



VIENNA BICYCLE ADVISORY COMMITTEE

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BIKE VIENNA NEWSLETTER



DECEMBER 2011 NEWSLETTER



HAPPY HOLIDAYS FROM ALL OF US AT VIENNA BICYCLE ADVISORY COMMITTEE!

HOLIDAY BIKE RIDE EVENT

Bikes@Vienna Christmas Eve Bike Ride, 7pm – Join Tim and Bikes@Vienna team in viewing the neighborhood luminarias at the East end of Town, email Tim at tim@bikesatvienna.com for details.

SAFETY TIPS FROM OUR FRIENDS AT TOWN OF VIENNA POLICE

By MPO W.G Murray, Town of Vienna Police



The Vienna Police would like to remind riders to continue to be vigilant and maintain awareness even during winter months. Motorists are less accustomed to seeing riders during the cold weather and may not be as aware. In 2011 the Vienna Police have responded to 425 reportable crashes. Of that number, 4 have involved bicyclists. While it might not seem like a large number, we always strive to keep that number at 0.

Have a safe holiday and ride safely in the New Year!

MPO W.G Murray has been a Vienna Police Officer for the past 23 years. He grew up in Vienna. MPO Murray and his wife live in Centreville with their two High School aged children. During his days off, he spends most of his time with his children, enjoys tinkering in his garage and shooting sports.

SAFETY STATS FROM LINDA WATKINS, SAFEEKIDS.ORG

Wearing a helmet can reduce head injury by 85%. Even on short rides! Biking leads the way in head injuries – 2 times

more likely than baseball, 3 times more likely than football, 10 times more likely to be hospitalized from biking injuries.

SPECIAL EDITION

#3 in a series of 3

Vienna BAC is proud to provide you the conclusion of our feature article. For previous installations, visit www.ViennaBAC.com.

IS VIENNA A BIKE FRIENDLY COMMUNITY?

By Andy Clarke, League of American Bicyclists

Turning this to the Town of Vienna specifically, I see a lot of potential and just a few big hurdles (opportunities) to overcome. The Town needs to truly embrace the W&OD Trail and use it as a catalyst for becoming a truly great town for



Long Beach, CA

bicycling – Vienna is a perfect size, remarkably well-defined, and potentially quite self-contained; a small town in a big metro area! The trail also brings thousands of residents and visitors a day through the Town – it's every bit as important to the community as West Broad Street.



Santa Barbara, CA

Speaking of West Broad Street, Vienna will only ever be as bike friendly as West Broad Street is to either ride along or get across safely on a bike. That's a longer-term project, but quite critical. There are three additional critical destinations that define the community: the

Vienna metro station; the Navy Federal Credit Union complex; and Route 7 (the future metro stations, Tysons Corner shops, major employment centers). They also define how bike friendly the community is – and there is room for improvement! I'd love to see Navy Federal, for example, become a Bicycle Friendly Business and embrace the trail and other potential bike routes in Vienna as a primary way of getting their employees to work AND as a resource for improving their health and well-being.

Safe Routes to Schools programs can also be a real catalyst for change, and there is huge potential in Vienna. We have several terrific schools that are right in the heart of the community and it's madness to see the daily procession of cars – creating all kinds of congestion and danger – ferrying students to and from school: students who are quite capable of walking or riding the few blocks with their friends.



SRTS Portland, OR

One of the benefits of embarking on the path to bicycle friendliness is that the League's program has a lot of resources that help along the way. There is a checklist folks can use themselves to do a quick assessment; the survey form links to all kinds of examples and best practices from around the country; and there is a growing network of communities with whom to share experiences. Vienna is a unique community, but it is dealing with issues that are quite common around the country and there are lots of great projects and programs from which we can learn. So come on, Vienna, it's time to become a Bicycle Friendly Community.



Capital Share, Arlington VA

Mr. Andy Clarke is the President of League of American Bicyclist, www.bikeleague.org. He has successfully led efforts to create, interpret, and implement the various transportation programs that are available to improve conditions for bicycling and walking. A graduate of the University of Birmingham, UK with an undergraduate degree in Law, he is on the Board of Directors for America Bikes, and a member of the Association of Pedestrian and Bicycling Professionals. Mr. Clarke and his family live in Vienna, VA.

CARING FOR YOUR BIKE DURING THE WINTER

By Tim Fricker

Winter can be hard on a bike, whether or not it is being ridden. If you're not actually using your bike through winter, make sure it's cleaned and lubed before you store

it. It is important that you store your bike out of the elements. A fully enclosed location, such as a garage or weather-tight shed is your best bet, as it protects the bike from direct and indirect exposure to moisture, dirt, sun, and other potentially harmful natural elements. If that's not possible, at least, store your bike sheltered from direct rainfall, in a car port or similar shelter. A waterproof cover, made of plastic or water repellent cloth is also a good idea.



If you ARE riding through winter, your maintenance needs will be more extensive than during the summer. Conditions are generally wetter in winter, and if there's snow, there is also road salt and sand, both of which are hard on bikes. At the very least, wipe down your chain and apply fresh lube once every two weeks if you are riding regularly in wintry conditions. And if you're out in particularly foul conditions, you should do it after every ride in snow and ice.



Out in snow and ice? Sure! You might think it's crazy, but with a little care, and perhaps a little extra equipment, you can ride in snow, and even on ice. For fresh, light snow, all you need is to take things a little slower and exercise extra caution when turning. If things start to freeze up, however, you should either stay off the bike, or set yourself up to avoid falls. Your best options are to either ride something with three wheels, or purchase a set of studded tires for your two-wheeler. You read that right... they actually do make studded tires for riding a bike on ice and snow, and you'd be amazed how well they work.



It's almost like riding on dry pavement.

Winter isn't really the ideal time for cycling, and there's nothing wrong with hanging up your bike for the season. Just make sure you hang it up in the right place and give it a little lube before you store it. But if you do decide to give winter riding a try, with a little care and preparation, you may find it's quite a lot of fun.

Tim Fricker is the owner of Bikes@Vienna, an avid cyclist, mechanic, lover of the outdoors. Tim is a resident of Vienna and he writes a blog at <http://spokesofawheel.blogspot.com>. Bikes@Vienna is Northern Virginia's recumbent, trike and folding bike headquarters, www.bikesatvienna.com.

*****Watch for a special supplement highlighting Town of Vienna businesses that have added bike racks on-site for use of Town of Vienna patrons. Happy Biking!!!*****