



BIKE TO WORK DAY IS THURSDAY, MAY 14, 2009

The Bishop Ranch Transportation Association and the East Bay Regional Parks District co-host a Bike to Work Energizer Station on May 14th at the corner of Bollinger Canyon Road @ Iron Horse Trail from 6 a.m. to 9 a.m. and 3 p.m. to 6 p.m.

Please join us for free refreshments, Bike to Work Day bags and other goodies.

Planning ahead for your bicycle commute is your best route to success!

Tips & Tricks:

1. Perform a bicycle equipment safety check 1 to 2 weeks BEFORE you begin riding.
2. Each day you bike to work, perform the safety checks again—especially the tires—in the morning and again before you ride home.
3. Plan your route. If it's your first time, consider a weekend test ride of your route before Bike to Work Day, so you know how long it takes to make the trip.
4. SEE and be SEEN—ride predictably and make yourself visible to motorists and pedestrians alike.
5. Carry water, a nutritious snack, a cell phone or coins for a pay phone, and a patch kit for your tires.
6. Plan appropriately for your fitness level. If a same day roundtrip is too much consider:
 - a. Biking in and taking your bike home on transit
 - b. Bring your bike on transit and bike home
 - c. Bike in on Thursday and bike home on Friday
 - d. The distance from Dublin BART along the Iron Horse Trail to Bishop Ranch is 5.75 miles; the IHT runs directly into the Dublin BART station. To find the trail when exiting BART, turn left as you exit the entrance and follow the sidewalk to the trail.
 - e. The distance from Walnut Creek BART to Bishop Ranch via the Iron Horse Trail is 12 miles.
 - f. The very best East Bay BART station access to the Iron Horse Trail is from the Pleasant Hill BART station. Consider beginning your ride from this point. For details, call the Bishop Ranch Transportation Center at 830-0101.
7. Bishop Ranch buses have front mounted bus racks and employees can ride the following express and local routes with a free Bishop Ranch bus pass (w/o a pass, the cost is \$2.25; drivers can't make change):
 - a. 95X to/from Walnut Creek BART (Express route serving BR 3, BR 7, BR 9, and BR 11 from stops along Camino Ramon and including the San Ramon Transit Center)
 - b. 96X to/from Walnut Creek BART (Express route fully circulating throughout Bishop Ranch)
 - c. 97X to/from Dublin BART (Express route fully circulating throughout Bishop Ranch)
 - d. 36 to/from Dublin BART, serving northern Dublin and southern San Ramon (non-express route)
 - e. 21 to/from Walnut Creek BART serving central, west and northern San Ramon, Danville, Alamo and Walnut Creek along South Main and California Blvd. (non-express route)
 - f. 35 up/down the Bollinger Canyon Road hill and through Dougherty Valley to Dublin BART. (non-express route)
8. To request a free Bishop Ranch bus pass, visit <http://www.bishopranch.com/transportation/index.shtml> and use the "Quick Links" on the lower left corner of the page. Please allow 1 to 2 business days for worksite delivery of your bus pass.
9. Loading your bike onto a CCCTA bus bike rack:
 - a. As the bus approaches, have your bike ready to load. Remove water bottles, pumps or any loose items.
 - b. Tell the bus operator that you are loading your bike. DO NOT ASSUME THE DRIVER SEES YOU.
 - c. Load/unload from the curb side only, DO NOT step out into traffic.
 - d. Pull up on the handle to release folded bike rack.
 - e. Lift bike onto rack, fitting wheels into slots. Slots are labeled for front and rear tires.

- f. Raise the spring-loaded support arm over the top of the front tire. Support arm should rest on the tire, not on the fender or frame.
10. **Unloading your bike from a CCCTA bus bike rack:**
 - a. Tell the operator that you need to unload your bike as you approach your bus stop.
 - b. Raise support arm and move it down, out of the way.
 - c. Lift the bike out of the rack.
 - d. REFOLD BIKE TACK INTO UP AND LOCKED POSITION, IF NO OTHER BIKE IS IN THE RACK.
 - e. Notify operator when done unloading.
 - f. Return to the curb with your bike and wait for bus to leave before entering traffic.
11. **Make advance arrangements for access to showers and locker rooms** in your BR building with your building's property manager at 277-1700.
12. **Employees that bicycle to a work location anywhere in Contra Costa County** should be aware that they are eligible for Contra Costa County's **Free Guaranteed Ride Home Program** on the days they bike to work. Cyclists that encounter special circumstances, such as extremely inclement weather or unexpected overtime that keeps them past sunset; **use this program when your bicycle commute is disrupted**. Advance registration is required for this free program providing up to six free taxi or rental car rides home for unexpected, authorized overtime, illness, personal or family emergencies requiring an abrupt and speedy departure from work. Visit <http://www.511contracosta.org/wp-content/uploads/2009/09/grh06-for-web.pdf> for a sign up form.
13. **Find a "Bike Buddy"** at www.511.org or encourage a coworker to join you on your ride.
14. The **East Bay Bicycle Coalition** is an excellent source for information and assistance. Visit www.ebbc.org.
15. **To join the Iron Horse Trail's Volunteer Bicycle Safety Patrol**, call 1-510-881-1833 and ask for the coordinator's contact information.

The Bishop Ranch Transportation Association is sponsored by
Sunset Development Company, Chevron Corporation and the San Ramon Marriott Hotel.

**Bishop Ranch Business Park named Best Workplace in America
By the US EPA & US DOT
August 2006**