BICYCLE TRANSPORTATION

This book presents the basic principles of cycling transportation engineering. It begins by reviewing the traffic laws governing the behaviour of road users and examines the cyclist "inferiority complex" vis-a-vis car drivers. Parameters of practical bicycling including distance, hills, traffic, carrying capacity, weather, origins and destinations are given together with the history and demographic aspects of cycling, proficiency required from cyclists, accidents, effect of bicyclists on traffic, effect of bikeways on traffic, flow of cycle traffic, economics of cycling, cycling organisations and effective educational programmes. A recommended cycling transportation programme is put forward and the need for a change in governmental policy are stressed. Law enforcement, roadway design standards with the cyclist safety in view, and the improvement of bicycling facilities are other areas discussed. Finally, mention is made of standards, specifications and regulations for bicycles, nighttime protective equipment, and the most useful types of map for cyclists. (TRRL)

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Bicycle transportation engineering is the study of transportation engineering as it affects bicycles and cycling. Roads, Wide Outside Lane (WOL). See: Wide outside lane. Bicycle tires being narrow, road surface is more important than for other transport, for both comfort and safety. The type and placement of storm drains, manholes, surface markings (paint), and the general road surface quality should all be taken into account by a bicycle transportation engineer. Drain grates, for example, must not catch wheels. Cycling as a transport mode. In most countries, a high proportion of people own a bicycle (in Norway, for instance, 70% of adults own a bicycle, in Switzerland, 69% of households own a bicycle). The number of bicycles per 1,000 inhabitants ranges from 52 in the Czech Republic to 1,000 in the Netherlands. The bicycle is used for short trips to shops and for leisure purposes where the bicycle-tour probably is an aim in itself. However, cycling is also a common way for travelling to work [28].

6. Using a Bike for Transportation Can Help You Lose Weight and Improve Your Overall Health. The health benefits of regular aerobic exercise are well known. Depending on your riding style and local road conditions, you could easily burn 600 calories an hour through brisk cycling. Other than walking, bicycles are the most cost-effective transportation on the planet. 12. Studies Show That Bicycle Commuters Are Healthier, More Productive, and Require Less Time off at Work. John Forester is a bicycle transportation engineer and the author of Bicycle Transportation: A Handbook for Cycling Transportation Engineers (MIT Press). An experienced cyclist, cycling advocate, and onetime racer, he lives in Lemon Grove, California. Also by this Author. I started riding bikes about 32 years ago, and I just never stopped. To me, bicycling is being alive, and I’d rather run any necessary risk of death than be condemned to a life where cars were the only way to get around, because that sort of soggy dependence wouldn’t be much of a life to me. But luckily for all of us, we don’t have to choose between safety and freedom. They both come together perfectly in the form of bicycle transportation, and