

Bike Guide

Boston Health Sciences Campus
sustainability.tufts.edu



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.

Bluebikes 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. Any employee or student at Tufts University is eligible for a nearly 50% discount on an annual Bluebikes membership. For more information visit go.tufts.edu/bluebikes.

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.

GoMassCommute has partnered with ABC TMA to provide commuter benefits to those who switch to sustainable commuting options. Use the GoMassCommute 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.

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.

There are two (2) new showers open to the Tufts Community in the basement of the **M&W Wing** of the Biomedical Research & Public Health building.

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

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 backpack.







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**.

Bike Shops Near Campus

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

Legend

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