

# A Beginner's Guide to Biking at Pitt



University of  
Pittsburgh



**Biking in an urban area  
requires awareness,  
cooperation, and confidence.  
The University of Pittsburgh is  
here to give you the resources  
you need to ensure safe travels  
around campus.**

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# Benefits of Biking



**Biking is a convenient, healthy, environmentally-friendly, and low-cost way to commute to, from, and around campus. Start and end your day outside all while being more sustainable!**

*Learn more about sustainable transportation at Pitt by clicking [here!](#)*

# Pittsburgh's Weather



**Always be prepared for Pittsburgh's weather! Rain and snow are common, especially in the winter.**

- **Wear weather-appropriate clothing to keep your ride comfortable**
- **Be extra attentive to the road surface conditions if they are slippery**
- **Make sure you have tires with good tread to keep you safe on the sometimes icy roads**
- **Invest in mudguards or fenders to further protect yourself and bike**

# Safety Gear



## **How to ensure your helmet fits correctly:**

- Select a size that is as snug as possible without being uncomfortable
- Side straps should make a Y below the ear
- You should be able to fit two fingers between your chin and the chin strap

## **The best clothing for biking:**

- Choose weather-appropriate clothing
- Wear bottoms that will not get caught in the bike chain, tuck your pants into your sock, or use a leg band
- Wear bright and/or reflective clothing even during the day
- Wear close-toed shoes to protect your feet

# Additional Gear



## Lights

- **Lights ensure maximum safety and are required by law in Pennsylvania when riding after dusk or before dawn.**
- **Use reflectors, taillights, and headlights**
- **At night, always use a white headlight and red rear light along with your reflectors.**
- **Take easily removed lights with you after parking your bike on campus!**



**Optional: Invest in handlebar mirrors so you can more safely see what is happening behind you. However, don't forget to continue scanning before you make decisions on the road.**

# ABC Quick

## Check



Before you hit the road, make sure your bike is working properly using "ABC".

*If you need assistance, visit the Pitt Bike Cave!!*

**A**ir: Check your the air pressure in both tires by pressing your thumb into the side. It should be firm.

**B**rakes: Check that brake pads are not worn and squeeze brake levers to ensure they work properly. You should be able to fit your thumb between the lever and handlebar.

**C**hain: Check your chain to ensure it is free of rust and gunk and is lightly oiled.

**Q**uick: If your bike has quick releases, make sure they are secure.

# Lock it Up



- Use a U-lock or combination of locks
- Be sure to secure the frame and wheels to a bike rack on campus
- Remove valuables and accessories before leaving your bike unattended
- Register your bike through *Bike Index* for added security



# **Bike Racks &** **Resources**

The University of Pittsburgh has bike racks at many of our academic buildings and residence halls around campus.

Check out Pitt's Bike Map [here](#)



The [Pitt Bike Cave](#) is a student run organization located in the Posvar Passage that can help you with bike maintenance issues.



# Bike Storage & Parking

## Bike Rooms

- Bouquet Gardens, Litchfield Towers, Nordenberg Hall, and the Residence on Bigelow offer bike rooms for you to store your bike.
- Bike rooms are FREE! However, you must request access as space is limited.

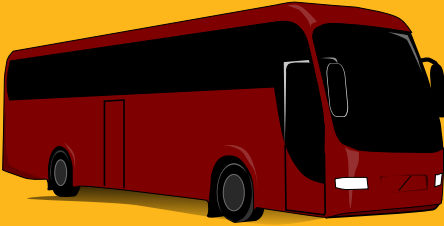
## Bike Lockers

- Bike lockers are located near the Posvar Passage and at Sutherland Hall
- Bike lockers cost \$40 per semester plus a \$10 refundable key deposit

Register your bike through the Bike Index, then complete the **Bike Locker/Room Request** form online.

For more information, visit *Pitt's Bike Parking and Storage*

# **Bikes on Transit**



**PRT buses and Pitt's Campus Shuttles have bike racks on the front of the bus.**

**Before attaching your bicycle to the rack, let the driver know your intentions. PRT bus drivers can lower the vehicle to make loading your bike easier!**

*Click [here](#) to learn more!*

# Traffic Laws

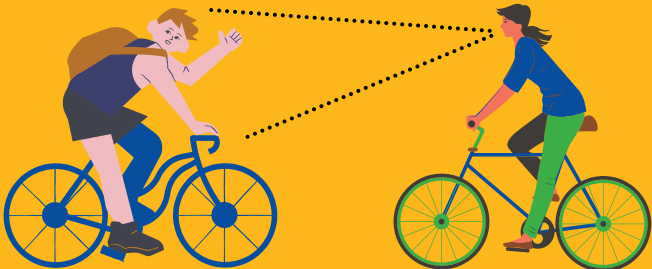
*Bicyclists must follow the same traffic laws as other road users including:*

- Ride with traffic in the rightmost lane in the direction you are traveling
- Stop at all stop signs and red lights as if you were in a motor vehicle and follow all other road signs and markings
- On narrow roads, ride in the middle of the lane. If the road is wider, you can ride side by side with motor vehicles but are not required to
- Yield when changing lanes and at intersections
- Use appropriate signals to let other road users know your intentions when turning, changing lanes, slowing down, and stopping



# Signaling & Scanning

- **Before merging or turning:** Look behind and in front of you to check for other traffic.
- **Right Turn:** Extend your right arm out perpendicular to your body to turn right or merge to the right.
- **Left Turn:** Extend your left arm out perpendicular to your body to turn left or merge to the left
- **Stopping or Slowing Down:** Extend your left or right arm at a 90 degree angle with your fingers pointing at the ground



# How to Avoid Accidents



- Always follow PA laws for bicyclists
- Make drivers aware of your presence and be visible by wearing bright and reflective gear
- Do not hug the side of the road to let cars more easily get around you
- Always signal so that your actions are predictable to others on the road





# **Bike Lanes**

**Oakland and surrounding neighborhoods have lots of bike lanes that make biking safer. Always be courteous to other bicyclists when using bike lanes**

**Pay special attention at intersections where motor vehicles are permitted to cross bike lanes for right turns.**

# More PA Bicycle Laws

For more information about PA's bicycle laws, [click here](#)

Check out the PA Department of Transportation's Bicycle Drivers Manual for more information about how to ride on the roads [here](#)



# Sidewalk Safety.

- Riding on sidewalks in Oakland and other business districts is not permitted.
- Riding on sidewalks pose many dangerous hazards to not only bicyclists, but to pedestrians as well.
- If you need to be on the sidewalk, always walk your bike.
- If you must ride on the sidewalk, make sure it is permitted and ride at a walking speed and always yield to pedestrians.



# What to do in the Event of an Accident

If you are involved in an accident on your bicycle or witness an accident involving a bicycle, there are several important steps to take:

- **Remain calm**
- **Call 911 if someone is injured**
- **Alert the local Police Department**
  - If the accident occurred on campus, alert Pitt Police
- **Write down contact and motor vehicle insurance information of others involved in the accident**
  - Ask witnesses for contact information as well
- **Check your bike for damage**
  - For minor damage, the Pitt Bike Cave can assist with repairs. Do not ride a damaged bicycle
- **Document the details**
  - What caused the crash?
  - Who was involved?
  - Did someone seek medical care?
  - Physical damage to the bicycle
  - What happened after the crash?

# Participate in Bike to Campus Week!

In September, Bike to Campus Week brings together new and experienced bicyclists, local bike organizations, student organizations and biking advocates to promote sustainable and active modes of transportation, particularly biking!



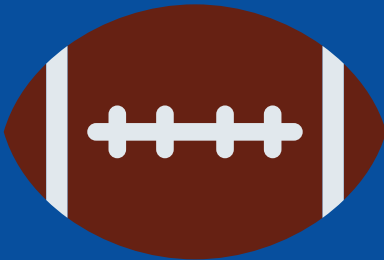
*Click [here](#) to learn more!*

# Game Day!

Head over to Acrisure Stadium on the North Shore for Pitt football games on a bicycle!

Don't have a bicycle? Use a POGOH bike!

There are several POGOH bikeshare stations in Oakland and on the North Shore near Acrisure Stadium!



# POGOH at Pitt

*No Bicycle? No problem!*

The Office of Mobility  
offers students, faculty,  
and staff access to  
*unlimited 30-minute rides*  
*on POGO bikes!*

*Learn more about POGO at Pitt and how  
to participate by clicking [here!](#)*