

BIKES ON A TRAIN

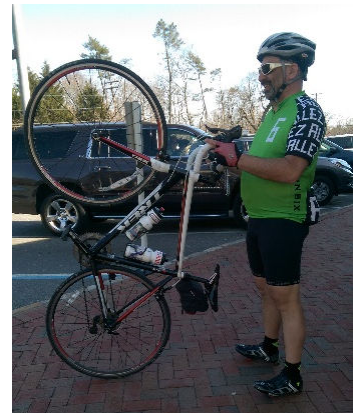
New York's commuter rail lines serve as a wonderful resource to cyclists. Using the trains, you can start an end a ride far outside of the city, thus eliminating the time and frustrations of cycling through city traffic in order to arrive in prime cycling country. Another popular option is to begin or end a ride in the city and cycle one way, thereby extending the time and miles spent on beautiful rural roads, as well as adding a wide variety of new destinations to your route options.

In order to take advantage of the trains, it is necessary to understand the accompanying rules and etiquette.

TAKING YOUR BIKE ON THE TRAIN IS A PRIVILEGE, NOT A RIGHT

Bicycles are allowed on the commuter trains at the pleasure of the transit authority AND the individual conductor aboard each train. When using the trains, remember that you are the face of the New York Cycle Club and others in the cycling community; therefore, please behave appropriately and be as polite as possible to the train conductors. Other rules:

- **Rule #1: The conductor is always right.**
 - Defer to the conductors at all times
 - Look for the conductors as the train pulls into the station and talk to them ASAP about how many are in your group and where they'd like you to board
 - Follow the conductor's instructions no matter what. If the conductor says "jump," you say "how high?" If the conductor insist that the Red Sox are the best baseball team, you respond "They ah wicked awesome!"
- **Rule #2: Do not delay the train.** Nothing makes us look worse than if we delay a train
 - Be ready when the train arrives to board QUICKLY
 - Have your bike up on its rear wheel, ready to move into the car
 - When you enter the car, keep your bike up on its rear wheel and KEEP MOVING – there are other bikes that have to get into the car behind you, and the doors / entry areas can creates bottlenecks
 - Keep moving into the car and worry about where you will put your bike AFTER everyone has boarded and the car doors have closed
- **Rule #3: The conductor is always right.**



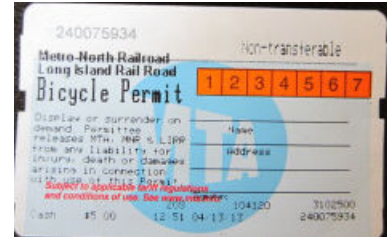
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TRAIN TIPS and TRICKS

We most often utilize Metro North (Westchester and points North, Grand Central Station), New Jersey Transit (points West, Penn Station) and the LIRR (points East, Penn Station).

- Metro North and the LIRR require each cyclist to have a Bike Pass

- Available at Grand Central Station ticket windows
- \$5 one-time fee for a lifetime pass
- It is advisable to “weatherproof” your bike pass (e.g., through lamination) and keep it on you at all times when cycling in the suburbs – you never know when you may need to use the train system.



- Read each rail line’s rules for cyclists and note any days when bikes are forbidden on the trains
- If you have a group of more than 8 people, please make arrangements ahead of time with the rail line. NYCC has a rail coordinator who can help you
 - Groups may need to split themselves up among the train cars – for example, no more than 4 cyclists per car
- Bring bungee cords with you to help stabilize your bicycle.
- Enter the train cars via the Handicapped doors
 - New Jersey Transit double-decker trains have areas with fold-up seats and points for securing your bicycle with a bungee cord
 - Metro North trains have spaces near the handicapped entrances that can accommodate a wheel chair or 2 – 4 bicycles (depending on configuration)