We hope you enjoy Brandeis’ first Biking Resource Guide. The following pages provide information about how to use DeisBikes, general safety tips, bike routes, and maps to local commonly-visited locations. Feel free to contact deisbikes@lists.brandeis.edu with any questions.

About DeisBikes
DeisBikes, Brandeis’ bicycle sharing program, opened in March 2009 as an initiative between students in the Brandeis Student Union and Professor Laura Goldin’s Greening the Ivory Tower: Improving Environmental Sustainability of Brandeis and Community class. DeisBikes is the currently the most environmentally friendly transportation service offered on campus. By loaning high-quality bikes to the Brandeis undergraduate community, DeisBikes provides a convenient way to get to class, encourages off-campus exploration, and promotes a healthy body and environment. DeisBikes is supported by the Brandeis Student Union, Department of Student Activities, and Campus Sustainability Initiative.

Semester Rentals
DeisBikes is now proud to offer semester-long rentals to undergraduate students. Bikes can be rented during the fall, spring, or summer semester (provided for adequate demand). Because our bike fleet is limited, students must enter their names into a lottery at the end of each semester to determine who will receive the rental. The bikes will be distributed within the first week of the spring semester to those who reserved and paid for their bikes. The student mechanics operate the student-run bike shop in the basement of Gordon Hall and hold office-hours for students to bring their bikes in for repair.

Daily Rentals
DeisBikes administrators collect fines from students who return their bike late (past 11pm) or fail to return specific equipment such as the helmet, lock, or bike itself (specific lost parts are charged as priced). Trained mechanics perform weekly maintenance on the bikes.

Shapiro Campus Center Info Booth Hours:
Monday through Friday: 10:00a.m. to 11:00pm
Saturday and Sunday: 2:00p.m. to 11:00p.m.

Fines:
- Late bike (by day): $15
- Lost helmet: $30
- Lost lock: $30
- Lost bike: $200
- Lost parts: as priced

Bike Shops Near Brandeis
The bike shop nearest Brandeis is Frank’s Spoke ‘n Wheel conveniently located in downtown Waltham at 887 Main Street. This packed store sells new bikes of all varieties along with accessories and a repair desk. Hours: Monday: 10am to 6pm, Tuesday: 10am to 7:30pm, Wednesday: 10am to 6pm, Thursday: 10am to 7:30pm, Friday: 10am to 6pm, Saturday: 10am to 4pm, Sunday: closed. Phone: (781) 894-2768. Website: www.spoke-n-wheel.com

To the east is the large and well-stocked Belmont Wheelworks which, besides carrying many new bikes, accessories, and having a large repair department, specializes in selling tandem bicycles (bicycles for two). It is located at 480 Trapelo Road in Belmont. Hours: Monday - Friday: 10am to 8pm, Saturday: 9:30am to 6pm, Sunday: 12pm to 5pm. Phone: (617) 489-3577 Website: www.wheelworks.com

Harris Cyclery is at 1353 Washington Street in West Newton, south-east of campus. They specialize in updating older bikes. Hours: Monday - Friday: 9:30am to 6pm, Saturday: 9am to 5:30pm, Sunday: 12pm to 5pm. Phone: (617) 244-1040 Website: www.sheldonbrown.com
Basic Bike Maintenance

Proper Bike Storage
The best place to store a bike is inside. Shelter will protect it from thieves and the weather. Left outside, a good bike can rust and corrode to dangerous condition in less than a year. This is especially true if you live near the ocean where salt in the air is super corrosive. If your apartment is small, simply install a bike hook and hang your bike from a wheel.

Pump Them Up Often
Bicycle tires lose air slowly. It's just their nature. Because they don't hold a lot of volume of air and because that air seeps out over a relatively short period of time (a week for a road bike tire and about two weeks for a MTB knobby), there's a risk if you just ride without checking the tire pressure. If you bike on soft tires and you hit a pothole, rock or other obstacle, it's possible to damage or ruin, the tire, tube and worst of all, the rim. A too-soft tire also means that you're working a lot harder and on a mountain bike, it can make for a wobbly, hard-to-handle ride. So, be smart and check your tire pressure regularly: every week during the season for mountain bikes and before every ride for roadsters.

Put It Down Right
Prevent getting dirt in the important drivetrain components on your bicycle by always laying it down on its left side.

Avoid “Crossover” Gears
On any bike with derailleur gears (bikes with multiple sprockets on the front and/or back), there are two gears that you should ride in rarely if at all. These are called crossover gears because when the bike is in these gears, the chain crosses over from the extreme left or right on the front to the extreme right or left on the rear. In these positions, the chain is most likely to wear the cogs in back and chainrings in front and it's most likely to make noise and miss-shift. So, pay attention and try not to shift into the large chainring/large cog and the small chainring/small cog combinations.

Lube the Chain Before It Squeaks
Squeaking sounds when you're pedaling indicate unnecessary wear and tear on your drivetrain and the noise almost always comes from a dry chain. If you look at the chain and see bright, shiny links, you've waited too long to add lube. Always try to keep a thin film of lube on the chain and you'll prevent rust, squeaks, poor shifting and premature drivetrain wear. Lubing the chain like this is one of the easiest bicycle repairs you can perform!

Level That Seat
The most common cause of saddle discomfort is an improperly adjusted seat. Start with the seat level with the ground and only tip it from 2 to 3 degrees up or down if you think it will help ease discomfort. Don't make the mistake of angling it steeply downhill. This makes you slide forward putting too much weight on your knees and hands.

Chain Fell Off? Simply Shift It Back On!
Sooner or later your chain will fall off the front sprockets while you’re riding. On most bikes, to get it back on, all you have to do is shift it on by moving the left shift lever as if you were shifting onto a bigger chainring. Pedal lightly and finesse the chain back into place. This will spare your hands a serious dose of chain grease. If the chain drops when you’re climbing, head down hill for a bit, shift the chain back on and turn back.

Safety Tips

Before Riding:
• Inspect the bike for damages to avoid incurring any fines. Any concerns should be brought to the Information Booth.
• Are the tires reasonably inflated? Squeeze them to double check.
• Do the bikes function properly? Spin the wheels to make sure.
• Does anything seem lose or faulty? Gently bounce the bike by the handlebars to make sure all the parts are secure.
• Is the bike size correct? Your groin should be about an inch above the top tube when straddling the bike.
• Is the seat at the right height? Adjust to whatever is comfortable for you.
• Does your helmet fit snugly? When properly adjusted, it should not wobble when you shake your head.
• Be visible. Wear brightly colored clothing so cars and pedestrians can see you.

(http://www.jimlangley.net/crank/basicstuff.html)