

UL Smarter Travel's 7 Tips For Cycling in UL

National
Cycling Campus
of the Year
2017-20

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Best Campus
Award
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UNIVERSITY OF
LIMERICK
OLLSCOIL LUIMNIGH

Why You Should Give Bike Commuting a Try



It can save you money: No fuel, tax or insurance costs!



It can save you time: Quicker than walking; no queuing in traffic; no time wasted searching for car parking spaces and there is usually bike parking near all building entrances!



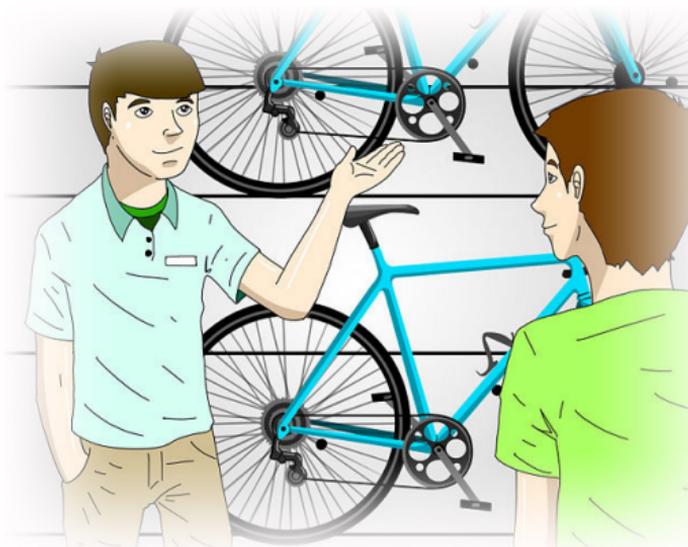
It's healthy: Your commute doubles as a light workout which can help burn calories, improve your cardiovascular health and help you lose weight. Also it's less stressful as you don't get stuck in traffic!



It's Green: Reduces your carbon footprint!

This leaflet is 100% recyclable.

1. Where to get a bike - Local Bike Shops



There are a number of bike shops nearby the University that you can purchase a bike from. Details on each of these stores can be easily found online.

2. Cycling Gear: Be Safe Be Seen



Helmet



High-Vis Jacket



Hi-Vis Bag Cover

What Cycling Gear Should I Use?



High Quality Bike Lock



Bell



Slap-Wraps



Saddle Protector



Lights



Hi-Vis Arm Band

3.1 Tips on how to cycle



Plan your route online: Use Google Maps to see what your route looks like (google.ie/maps).



Do a test ride: New bike commuters should do a test cycle on a free day to see how long their journey will take and to familiarise themselves with their route.



Expect the Irish weather: Weather conditions can change quickly on any given day. Prepare by packing some water proof clothing. Remember, there are showers in most buildings on campus. See Tip 4 for map of shower locations.



Don't Sweat!: The best way to avoid perspiration is to simply cycle gently.



Don't be afraid to take a day off: You don't have to cycle to college every day! If the weather makes you nervous or if you just don't feel like it, take a day off! It's good to have a back up lift from a friend or you could take the bus. Being a part-time cyclist still does great things for your mind and body!



Cycle with a bike buddy; it's more fun!

3.2 Tips on how to cycle

The Tough Stuff - Guidelines for safe cycling

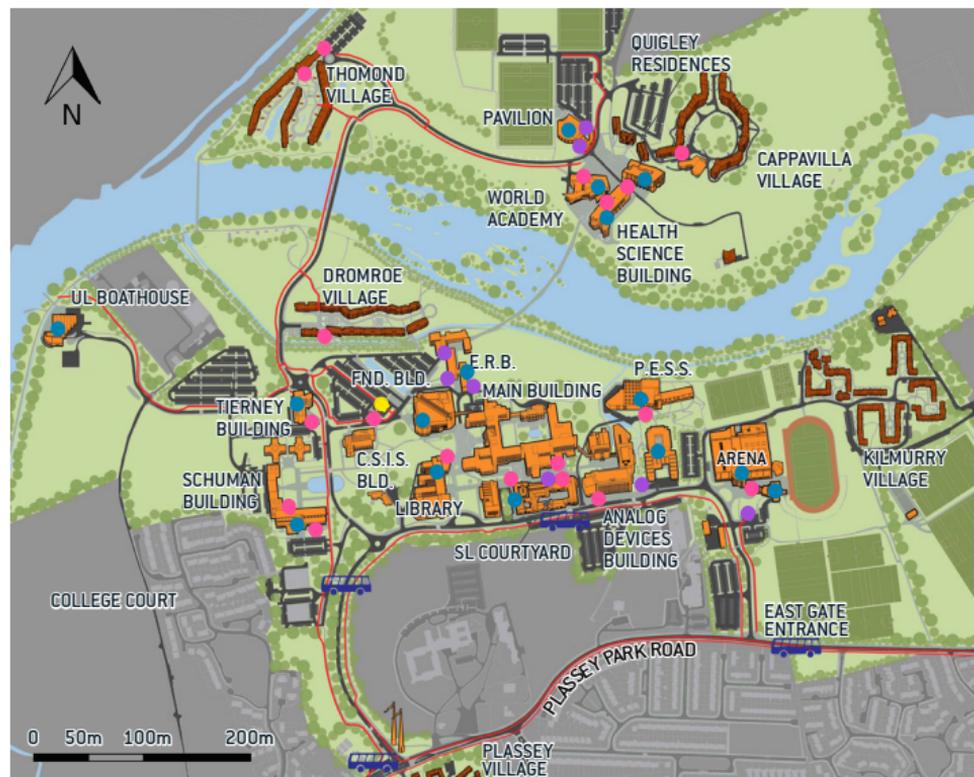


- **Always** adhere to the Rules of the Road.
- Signalling your intentions and being predictable is important. You should always try to **cycle in a straight line**.
- When cycling on the road, **cycle with traffic on the left hand side of the road**. Off-road cycle tracks can vary so follow the directional signage where appropriate.
- Bike commuters should **always look around**. You should be aware of all vehicles around you. Be prepared for cars performing sudden lane changes or doors opening from parked cars. Don't cycle on the inside of a left turning vehicle.
- Take your time approaching intersections: come to a complete stop where necessary and always stay focused.
- **Never assume that a driver sees you**. Make eye contact with drivers as appropriate.



For more details visit: www.ul.ie/GettingAroundCampus

4. Smarter Travel Campus Map



UL Bike Hub
See Tip 7 for details



**Public Bike
Parking**



**Covered Public
Bike Parking**



**Public Shower
Facilities**



**Cycle
Route**

5. How to securely lock your Bike

Preparing to lock your bike

- Register your bike at www.bikeregister.ie
- Take a photo of your bike
- Buy a **high-quality lock**. U-locks are preferable
- For the greatest theft deterrent use two locks, such as a U-lock and a locking cable.

Where to lock your bike

- Always lock your bike whenever you leave it
- Lock it in a well-lit and highly trafficked area
- **You should always lock your bike to a fixed bike stand where possible.** Please **do not** lock your bicycle to fences, signposts, lampposts, disability ramps, stair railings or trees. (see image examples below). Bicycles not parked in a designated area may be removed
- Be careful not to leave easily detachable items such as lights on your bike.



How to lock your bike

- If you're only locking one wheel, it is recommended that you **capture the rear wheel** as part of the lock-up. See image above.

6. Bike Maintenance



Bicycle Self Repair Station

This station has a number of tools which you can use anytime for free in order to repair your bike.

These stations are located at the UL Bike Hubs (Foundation Building car park) and at the bike parking stands at the rear of the Irish World Academy Building.



Bike Maintenance

A bike mechanic operates on Tuesdays in the Student Life Courtyard as part of the Farmers' Market.

There are a number of bike stores off campus where you can get your bike repaired also.

7. UL Cycling Facilities



UL Smarter Travel Website

Further information on cycling and all other modes of transport to the University can be found at: ul.ie/gettingaroundcampus



UL Bike Hub

This is a secure and sheltered bike parking facility, located in the Foundation Car Park. Only staff and students who have activated their ID cards for the hubs have access. To arrange access, email BikeHub@ul.ie



Showers

There are showers in most buildings on campus. Don't be afraid to use them! For more details and informational videos follow our website link above!



Security

To contact security, call 061-234600