Bicycling builds heart and lung strength and endurance as well.

Bicycling helps to reduce leg, hip, and knee pain while sitting at a desk.

High intensity bicycling burns up hills, rough terrain, or as traffic moves, to induce stress and perform rigorous exercise on the heart, lungs, and muscles.

Bicycling improves your chances of getting stuck in traffic.

Bicycling improves your coordination.

Bicycling improves your immune function.

If you consider how much time you spend on a part of your daily commute, you will find that the time you spend commuting by bicycle even just a little bit less than other forms of transportation.

Philadelphia Bicycle Map

Legend:

- **Bike Lane**
- **Buffered Bike Lane**
- **Sharrow**
- **Buffered Bike Lane**
- **Designated Bike Route**
- **Indego Bike Share**

Philadelphia is always expanding its on- and off-street network for bicyclists. Here is what we’ve got so far, and here is what’s next.

**Buffered Bike Lanes**
- Deliberate Road Features to keep bikes separate from bicycles and a car lane. All lanes are expected to stay out of the buffered strip and remain on their own lane.

**Bike Lanes**
- A conventional bike lane is distinguished from motor vehicle traffic by a single white line. Direction of travel is indicated by arrows marking the lane. Pedestrians and motor vehicles are not permitted travel in the bike lane.

**Sharrow**
- "Shared" lines are areas where cyclists and other road users can share the same travel space. They indicate that motorists share the road. Sharrows are placed in the middle of the roadway to minimize conflicts with parked or moving vehicles. Contraflow should ride directly over the sharrow and the bike lane.

**Trail / Sidewalk**
- Trails and sidewalks are off-road facilities intended exclusively for bicyclists and pedestrians. The majority of trails and sidewalks accommodate both user groups, so cyclists should exercise caution and be alert for slower moving persons.

**Conflict Zones**
- Conflict zones are marked with dashed green paint. They are intended to alert cyclists and pedestrians that they need to share the same space.

**Bike Box**
- Bike boxes are spaces where cyclists are encouraged to pull out in front of cars so that they can cross streets with other traffic changing left with the green signal and wait in the box for the traffic signal for vehicles to change. Bike boxes are sometimes marked with a painted bike symbol on the road, or a bike symbol on a pedestrian signal.

**2 Stage Left Turns**
- A two stage left turn offers cyclists a way to make a left turn as a multi-lane signalized intersection. To use the two stage left turn box, cyclists must observe the left turn traffic signal first, then proceed through the intersection when the cross street gets a green signal.

**Designated Bike Routes**
- The East Coast Greenway is a 3,000 mile bike route linking cities from Maine to Florida. This project is designed to encourage off-road bicycle use for the ECG. The designated bike routes include the Casino Creek Greenway and the Delaware Riverfront Bike Path.

**About Indego**
- Indego Bike Share is an initiative of the City of Philadelphia and sponsored by Independence Blue Cross. Indego offers bike share, convenient public transportation through SEPTA and bike share throughout the Delaware Riverfront. Indego Bike Share is a part of the Indego system of bike share, public transportation, and bike share throughout the Delaware Riverfront. Indego Bike Share is a part of the Indego system of bike share, public transportation, and bike share throughout the Delaware Riverfront.

**Note:**
- For more on Indego, as well as more new information on available bikes and stations visit the Indego web site or the Indego mobile app. You can also see the Indego bike share system on Google Maps.
Know The Signals

Use hand signals as the motorists and other bicyclists do not know where you are going. Signal all turns and stops ahead of time. Also before turning, look over your shoulder to check for any other traffic.

Safety Tips

- Stay within the lane. If you see the edge of 12, sidewalk riding is illegal and unsafe.
- Yield to Pedestrians
  Bicyclists and cars are required to yield the right-of-way to pedestrians at all intersections and marked crosswalks.
- Bike with Traffic, Not Against It
  Bicyclists and car drivers are required to yield the right-of-way to pedestrians in Philadelphia.
- Stay off Sidewalks
  If you are over the age of 12, sidewalk riding is illegal and unsafe.
- Be visible
  Visibility is the key to safety when riding at night. In Pennsylvania, cyclists are always at most risk for injury.
- Obey Traffic Signs and Signals
  When you ride the wrong way on the road you are three times as likely to get into a crash. Wearing a dark riding jacket and pants is highly recommended.
- Use High Speed or High Traffic Areas
  Bicyclists must yield to vehicles.
- Use Your Head. When you hit a biker helmet.
  Harris software allows our in-vehicle systems to detect when you are hit - the result is always on the right side flavor.
- Use Your Head. When you hit an accident.
  Harris software allows our in-vehicle systems to detect when you are hit - the result is always on the right side flavor.
- Use Your Head. When you hit a biker helmet.
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In Case of Theft or Crash

- Write down the serial number of the bike. A few things you should know to protect your legal rights when involved in a bike crash. If you are in a crash with a car, do not leave the scene without your bike.
  - stop bike in the center of the road
  - take a photo of your bike
  - call 911 for police and the word number

- What to do after a bicycle crash
  - Call the police and file a report.
  - Take a photo of the bike and a report. There are a few things you need to know in order to protect your legal rights when involved in a bike crash. If you are in a crash with a car, do not leave the scene without your bike.
  - report the accident to the police
  - take a photo of your bike
  - call 911 for police and the word number

- In a bicycle or car accident
  - Call 911 to report the accident.
  - Obey all laws and report the accident to the nearest police department.
  - Take photos of the scene.
  - Get the contact information of all witnesses.
  - Write down the serial number of the bike.
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