motor and corresponding speed.

Since e-bikes are still relatively new, check with your state or local authorities regarding regulations for e-bikes.



Tricycle

Tricycles provide stability, making them safe choices when traveling at low speeds or to aid balancing. Many models also have built-in baskets, making them convenient for carrying groceries.

Ride Comfortably



- P Pedals** Wide platform or anti-slip pedals are the best option.
- M Mirror** Mirrors are available that attach to your helmet or handlebars making it easier to see approaching cars or bikes from behind.
- T Tires** Wide tires provide more stability and a smoother ride.
- S Seat** Seats come in a wide variety of sizes and hardness. Choose one that is most comfortable for you.
- H Handlebars** Choosing handlebars that provide an upright position can ease strain on your neck, back, and hands, and also help improve your visibility while on the bike.
- R Rack** Attach bags or a basket to a rack to easily carry a bag or extra layers with you.

Important Things to Check



✓ Check Your Helmet

Position Helmet should be level and snug.

Side straps Straps should meet under your ears to form a Y.

Chin strap The strap should be snug enough so that if you open your mouth you feel the helmet pull down.

✓ Check Your Bike

Air Check the tires to make sure they are not flat.

Brakes Test the brakes to make sure there is resistance.

Chain Make sure you can shift gears and the chain is tight.

✓ Check Your Health

Has your hearing or vision changed since you last rode? Do you feel strong enough to support the weight of a bike? Consider how your own health impacts your ability to ride safely.