



Houston **Bikeway** Program

# Bikeway News

Spring 2004

Volume 2, Issue 1

## Fitness - Cycling

The new year is here. Is staying fit still on your list of resolutions? Add cycling to your fitness arsenal and enjoy the outdoors. Cycling is a great aerobic activity.

When it comes down to burning calories, cycling works. A leisurely ride on the hike and bike trail (12-13.9 mph) can burn 8 calories per minute. Bump that up to commute velocity on the on-street bikeways (20 mph or more) and you can burn 17 calories per minute.

What does that compare to? For the leisurely rider, it's better than digging dirt, pulling weeds or mowing the lawn. It's the same as playing beach volleyball, rock climbing, and snow shoeing (not so easy to do in Houston).

For the commute rider, it's the same as running a six minute mile (10 mph) and better than swimming the butterfly stroke, playing handball or a session of Tai Kwon Do.

Interested? Plan your fitness schedule and keep cycling in mind. Visit the Fitness Jumpsite's Activity Calorie Counter for more information on staying fit. A link can be found at [www.houstonbikeways.org](http://www.houstonbikeways.org), Links, Calorie Counter.



Photo by Lawrence Lynn

*A proud Jacob Lynn, Freshman at Bellaire High School, demonstrates his completed Eagle Scout Project-- to install free new bike racks from the Houston Bikeway Program.*

## School Joins the "Racks"

Anyone familiar with Bellaire High School (BHS) knows that parking is at a premium. More students each year turn to cycling as a way to get to school. And now, finding a good parking spot at BHS will be easier, thanks to Jacob Lynn.

Jacob, a Freshman at BHS, learned about the Houston Bikeway Program's free bike racks through the PTO newsletter. The PTO thought that new bike racks for BHS would make a good Eagle Scout

project and Jacob agreed.

"I ride my bike to school almost everyday, so now I'll have a safe place to park it," he said. "It will

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help me learn good organizational and leadership skills that will help me with my education.”

Jacob received approval on his project and soon, BHS will count on new bike racks for all to use. Jacob will manage the entire operation himself.

“I’m painting the racks and installing them to replace the old ones,” he said. “I hope to help out the school, especially the students who ride their bikes. I want to encourage more people to use the eco-friendly mode of transportation by bike.”

We asked Jacob what he thinks would get more students to ride.

“Just start riding because it’s cheap, good exercise, and great fun!”

*To learn more about the Houston Bikeway Program’s FREE Bike Racks, visit [www.houstonbikeways.org](http://www.houstonbikeways.org) and click Bike Parking.*



*Officer Jack Hanagriff and Officer John Eixman--the Safety Team.*

## Safety Education

The Houston bike safety team consists of two of Houston’s Finest.

Officer Jack Hanagriff and Officer John Eixman provide bike safety education for an estimated 12,000 Houstonians per year,



*Photo by John Eixman*

*A volunteer shows a young participant the skills to learn the use of crosswalks.*

ranging from elementary school students to adults.

In 1996, the Southeast Bicycle Patrol Unit was approached to test the Department of Public Safety’s Super Cyclist Program, a bike safety training course. Tasked with the mission of preventing bike-related head injuries, the Southeast Bicycle Patrol Unit recognized the value of the curriculum and used it as a foundation for their bike safety education program. With the help of the Parks and Recreation Department’s Urban Rangers and several corporate sponsors, the bike patrol began bringing their new bike safety training program to the citizens of Houston.

Hanagriff was officially tapped in 1999 to address bike and pedestrian safety education. Eixman joined the team in 2000.

Creativity or brawn are not a challenge for Hanagriff or Eixman. Using their own tools and time, they develop and build props to enhance their teaching environments. Their efforts created the first Safety Village, a child-size village that uses pedestrian signals, sidewalks and crosswalks to teach safe walking and cycling.

## Safety First

- Look left-right-left before entering a street.
- Wear a helmet.
- Make eye contact.
- Wear bright colors.
- Use lights and reflectors.

One of the ongoing challenges has been finding the funding for the projects. Fortunately, community partners have stepped forward to work with Hanagriff in developing and sponsoring educational events and efforts.

“We have been very fortunate to count on fellow colleagues and the community to make these events and activities a reality,” he said. “Safety has always been a concern of the Houston Police Department and we have been assigned to the task.”

*For information on 2004 Safety Events, visit [www.houstonbikeways.org](http://www.houstonbikeways.org) and click on Education.*

# Bike Safety Course

A new train-the-trainer adult bike safety course is available for corporate trainers and group leaders who want to include bike safety information in their presentations.

The course is a 2-hour discussion of traffic law, bike safety tips and a bikeway network overview. The goal of the course is to arm a trainer with the tools and knowledge to discuss bike safety with employees or group members through an official classroom setting or as an activity component of events relating to safety, exercise, transportation or health.

The course was based on the previously developed Bike Safety Education Workshop for teachers and instructors, a 3.5-hour session to prepare teachers to teach bike safety to kids.

*For information on attending a course or bringing the course to your organization's trainers or teachers contact the Houston Bikeway Program at (713) 837-0003.*

Photos by L. Andre



## Signs Along The Rail Line



**Train Approaching**



**Do Not Drive On Tracks**



**No Left-Turn Across Tracks**



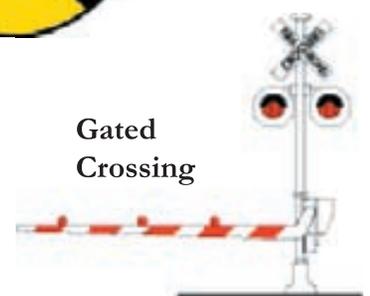
**No Right-Turn Across Tracks**



**Divided Highway**



**Advance Railroad Crossing Sign**

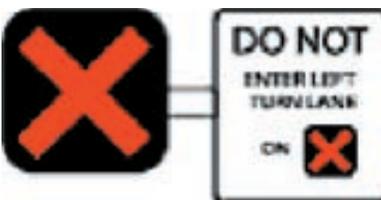


**Gated Crossing**

## Signs Only at TMC



**Do Not Drive On Tracks**



**Left-Turn Control Signal**



**Left-Turn Control Signal**

## Metro Rail

Rail and bicycles expand our transportation options and are both important components of our transportation system. As users of these options, we must learn to use them correctly. A cycling commuter riding on the street must understand and obey all traffic signs and signals, especially when approaching pedestrian walkways to ride the rail. Remember to dismount and obey all pedestrian signals. Recognizing and obeying these signals will help you avoid accident or injury.

Remember that bicycles are allowed and welcomed on the Metro rail line during off-peak hours and that all traffic laws will be enforced so that everyone stays safe.

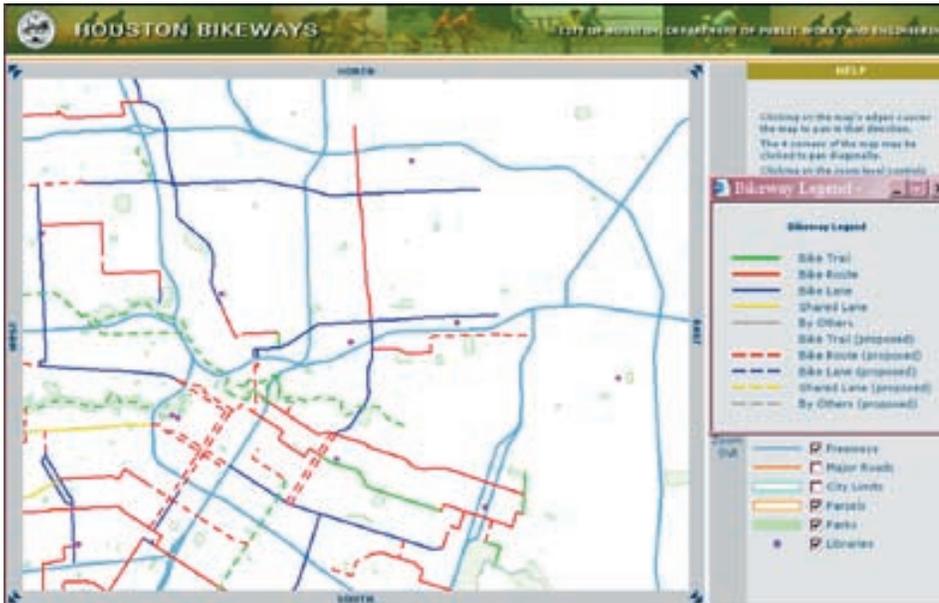
*For more information on MetroRail safety, visit [www.ridemetro.org](http://www.ridemetro.org) or call (713) 615-6464 or (713) 615-6449.*

# New Online GIS

A new trip planning tool is now online. The Houston Bikeway Program has a geographic information system (GIS) map that offers the bikeway network as a layer over city streets.

The map features bikeways by type. Additional layers help find destinations and points of interest to better plan your trip.

To access the bikeway network GIS go to: <http://pwegis.pwe.ci.houston.tx.us/> or visit [houstonbikeways.org](http://houstonbikeways.org), and click MAPS.



## Riding The Bikeways

Photo by Winn Davis



Thomas Bailey is a retired Houstonian who adopted the Houston Bikeway Network to get around town. Mr. Bailey rides approximately 50 miles a day and in his travels he spots missing signs or maintenance needs which he reports to 3-1-1.

A concerned citizen, Bailey thinks the bikeway network is an undiscovered amenity. He believes that once more Houstonians become aware of the designated bikeways, more people will use them to log cycling miles of their own.

“The network was designed to provide several loops of travel on

designated bikeways,” he said. “If you’re looking for an exercise and recreational loop, you can ride a 5-mile, 10-mile or 15-mile loop and get a good ride around town.”

Bailey’s first-hand field knowledge of the bikeways has helped the Bikeway Program update the network map and his support for continued maintenance of the bikeways for safety and increased use has been unending.

“I’ve ridden about 8,000 miles since I started on September 11, 2001,” he said. “I ride on city streets and bayous to get to the bikeways.”

How does he do it? “Just get up and go,” he says.

# Relocation-Old Katy Bike Lanes

The Texas Department of Transportation is removing the existing bike lanes along Old Katy Road due to roadway widening occurring as part of the Katy Freeway Reconstruction Project. In its place, a new trail will be built along the south and east foot of the Addicks Levee. On-street bike routes will be designated along Chatterton Drive, Wycliff Drive and Mayfield Road leading to Brittmore Road. The new bikeway will make connections with existing on-street bikeways in the area to maintain the connectivity of the network. Work is expected to begin this year.



Photo by L. Andre

## North Bikeway

A segment of bikeways along Shadowdale, Emnora and Triway now connects the existing bike lanes off Kempwood to the bike route on Westview.

### City of Houston Bikeway Program

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