

8: TRANSIT & HILLS

BICYCLE ACCESS ON TRANSIT

For more bike access and fee information for the following, call 511 from any area code, or visit www.bicycling.511.org/transit.htm.

AC Transit

AC Transit has equipped most of its fleet with bicycle racks. Bikes are not allowed on buses without bike racks. For more detailed information visit www.actransit.org/riderinfo/bikes.wu.

Amtrak

All Capitol Corridor trains are equipped with bike racks, and connecting Amtrak ThruWay buses each carry two to three bikes as space is available.

BART ❶

Bikes are allowed on all trains, except on trains shown in highlighted areas of the BART schedules published in the “All About BART” brochure. It is the rider’s responsibility to check BART schedules. Bikes are never allowed on crowded cars or the first car of any train. More information: www.bart.gov/bikes.

Caltrain

Bicycle capacity is 32 bikes per train and 16 on Baby Bullet Trains. Bikes are allowed only in the end car closest to San Francisco. Caltrain normally offers two bike cars—total bike capacity of 48—on the 18 weekday trains. For more information visit www.caltrain.com/faqs.html.

Ferries: Golden Gate; Alameda/Oakland; Blue and Gold

Bicycles are welcome aboard ferry lines on a first-come, first-served basis. Boats have varying capacities for on-board bicycle storage.

Golden Gate Transit

GGT has bicycle racks on its entire fleet of 40-foot long coach buses. Vehicle code prohibits racks on 45-foot long coaches. For more information visit www.goldengatetransit.org/services/bikes.html.

SamTrans

SamTrans’ entire fleet of buses is equipped with bike racks. More information: www.samtrans.com/bikes.html.

Valley Transportation Authority

Santa Clara Valley Transportation Authority (VTA) has equipped all buses with exterior bike racks and all light rail cars with interior bike racks. For more information visit www.vta.org/services/bikes.html.



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SECURE BIKE PARKING AT TRANSIT

You can get information on all bicycle storage facilities throughout Bay Area transit locations by calling 511 or visiting www.bicycling.511.org/stations.htm#transit. **2** (page 26)

BART has a bike storage facility at Embarcadero Center in San Francisco for up to 150 bicycles, and a facility in Berkeley at the downtown Berkeley BART station for up to 77 bicycles.

Caltrain provides bike storage at the Palo Alto Caltrain station for up to 150 bicycles. For more information visit www.bikestation.org/paloalto.

USING DIFFERENT GEARS FOR HILLS

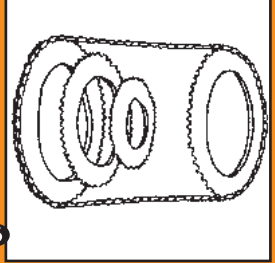
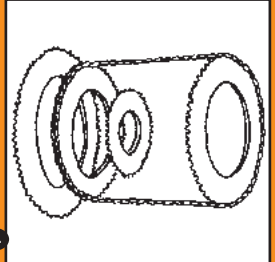
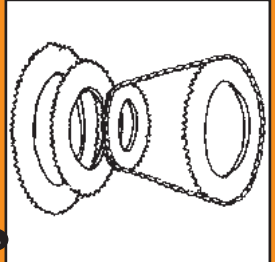
Whenever you want to walk up a hill or go from walking to running, your legs move differently. Your steps become shorter or longer. That's how your legs adapt to the different kinds of work you want to do. Your bike also can adapt, if it has multiple gears. It adapts by changing gears. By changing gears, you can move faster, go uphill, or ride upwind without working so hard.

What Gears to Use

When you first learn to shift gears, stay in a single front gear. Learn to use the back gears first. Then, experiment with the front gears.

Gears to use as you climb and go down a hill:

- ▶ Say you're going very fast; you use a small back gear. **3**
- ▶ As you start to go up a hill, you move slower. Your pedals will move slower too—unless you shift to a bigger back gear to keep them moving at the same speed. **4**
- ▶ In the middle of the hill climb, you move even slower. You shift to the biggest back gear to keep your pedals moving at a steady speed. **5**
- ▶ At the top of the hill you start to move faster. You shift to a smaller back gear so your pedals don't also move faster. **4**
- ▶ In the middle of the downhill, you move fastest. You shift to the smallest back gear to keep your pedals moving at a steady speed. **3**



How different shifters work

► **Handgrip shifters:** ❶ To move the chain to the biggest back gear, move the pointer on the right-hand shifter to the lowest number. To move it to the smallest back gear, move the pointer to the highest number. (Front gears use the left-hand shifter, and work the opposite way.)

► **Frame levers:** ❷ To move the chain to the biggest back gear, move the right-hand lever all the way down. To move it to the smallest back gear, move the lever all the way up. (Front gears use the left-hand lever, and work the opposite way.)

► **Trigger levers:** ❸ To move the chain to the biggest back gear while pedaling, hold the right-hand lever (a) all the way in until the chain goes to the biggest gear. To move the chain to the smallest back gear while pedaling, keep clicking lever (b) until it won't click any more. (Front gears use the left-hand lever, and work the opposite way.)

To cause your bike's chain to move to a different gear:

- a. Pedal with very little pressure.
- b. Move the hand shifter. If your hand shifter clicks once for each gear, move the shifter until it clicks. If your shifter doesn't click, move it until your pedaling becomes easier or harder, or you hear the chain move to another gear.
- c. If your chain rattles or rubs after you've shifted, move the hand shifter slightly in one direction or the other until the sound is gone. If the sound remains, have your bike checked.

Shifting internal-hub gears

If on its rear wheel your bike has an internal-hub gear mechanism, with the gears on the inside (where you can't see them) instead of the outside: Before you shift gears, stop pedaling; move the gear-shift lever; then resume pedaling.

