



“Bike (Back) to Work” Webinar: Accompanying Resource List

May 2020

1. Dust Off Your Bike

- Bikes Make Life Better - YouTube channel
https://www.youtube.com/channel/UCO5PesUKxm_iVQ6gNE8MwJw
- League of American Bicyclists - Smart Cycling videos
<https://www.youtube.com/playlist?list=PLEunXMVRYA7Sb6oOve7SvDZj24DcHL7Wu>
- Park Tool - YouTube channel
https://www.youtube.com/user/parktoolcompany/playlists?view=50&sort=dd&shelf_id=10
- Stephen Colbert Changes A Bike Inner Tube
<https://www.youtube.com/watch?v=HUCVnCM8a0o>
- Seattle Bike Blog: “Got more bikes than you really need? Bike Match Seattle will connect you with someone who needs it”
<https://www.seattlebikeblog.com/2020/05/26/got-more-bikes-than-you-really-need-bike-match-seattle-will-connect-you-with-someone-who-needs-it/>
- Map of Local Bike Shops during COVID
<https://batchgeo.com/map/covid-19bikeshops>
- Tips on Buying a Bike
<https://www.ride-healthy.com/tips-on-buying-a-bike>

2. Go for a Ride

- SDOT’s Interactive map of bike lanes, bike facilities, greenways, regional trails
<http://seattlecitygis.maps.arcgis.com/apps/webappviewer/index.html?id=a24b25c3142c49e194190d6a888d97e3>
- Cascade Bike Maps for Puget Sound Region
<https://www.cascade.org/explore/bike-maps>
- Neighborhood Greenways Program
<https://www.seattle.gov/transportation/projects-and-programs/programs/greenways-program>
- Seattle Neighborhood Greenways Groups
<http://seattlegreenways.org/>
- SDOT’s Stay Healthy Streets
<https://sdotblog.seattle.gov/2020/05/07/2020-bike-investments-to-accelerate-including-20-miles-of-stay-healthy-streets-to-become-permanent-in-seattle/>
- Grist Video: How to bike in the city (tips for the bicycle curious)
<https://www.youtube.com/watch?v=MJ17szvj1gk>
- REI Video: Cycling Expert Advice: Hand signals
<https://www.youtube.com/watch?v=bfAoVzscxLM>

3. Make it a Habit

- Seattle Bike Blog Video on How to find a bike route:
https://www.youtube.com/watch?v=bXuC8_BZAkk
- Join Cascade’s Bike Everywhere Challenge!
<https://www.cascade.org/connect-bike-everywhere-month/take-june-bike-challenge>
- Atlas Obscura things to do:
<https://www.atlasobscura.com/things-to-do/seattle-washington>



- City Nature Challenge:
<https://citynaturechallenge.org/>
- Kirkland's May bingo card:
https://www.kirklandwa.gov/Residents/Community/Kirkland_Green/Earth_Month.htm
- Silicon Valley Bicycle Coalition - Family biking guide:
<http://sfbike.org/wp-content/uploads/2014/03/SF-Bicycle-Coalition-FamilyBikingGuide.pdf>

4. Bike Back to Work

- Bikes Make Life Better resources:
<https://bikesmakelifebetter.com/bike-back-to-work-how-to-motivate-employees-to-ride-now-and-when-offices-re-open/>
- Bike Parking Guide:
<https://bikesmakelifebetter.com/bike-parking-for-employers-developers-a-guide-to-end-of-trip-facilities/>
- Corporate Bike Programs - Best Practices:
<https://bikesmakelifebetter.com/corporate-bike-programs-a-guide-to-best-practices/>

Some Follow Up Resources Related to Q&A:

- Will Scooter Share be coming to Seattle?
 - It was forecast for 2020; the timeline is unclear now due to COVID. Scooters can be an excellent first mile / last mile solution. Here's the SDOT page on Scooter Share, where any updates will be posted: <http://www.seattle.gov/transportation/projects-and-programs/programs/new-mobility-program/scooter-share>
- Do we expect an increase in riders for Bike Everywhere Day on June 19th?
 - We certainly can have an impact on that! Behavioral research shows that encouragement can really change habits. Perhaps too soon to tell, but Seattle Bike Blog post outlines that weekend and trail rides are up as much as 70% since the outbreak began:
<https://www.seattlebikeblog.com/2020/05/22/bike-counters-show-weekend-and-trail-rides-are-up-as-much-as-70-since-the-outbreak-began/>
- Are there bike guides based by age? Helping older employees try out biking?
 - It could be helpful for those new to biking to read through Cascade's description of infrastructure to get familiar with what a "protected bike lane" means vs a "Greenway", etc: <https://www.cascade.org/explore/bike-infrastructure-101>
 - Next, perhaps point them to maps, where they can pick some safe streets in their neighborhood to get started biking: [SDOT Bike Map](#), [Cascade Bike Maps for Puget Sound Region](#)
 - Then, planning a route to work and practicing it when the roads are calm is a great idea. Seattle Bike Blog Video on How to find a bike route:
https://www.youtube.com/watch?v=bXuC8_BZAKk
- Are there plans to increase bike lanes or streets in Downtown Seattle?
 - SDOT's decision to make the [Stay Healthy Streets permanent](#) shows their acknowledgement of the need for safe spaces for pedestrians and people riding bikes to travel and recreate.



- The City has a Bicycle Master Plan (full PDF plan [here](#)) and 2019-2024 Implementation Plan. This “identifies projects and programs which, combined with existing facilities, will deliver a robust connected citywide bike network. Using a combination of protected bike lanes, trails, neighborhood greenways, and funding for bike parking, encouragement programs, and safety education, biking will be a healthy, affordable travel option for people of all ages and abilities.” – the website for the master plan can be found [here](#).
- BMLB working on Guidelines for safe re entry to bike commuting. Policies, encourage staggered schedules for bike commuters.
- <https://www.cdc.gov/coronavirus/2019-ncov/community/disinfecting-building-facility.html>