

# BICYCLING AT DE ANZA COLLEGE



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## 1. Introduction

Cycling can be ideal for many different individuals, whether for recreational use, commuting, or exercising. You can be more efficient by cycling on and off campus to get to your destination. Cycling has many benefits to the rider's health and the environment as it is a form of transportation mindful of minimizing our use of energy.

Some of the benefits of cycling are:

- Less energy is used to make bicycles as compared to motor vehicles.
- Lower noise pollution. Noise can increase levels of stress hormones, some of which are cortisol, adrenaline, and noradrenaline in the body. These hormones become harmful and might cause life-threatening physiological problems if they remain in our blood circulation long periods of time.
- Healthy exercise for the body.
- Faster than walking.
- Saves money on gasoline when cycling to nearby locations.
- Therapeutic for the mind and spirit; it is proved to be more relaxing than driving a motor vehicle mostly because of the lower noise pollution.
- Regular cycling can improve your muscle tone and bone mass.
- Parking becomes easier and no longer a stressor as compared to parking a motor vehicle.

The De Anza Student Body Bicycle Program promotes bicycling on and off campus and provides resources for students each quarter to have a more efficient commute by providing students with a free bicycle rental program.

## 2. About the DASB Bicycle Program

De Anza Student Body recognizes that environmental sustainability is our generation's top concern. In an effort to reduce pollution and provide an alternative means of transportation, DASB initiated the Bicycle Program for students to be able to rent bicycles during the period of the quarter free of charge. The DASB's purpose is to encourage different ways of transportation and increase bicycle use. This program aims to provide students with the means to rent a bicycle for use on and off campus.

There are only a few requirements the student must meet in order to be eligible for the bicycle rental:

- Must be 18 years of age or older
- Must be a DASB card holder
- Must pay all fees or be enrolled in a payment plan
- Enrolled in a minimum of 6 units (3 units for the summer quarter)

To apply to the bicycle rental program, the student needs to fill an application that can be found on the De Anza College official website or obtained from the front desk in Office of College Life in the Hinson Campus Center, Lower level.

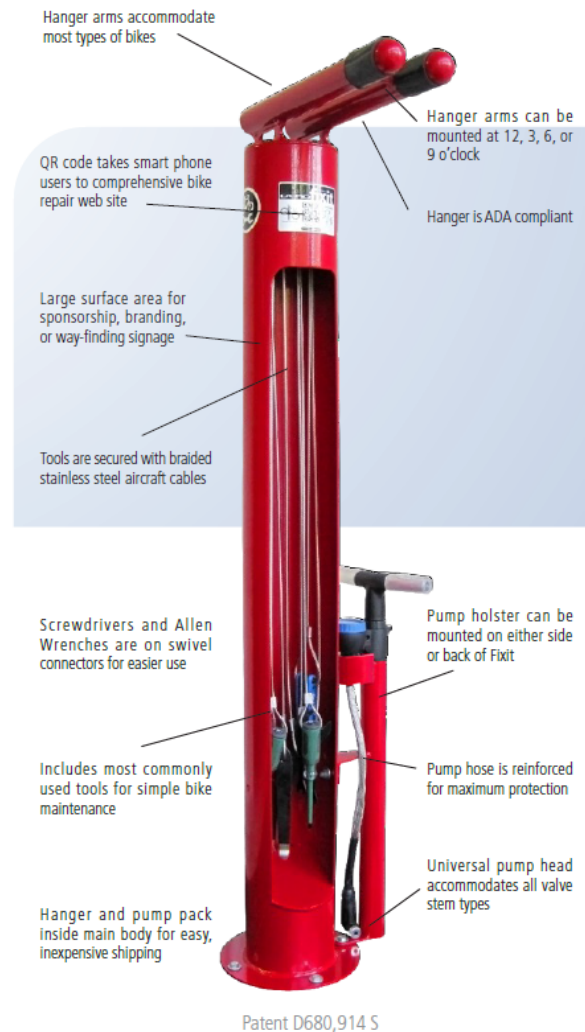
Other than bicycle rentals, the DASB Bicycle Program helps students with easy bike repairs and fixes. If you forget your bike lock, there are several U-locks at the police station for temporary use. With any other problems, such as dysfunctional brakes, loose brakes, flat tire, etc., the bicycle program is there to help you fix them.

### 3. Bicycle Safety Repair Stands at De Anza

There are two bicycle safety repair stands on campus. One is located in front of the bicycle corral by parking lot A. The other is located in the north face of the Kirsch Center.

Both repair stations are red in color and easily recognizable (figure to the right). The purpose of the repair station is to provide students with the necessary tools to do quick repairs and maintenance on their bicycles. In addition, the air pump is available for students to inflate their tires. A sticker on the repair station provides some instruction on how to prop up your bicycle and how to use the air pump.

If students have any questions on how to do easy repairs on their bicycles or how to use the tools provided by the bicycle repair stand, they can contact the Bicycle Program coordinator for assistance at [dasbbikeprogram@fhda.edu](mailto:dasbbikeprogram@fhda.edu) or visit the coordinator in the Office of College Life in the Hinson Campus Center, Lower level.



### 4. Bicycling on the Road: California DMV Rules and Recommendations

According to the California Department of Motor Vehicles, bicyclists have certain responsibilities when riding on the road. Refer to this link for more thorough information: [DMV CA: Safety Tips for Bicyclists.](#)

Bicyclists:

- Are entitled to share the road with motor vehicles.
- Have the same rights and responsibilities as motor vehicle and motorcycle drivers.
- Must obey all traffic signals and stop signs.

- Are lawfully permitted to ride on certain sections of roadway in rural areas where there is no alternate route.
- Must ride in the same direction as other traffic, not against it.
- Shall ride as near to the right curb or edge of the roadway as practical—not on the sidewalk.
- May move left to pass a parked or moving vehicle, bicycle, animal, or avoid debris or other hazards.
- Should ride single file on a busy or narrow street.
- Must make left and right turns in the same way drivers do, using the same turn lanes. If the bicyclist is travelling straight ahead, he or she should use a through traffic lane rather than ride next to the curb and block traffic making right turns.
- Must signal all their intentions to motorists and bicyclists near them.
- Must wear a helmet if under the age of 18.
- Should carry identification.
- Shall not operate a bicycle on a roadway unless the bicycle is equipped with a brake which will enable the operator to make one braked wheel skid on dry, level, clean pavement.
- Should avoid wearing dark clothing and **must** have the following equipment
  - A front lamp emitting a white light visible from a distance of 300 feet.
  - A rear red reflector visible from a distance of 500 feet.
  - A white or yellow reflector on each pedal or on the bicyclist's shoes or ankles visible from a distance of 200 feet.

## 5. Bicycle Safety Tips

- Wear a helmet
- Do not use electronic devices when cycling unless using a hands-free device
- Pay attention to traffic signals and be aware of your surroundings
- Ride at a speed that is safe for the current conditions
- Make sure you have front and back reflectors at all times
- Use front and back bike lights when cycling in the dark
- Ride on the correct side of the street; do not go against traffic
- Make sure your brakes work before riding
- Stop at stop signs
- Yield to pedestrians
- Be a defensive rider

## 6. Parking and Locking Your Bicycle

The bicycle corral is available for all bicycle renters of the DASB Bike Program to lock their bicycles securely. Other students are also eligible to utilize the bicycle corral once a \$10.00 fee is paid at Student Accounts located in the Office of College Life, upon which they receive a corral access key to access the bicycle corral during the length of the quarter.

When locking your bicycle on bicycle racks on and off campus, lock both wheels and the frame of the bicycle to the rack in order to maximize safety and minimize the possibility of theft. U-locks are recommended as they cannot be easily cut like cable locks. However, having a cable lock attached to a U-lock is your best option as you can securely lock both wheels and the frame of the bicycle to the bike rack. Do not leave your bicycle locked in an unsafe area for an extended period of time. Take your bicycle with you everywhere you go, and when going to an indoor area, lock your bicycle on the closest bicycle rack. Cases have been reported where the bicyclist left his/her bicycle locked in a public location for several days/weeks, during which an unknown thief has cut the lock and stolen the bicycle.

On campus, locking your bicycle in places commonly used by pedestrians or people with disabilities might lead to the De Anza Police removing your bicycle. Thus, it is highly recommended to lock your bicycle on bike racks.

## 7. Lost Bicycles

If you lose your bicycle on campus, visit the De Anza Police Station to inquire about your lost bicycle in case anyone has turned it in. If you do not find your bicycle in the lost and found, proceed with filing a report on a lost item with the police station. Sometimes, you might be required to go to the county police station if your bicycle was stolen or lost off campus.

## 8. Bicycles on Public Transport

All public transportation in California are mostly bike-friendly. VTA buses have a rack space for two bikes located in the front of the bus and might allow up to two bicycles inside the bus at the driver's discretion. Bus drivers will lower the bus for you to mount your bike on the front racks. When mounting your bike, do not rush and mount carefully making sure to put on the extra protection meant to hold your front wheel in

## BEST LOCK POSITION



### METHODS

1. Lock the bike frame and wheels together
2. Securing the quick release front wheel alongside the frame and rear wheel



place. Always remember to take your bicycle off the front-rack when dismounting the bus. However, if you do forget, it is possible to retrieve your bicycle at the VTA lost and found. Make sure to remember the bus number and time of travel for the authorities to locate your bicycle and hold it for you at the lost and found.

## **9. Other Services and Resources**

The Bike Program is always available for help with any questions or concerns. Please email [dasbbikeprogram@fhda.edu](mailto:dasbbikeprogram@fhda.edu) or come into Office of College Life in the Hinson Campus Center, Lower level with any help you might need.