Hand Signals

Use hand signals to let other road users know when you’re turning or coming to a stop.

Income-Eligible Bluebikes Membership

Cambridge offers discounted Bluebikes bike share memberships to income-eligible individuals who participate in qualifying public assistance programs OR who meet income guidelines.

- Memberships are $50 per year, or $5 per month
- Qualifying public assistance programs include:
  - EBT (SNAP)
  - Emergency Aid to the Elderly, Disabled, and Children (EAEDC)
  - Free or Reduced Lunch
  - Fuel Assistance (LIHEAP)
  - Housing Choice Voucher (Section 8)
  - MassHealth
  - Pell Grant
  - SSI/SSDI
  - Transitional Aid to Families with Dependent Children (TAFDC)
  - WIC

If you believe you qualify, or would like assistance in enrolling, please email bluebikes@cambridgema.gov or call 617-349-4600.

More Info

BIKE WORKSHOPS
cambridgema.gov/bikeworkshops

GETTING AROUND CAMBRIDGE MAP
cambridgema.gov/gacmap

CAMBRIDGE STREET CODE
cambridgema.gov/streetcode

BLUEBIKES
cambridgema.gov/bluebikes

ALL ABOUT BIKING
cambridgema.gov/bikes

Questions
cambridgeinmotion@challiance.org
Join the Community
Staying physically active as you age can help you lead a healthier and happier life. Still, the question of how to stay physically active can be a challenge. Bicycling has been on the rise with older adults for several decades and offers a form of physical activity that is easy on joints, can increase energy and strength, and can even improve mental health and social ties. With a continually expanding network of protected bike lanes, as well as easily accessible bike routes and parks, Cambridge offers a safe and welcoming environment for older adults to get around on two (or three!) wheels.

Choosing the Right Bike
- **Step Through**
  - Easy to mount and dismount, as well as putting foot down at a stop.
- **Recumbent**
  - Easier on joints and encourages better spinal position.
- **E-bike**
  - Electric bikes, or e-bikes, use an electric-assist motor that allows riders to travel farther distances with less effort than traditional bikes. Using an e-bike requires practice and added caution, given the additional weight of the motor and corresponding speed. Since e-bikes are still relatively new, check with your state or local authorities regarding regulations for e-bikes.

How to Get Started
- **Join the Community**
  - Come to a free bike workshop to learn more about riding in Cambridge, and get a free helmet!
  - Choose a location where you’re comfortable riding such as Fresh Pond or Memorial Drive (when closed on Sundays).
  - Try out Bluebikes! Bluebikes offers a great way to try riding a bike in Cambridge if you haven’t before or if you don’t own a bike. Income-eligible residents can get a 30-day membership for only $5! Plus Bluebikes’ step through design makes it easy to start and stop riding.

Great places to practice your riding skills
- Fresh Pond
- Danehy Park
- Linear Park
- Memorial Drive (when closed on Sundays)

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Safe Riding in the City
- **Be visible**
  - Wear brightly colored clothing, include reflectors on your bike, and always ride with lights when riding at night.
- **Yield**
  - To pedestrians.
  - Riding on the sidewalk at slow speeds is OK when not in a business district. Yield to pedestrians.
  - You are allowed to ride in any travel lane, even if a bike lane is present.

Ride Comfortably
- **Pedals**
  - Wide platform or anti-slip pedals are the best option.
- **Mirror**
  - Mirrors are available that attach to your helmet or handlebars making it easier to see approaching cars or bikes from behind.
- **Tires**
  - Wide tires provide more stability and a smoother ride.
- **Seat**
  - Seats come in a wide variety of sizes and hardness. Choose one that is most comfortable for you.
- **Handlebars**
  - Choosing handlebars that provide an upright position can ease strain on your neck, back, and hands, and also help improve your visibility while on the bike.
- **Rack**
  - Attach bags or a basket to a rack to easily carry a bag or extra layers with you.

Important Things to Check
- **Check Your Helmet**
  - Position Helmet should be level and snug.
  - Side straps Straps should meet under your ears to form a Y.
  - Chin strap The strap should be snug enough so that if you open your mouth you feel the helmet pull down.

- **Check Your Bike**
  - Air Check the tires to make sure they are not flat.
  - Brakes Test the brakes to make sure there is resistance.
  - Chain Make sure you can shift gears and the chain is tight.

- **Check Your Health**
  - Has your hearing or vision changed since you last rode? Do you feel strong enough to support the weight of a bike? Consider how your own health impacts your ability to ride safely.