

# Bicycling Map

## Monmouth County 2010

### Legend

#### ROAD CLASSES

DIVIDED

UNDIVIDED

NOT SURVEYED

SCENIC AREA

MULTI-USE TRAIL

PASSENGER RAIL LINE

NO BICYCLES ALLOWED

#### SYMBOLS

US GOVERNMENT LAND

AIRPORT

TRAIN STATION

BUS DEPOT

FERRY TERMINAL

HOSPITAL

MUNICIPAL POLICE STATIONS

POST OFFICE

PARK & RIDE LOT

SCHOOL

COLLEGE

GOLF COURSE

CAMPGROUND

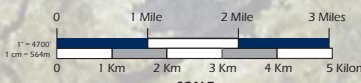
RACE TRACK

CULTURAL OR HISTORIC SITE

MOUNTAIN BIKES ALLOWED

PARK ENTRANCE

MARINAS



### The Rating System

#### BICYCLING CONDITIONS

The rating system used for this map was developed in 1988 by a dedicated group of local bicyclists. In 2002-2003, local bicyclists met to update the 1988 map. The information was updated again in 2010 by a group of local bicyclists. The ratings are subjective and not all riders will agree with them. Criteria considered in developing this rating system include: traffic volume and speed, width and condition of road shoulders, sight distance (the ability to see and be seen), number of curb cuts (entering and exiting traffic), and other perceived obstacles to bicyclists. Topography was not included as a rating factor.

**GOOD:** Streets marked green have low to moderate traffic volume and speed, and/or sufficient width to adequately accommodate bikes regardless of motor vehicle traffic. Few curb cuts limit interference with turning vehicles. Unmarked (unrated) roads generally offer good bicycling conditions.

**FAIR:** Streets marked yellow may be pleasant to bike, but caution should be exercised. There may be narrow or broken shoulders with areas of heavier traffic, busy side streets, or shopping centers, as well as other less than ideal bicycling conditions.

**POOR:** Streets marked in red offer poor bicycling conditions. These roads have high traffic volumes and speeds, many curb cuts and driveways and/or insufficient width to accommodate mixed bicycle/motor vehicle traffic. There may be other obstacles, such as head-in parking, blind spots or poor pavement conditions. Busy intersections and traffic circles are shown in red. Find alternate routes if possible.

#### RATINGS REFLECT OFF-PEAK TRAFFIC CONDITIONS.

Generally, traffic is less from 9:00 am to 4:00 pm daily. Weekday traffic is heaviest from 7:00 am to 9:00 am and from 4:30 pm to 7:00 pm. Monmouth County is a tourist oriented community, especially along the coastal regions. Summer traffic between Memorial Day and Labor Day can be extremely heavy - additional caution should be taken during these periods.

#### NOTE:

The criteria used in the development of the Monmouth County Bicycling Map were created in consensus with the local bicycling community and may not reflect the views of all bicycle users.

This guide is not intended to represent all recreational roads, paths and trails in Monmouth County, but rather to serve as a reference for many of the roads, paths and trails available for public use. The Rating System contained herein is not intended

to provide a safety description or other endorsement of the physical conditions reflected on the Monmouth County Bicycling Map. The developers of this guide, the Monmouth County Planning Board and the County of Monmouth, do not take responsibility for changes or updates to roads, paths and trails listed, the conditions of the roads, safety of the roads, paths and trails, or injuries resulting from their use.

Riders are advised to exercise their own judgement and travel on the roads, paths and trails listed on the Monmouth County Bicycling Map at their own risk.

The information contained in this map is the most current provided to the Monmouth County Planning Board as of the date of publication. We are not responsible for inconvenience or expense resulting from errors or omissions. We welcome your comments and will include corrections in future editions.

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Special Thanks To:

Monmouth County Transportation Council  
Jersey Shore Touring Society  
Monmouth County Bicycling Community

# Bicycling Map

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# New Jersey Law on Bicycles

Article 3 of Chapter 4 in Title 39 of the Revised Statutes as Amended and Supplemented:

**39:4-14.5 Definition.** "Bicycle" means any two wheeled vehicle having a rear drive which is solely human powered and having a seat height of 25 inches or greater when the seat is in the lowest adjustable position.

**39:4-10 Lights on Bicycles.** Use of the following equipment for riding in darkness: 1. A front white headlamp that is seen at least 500 feet away; 2. A rear lamp with a red light seen 500 feet away; 3. A red reflector may be mounted on the rear.

**39:4-10.1 Helmets Required for Bicycle Operators and Passengers Under 14 Years.** A person under 14 years of age shall not operate, or ride upon a bicycle as a passenger, unless that person is wearing a properly fitted and fastened bicycle helmet which meets the standards of the American National Standards Institute or the Snell Memorial Foundation's 1990 Standard for Protective Headgear for Use in Bicycling. This requirement shall apply to a person who rides upon a bicycle while in a restraining seat which is attached to the bicycle or in a trailer towed by the bicycle.

**39:4-11 Audible Signal Device Required.** A bell or other audible device that can be heard at least 100 feet away is required. DO NOT use a siren or whistle.

**39:4-11.1 Brakes.** Use a brake that can make wheels skid while stopping on dry, level, clean pavement.

**39:4-12 Carrying Another Person.** Limit passengers to only the number the bicycle is designed and equipped to carry. DO NOT drive the bicycle with feet removed from the pedals, or with both hands removed from the handlebars, nor practice any trick or fancy driving in a street.

**39:4-14. Hitching on Vehicle Prohibited.** No person riding a bicycle, skateboarding, roller or inline skating shall attach to any street car or vehicle.

**39:4-14.1 Rights and Duties of Person on Bicycles.** Every person riding a bicycle, skateboarding, roller or inline skating on a roadway is granted all the rights and subject to all of the duties of the motor vehicle driver.

**39:4-14.2, 39:4-10.11 Operating Regulations.** Every person riding a bicycle, skateboarding, roller or inline skating should keep as near to the right of the roadway as practicable and may move left under any of the following situations:  
1. To make a left turn from a left turn lane or pocket;  
2. To avoid debris, drains or other hazardous conditions on the right;  
3. To pass a slower moving vehicle;  
4. To occupy any available lane when traveling at the same speed as other traffic;  
5. To travel no more than two abreast when traffic is not impeded, but otherwise ride in single file. Every person riding a bicycle, skateboarding, roller or inline skating should stay in the same direction as vehicular traffic.

In New Jersey, the law states a bicyclist, skateboarder or skater must obey all state and local automobile driving laws. A parent may be held responsible for the child's violation of any traffic law.

**NOTE: Bicycles are considered part of vehicular traffic flow and should be driven in the same direction as motor vehicles. Driving a bicycle against traffic is unsafe! Reaction time is reduced and impact forces greatly increased. At intersections you would appear in unexpected places. Head on collisions are severe and often fatal.**

**PENALTIES:**  
For a violation of the bicycles laws, the offender is liable of not more than fifty dollars or for imprisonment not exceeding fifteen days or both.

For more on New Jersey bicycle laws and other biking information visit:  
[www.state.nj.us/transportation/commuter/bike](http://www.state.nj.us/transportation/commuter/bike)

The first step in riding safely is to know what traffic is around you and what it is likely to do. Be aware of changing traffic conditions. **Ride with, not against, traffic.** Use a rear view mirror to anticipate overtaking vehicles.

**Be seen.** Make sure that moving traffic sees you. A bright colored flag on a flexible pole is one good way of drawing attention to your presence. Wear bright colored clothing or a reflective jacket. Be sure your bike is equipped with the proper light and reflectors. **Use lights at night!**

**A Bicycle is a vehicle.** This gives cyclists a legal right to use public roadways. It also requires cyclists to obey the rules of the road. Obey traffic signs and signals.

**Don't pass on the right.**  
Motorists may not look for or see a bicycle passing on the right.

**Watch for cars pulling out.**  
Make eye contact with drivers and make sure they see you. Do not assume they see you.

**Keep both hands ready to brake.**  
You may not stop in time if you brake one-handed. Allow extra distance for stopping in the rain, since brakes are less efficient when wet.

**Watch for chasing dogs.**  
Ignore them, or try a firm, loud "NO". If the dog doesn't stop, dismount with the bike between you and the dog. Dogs are attracted by the spinning of wheels and feet.

**Keep bike in good repair.**  
Adjust your bike to fit you, and keep it working properly. Check brakes and tires regularly. Routine maintenance is simple and you can learn to do it yourself.

**Dress appropriately.**  
In rain, wear a poncho or a parka made of fabric that "breathes." Generally dress in layers so that you can adjust to temperature changes. Wear a sturdy helmet to protect you.

**Obey traffic signs and signals.**

**Use light at night.**  
The law requires a strong headlight and rear reflector or tail light at night or when visibility is poor. Wear light colored clothes with reflective tape for extra protection.

**Ride in the middle of the lane in slow traffic.**  
Get in the middle of the lane at busy intersections and whenever you are moving at the same speed as traffic.

**Never ride against traffic.**  
Motorists aren't looking for bicyclists riding on the wrong side of the road.

**Use packs or racks to carry things.**  
Saddlebags, racks, baskets, and backpacks are all good ways to carry packages, freeing your hands for safe riding.

**Scan the road behind.**  
Learn to look back over your shoulder without losing your balance or swerving left. Some riders use rear-view mirrors.

**Use hand Signals.**  
Hand signals tell a motorists what you intend to do. Signaling is a matter of law, courtesy, and self protection.

**Follow lane markings.**  
Don't turn left from the right lane. Don't go straight in a lane marked right-turn-only.

**Avoid road hazards.**  
Watch out for parallel-slat sewer grates, slippery manhole covers, oily pavement, gravel and ice. Cross railroad tracks carefully at right angles. Stand up on your pedals to get better control as you move across bumps and other hazards.

**Ride in a straight line.**  
Whenever possible, ride in a straight line, to the right of traffic but about a car door's width away from parked cars.

**Choose the best way to turn left.**  
There are two ways to make a left turn. (1) Like an automobile, signal, move into the left lane and turn left. (2) Like a pedestrian, ride straight to the far side crosswalk and walk your bike across.

**Don't weave between parked cars.**  
Don't ride out to the curb between parked cars, unless they are far apart. Motorists may not see you when you try to move back into traffic.

and remember...  
**ALWAYS WEAR A HELMET.**  
(New Jersey Bicycle Manual, New Jersey Department of Transportation-Motor Vehicle Services 2003)

# Public Transit and Bicycles

**NJ TRANSIT Bicycle Parking Racks**  
NJ TRANSIT presently provides parking capacity for about 1,600 bicycles at its public facilities. Bicycle parking at NJ TRANSIT bike racks is free. Racks are located at over 90 percent of the train stations in New Jersey, at several bus park/ride lots along the Route 9 corridor, at a number of bus terminals, and at most Hudson-Bergen Light Rail stations. Bicyclists must provide their own locks and assume responsibility for their bicycles.

**Bike Lockers**  
Enclosed, locked bike lockers are available for long-term rental at a number of locations. These provide parking for about 375 additional bicycles. Rentals are administered locally by Transportation Management Associations or municipalities. Contact Keep Middlesex Moving (732) 745-5903 or Meadowlink TMA (201) 939-4242 concerning lockers at Monmouth and Middlesex stations or park and rides.

**Bicycles on NJ TRANSIT Buses**  
Bicycles are permitted at all times on buses with bike racks on the front or with underfloor luggage compartments on a first-come, first-served basis. Currently half of the NJ TRANSIT bus fleet is 'bike friendly.' Bicycles can be accommodated on all buses in the NJ TRANSIT Southern Division (generally the area from Princeton/Trenton to Atlantic City and south). No child carrier seats or tandem bikes are permitted on a bus bike rack. All loose items should be removed from the bicycle before the bus arrives. If using a bike rack, the cyclist must notify the bus operator before loading or unloading the bicycle. For safety reasons, the bus operator cannot get off the bus to assist the cyclist, but will be able to give instructions. Because the use of bike locks on bus bike racks is prohibited, it is recommended the cyclist sit near the front of the bus to keep an eye on the bicycle. Bikes are not permitted on

articulated buses (which bend in the middle) since no accommodations are available.

**Bicycles on NJ TRANSIT Light Rail**  
Bicycles are carried on-board **Newark City Subway** and **Hudson-Bergen Light Rail** cars during off-peak hours only (weekdays from 9:30 a.m. to 4:00 p.m. and 7:00 p.m. to 6:00 a.m.), and on Hudson-Bergen Light Rail cars all day Saturday, Sunday, and state holidays. Passengers with bicycles will be confined to the low floor vestibule section of the vehicle. Bicycles may not be left unaccompanied, block aisles, be placed on empty seats, or cause inconvenience to other passengers. Cyclists must hold or secure the bicycle. The kickstand of the bicycle must remain up at all times. Cyclists must allow other passengers to exit and enter the vehicle before boarding with a bicycle.

**Bicycles on NJ TRANSIT Trains**  
Collapsible bicycles will be accommodated on all NJ TRANSIT trains at all times. If the bicycle is considered by an NJ TRANSIT employee to pose a hazard to the safety of other passengers due to overcrowded trains or other operating conditions, the employee may prohibit the bicycle from entering the train car.

**Off-Peak Travel Periods:**  
Standard frame bicycles may be carried on-board during off-peak hours (weekdays from 9:30 a.m. to 4:00 p.m. and 7:00 p.m. to 5:00 a.m.), and all day Saturday and Sunday.

**Peak Travel Periods:**  
Standard frame bicycles are only permitted on outbound trains (originating from Newark, New York, or Hoboken) scheduled to depart a cyclist's boarding station between 5:00 a.m. and 9:30 a.m., Monday through Friday. This restriction does not apply to the

Atlantic City Line. Standard frame bicycles are only permitted on inbound trains (going to Newark, New York, or Hoboken) scheduled to depart a cyclist's boarding station between 4:00 p.m. and 7:00 p.m., Monday through Friday. This restriction does not apply to the Atlantic City Line.

Cyclists should board the train car at a door with an international symbol of accessibility. Bicycles must be kept in the accessible area. Only two bicycles can be accommodated at a time per accessible car. Currently 40 percent of the NJ TRANSIT rail car fleet is accessible. If space is not available, cyclists must wait for the next available train.

**Holidays**  
Bicycles will not be accepted on-board trains on the following holidays:  
• New Year's Day • Memorial Day • Independence Day • Labor Day • Thanksgiving Day • Christmas Day • Fridays prior to all major holidays • the Friday after Thanksgiving • Eves prior to Rosh Hashanah and Yom Kippur.  
Bicycles are allowed on the Atlantic City Line on holidays

**SAFETY ON NJ TRANSIT Rack n' Roll Bike Rack Safety:**  
Never step onto the street side of the bus when loading or unloading your bike. The bus operator may not see you if you approach and load from the left side of the bus. Be ready at the bus stop. If you plan to remove anything from your bike, do so before the bus arrives. Load your bike and secure your bike as quickly as possible. Please refer to the Rack n' Roll brochure for loading details. You can request the brochure by contacting the NJ TRANSIT Customer Service Department at 800-772-3606.

**General Safety Reminders**  
If an NJ TRANSIT employee or an employee of an entity under contract to NJ TRANSIT considers the bicycle a safety hazard, the employee may not allow the bicycle on-board the vehicle. At rail stations, use stairways, ramps or elevators to gain access to station platforms. Do not use escalators. Walk bicycles when passing through stations. There are no additional charges for bicycles. Bicycles are transported at the owner's risk. NJ TRANSIT is not responsible for bicycles that are lost, stolen or damaged while on board any NJ TRANSIT vehicle or at any NJ TRANSIT facility. For more information, please contact the NJ TRANSIT Customer Service Department at 800-772-3606 or visit [www.njtransit.com](http://www.njtransit.com).

**ACADEMY BUS**  
Bicycles are allowed on Academy Buses and the driver will store the bicycle in the luggage compartment.

**FERRY AND BICYCLES NY WATERWAYS**  
Passengers can bring bicycles on any one-way trip for an additional \$1.00 charge.

**SEASTREAK**  
Passengers can bring bicycles on the ferry. There is a \$5.00 one-way charge and the bikes are kept on the outside decks.

Monmouth County encourages its residents and visitors to take full advantage of our comprehensive public transit system. Taking advantage of public transit can help lead to a cleaner Monmouth County that is energy independent and provides a better quality of life for its residents.

# Where Can't I Bike?

**Bicycle traffic is restricted by regulations on the following roads.**

Roadway	Location
Garden State Parkway	Entire Length
New Jersey Turnpike	Entire Length
Atlantic City Expressway	Entire Length
Route 1 Freeway	Trenton, Mercer County
Route 18 Freeway	Wall, Ocean, Neptune Township, Tinton Falls, Colts Neck, Freehold and Marlboro, Monmouth County Old Bridge, Middlesex County
Route 29 Freeway	Trenton, Mercer County
Route 52	Somers Point, Atlantic County Ocean City, Cape May County
Route 208 Freeway	Fair Lawn, Glen Rock, Franklin Lakes, Oakland and Wyckoff, Bergen County; Hawthorne Boro, Passaic County
Route 42 Freeway	Washington Township and Deptford, Gloucester County; Runnemede, Gloucester Township, and Bellmawr, Camden County; Interstates, Various Locations

**Note:** In New Jersey, interstate roadways are currently closed to bicyclists; however, most sections are open by special permit issued by NJDOT. For a permit to ride on these sections write to:

**Pedestrian/Bicycle Advocate  
New Jersey Department of Transportation  
1035 Parkway Ave.  
PO Box 600  
Trenton, NJ 08625-0600**

# Bike Clubs

Bicycle Touring Club of North Jersey  
[www.btcnj.com](http://www.btcnj.com)

Central Jersey Bike Club  
[www.cjbc.org](http://www.cjbc.org)

Jersey Shore Touring Society  
[www.jsts.us](http://www.jsts.us)

Morris Area Freewheelers  
[www.mafw.org](http://www.mafw.org)

Princeton Freewheelers  
[www.princetonfreewheelers.com](http://www.princetonfreewheelers.com)

Shore Cycle Club  
[www.shorecycleclub.org](http://www.shorecycleclub.org)

Western Jersey Wheelmen  
[www.njbike.org](http://www.njbike.org)

The Bike Church  
[www.thebikechurch.org](http://www.thebikechurch.org)

Source: New Jersey Bicycle Coalition  
[www.njbike.org](http://www.njbike.org)

# Bike Shops

Atlantic Cyclery  
188 1st Avenue  
Atlantic Highlands, 732-291-2664  
[www.atlanticcyclery.com](http://www.atlanticcyclery.com)

Mike's Bikes  
62 Avenue D  
Atlantic Highlands, 732-291-8822

Glendola Bicycle  
2709 Belmar Boulevard  
Belmar, 732-681-5264

Brielle Cyclery  
205 Union Avenue  
Brielle 732-528-9121  
[www.briellecyclery.com](http://www.briellecyclery.com)

Family Bike Shop  
90 Wilson Avenue  
Englishtown, 732-446-8556

Beacon Cycling and Fitness  
2449 US Highway 9  
Freehold, 732-431-5610  
[www.beaconcycling.com](http://www.beaconcycling.com)

Gallery 35  
Used Bicycles State Highway 35  
North Keyport, 732-739-0978

The Peddler  
50 Ocean Boulevard  
North Long Branch, 732-229-6623  
[www.thepeddler.com](http://www.thepeddler.com)

Manasquan Bicycle Shop  
128 Main Street  
Manasquan, 732-223-2444

Cag's Cycles  
821 Broadway  
West Long Branch, 732-229-6683

Bicycle Hub of Marlboro  
239 Route 79  
Wickatunk, 732-946-9080  
[www.bicyclehub.com](http://www.bicyclehub.com)

DJ's Cycles  
1318 Main Street  
Belmar, 732-681-8228  
[www.djcyclesbelmar.com](http://www.djcyclesbelmar.com)

Freehold Bicycles  
739 Highway 33  
Freehold, 732-431-0266  
[www.freeholdbicycle.com](http://www.freeholdbicycle.com)

SC Action Sports  
Route 9 North  
Howell, 732-677-3725  
[www.scactionsports.com](http://www.scactionsports.com)

Bike Haven  
588 West River Road  
Fair Haven, 732-747-6686  
[www.bikehaven.com](http://www.bikehaven.com)  
Source: Jersey Shore Touring Society

# Ride for Health

Lung disease, cancer, osteoporosis, and diabetes.

According to the CDC, 61% of adults in the U.S. are overweight or obese; 13% of children aged 6 to 11 and 14% of kids 12 to 19 are overweight. Obesity is second behind tobacco in U.S. health risk factors, contributing to 300,000 deaths a year.

Bicycling at 12 miles per hour can burn up to 550 calories per hour. Whether you are riding your bike to work, school, or Monmouth County's beautiful beaches and parks, you'll be getting a great workout in the process.

There is also a mental health benefit to bicycling. The exercise you get from riding your bicycle is a wonderful way to burn off the everyday stress of work and become acquainted with your community. Bicycling is also a great opportunity to bond with family and friends while experiencing what Monmouth County has to offer.

# Ride for Transportation

While the perception may be that bicycles are primarily a recreational tool, the truth is that they are a viable transportation device. According to the Bureau of Transportation Statistics bicycling is the second most preferred form of transportation after the automobile, even ahead of public transit. Yet nearly half of all car trips in this country are less than three miles in length and may be easily accessible by bicycle. Imagine what we can accomplish if we cut the number of cars on the road in half.

This map is the tool you need to change the way you approach your commute to work and school, as well as how you run your errands. Your bicycle is more than a recreational tool; it is a way to save time and money on your every day tasks. The necessary infrastructure exists here in Monmouth County for you to do it, and this map is your guide.

According to the Texas Transportation Institute, traffic congestion is costing each person in the Tri-State area 44 hours and \$951 per year. Riding a bicycle is a foolproof method for avoiding time lost due to traffic, and money lost to increasing gas prices and parking costs.

# Maintaining and Securing Your Bicycle

Maintaining your bicycle is a simple and fun way to ensure it remains in good repair. Here are some basic maintenance tips:

- Tires naturally lose air over time and need to be kept properly inflated. Doing so will ensure a smoother ride, protect your bicycle's rims from damage, reduce your chances of getting a flat, and generally lengthen the life of the tires.
- Pay attention to the condition of brake pads and take note of any squealing or scraping. Squealing is caused by the brake pads hitting the rim flat; toe in brake pads to stop squealing. Scraping may be an indicator that the brake pads must be replaced. Brake pads should be replaced when they are down to about 1/4" in thickness.

- Bicycle chain maintenance is important. Use a clean rag to wipe off any accumulated dirt. A squeaky or noisy chain needs lubrication, but do not excessively lubricate. As a rule of thumb, if you can see the lubrication on the chain you have used too much. Use a rag to wipe off excess lubrication.

- On longer trips, be sure to take the following items with you:

- Helmet - by far the most important tool a bicyclist owns. Always wear one.
- Spare tube and patch kit
- Multi-tool with allen wrenches, screwdriver, and chain tool

Properly securing your bicycle is the best way to avoid the expense and inconvenience of having it damaged or stolen. Here are some basic security tips for your bicycle:

- Lock your bike in a highly visible area close to pedestrian traffic. Bike racks are common in Monmouth County but often overlooked. Train yourself to notice them.
- Lock the frame, wheels, seatpost, and anything that can be easily removed.
- If storing the lock on the bicycle frame while riding, make sure the lock does not interfere with your ability to maintain control of the bicycle.
- U-locks are the most secure method of locking bicycle components. Cable locks are less secure but still effective for short time periods in highly visible areas.