In February 2017, a new Bike Shuttle Express was added to the Lab’s shuttle fleet to make things quicker, easier, and safer for bicycle commuters. The Express, which can carry up to 14 bikes and 14 passengers, makes four runs during the morning peak hours - from the Crescent off Oxford St at the Cal Campus to Building 69 near Grizzly Gate (see map) – a location that makes it easy for cyclists to get anywhere because it’s all downhill from there.

Drivers who use Grizzly Gate or park near Buildings 69, 75, and 76 may notice an uptick in the number of cyclists in the coming months and should make an extra effort to give them the full use of the lane. Drivers should particularly watch for cyclists at the first intersection below Grizzly Gate, which is challenging since downhill traffic does not stop and cyclists are not always easy to see.

Pedestrians in that area should also be extra alert for bicycle traffic especially at crosswalks, since bikes can reach relatively high speeds but aren’t as easy to see or hear as cars.

Cyclists will be navigating a relatively steep descent in mixed traffic and will want to apply such safety basics as:

- Always wear a helmet, which is required at LBNL.
- Obey all traffic signs and observe pedestrian right of way at crosswalks.
- Be as visible as possible by wearing bright clothing and using bright bike lights and reflectors.
- Descend the hills safely:
  - Relax your body.
  - Bend your elbows, relax your neck and shoulders, keep breathing and hold the bars firmly but not too tightly.
  - Set your gaze far ahead.
  - For controlled slowing, gently squeeze both brakes equally with two- to three-second pulses. Constantly riding the brakes on big descents can make rims overheat.
  - Apply the brakes before the turns rather than in them.
  - If you need to brake hard, be sure to keep your weight low and back and make sure that your arms are braced against the handlebars to absorb the force.

The new Bike Shuttle Express is part of an ongoing effort by the Lab to support cleaner and sustainable commute alternatives and promote traffic safety awareness. For more information see: [http://commute.lbl.gov/](http://commute.lbl.gov/). For more information about the shuttle, go here for [FAQ](http://commute.lbl.gov/).