

# WALKING: THE FOOT COMMUTE

Walking can be a great commute choice for short distances or as part of a longer commute.

If you live less than a mile from your work location — or from public transportation — walking can be a relaxing and inexpensive commuting choice.

Walking not only reduces traffic congestion and promotes cleaner air — it's a great form of exercise! Did you know that walking one mile in 30 minutes burns 120 to 180 calories?



## SAFE STEPS FOR THE FOOT COMMUTE

- Don't jaywalk. Cross only at corners or crosswalks. Never cross in the middle of the block.
- Cross only on the green.
- Look all ways before crossing.
- Avoid crossing between parked cars.
- When walking on the road, stay on the left side, facing traffic.
- Wear reflective materials so drivers can see you at night or in bad weather.
- Keep headphone volume low enough so you can hear horns, vehicle engines and sirens.

# HOW TO HIT THE GROUND WALKING

- Map out a route. Consult a street map and choose a route that will take you through areas with well-paved sidewalks or wide shoulders.
- Consider a route that runs along a transit line. If you are running late or the weather turns nasty, you can hop the bus to complete your commute. If your worksite is too far to walk, a combination of walking and public transportation may be the answer.
- Take a collapsible umbrella and/or a raincoat and rain hat.
- Try your route on a weekend. You'll want to make sure it is a comfortable distance before you make the first foot commute.
- Wear sturdy, comfortable shoes or sneakers. If you buy new shoes, be sure to break them in before you wear them for your foot commute.
- Use a backpack or a briefcase with an adjustable strap. This makes it easier to carry your essentials.

Contact the transit providers below for complete bicycle policy information, or see Cross County Connection's "Bring Your Bike On Board" pamphlet (<http://www.driveless.com/pdfs/bikeonboard.pdf>) if you need more information.

## CONTACT INFORMATION:

**Amtrak**  
1-800-USA-RAIL (1-800-872-7245)  
[www.amtrak.com](http://www.amtrak.com)



**BurLink** } 1-800-836-0580  
[www.ridetheshuttle.com](http://www.ridetheshuttle.com)



**NJ TRANSIT** } 1-973-275-5555  
[www.njtransit.com](http://www.njtransit.com)



**NJ TRANSIT River LINE**  
1-800-331-9791  
[www.riverline.com](http://www.riverline.com)



**PATCO** } (856) 772-6900  
(215) 922-4600  
[www.ridepatco.org](http://www.ridepatco.org)



**NY/NJ PATH**  
1-800-234-PATH (1-800-234-7284)  
[www.panynj.gov](http://www.panynj.gov)



**SEPTA** } (215) 580-7800  
[www.septa.org](http://www.septa.org)



FOR MORE INFORMATION ON  
BIKING, WALKING, & TRANSIT  
SCHEDULES, PLEASE CONTACT:

[www.driveless.com](http://www.driveless.com)



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# BIKING WALKING

THE HEALTHY, NO-POLLUTE  
COMMUTES

[WWW.DRIVELESS.COM](http://WWW.DRIVELESS.COM)  
856.596.8228



# BIKING & WALKING: THE HEALTHY, NO POLLUTE COMMUTE

Bicycling and walking are increasingly popular ways to commute. Not only do they provide a way to exercise while you're traveling – biking and walking are the ultimate “no pollute” commutes. Because motor vehicles emit the greatest amounts of pollutants per mile during short trips with a cold engine, biking and walking are great ways to do your share for cleaner air.

## COMMUTING BY BIKE:

The bicycle is well suited for trips between two and five miles. In urban and suburban areas, bicycling may actually take less time, door-to-door, than driving. The commuting bicyclist's speed is between 12 to 17 miles per hour, including traffic stops. When traffic is backed up, cyclists are often able to roll right by – and be at their workplace while those with a car hunt for parking spaces.

Biking saves money too – no gasoline or auto insurance required. Most importantly, biking is healthy and fun. Many bike commuters view it as workout time instead of commuting time.



- Try commuting a day or two a week during nice weather for three to four weeks. By then, you'll be hooked. Here are some tips that will help you zip by the traffic.
- Wear a bicycle helmet. If you don't have one, get one. In the event of an accident, it can help prevent serious head injuries.
- Make sure your bicycle is in working condition. It's a good idea to take it to a bicycle mechanic for a safety inspection and needed repairs.
- Adjust the seat and handlebars to the proper heights to insure that you'll have a comfortable trip. You may even want to change the seat or buy a cushioned seat cover.
- Allow a half-hour for a four-mile commute. Take your time and enjoy the trip.
- Wear comfortable, bright-colored clothing. Avoid tight clothing that restricts movement or loose clothing that could get caught in the bicycle chain or other moving parts. It's a good idea to wear pant clips or rubber bands to prevent cuffs from getting caught or soiled. You can also wear old clothes or an athletic suit and then change clothes at work.
- Since commuting conditions differ from pleasure cycling, get out your bike and practice. By developing good riding skills, you'll be able to handle more difficult riding situations.

## HOW TO GET OFF ON THE RIGHT PEDAL

- Plan your route in advance. Take a test ride to note pavement and traffic conditions. You may want to avoid steep inclines and locations with poor visibility.
- Follow the rules of the road. Ride to the right with traffic—not against it. Obey all traffic signs and signals. Bicyclists have the same obligation to safety as motorists do. Use discretion in asserting right-of-way.
- Use hand signals for turning or stopping. Extend your left hand out straight for left, up for right, and down for slowing down or stopping.
- Lock your bike securely. If secure bike parking facilities are not provided, ask your employer if you can bring the bike to your work area.
- Bring a washcloth and a hand towel to freshen up and look your best. Better yet, take a shower if facilities are available.
- Plan for inclement weather. If weather turns bad – such as storms or extreme temperatures – you might arrange to be picked up, take public transit or share a ride. Many employers offer an Emergency Ride Home program to bicyclists who experience these problems.
- Make sure that motorists, other cyclists and pedestrians can see you at night. Wear bright or reflective clothing; apply reflective tape to helmet, clothes, and bike. Ankle straps keep pant legs out of the chain and usually have a reflective strip.

# BRING YOUR BIKE ON BOARD:

Today, many public transit agencies have bike racks on their buses and allow bikes on their trains. So ride your bike to public transit and then bring it on board. Contact Cross County Connection for a copy of our Bike on Board Guide. Some “Bike on Board” tips:



- Bicycles must be clean, free of dirt and grease, and without sharp projections.
- Availability is on a first come, first served basis.
- On a train, cyclists must allow other passengers to exit and enter before boarding with a bicycle.
- When riding a bus, notify the bus driver first before loading bikes on racks.
- Bus drivers cannot assist with loading of bikes.
- Bicyclists must be able to lift their bicycles up and down stairs.
- Bicycles are not permitted on escalators to access platforms.
- Transit agencies are not responsible for lost, stolen, or damaged bikes while on bike racks or trains.