

Bike to Work Tips



Choose your Route
Plan your route considering distance, traffic, road width, and incline. Try riding new routes on the weekend in the same lane at the same time of day you would ride in or drive the route.



Dress for the Ride
Try riding in comfortable clothes or your work clothes at a relaxed pace. For longer commutes, consider wearing breathable fabrics. Store a spare set of clothes at your workplace or bring extra clothes on the day you ride.



Stay Fresh
Many workplaces offer shower facilities to their employees. If your workplace does not have these facilities, try a local gym or use fresh wipes and other toiletries after your ride.



Prevent Flats
Keep your tires inflated at the pounds per square inch (PSI) amount indicated on the side of your bike's tire. Don't hesitate to replace your bike's tires when they are worn.



Bring your Stuff
Consider installing a rear rack, front rack, and/or basket on your bicycle. High quality, waterproof panniers can double your storage space. Backpacks and messenger bags work well also.



Keep a Penny
To keep your skirt down while you ride, try wrapping a penny in your skirt and tying it with a rubber band. This will keep your skirt from flying up while you ride.



Be Prepared
Carry a small set of tools (Allen wrenches or tire levers) for quick bicycle repairs while you are on the road. Because you can't predict when you will get a flat tire, you should carry patch kits and/or new tubes.



Have Fun
Riding your bicycle to work is a great way to start your day, get some exercise and experience your city! Consider organizing a group ride or check out a "bike train" to work.

Check Your Bike



Helmet
Always wear a helmet when cycling.



Lamps
Your front headlight must be a white or yellow light. Your rear tail light must be red and other road users should see your front light. Use flashing lights on your bike.



Tires
Inflate your tires to the correct pressure which is shown on the side of the tire. Use a proper pump and always replace worn tires.



Gears
Check that the gears are working correctly and adjust as needed.



Bell
Always make sure your bell works and that your hands can easily reach it.



Pedals
Lubricate your pedals and remember to replace worn threads.



Chain
Keep the chain at the correct tension, clean and oil well to prevent snapping.



Spokes
Keep your spokes tight and always replace bent or broken spokes immediately.



Reflectors
Fit your bicycle with RED rear reflectors and amber reflectors on the pedals. Always keep your reflectors clean.

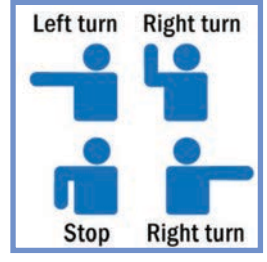


Seat
Keep your seat properly adjusted to a height where you are comfortable and your feet can reach the pedals.

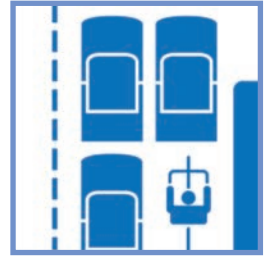


Handlebars
Make sure your handlebars and grips are properly adjusted and tight.

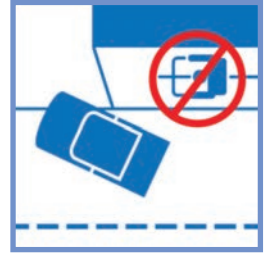
Rules of the Road



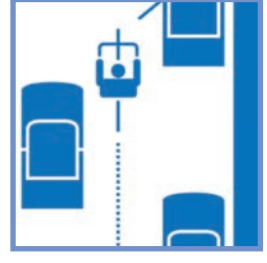
Use Hand Signals
Hand signals communicate with motorists what you intend to do; turns require a hand signal for 100 feet beforehand



Ride on the Right
Ride on the right side of the road, in the same direction as traffic, at a safe distance from the curb and gutter
Never ride against the flow of traffic



Stay off the Sidewalks
Sidewalks are designed for pedestrians and not for bicyclists who are traveling faster than walking speeds
Ride where motorists expect you to be



Ride in a Straight Line
Maintain a car door's width away from parked cars
Avoid dodging in between cars
Watch for parked motorists swinging their doors open

BICYCLE FACILITIES MAP

About This Map

The St. Lucie TPO Bicycle Facilities Map is intended to serve as a reference for bicycling on roads within the St. Lucie TPO area. The map includes the locations of designated bike lanes, multi-use pathways, and paved shoulders within the St. Lucie TPO area.

Bicyclists should remain alert for hazardous conditions at all times, and every bicyclist is encouraged to obtain appropriate safety equipment and observe all traffic laws.

The St. Lucie TPO, and the individuals involved in the development of this map assume no liability for the personal safety of individuals using this map.

Scan the QR code below to download this map. For a free copy of this map or more information on bicycling in St. Lucie County, contact the St. Lucie TPO at (772) 462-1593 or visit the following web site.

www.stlucietpo.org



466 SW Port St. Lucie Boulevard Suite III
Port St. Lucie, FL 34953

The St. Lucie TPO satisfies the requirements of various nondiscrimination laws and regulations including Title VI of the Civil Rights Act of 1964. Public participation is welcomed without regard to race, color, national origin, age, sex, religion, disability, income, or family status. Persons wishing to express their concerns about nondiscrimination should contact Marceia Lathoum, the Title VII/ADA Coordinator of the St. Lucie TPO, at 772-462-1593 or via email at lathoum@stlucietpo.org.

Kreyol Aysiyen: Si ou ta renmen resevwa enfòmasyon sa a nan lang Kreyòl Aysiyen, tanpri rele nimewo 772-462-1593.

Español: Si usted desea recibir esta información en Español, por favor llame al 772-462-1593.

Bicycle Facility Types

Bike Lane (On Road)



Multi-Use Pathway



Paved Shoulder (On Road)



Bike Share

Don't let the lack of a bike stop you from pedaling around St. Lucie County. If you don't have your own bike, you can rent a seven-gear bike for \$1 per hour at 9 bike share stations conveniently located throughout the County. All bikes are equipped with built-in locks to secure it to a fixed object, front and rear lights, adjustable seats, and a front basket. Helmets are not provided, but officials strongly encourage adults to wear them and Florida law requires cyclists 16 and younger to wear them. For more information on bike share program visit www.bike.zagster.com/stlucie/ or call 772-462-5163



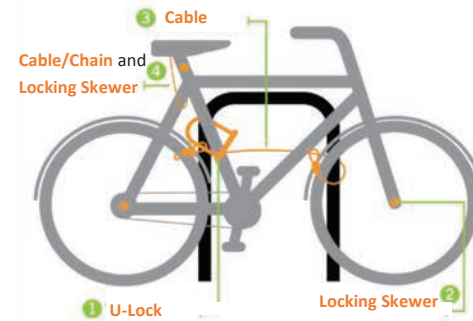
Bicycles can be returned to any of the stations, meaning residents can even use the Treasure Coast Connector, as all fixed route buses feature bike racks. To obtain more information on bus services please call 772-464-8878 or visit www.treasurecoastconnector.com



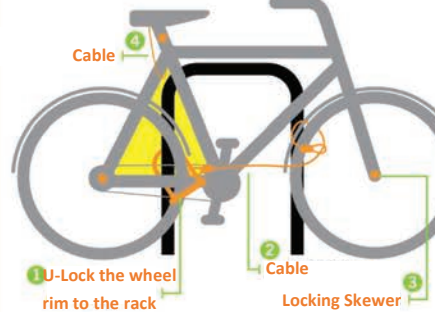
Scan the QR code to download the bus map

Lock Your Bike

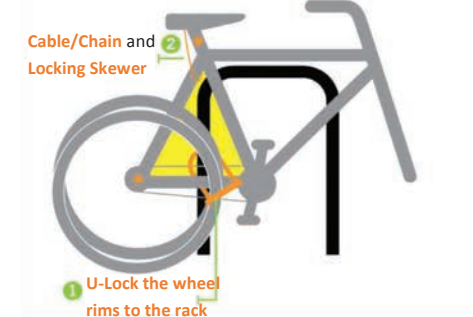
Using Multiple Locks



Using the Rear Triangle



Removing the Front Wheel



Bike Resources

Bicycle Shops in St. Lucie County
Sprockets Adventures: 347 SE Port St. Lucie Blvd. Port St. Lucie FL, 34984 (772) 336-3399
Cycle Werks: 8611 South US Highway 1 Port St. Lucie, FL 34952 (772) 446-7771

Contacts

To report emergencies.....911
To report non-emergencies:
St. Lucie County Sheriff.....(772) 462-7300
Florida Highway Patrol.....*FHP (*347)
City of Fort Pierce Police Department.....(772) 461-3820
City of Port St. Lucie Police Department.....(772) 871-5000

For local bicycling information:
St. Lucie TPO Bicycle/Pedestrian Planner.....(772) 462-1593
Bicycle Club of Port St. Lucie.....(772) 621-7487
For regional/State bicycling information:
FDOT Bicycle/Pedestrian Program – District 4.....(954)-777-4418
FDOT State Bicycle/Pedestrian Coordinator.....(850) 245-1500

Additional Resources

Alliance for Biking & Waking...www.peoplepoweredmovement.org
America Bikes.....www.americabikes.org
Bicycling Life.....www.bicyclinglife.com
Bikes Belong.....www.bikesbelong.org
Bike Florida.....www.bikeflorida.org
Consumer Product Safety Commission.....www.cpsc.gov
Florida Bicycle Association.....www.floridabicycle.org
Florida Dept. of Transportation (FDOT).....www.dot.state.fl.us
Florida SUN Trail Program.....www.floridasuntrail.com
FDOT Safety Office.....www.dot.state.fl.us/safety
League of American Bicyclists.....www.bikeleague.org
KidsHealth (Nemours Foundation).....www.kidshealth.org
National Center for Bicycling & Walking.....www.bikewalk.org
National Highway Traffic Safety Administration.....www.nhtsa.gov
Pedestrian and Bicycle Information Center...www.bicyclinginfo.org
Rails-To-Trails Conservancy.....www.railstrails.org
Snell Memorial Foundation.....www.smf.org
USA Cycling (USAC).....www.usacycling.org

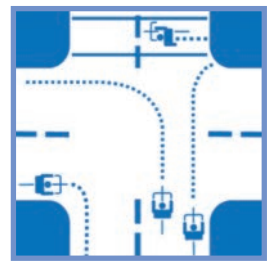
Safety Tips



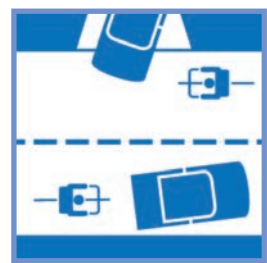
Be Visible & Dress Appropriately
Bicycles riding at night should have a white headlight in the front, visible from at least 500 feet away and a red tail reflector visible in a vehicle's low beams from 300 feet away



Wear bright clothing during the day and reflective clothing at night
Always wear a hard-shell helmet whenever you ride; fit the helmet so the front is just above the top of the eyebrows



Two Ways to Turn Left
1) Like a pedestrian, ride straight to the far-side crosswalk and walk your bike across
2) Like a motorist, signal, move into the left lane and turn left



Be Alert
Watch for cars pulling out and use caution when approaching driveways and parked cars
Assume that drivers do not see you, and use caution when approaching them



Bike Lane (On Road)

A portion of the roadway (typically 4 - 5 ft.) which has been designated by signs and pavement markings for preferential or exclusive use of bicyclists.

Multi-Use Pathway

A completely separate path (typically 8-12 ft.) for shared use by bike riders, pedestrians, and other non-motorized users with minimal vehicle crossings. Some paths may have restricted access or speed limits.

Paved Shoulder (On Road)

A paved shoulder is a portion of a roadway (typically 3-4 ft.) that has been delineated by edge line striping, but does not include special pavement markings or signing for the preferential use by bicyclists.

Other Suggested Routes

These suggested routes provide additional connections and are not official bikeways. Bike riders should use caution in choosing routes appropriate for their skills and equipment.

Park Restrooms

Beach Access



Bike Share Stations



Bicycle Shops



0 1 2 Miles

0 5 10 Mins

Map designed and developed by St. Lucie TPO in 2019. Scan the QR Code to download the latest version of this map.



INDIAN RIVER COUNTY

ST. LUCIE COUNTY

ST. LUCIE COUNTY

MARTIN COUNTY