



Wear a helmet

Like a seat belt in a car, a helmet can save your life in a collision or a fall. Also, cyclists under 18 years of age are required by law to wear a helmet while riding.

Stay hydrated

Dehydration can impair your judgment and your physical ability. Drink water before you feel thirsty and keep sipping during your ride.



Combine your transit options

Most public transit systems, including San Joaquin RTD, have bike racks to allow cyclists to take their bikes with them.

To learn more, visit:
www.sanjoaquinRTD.com/bike
1.800.HOW.TO.RIDE
209.943.1111

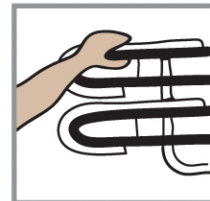


Did you know, Most San Joaquin RTD Buses Have Bike Racks?

There are also places to store and lock your bike provided at both the Downtown Transit Center and at the Mall Transfer Station. Best of all, there's no charge to use any of these amenities. So grab your bike, and hop on board.

This form of multi-modal transportation makes it easier for you to get to your bus stop and your destination.

Bike racks are provided as a convenience to bus riders on first-come, first served basis. The San Joaquin Regional Transit District is not responsible for personal injury, property damage or loss from use of this equipment. Use at your own risk.



Squeeze handle, pull down rack.



Load bike onto rack.



Grasp arm support,



and pull over tire.

BICYCLE SAFETY:

Safe Riding in Traffic



Your guide to
bicycle safety and to
the rules of the road.



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