



Cycling is a form of active transportation that has individual health and community health benefits. By replacing a trip in a car with a trip on a bike, you cut down on harmful greenhouse gas emissions and air pollutants that are standard with a car. Additionally, research from the University of Montana shows us that cycling builds strength, increases cardiovascular fitness, improves coordination, and decreases stress levels. No matter your reason for biking, it's a fun way to move from Point A to Point B!

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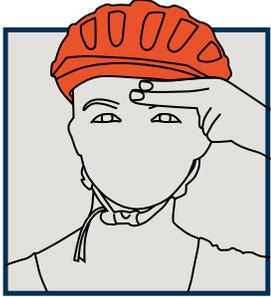
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SAFETY AND SECURITY

HELMET SIZING GUIDE

- A helmet that fits is crucial in protecting you in the case of an accident.



EYES

Only TWO fingers should fit in the space between your eyebrows & the bottom of your helmet



ERAS

Line your TWO fingers up with the straps; the V of your fingers should be right at your earlobe



CHIN

Hook TWO fingers between your chin. There should be no extra space

- In addition to wearing a bicycle helmet, following the rules of the road will help keep you safe. There are a variety of laws regarding bicycle use in the state of Washington. For instance, when riding on a road, a cyclist has the same rights and responsibilities as a vehicle operator. We recommend you visit [WSDOT's bike page](#) for more information on this topic.
- Whether you are biking to work or to meet friends for dinner, you'll likely want to bring along a bike lock and ensure your bike is locked up properly. Doing so can remove the stress of having your bicycle stolen.
- We recommend [registering your bicycle with GU Campus Security](#) and Public Safety. If your bike is stolen and recovered, it can be returned to you if the serial number is registered.



LOCKING YOUR BIKE

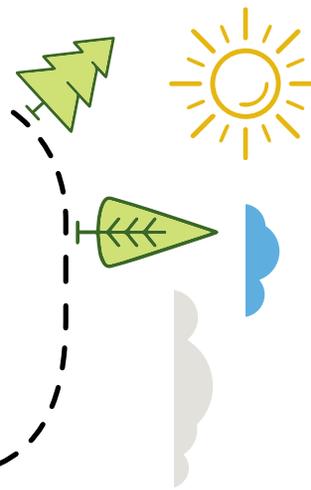
To lock your bike, use a u-shaped lock, a heavy steel cable lock or a combination of the two. secure both wheels and the frame to an immovable objects.



[Click here to see available bicycle racks and bike lockers at GU](#)

A FEW SAFETY TIPS

1. Be predictable
2. Obey all traffic signs
3. Wear reflective clothing
4. Signal your intentions to other people using the road



RESOURCES AT GONZAGA

Refer to [this map](#) of all available bicycle racks and bike lockers on campus to determine where to lock up your bike while you are at work or in class.



[Gonzaga Outdoors](#) has a variety of bike-related resources for students and staff alike.

GREEN BIKE PROGRAM:

Allows students to rent a bicycle for a semester or full school year to commute to campus and work.

BIKE RENTALS:

This program allows you to rent a bike for a day or weekend.

ON-SITE MECHANIC:

The GU Outdoors bike mechanic can help you with any bike repairs from flat tires, adjusting brakes, and truing wheels to full bike builds.



LEFT TURN



RIGHT TURN



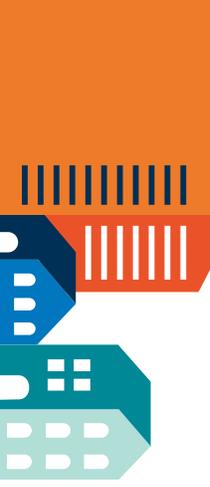
STOP



SLOW DOWN

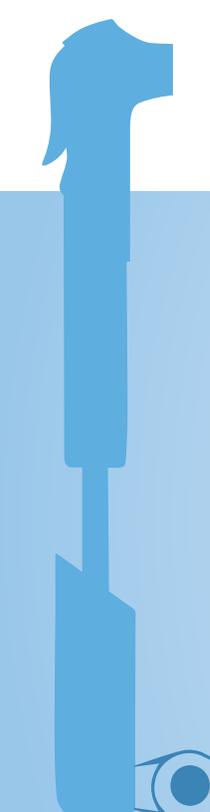
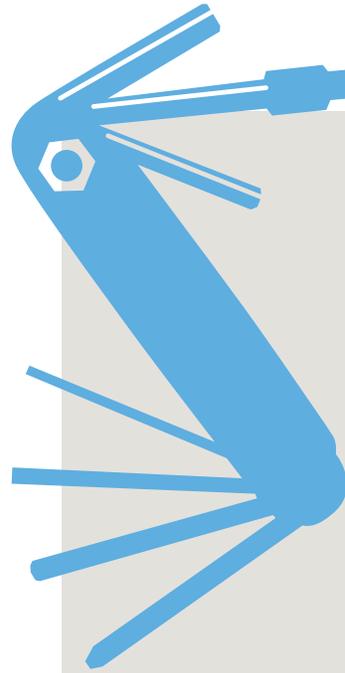


» **SAME ROAD SAME RULES**



BICYCLE MAINTENANCE

- Maintaining a bicycle can be quite inexpensive if you have the necessary tools and are willing to learn how to do things yourself. We recommend an Allen key set, a screwdriver set (both flat-blade and Phillips), tire levers, and an air pump. A multi-tool is also a great option because it combines many of those necessary tools into one convenient to carry piece.
- **Emergency Repair Kit**
If you're out on a long bike ride and something goes wrong, you'll want to have a few things with you so that you can fix it yourself instead of having to call someone to come pick you up. Keeping your cell phone with you is key just in case you can't fix the issue yourself. Beyond that, you'll want to carry a spare tube, a mini air pump or CO2 inflator, tire levers, and a patch kit. Carrying a multi-tool is a good idea as well in case you need to adjust your seat or handlebar height. All these tools can be found at a local bike shop, REI, or online.
- This flat tire [repair video](#) is a must-watch. We recommend deflating your tire at home and practicing how you would fix it at home before you need to do it out on a trail or street.



LOCAL BIKE SHOPS

Whether you're looking to actually purchase a bike, buy some accessories, or have some maintenance done, these local shops are great options.

THE BIKE HUB
1403 W. 1st Avenue



SPOKE 'N SPORT
212 N Division St.



WHEEL SPORT RE-CYCLERY
1711 N Division St.



LOCAL RESOURCES



- The Spokane Regional Transportation Council developed this [interactive map](#) of Spokane that is helpful when planning a trip by bike. Streets are identified as having designated bike lanes, sharrows, or shared roadway. This can help you determine the safest way to get from one point to another.
- Bicycles are not allowed inside STA buses, but there is a bike rack at the front of the bus which allows you to keep your bike safe while extending your commute via bus. [Here's a helpful video](#) that demonstrates how to use the bike rack!
- **This guide would be incomplete if we didn't share a few local trail recommendations!**

Fish Lake Trail: A 10-mile paved trail, Fish Lake is a relatively flat trail flanked on both sides by beautiful trees, rock walls, and even active rail lines for a portion of it!

Children of the Sun Trail: The 6.5 mile paved Children of the Sun trail runs alongside SR 395, and includes some variation in grade that will make for a challenging ride. A great commute option for people who live north of town, or a recreational ride to see a new side of Spokane.

Centennial Trail to Boulder Beach: From Gonzaga's campus, follow the Centennial Trail east for about 6.5 miles. Along the way, the paved trail follows the river, giving you great views of the water and trees on the shore. You'll pass the Upriver Dam, and you may see rock climbers at John C. Shields Park. Be aware, you will have to ride on the road shoulder for a portion of this trail so be predictable and stay safe!



CYCLING COMMUNITY

So you're interested in cycling, and want to meet other like-minded people. There are a few bike-centric organizations in Spokane that are worth checking out. They hold events, host group rides, and help advocate for better cycling infrastructure in the city.

- **Spokane Bicycle Club:** The SBC "is a recreational and social organization that promotes lifelong cycling for fun and health."
- **Get Around Spokane Using Pedals:** GASUP is a public Facebook group whose mission is simply to promote cycling! If you have a question about cycling, are looking for a recommendation, or want to promote a bike-related event, this is the place to do it.
- **Belles Spokane:** This one is for the ladies! This woman-centric group Facebook group organizes fun meet ups and rides for women in Spokane.

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