

## Bike Routes, Events and Other Biking Information

<http://www.trailink.com/>  
<http://www.adventurecycling.org/routes/index.cfm>

<http://www.nybc.net/biking/>

### Did You Know...

Using a bike to commute 4 days/week for 4 miles saves 54 gallons of gas annually than walking.

How Much More Efficient is Cycling than Walking?  
<http://bicycleuniverse.info/>

### Calories Burned

<http://www.fitwatch.com/qkcalc/activitycalc.html>

Calories burned in 10 minutes of activity	123-lb. Woman	170-lb. Man
Cycling, 9.5mph	56	74
Walking, 3.5mph	45	59

Check out Brockport's very own bicycle shop:

## Bicycle Outfitters

72 Main St  
 Brockport, NY 14420  
 Russell Church, Owner  
 585-637-9901

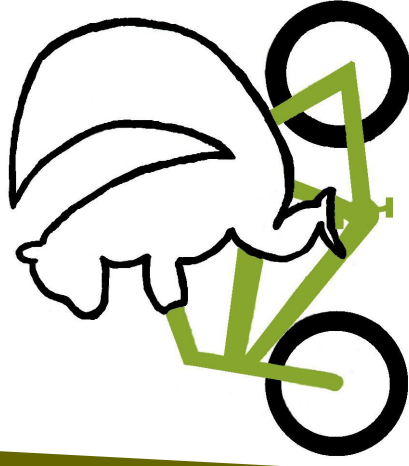
10% discount on new bicycles.  
 15% discount on parts, accessories, and labor  
 Show Eagle-One card

This program is offered to you by  
 Welcome Center & Parking Services  
 Residential Life & Learning Communities

Also supported by  
 MESH



## Brockport's Fast TRAX



# Bike Borrowing Program

Phone: 585-395-2799  
[www.basc1.com/parking](http://www.basc1.com/parking)  
 E-mail: [park@brockport.edu](mailto:park@brockport.edu)

## Program in Detail

Welcome to Brockport's Fast TRAX, our introduction to a bike borrowing program offered at The College at Brockport. Fast TRAX is a convenient transportation option which allows participants to sign out a bike a Hub location for a 24-hour time period. You will receive instructions on how to properly secure the bike; along with bike safety tips.






We have made it easy and convenient for you to run quick errands, get to your next class, or take a leisurely ride with a friend. Sign out one of the green bikes today and give it a spin.









### Hub locations:

- Raye H. Conrad Welcome Center
- Mortimer Hall
- MacVicar Hall
- Townhomes

## Benefits

-  PROTECTS THE ENVIRONMENT
-  IT'S HEALTHY
-  IT'S EASY
-  MONEY SAVINGS FOR USERS WITH THE RISING COST OF FUEL
-  PROGRAMMING OPPORTUNITIES. BIKES CAN BE RIDDEN IN GROUPS AND INTEGRATED INTO ON-CAMPUS ACTIVITIES

## Costs and Responsibilities

-  ZERO COST FOR ENROLLED STUDENTS
-  \$10/FULL YEAR FOR COLLEGE EMPLOYEES
-  COLLEGE ID REQUIRED
-  EACH PARTICIPANT MUST SIGN A RELEASE OF LIABILITY
-  A REVIEW OF BIKE SAFETY TIPS. HELMETS ARE AVAILABLE AND ENCOURAGED
-  RETURN THE BIKE ON TIME TO AVOID PENALTIES

## Safety Tips

-  WHEN RIDING A BICYCLE, THE BASIC TRAFFIC LAWS THAT APPLY TO THE AUTO-MOBILE DRIVER ALSO APPLY TO YOU
  -  WEAR A HELMET
  -  USE HAND SIGNALS WHEN TURNING
  -  WEAR WHITE OR REFLECTIVE MATERIAL
  -  BE ALERT
  -  LOCK THE BIKE
  -  RIDE WITH TRAFFIC
- SAMPLE OF BIKES
- |                 |        |
|-----------------|--------|
| SCREAMIN' EAGLE | SIZES  |
| MANIC FRANEK    | SMALL  |
| HI-HO SILVER    | SMALL  |
| FAST EDDIE      | MEDIUM |
| WONDER WOMAN    | MEDIUM |
| THE NINJA       | MEDIUM |
| GREEN MACHINE   | LARGE  |
| BATMAN          | LARGE  |
|                 | LARGE  |