



Become a Bicycle Friendly Business

- Reduced health costs.
- Decreased absenteeism and turnover.
- Increased productivity.
- Reduced parking costs.

Why should your employees bike to work?



EMPLOYERS

BIKING TO BETHESDA

WHY BIKE TO WORK

- Riding to work costs less than driving or taking transit, especially if you already own a bike.
- Cycling allows you to stay in shape while you commute. A five-mile, one-way commute burns 300 calories round trip for a 130-pound woman.
- People who bike to work arrive invigorated and work off the stress on the way home.
- Biking to work means less traffic congestion and pollution for the region.



According to Montgomery County commuter surveys, about five percent of Bethesda employees bicycle to work.



MARC

What is the policy governing bicycles on MARC rail?

- 35 bike racks were installed on 35 railcars
- Full size bicycles on a majority of trains Camden, Brunswick and Penn line on the weekday during rush hour with the exception of bicycles measuring over 72 inches long, 30 inches wide and 48 inches high.
- Collapsible bicycles are accepted on all trains.
- There is a green light that illuminates when the train is approaching to indicate to the commuters that they can board with a full-sized bicycle.
- No electric bicycles or scooters are allowed on trains.
- No bicycles are allowed on MDOT MTA buses.
- You must be 18 years of age or accompanied by an adult to board the train with a bicycle.
- MTA bicycle locker and rack information is available at 410.767.3999.

BIKE SECURITY

Nothing is theft proof and no locking system is perfect, but you can take steps to ensure that your bike is a less-attractive target to a thief.

- Check to see if your office has secure bicycle parking.
- Consider where and how long your bike must be parked when required when available. No required use of separated paths. Must use shoulder when speed limit is over 50mph.
- **Helmetts:** Required for cyclists aged 15 and under by Maryland State law.
- **Lights:** Front white light and rear red light required after dark.
- **Registering bicycle:** Registering your bicycle is recommended. Vehicles must allow 3 feet of distance for bicyclists except where prohibited in local jurisdiction. Prohibited from expressways, toll bridges, toll tunnels and other major roads.
- **Cycling on sidewalks:** Allowed to pass on left or right, in the same lane or changing lanes, or pass off road. Exercise due care when passing.
- **Audible warning devices:** Bell or other device required.

www.waba.org, and select Classes.

Area Bicyclist Association website for class details and dates. Department of Transportation and Bethesda Urban Partnership and taught by certified instructors. Please visit the Washington Area Bicyclist Association website for class details and dates.

RIDING IN TRAFFIC

Riding in traffic is not as hard as it looks if you follow the suggestions below.

- **Be Predictable!** Ride so drivers can see you and predict your movements.
- Obey all regulatory signs and traffic lights.
- Choose the best way to turn left: Like a car following traffic, or like a pedestrian, ride to far-side crosswalk and walk your bike across.
- Use hand signals.
- Ride in a straight line.
- Take the lane in slow traffic.
- Watch for cars pulling out.
- Be Alert! Ride defensively, watch the traffic and be prepared to react.
- Use lights at night.
- Wear a helmet.
- Be equipped!
- Keep both hands ready to brake.
- Avoid road hazards.
- Scan the road behind you.



RIDING SMART

- Always stay alert!**
The more aware you are, the less vulnerable you are. Areas of poor visibility and be aware of your surroundings.
- Obey traffic signs, signals, and the law!**
Your bicycle is classified as a vehicle. Operate your bicycle like drivers of motor vehicles. By obeying the law, you will be predictable to motorists who will take you seriously.
- Watch for hazards!**
Regularly scan the roadways for cars, pedestrians, and unexpected hazards such as potholes, glass, parallel-slat sewer grates, slippery manhole covers, oily pavement, gravel and ice. Ride to avoid debris and allow space to maneuver.
- Cross tracks with care!**
Ride over railroad tracks at right angles only. This prevents wheels from slipping on or getting stuck in the tracks.
- Use hand signals!**
Hand signals tell motorists and other bicyclists what you intend to do. Signal as a matter of law, courtesy, and protection.
- Ride on the right with traffic!**
Ride with traffic. Motorists are not looking for bicyclists riding on the wrong side of the roadway. Bicycling on the wrong side is particularly dangerous at intersections, roadway curves, and on the crest of hills, and is the highest cause of accidents.
- Riding through intersections!**
When you're going straight through an intersection, move to the through-lane, avoiding the right-turn only lane. Don't ride to the right of a right-turning motorist.
- Scan the road behind!**
Always look back before changing lanes or changing positions in your lane.
- Go slowly on sidewalks and bike paths!**
Pedestrians have the right-of-way. Give pedestrians audible (horn/bell/whistle) warning when you pass to the left. Cross driveways or intersections slowly, looking carefully for traffic, especially traffic turning right.
- Keep both hands on the brake!**
You may not stop in time if you brake one-handed. Allow extra distance for stopping in the rain.
- Watch for chasing dogs!**
Ignore them, or try a firm, loud "NO." If you can't get away, dismount positioning your bike between you and the dog. Don't try to kick the dog. Call for help if you can.

MARYLAND BIKING RULES

- **Mandatory use of bike paths and lanes:** Use of bike lane required when available. No required use of separated paths.
- **Registering bicycle:** Registering your bicycle is recommended. Vehicles must allow 3 feet of distance for bicyclists except where prohibited in local jurisdiction. Prohibited from expressways, toll bridges, toll tunnels and other major roads.
- **Cycling on sidewalks:** Allowed to pass on left or right, in the same lane or changing lanes, or pass off road. Exercise due care when passing.
- **Audible warning devices:** Bell or other device required.



HOW TO GET STARTED

- Here are some suggestions to help you ease into bicycle commuting:
- Try a practice run on a weekend to find a good route and see how long it takes.
 - Find a co-worker or friend who bikes and commute with them.
 - Start by trying just one day a week (try it on "casual Friday.")
 - If you live far from work, try bicycling to the nearest Metro or commuter rail station, or put your bike on a Ride On bus, or drive part of the way and bike the rest.
 - Contact WABA. The Washington Area Bicyclist Association's commuter mentor program will put you in touch with other people in your neighborhood who bike to work and help you find the most comfortable route. Call 202.518.0524 or visit www.waba.org.



BIKESHARING HAS COME TO BETHESDA!

Bikesharing allows users to connect to transit, jobs and activity centers in the area through a low cost bicycle rental program designed for short trips. The bikes are perfect for that "last mile" from the Bethesda Metro to your office and for running errands. With over ten Capital Bikeshare stations in and near downtown Bethesda alone and connectivity to stations in Friendship Heights, Silver Spring and Rockville, transportation options have grown for Bethesda commuters and visitors.

A Bikeshare membership will provide access to thousands of bikes across Montgomery County and in parts of Virginia and Washington, D.C. Contact Capital Bikeshare for membership information at [1.877.430.BIKE](tel:1877430BIKE) or CapitalBikeshare.com.

See the [Biking to Bethesda map on the inside for locations.](#)

RESOURCES FOR BICYCLISTS

Washington Area Bicyclist Association
2599 Ontario Rd. NW, Washington, DC 20009
202.518.0524 • www.waba.org
General Inquiries: waba@waba.org

League of American Bicyclists
1612 K St. NW, Suite 1100, Washington, DC 20006
202.822.1333
bikeleague@bikeleague.org • www.bikeleague.org

Bike to Work Day
BiketoWorkMetroDC.org

Coalition for the Capital Crescent Trail
www.cctrail.org

Bike Maryland
1415 Bush St., Baltimore, MD 21230
443.406.2711 • www.bikemd.org

Montgomery Co. Dept. of Transportation (MCDOT) Division of Transportation Engineering (DTE) Planning & Design Section, Facility Planning
100 Edison Park Drive, 4th Floor S.E. Wing
Gaithersburg, MD 20878
240.777.7220

Montgomery Co. Dept. of Transportation (MCDOT) Commuter Services Division
101 Monroe Street, 10th Floor, Rockville, MD 20853
240.777.8380 • www.montgomerycountymd.gov/commute

This map has been prepared to aid cyclists, pedestrians and transit users in planning both recreational and commuter trips. Retail sites and services are shown for information only.

No endorsement is implied. Bicyclists have the same responsibility as motor vehicle operators to obey traffic laws. Conditions on streets and trails may vary greatly. Be prepared to make your own evaluation of the conditions of the roadway or trail and plan your route appropriate to your ability. The user of this map bears full responsibility for his or her own safety. Information contained within this map was accurate as of the printing date (2022).

Published by Bethesda Transportation Solutions, with assistance from the M-NCPPC, Montgomery County Department of Parks, Montgomery County Department of Transportation, Coalition for the Capital Crescent Trail, and WMATA.

A division of the Bethesda Urban Partnership
7700 Old Georgetown Road, Bethesda, MD 20814
301.656.0868 | www.bethesdatransit.org

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Bikes Ride for Free

Bicycles are permitted on Metro rail except major holidays. Please visit www.metrotransit.org for details.

202.962.1116
Washington, DC 20001
600 Fifth Street, NW
Office of Marketing / 6th floor
<https://www.wmata.com/service/bikes/>

There are many resources on the Metro website for biking to work.

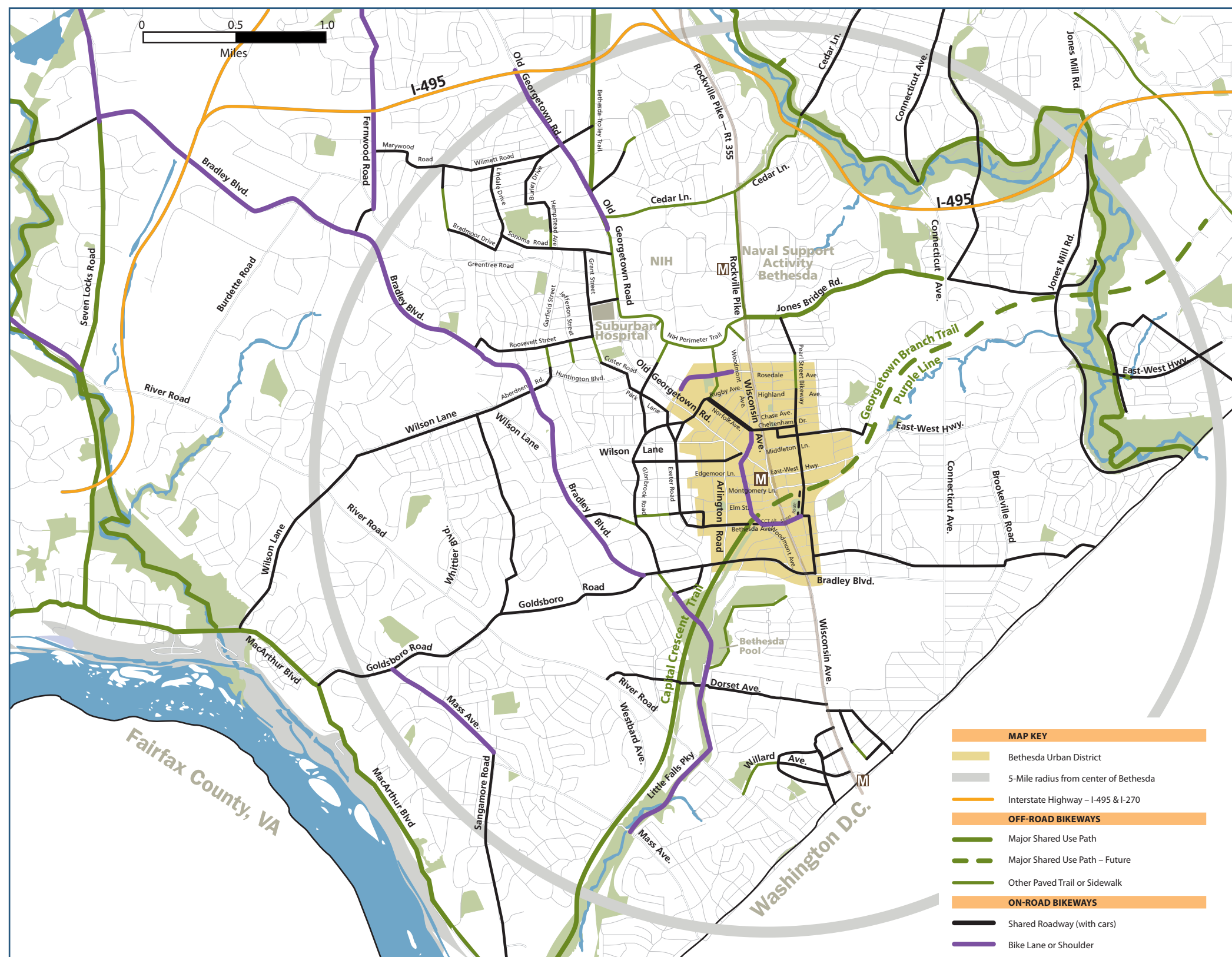


BIKING TO BETHESDA

WWW.BETHESDATRANSIT.ORG

Bethesda
URBAN PARTNERSHIP

Better Ways To Work!
Montgomery County
Commuter Services



BIKE TO BETHESDA IN 30 MINUTES OR LESS

Getting to Bethesda by bike in less than 30 minutes is now easier than ever. This comprehensive map will assist you in finding a route, choose the best streets to travel, and locate a convenient bike rack. So, try leaving your car at home—you could get here faster by biking anyway!

The large scale map to the left provides an aerial view with a diameter of 10 miles. The Capital Crescent and Bethesda Trolley Trails are the most popular cycling routes into downtown Bethesda. On the northern section of the map, you'll find the bike path that leads to the National Institutes of Health (NIH) and Naval Support Activity Bethesda.

The square map to the right is a 1.5 mile section of downtown Bethesda and its surrounding areas. Highlighted in easy-to-see colors are the various trails and bikeways. If you are a newbie to the world of biking, you no longer have to wonder where to travel or how to locate trail access points.

With the green maps below, you'll discover all of the bike racks that Bethesda has to offer. Each section of Bethesda has been enlarged and each bike rack location numbered, so there's no more guessing where you can park your bike. With more than 80 locations around the downtown, you're bound to find one where you work.

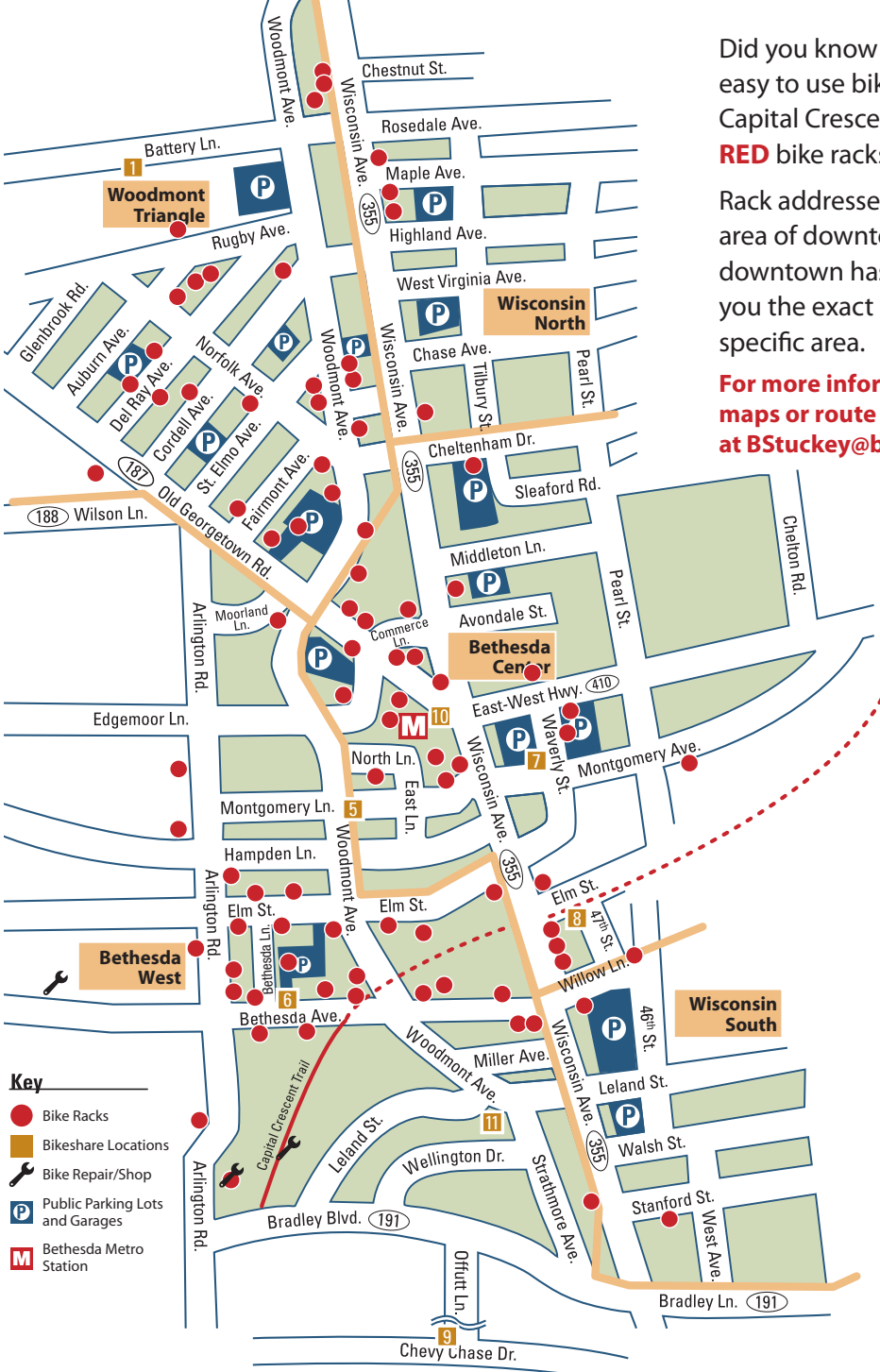
To Bethesda from	Distance (miles)	Time (minutes)
Cabin John	4.2	20
Chevy Chase	2.0	9
D.C. (Dupont Circle)	7.1	34
Friendship Heights	2.0	9
Glen Echo	3.7	18
Kensington	4.0	20
North Bethesda	4.5	22
Potomac	7.4	36
Rockville	7.8	37
Silver Spring	4.5	22
Takoma Park	6.0	29

Distances are approximate. Your exact starting point could shorten or lengthen your trip. Time is based on an average speed of 12mph.

Distance is estimated by using the end destination:
7700 Old Georgetown Road, Bethesda, MD 20814



BIKING TO BETHESDA JUST GOT A WHOLE LOT EASIER!



Did you know that downtown Bethesda has over 80 easy to use bike racks? So, cycle in on routes such as the Capital Crescent Trail, and park your bicycle at any of the **RED** bike racks.

Rack addresses at right correspond to their designated area of downtown Bethesda. Each section of the downtown has been conveniently enlarged, showing you the exact locations of the many bike racks in that specific area.

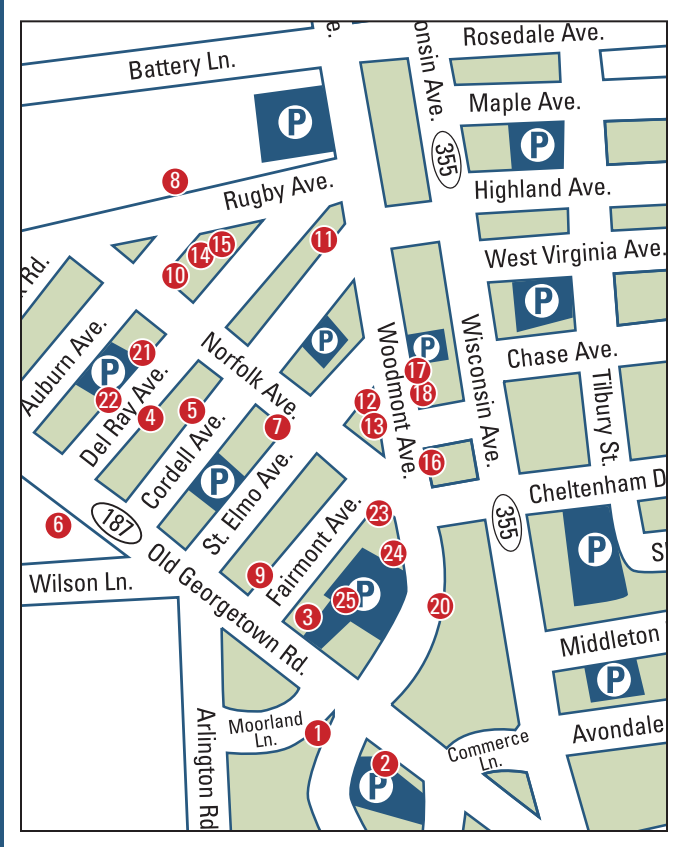
For more information on bike rack locations, use, maps or route suggestion, contact **Brandon Stucky** at BStucky@bethesda.org or **301.656.0868 x129**.

BIKESHARE LOCATIONS IN BETHESDA

- Battery Lane & Trolley Trail: 15 docks
- Norfolk & Rugby: 11 docks
- Cordell & Norfolk: 11 docks in the Woodmont Triangle
- Norfolk & Fairmont: 11 docks in the Woodmont Triangle
- Montgomery & East Lane: 11 docks near the Bethesda Metro
- Bethesda & Arlington: 19 docks at Bethesda Row
- Montgomery & Waverly: 11 docks
- Elm & 47th: 15 docks at Elm Street Park
- Chevy Chase Drive & Offutt Lane: 11 docks
- Wisconsin & East West: 11 docks at the Bethesda Metro
- Woodmont & Strathmore Street: 10 docks

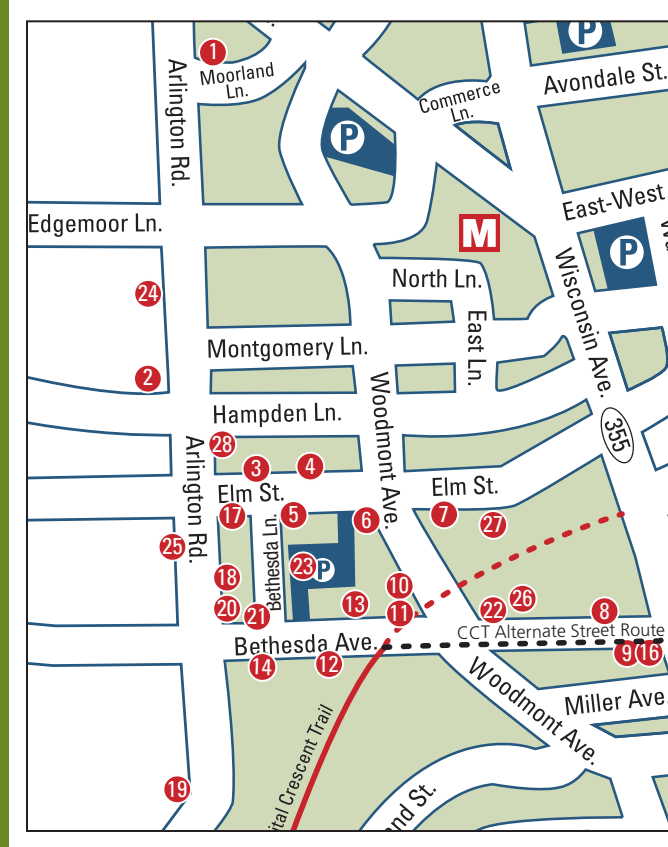
WOODMONT TRIANGLE

- | | |
|---|---|
| 1 7628 Old Georgetown Road (TD Bank) | 14 4830 Rugby Avenue (Gallery Bethesda) |
| 2 7626 Old Georgetown Road (Kohler) | 15 4823 Rugby Avenue (Bethesda Police Station) |
| 3 7711 Old Georgetown Road (Triangle Art Studios) | 16 7809 Woodmont Ave |
| 4 4922 Del Ray Ave | 17 7833 Woodmont Ave |
| 5 4923 Cordell Ave | 18 7825 Woodmont Ave |
| 6 7847 Old Georgetown Road | 19 4805 Battery Lane (Harris Teeter) |
| 7 Corner of St. Elmo & Norfolk Aves | 20 7701 Woodmont Ave |
| 8 4907 Rugby Avenue (Brightview) | 21 4907 Del Ray Ave |
| 9 7735 Fairmont Ave | 22 4929 Del Ray Ave |
| 10 4800 Auburn Avenue (Gallery Bethesda) | 23 7700 Woodmont Ave (on Norfolk Ave) |
| 11 4825 Cordell Ave | 24 7752 Woodmont Ave |
| 12 7906 Woodmont Ave | 25 7661 Woodmont Ave (Old Georgetown Public Garage) |
| 13 NW Corner of Norfolk & Woodmont Aves (Veterans Park) | 26 8300 Wisconsin Avenue (Flors 8300) |



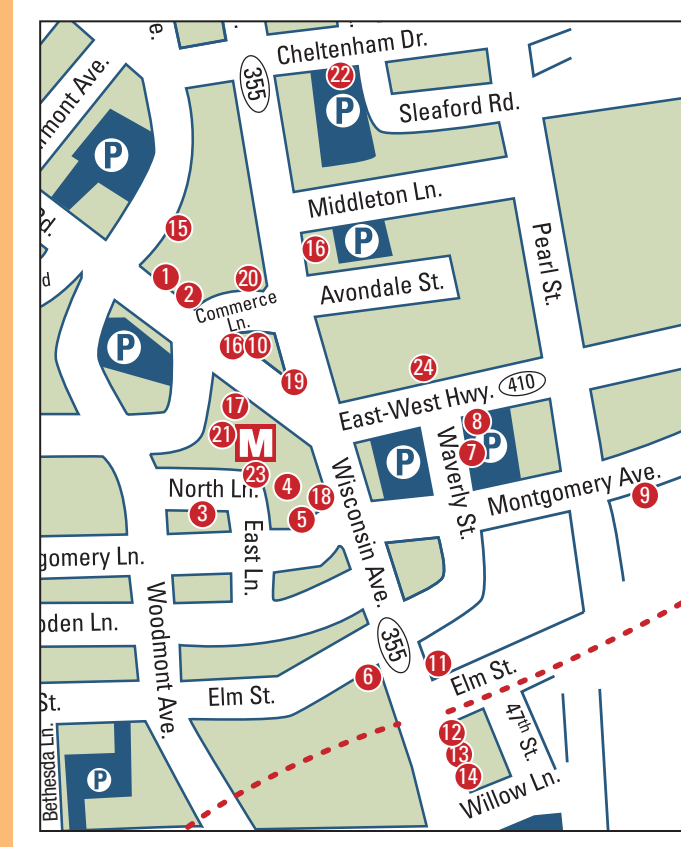
BETHESDA WEST

- | | |
|--|--|
| 1 Arlington Rd & Moorland Rd | 14 4860 Bethesda Ave |
| 2 Hampden Ln & Arlington Rd (near park) | 15 6917 Arlington Rd |
| 3 4963 Elm St | 16 7140 Wisconsin Ave |
| 4 4903 Elm St | 17 4932 Elm St |
| 5 4924 Elm St | 18 Corner of Arlington Rd & Bethesda Ave |
| 6 7254 Woodmont Ave | 19 Bradley Shopping Center |
| 7 4722 Elm St | 20 4867 Bethesda Ave |
| 8 Bethesda Ave (near 7200 Wisconsin Ave) | 21 4851 Bethesda Ave |
| 9 4700 Bethesda Ave | 22 7235 Woodmont Ave |
| 10 Corner of Woodmont & Bethesda Aves | 23 4838 Bethesda Ave (in Public Garage) |
| 11 4800 Bethesda Ave | 24 Bethesda Library |
| 12 4810 Bethesda Ave | 25 Arlington Road Giant |
| 13 Corner of Bethesda & Woodmont Aves | 26 4735 Bethesda Ave |
| | 27 4735 Bethesda Ave |
| | 28 7215 Arlington Rd |



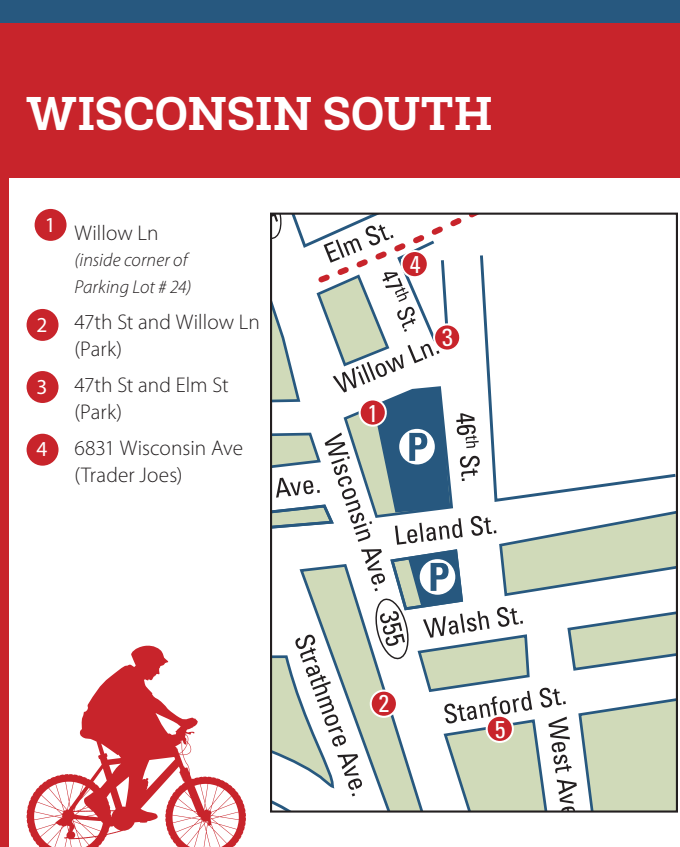
BETHESDA CENTER

- | | |
|---|---|
| 1 7629 Old Georgetown Rd | 13 7201 Wisconsin Ave |
| 2 7625 Old Georgetown Rd | 14 Willow Ln (near 7201 Wisconsin Ave) |
| 3 North & East Lanes (near Metro Center) | 15 7701 Woodmont Ave |
| 4 Bethesda Metro Center Plaza | 16 7535 Old Georgetown Rd (at corner of stinwell) |
| 5 Montgomery Ln & Wisconsin Ave (at elevator) | 17 4817 Edgemoor Ln (at corner of stinwell) |
| 6 7272 Wisconsin Ave | 18 7400 Wisconsin Ave |
| 7 7400 & 7401 Waverly St (Waverly St Garages) | 19 7550 Wisconsin Ave |
| 8 Waverly St & East West Hwy | 20 7600 Old Georgetown Rd (on Edgemoor Ln) |
| 9 4400 Montgomery Ave | 21 Metro Center Plaza |
| 10 7508 Wisconsin Ave | 22 Cheltenham Garage |
| 11 7315 Wisconsin Ave | 23 Metro Center Plaza |
| 12 7201 Wisconsin Ave | 24 7501 Wisconsin Ave |



WISCONSIN NORTH

- | |
|------------------------------------|
| 1 8300 Wisconsin Ave |
| 2 8201 Wisconsin Ave |
| 3 Corner of Wisconsin & Maple Aves |
| 4 8125 Wisconsin Ave |
| 5 7809 Wisconsin Ave (near CVS) |



WISCONSIN SOUTH

- | |
|--|
| 1 Willow Ln (inside corner of Parking Lot #24) |
| 2 47th St and Willow Ln (Park) |
| 3 47th St and Elm St (Park) |
| 4 6831 Wisconsin Ave (Trader Joes) |

