

Cycling Basics

Bike safe, bike smart.

Gear up

Always wear a helmet. Make sure your bike has both a front and back light so you stay visible in traffic.

Ride safely and follow the law

Cyclists must follow the same road rules as vehicles. Learn The League of American Bicyclists' rules of the road at bikeleague.org/ridesmart.

Register with TUPD

Registering your bike can deter theft and help the Tufts Police identify it if it is stolen. To learn more about theft prevention and how to register visit go.tufts.edu/bikeregistration.

Secure your bike

U-locks are the most effective way to protect your bike from theft. Always pass the lock through your bike's frame, and also try to secure the wheels when possible. U-locks can be purchased from the Tufts Bookstore.



ABCs of Bike Maintenance.

Air

Properly inflated tires help prevent flats. Before pumping up your tires, check the sidewall of your bike tires for the recommended tire pressure. Make sure to carry a patch kit and pump with you as you ride.

Brakes

Make sure your brakes are working properly and smoothly by squeezing both front and back levers.

Chains

Keep your chain and gears properly lubricated to make sure your bike shifts easier and the drivetrain (front chain rings, rear cassette, rear derailleur and chain) lasts longer.

To learn more about basic bike maintenance, visit rei.com/learn/expert-advice/bike-maintenance

Did you know? Many T-stops like the Boylston Green Line and Park Street Red/Green Line are just a short bike ride away!



Bike Resources

Map your route.

Trailmap allows you to view all of the different types of bike and pedestrian paths in the Greater Boston Metro Area. These trails include paved paths, unimproved paths, bike lanes, protected bike lanes, and more. To start mapping out your bike commute, visit trailmap.mapc.org.

Bike sharing systems. **BLUEbikes.**

Blue Bikes is a bike share program available in Somerville, Cambridge, Boston, Brookline, and Everett. There are more than 3,000 bicycles at over 300 stations throughout the Boston area. Single trip, 24-hour, monthly, and annual passes are available. For more information on usage, safety, pricing, and to download the app, go to bluebikes.com.

Join the Boston Cyclists Union.

Boston Cyclists Union BCU aims to create more equitable, people-centered public spaces. They also advocate for a greater, improved network of safe, protected infrastructure. Sign-up to join the Boston Cyclists Union and receive discounts at local businesses! For more information visit bostoncyclistsunion.org.

Get rewards.

RideAmigos RideAmigos has partnered with ABC TMA to provide commuter benefits to those who switch to sustainable commuting options. Use the RideAmigos app to log the miles you bike as part of your sustainable commute! Biking more miles can win you monthly raffles for gift cards, gear, and more. These benefits are only available to Tufts employees. For more information visit abctma.com.

Bicycle Benefits Get discounts at local retailers such as Union Square Donuts at Boston Public Market, Community Bicycle Supply Inc, Rock Spot Climbing, and Trident Booksellers and Cafe just for riding your bike. For more information visit bicyclebenefits.org.

Bike Guide

Boston Health Sciences Campus

sustainability.tufts.edu



Tufts Bike Map

Boston Health
Sciences Campus







Bike Info Online, Anytime

To see the most up-to-date
information on biking
at Tufts, visit
go.tufts.edu/bikes

The **Tauber Fitness Center** is
free for all registered Boston
Campus students. Staff and
Faculty must pay a \$25/
month fee for use of these
facilities.

*The Fitness Center is currently
closed due to COVID-19

Legend

-  Showers & changing rooms
-  Bike racks
-  Covered bike racks
-  Bike lanes or sharrows
-  Tufts Police
-  Blue Bikes

Have your own bike? For a refundable \$3 cash deposit, purchase a key to the secure bike parking cage under the **274 Tremont St. garage**. For more information visit go.tufts.edu/bikes.

All Bikes Must Be Registered online with TUPD

Register your bike with the Boston Campus Police Office by visiting go.tufts.edu/bikeregistration and completing the **Bicycle Registration Form**.

The **Posner Hall shower** is located on the lower level across from the weight room. *Posner Hall is only accessible with TUPD ID access approval. When using the bathroom, lock the door.

Shower Alternatives

- Bring a change of clothes
- Bring a hand towel to wipe off after your ride
- Use saddlebags or bike panniers to carry your items instead of a back pack.

Bike Shops Near Campus

- Community Bike Supply (Tremont St.)
- Urban Cycles (Atlantic Ave.)
- Loud Bicycle (Milk St.)
- Papa Wheelies Back Bay (Commonwealth Ave.)