

CAMPUS RESOURCES

For OHSU members, OHSU provides secure bike parking, shower and lockers in select locations. For badge access to an indoor facility, email: commute@ohsu.edu.

Go By Bike provides free valet parking weekdays at the lower Tram terminal, 6am-7:30pm. Go By Bike also provides repair, e-bike test rides and friendly advice.

MyCommute members earn cash incentives and a variety of rewards and services such as guaranteed ride home at ohsu.luum.com.

BIKING COMMUNITY

OHSU hosts virtual challenges and rewards for MyCommute members throughout the year.

Shift2Bikes.org hosts a community calendar to help you join rides and host rides of your own. Pedalpalooza is a June event with dozens of themed rides that welcome new riders.

OHSU Transportation and Parking

Marquam Hill
Physical Plant, 22A
3310 SW US Veterans Hosp Rd.
Portland, OR 97239

South Waterfront
Rood Family Pavilion, 1303
3410 S Bond Ave.
Portland, Oregon 97239

commute@ohsu.edu
www.ohsu.edu/bike



OHSU is an equal opportunity, affirmative action institution.

MyCommute

Biking essentials

Practical strategies and local rules for riding to OHSU.

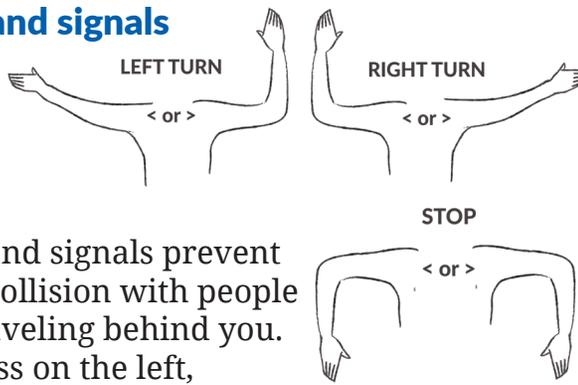


Riding checklist:

- lock
- lights
- helmet
- water
- gear for weather changes

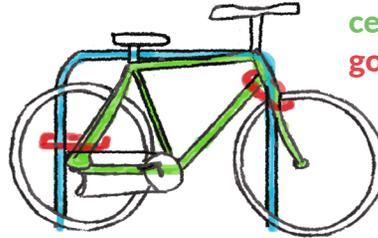
Firmly inflated wheels help you roll easier with less effort. Pump air into your tubes until the pump's gauge matches the psi number on your tire.

Hand signals



Hand signals prevent a collision with people traveling behind you. Pass on the left, audibly announce you're passing, and provide reasonable space. When in doubt, point in the turning direction.

Locking



bike rack
center frame
good lock locations

Secure the bike's central frame to designated bike parking. Include a wheel if possible (do not use the seat post). Use a U-lock or stronger device.

Bike lights

A white front light (~300 lumens) and a red rear light (~100 lumens) are essential to be seen and should be visible 600 ft away (about 3 Portland blocks).

Transit and biking

Transit can help in a change of weather, flat tire or to extend your trip. Bikes are welcome on transit, space permitting. TriMet's trip tool can pair transit and biking with preferences for elevation, safety, and more: beta.trimet.org.

Bike boxes



Some intersections have an area reserved for bikes in front of cars. The bike boxes have a bike symbol and some are green. A bike box helps you move quickly through intersections, stay visible and avoid collisions.

Streetcar and light rail tracks

Be extremely careful near streetcar and light rail tracks, especially in rain. Always cross tracks at a perpendicular angle to avoid getting a wheel caught in the track.

Bike lanes, paths, and sidewalks

Stay right and yield to people walking. Biking on sidewalks is not permitted in the Lloyd District or downtown north of SW Jefferson St. When sidewalk biking is necessary, travel at walking speed near other people. Assume cars exiting driveways cannot see you.

Stop signs

In Oregon, people on bikes may travel through stop signs as yield signs. Obey traffic lights like an automobile unless using a crosswalk at walking speed or a bicycle signal is present.