



## SUMMER SUSTAINABILITY SERIES

- Presentation will begin shortly
- Session will be recorded
- Please be aware of that participants will be muted. Q&A at bottom of screen – ask your questions here
- We will address questions at various points in the session

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- **July 23:** South Bay Summer of Cycling
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# South Bay Summer of Cycling


City of Chula Vista Summer Sustainability Series



**CHULA VISTA**  
**Climate Action Plan**  
2017



Adopted by City Council • September 2017



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# City of Chula Vista Summer Sustainability Series

- Barbara Locci, Moderator/Conservation Specialist at the City of Chula Vista
- City of Chula Vista Climate Action Plan (CAP) approved in 2017
- Smart Growth, Complete Streets and Alternative Transportation

Sylvie Foncek,  
Programs Director  
at the San Diego  
Bicycle Coalition



[www.sdbikecoalition.org](http://www.sdbikecoalition.org)



# Bike Fit and Comfort

Taught by Sylvie Froncek

Programs Director

San Diego County Bicycle Coalition





Advocate. Educate. Celebrate!

[www.sdbikecoalition.org](http://www.sdbikecoalition.org)

Membership is free!



@sdbikecoalition



Since 1987, we have acted as voice for bicyclists in the region and have advocated for safer streets and hundreds of miles of bike paths, lanes and trails all across the San Diego region.

We conduct educational programs, promote awareness of bicyclists and bicycling issues, review infrastructure improvements, and act as a voice for bicyclists to elected officials and decision makers all over San Diego County.

**THIS IS OUR COMMITMENT TO COMMUNITY**

-Taking action now and for the future-



What do I  
need to  
know?



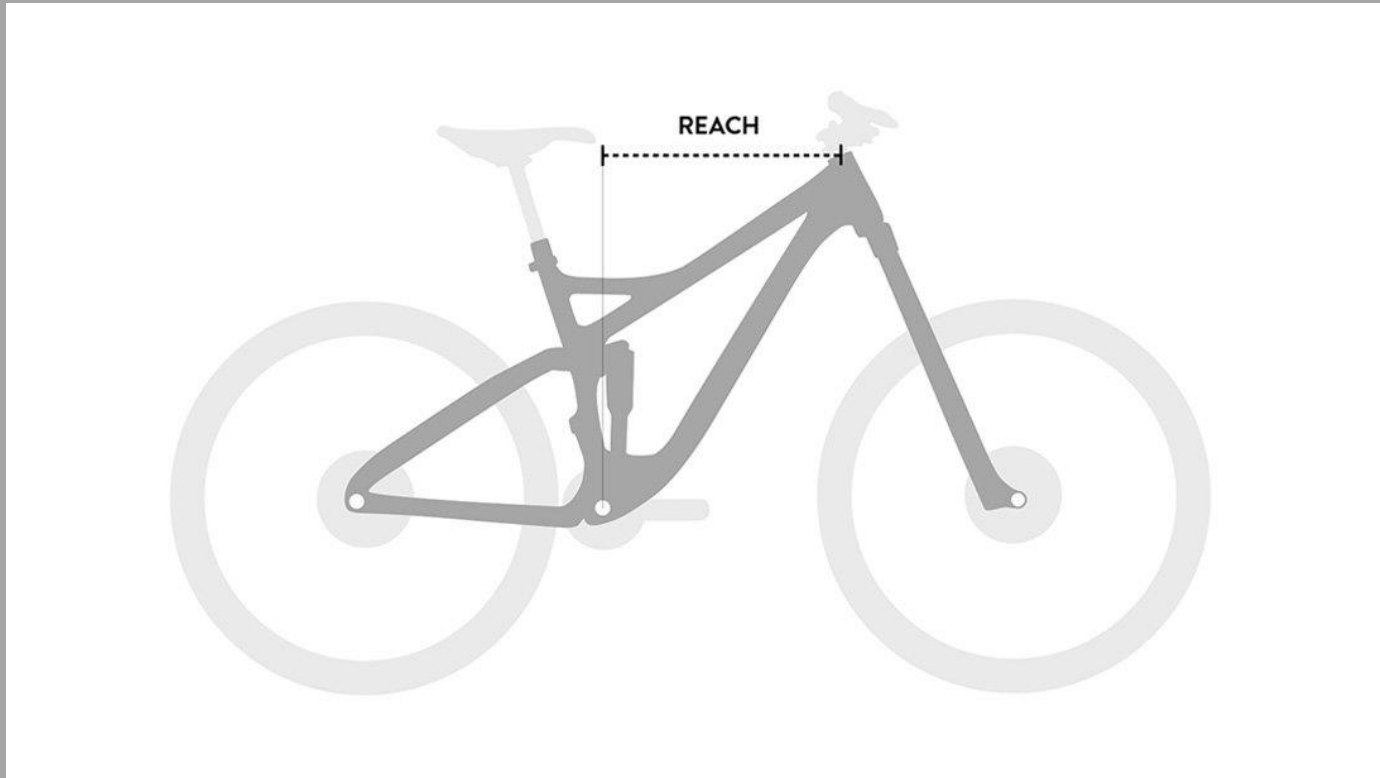
# Let's get into it!

- Get to know some bike fitting lingo
- Your bike should be adjusted to suit your unique body
- Saddles are not one size fits all
- What else can be adjusted to make biking more comfortable?



# Lingo and Bike Parts

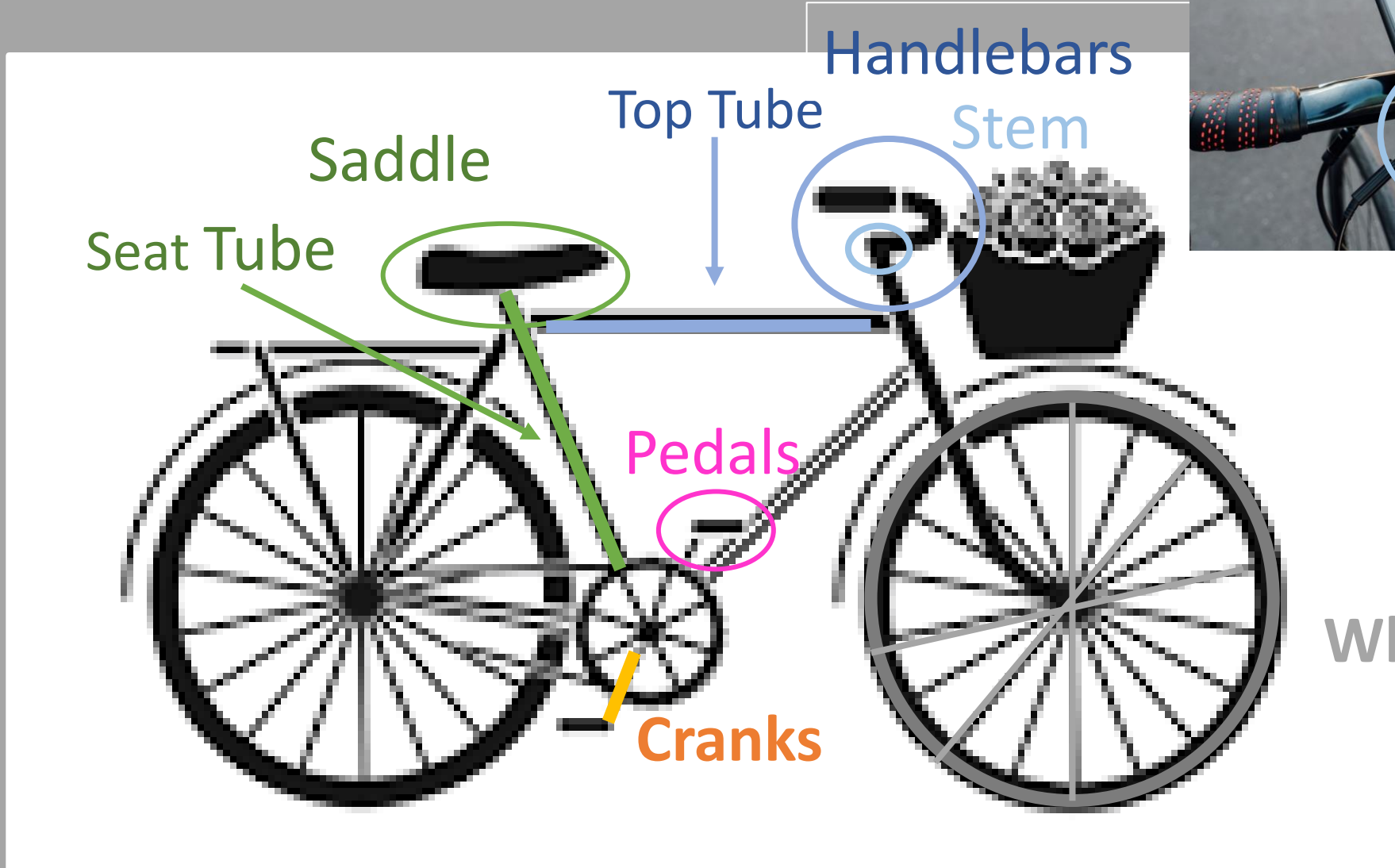
Why should you know bike lingo?



- ✓ Confidence boost
- ✓ Communicate what you need

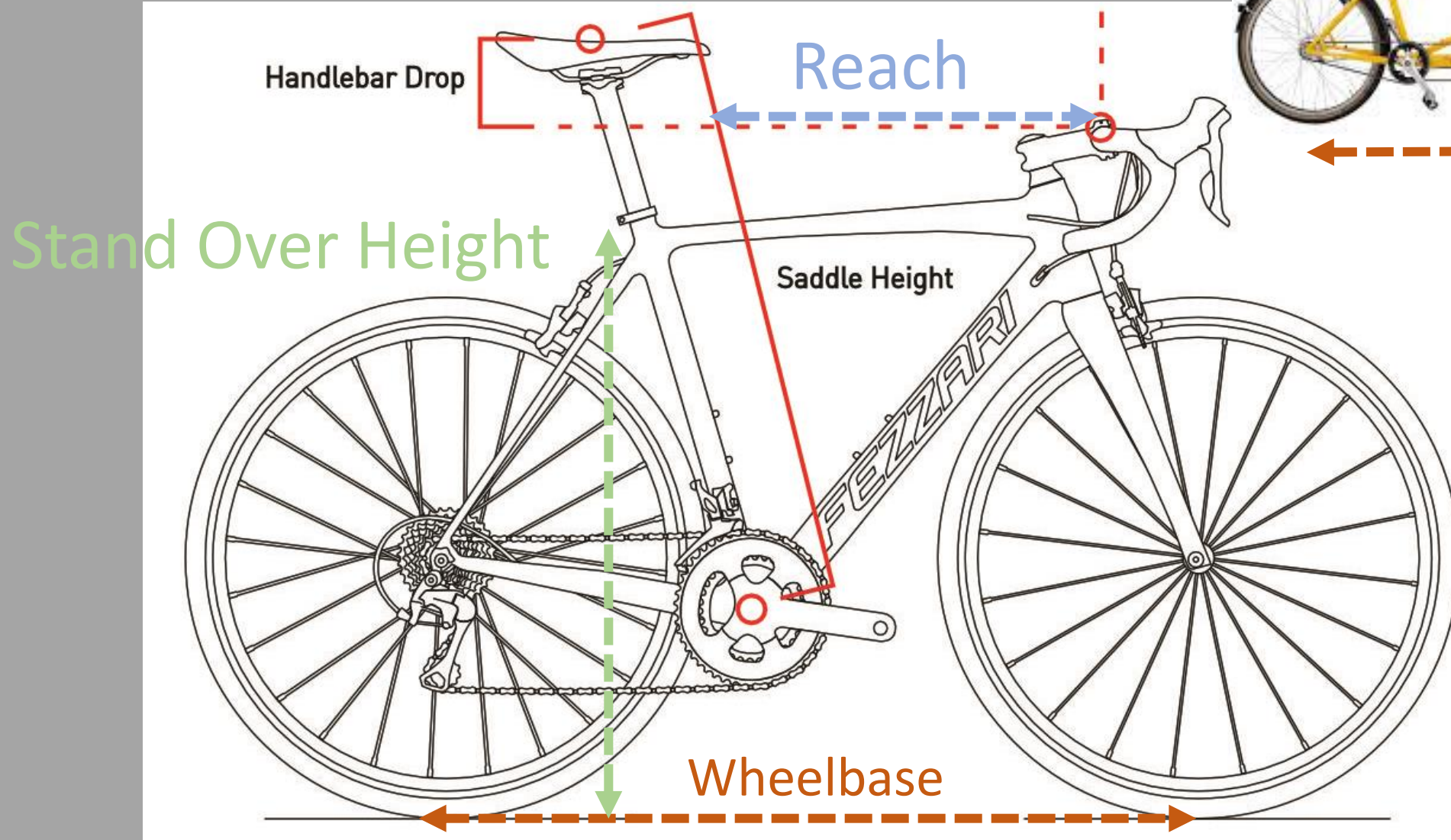
# Label the Bike

- Saddle
- Seat Tube
- Handlebars
- Stem
- Top Tube
- Pedals
- Cranks
- Wheels



Wh

# Bike Fitting Lingo

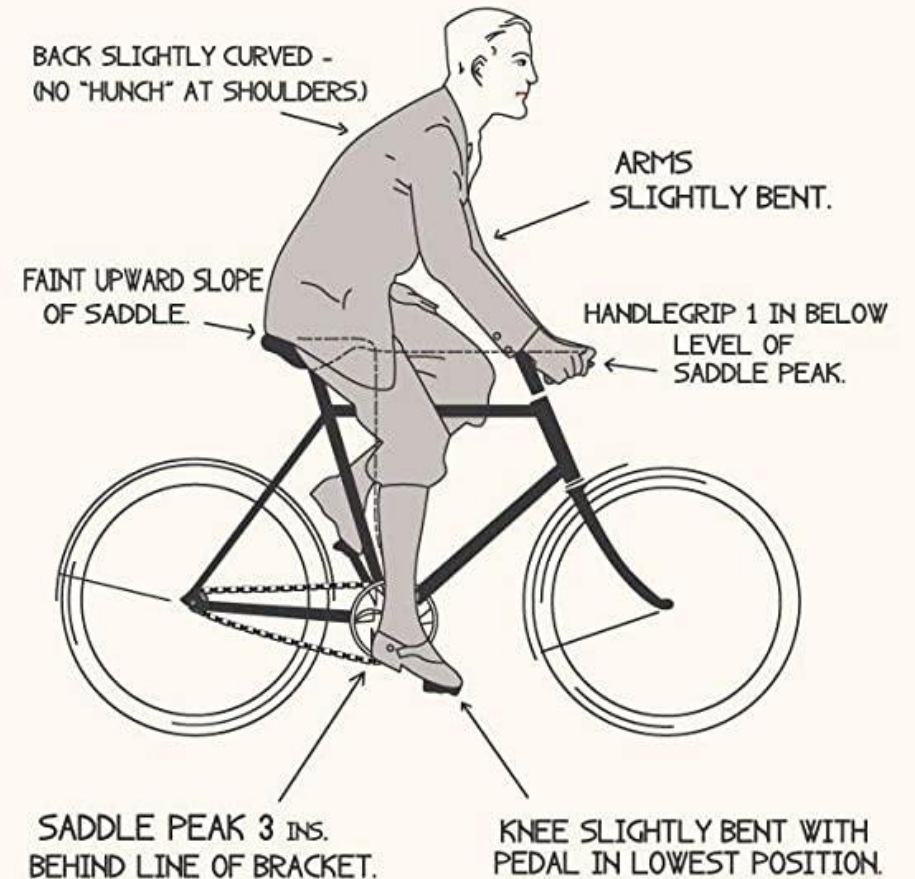


# Bike Fitting

Does your bike fit your unique body?



## PROPER BIKING POSTURE



A diagrammatical drawing showing the points that make up a good average touring position. With slight modifications, the same principles are correct for all cycling purposes.

# #1 Correct size bike

Height: 5'5 (165cm)



SMALL



*Does she fit on this bike?*



X-LARGE

# Height v. Inseam

Stand Over Height

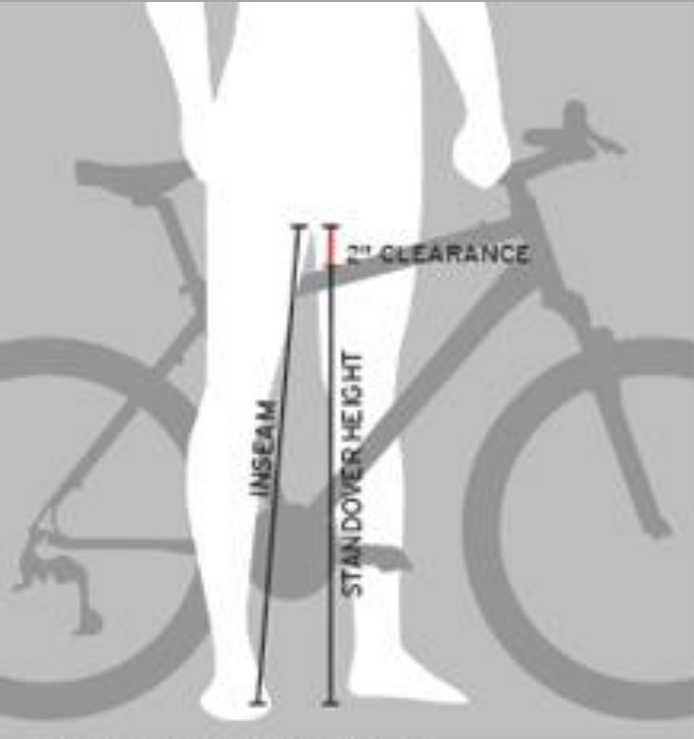
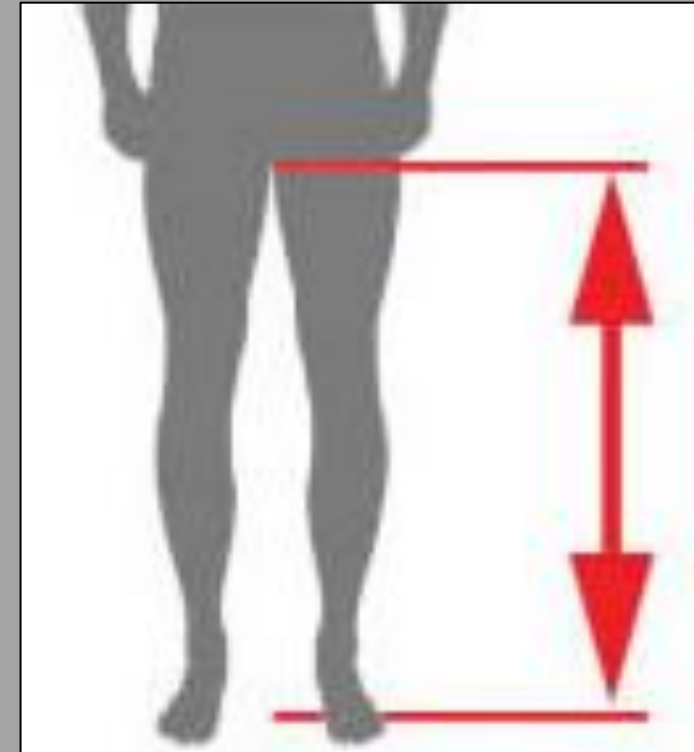


FIGURE A: MOUNTAIN BIKE



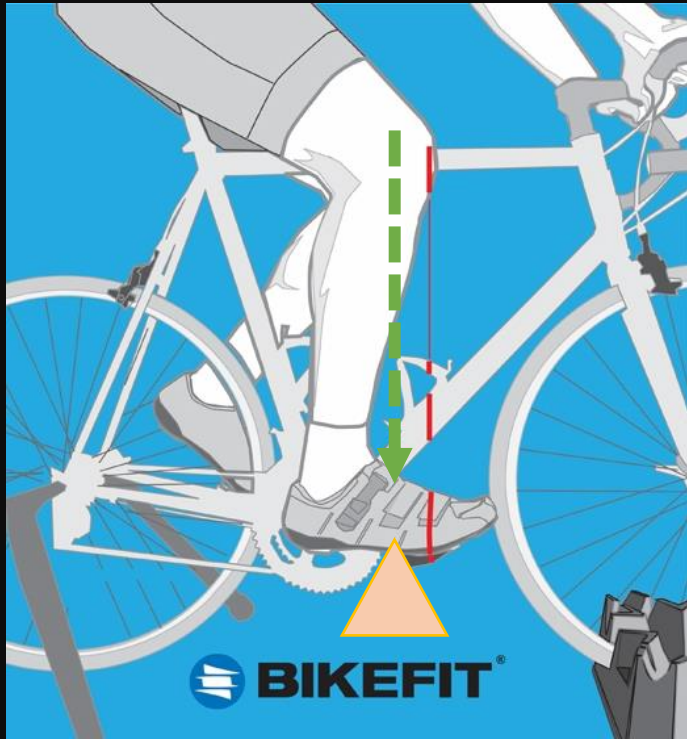
Inseam



Determining Your Road Bike Frame Size		
Height	Inseam Length	Bike Frame Size
4'10" - 5'1"	25.5" - 27"	46 - 48 cm
5'0" - 5'3"	26.5" - 28"	48 - 50 cm

# #2 Saddle Height & Position

Knee over ball of the foot.



Ball of the foot  
over pedal axle.



Good leg extension

To clip in or not to clip in?

Clipless Pedals  
and Cleats

Platform  
Pedals

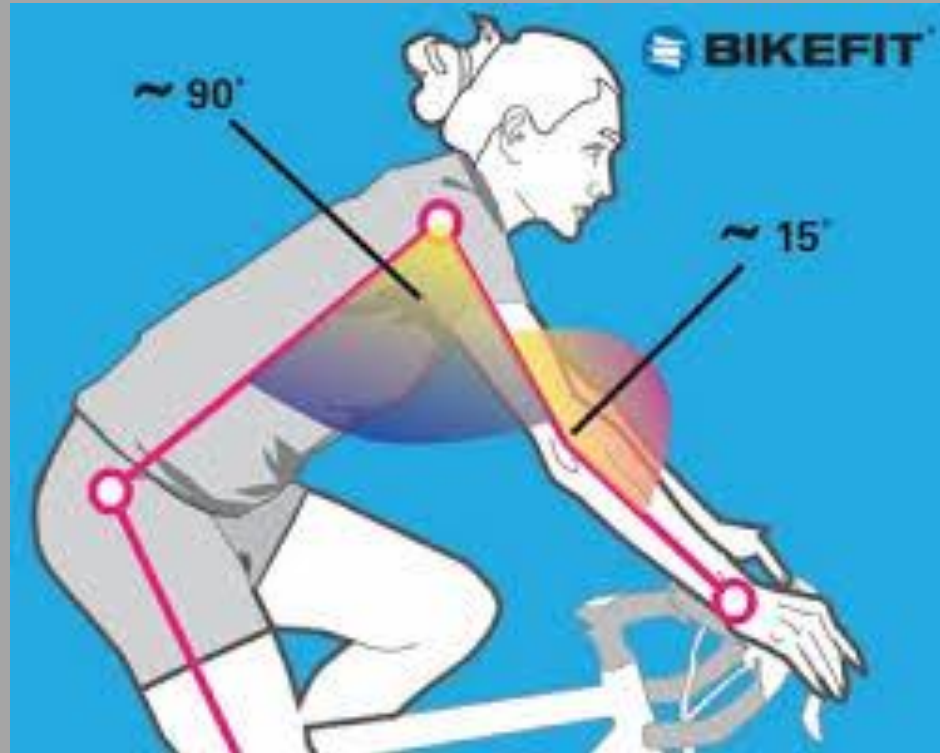
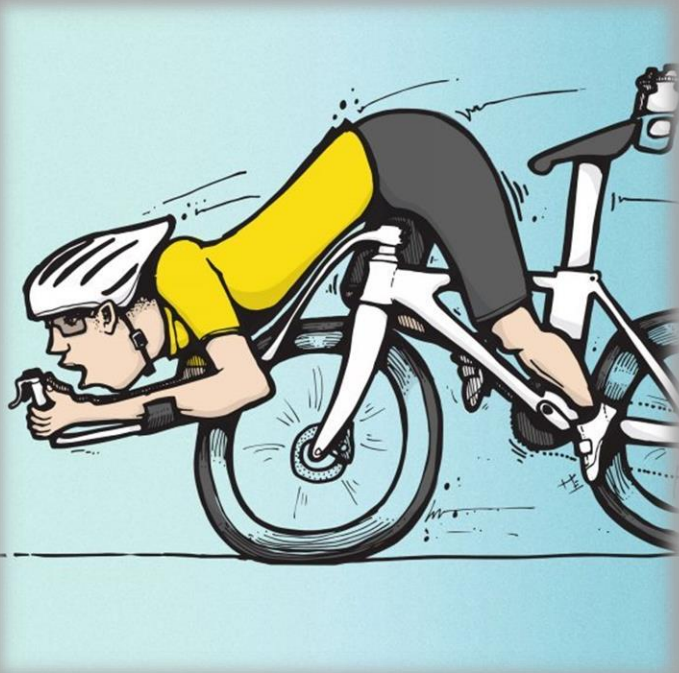
Toe Cages





# #3 Handlebar Height & Reach

Are you bent too far forward?

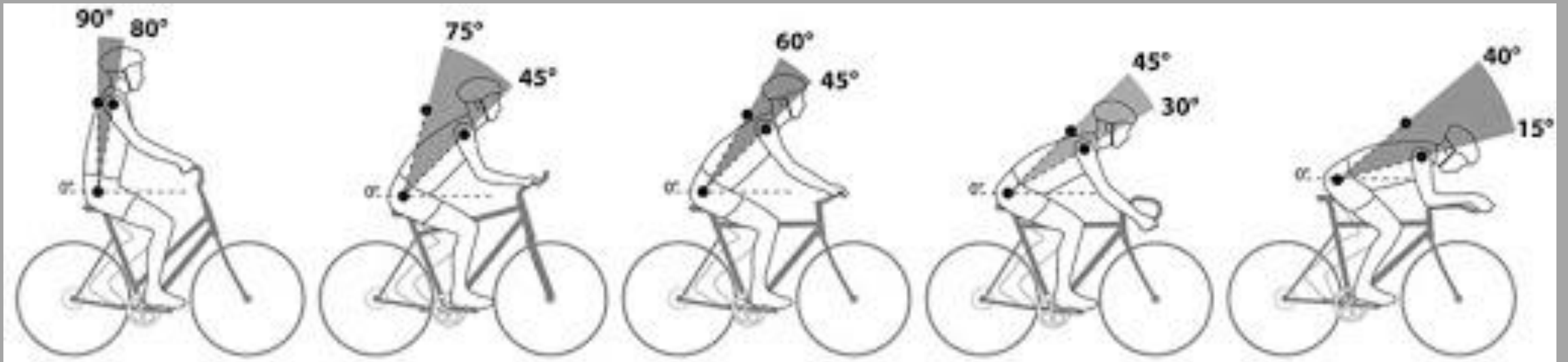


Are you too upright?



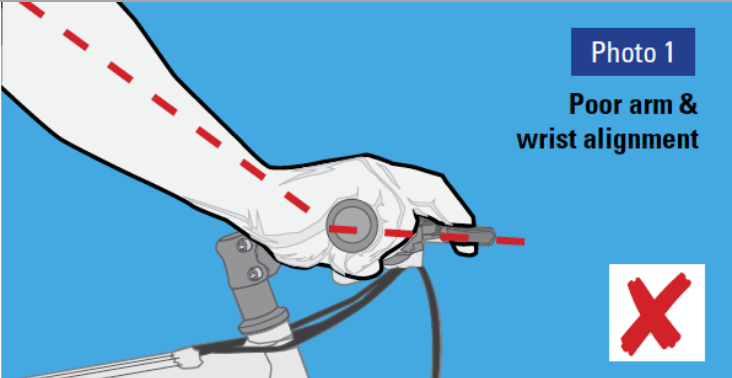
# TRY THIS

- Sit on the edge of a chair
- Stand up. Don't think about it too much. Just stand.
- Sit down again
- Now try to stand without leaning forward at all. The goal is to keep your head above your pelvis as you elevate your body.
- Sit down again
- Stand up in the way that feels easiest and natural and consider the way your body moves.

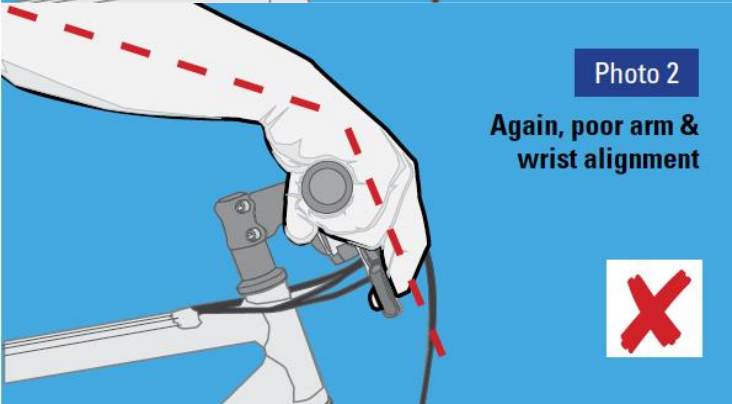


# #4 Handlebar Angles

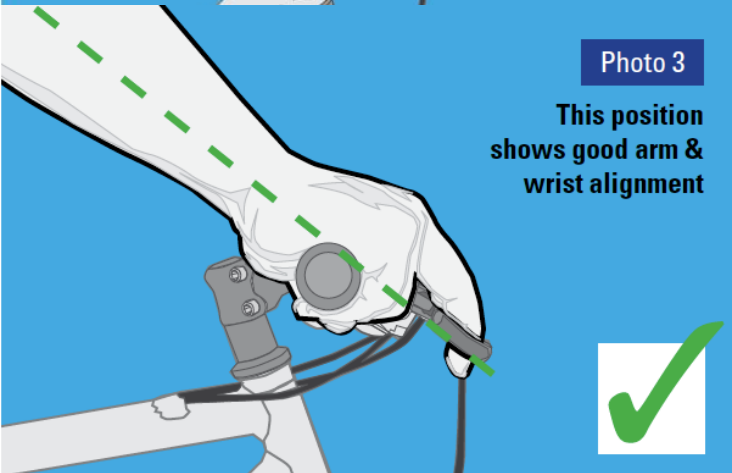
**Photo 1**  
Poor arm & wrist alignment



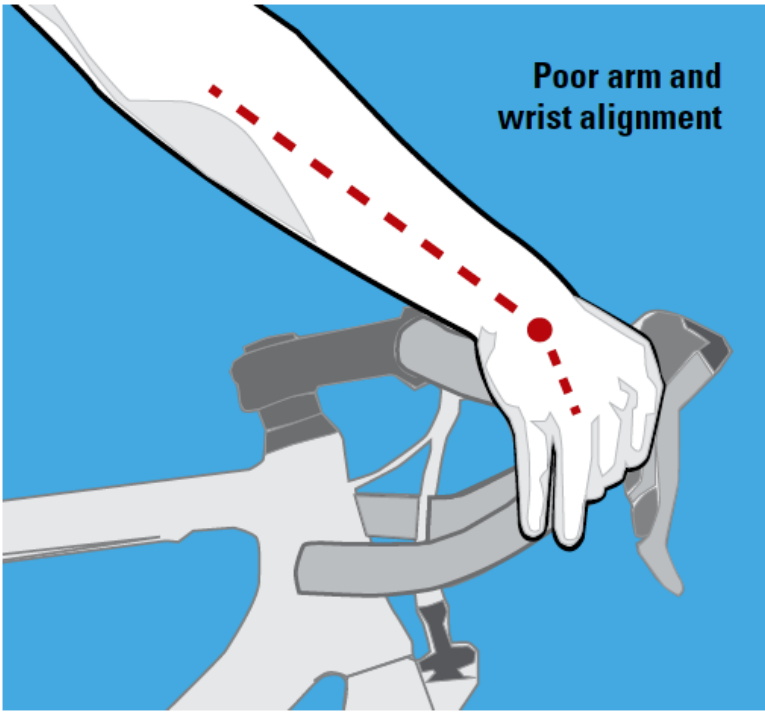
**Photo 2**  
Again, poor arm & wrist alignment



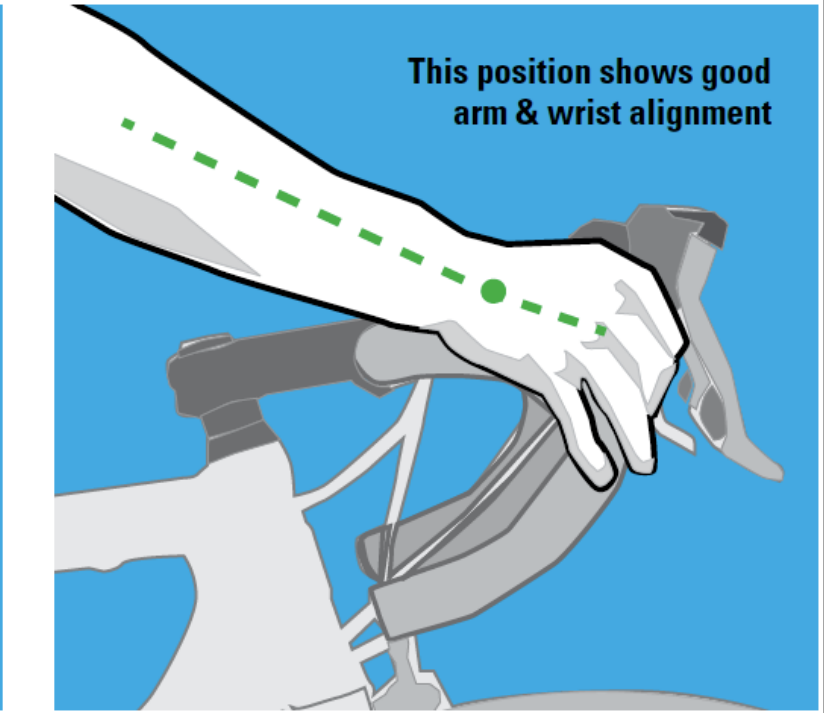
**Photo 3**  
This position shows good arm & wrist alignment



Poor arm and wrist alignment



This position shows good arm & wrist alignment



A woman is riding a bicycle with a basket on a paved street. The street is lined with palm trees and buildings. In the background, there are orange and white striped barriers and a sign that says "ROAD AHEAD". Two children are riding bicycles in front of her, one on a red bike and one on a yellow bike. The scene is bright and sunny.

## Why is proper bike fit a part of bike safety?

---

A bike that fits will make you...

- feel confident when you ride
- feel comfortable on your bike
- better able to control your bike
- more willing to ride and build your skills

# Bike Tools

- Allen Wrench or Hex Wrench on a multi-tool



- Adjustable Wrench
- or 14 mm wrench





# Seats and Saddles

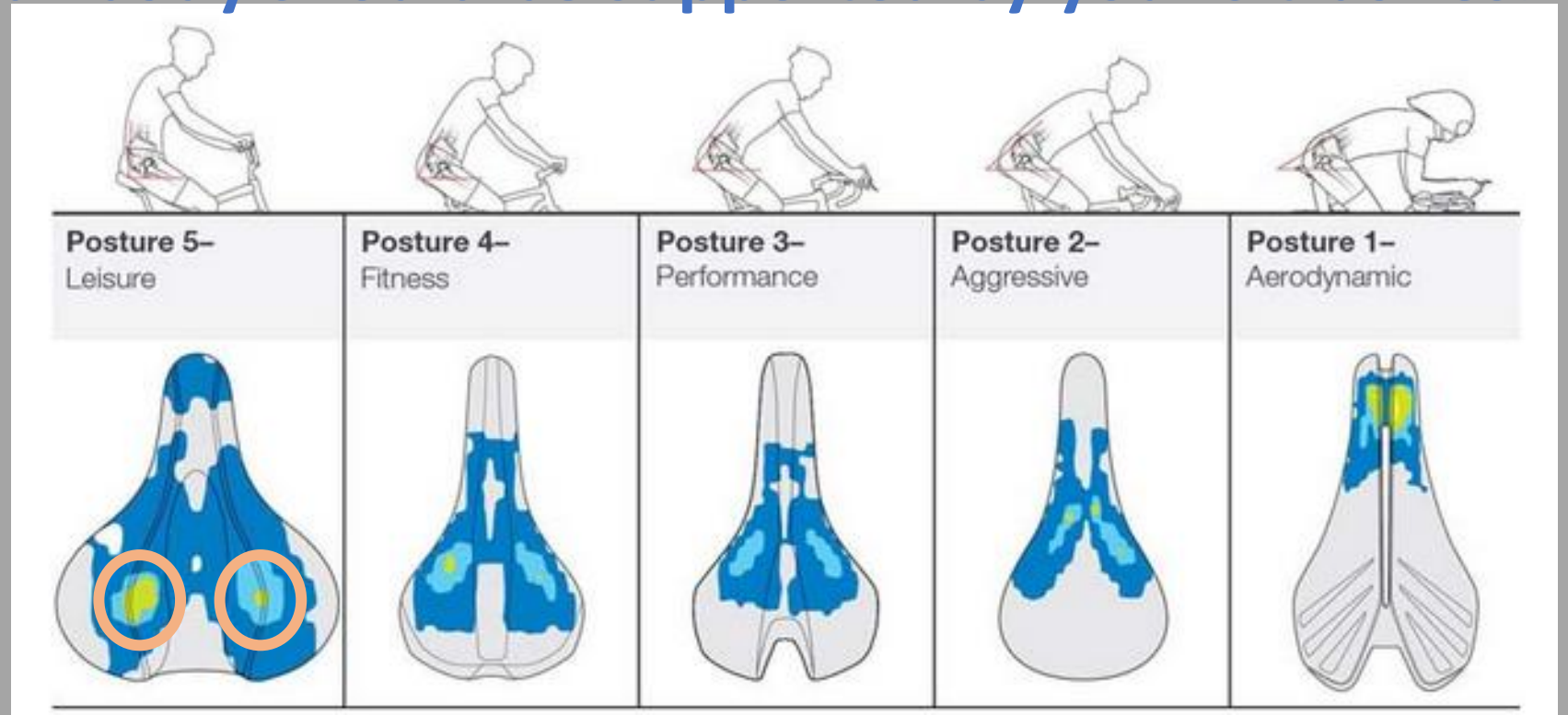
Biking shouldn't feel uncomfortable

What kind of saddle do you have?



Ideally most of your body should be supported by your sit bones.

Where do you feel the most pressure when you ride?



Do you feel thigh chaffing?  
Try a saddle with a narrow nose



# How to find the right size and shape saddle?

- Measure your sit bones (use playdough)
- Get to know your body and find the terms to explain specific discomfort you feel.
- Consider how you will ride (long distance? Triathlons? Recreational rides?)





- Saddles can move up and back on their rails
- And they can tilt up and down



# Making Adjustments

- Only adjust one thing at a time.
- Make small changes.
- As your body changes, you'll have to re-adjust your bike.

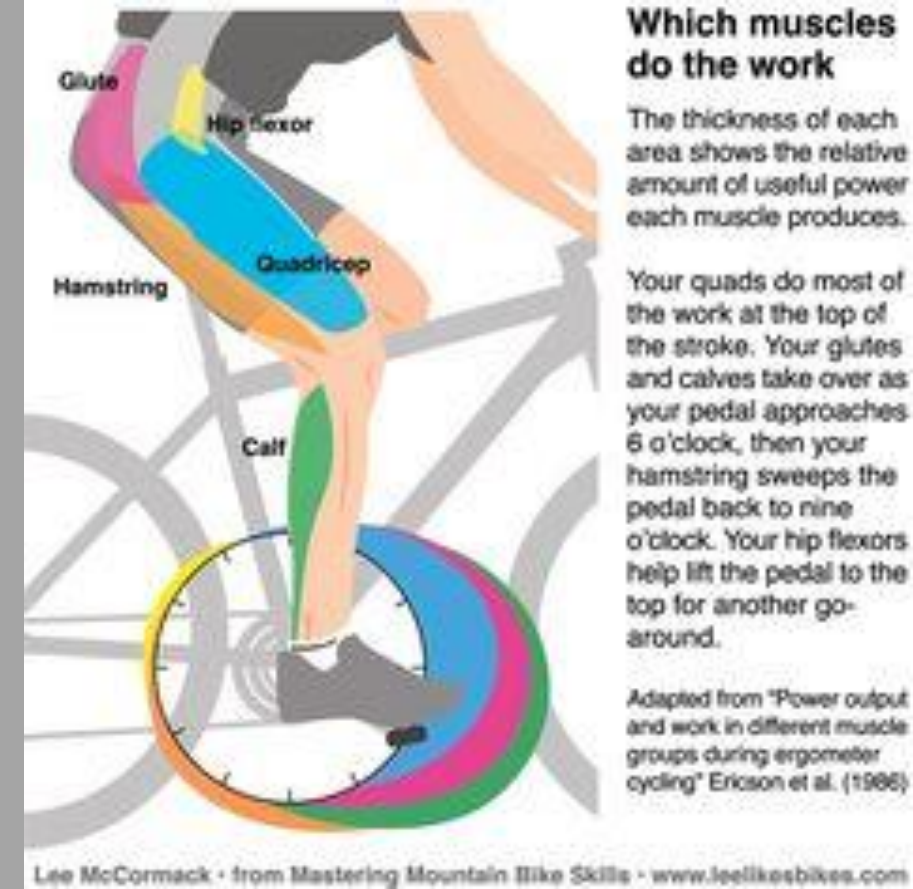


Get your saddle to the ideal height gradually.

# Pain and Discomfort

Don't put up with pain or discomfort!

Take steps to feel comfortable on and off the bike.





## Painful Area

## Possible Adjustment





Numb Hands

Handlebars  saddle  or angled 


Wrists

Change handlebars or brake lever angle, shorter stem


Neck Pain

Handlebars  shorter stem or higher, saddle 

Upper Back

Shorter stem, more handlebars padding, handlebars 

Lower Back

Shorter stem or higher, faster cadence, saddle 





<b>Painful Area</b>	<b>Possible Adjustment</b>
<b>Front of Knee</b>	<b>Saddle ↑ &amp; ←</b> (backward)
<b>Back of Knee</b>	<b>Saddle ↓ &amp; maybe →</b> (forward)
<b>Outside of Knee (lateral)</b>	<b>Foot out or away ←→</b> (cleat in)
<b>Inside of Knee (medial)</b>	<b>Foot in or closer ←→</b> (cleat out)
<b>Achilles</b>	<b>Foot forward</b> (cleat back)
<b>Pressure on bottom/outside of foot</b>	<b>Wedge to the inside</b> (varus wedge)
<b>Saddle - front &amp; center</b>	<b>Bars ↑ &amp;/or tip of saddle ↓</b> <i>or incorrect saddle fit</i>

# Helpful Tips



Some other things to consider...  
how about a professional bike fitting?

# Clothing for comfort



Saddle sores?



Aching hands,  
neck, upper back?



Foot pain?

## Your behaviors on and off the bike are significant!

- Check your cadence (it should be 70-90 revolutions per minute).
- Change your mileage. Build up to long rides.
- Stretch before and after your ride.
- Strength and flexibility training.

Still not feeling stellar when you ride more than 10 miles?





LOVE TO RIDE SAN DIEGO COUNTY  
Cycle September

THE GLOBAL BIKE CHALLENGE



Join the movement to get more people on bikes.

Ride anywhere,  
anytime, in September

Everyone can  
take part

Win prizes for riding  
and encouraging others

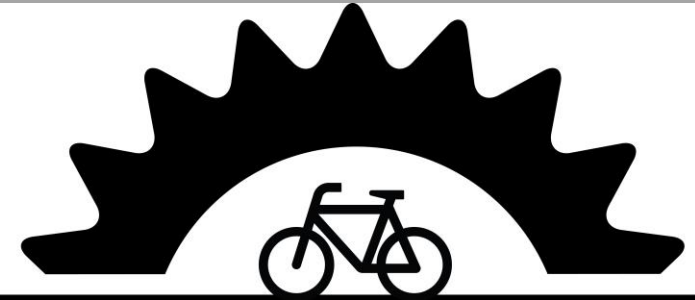


[lovetoride.net/sandiegocounty](http://lovetoride.net/sandiegocounty)



LOVE TO RIDE

Join the Cycle September Bike Challenge!



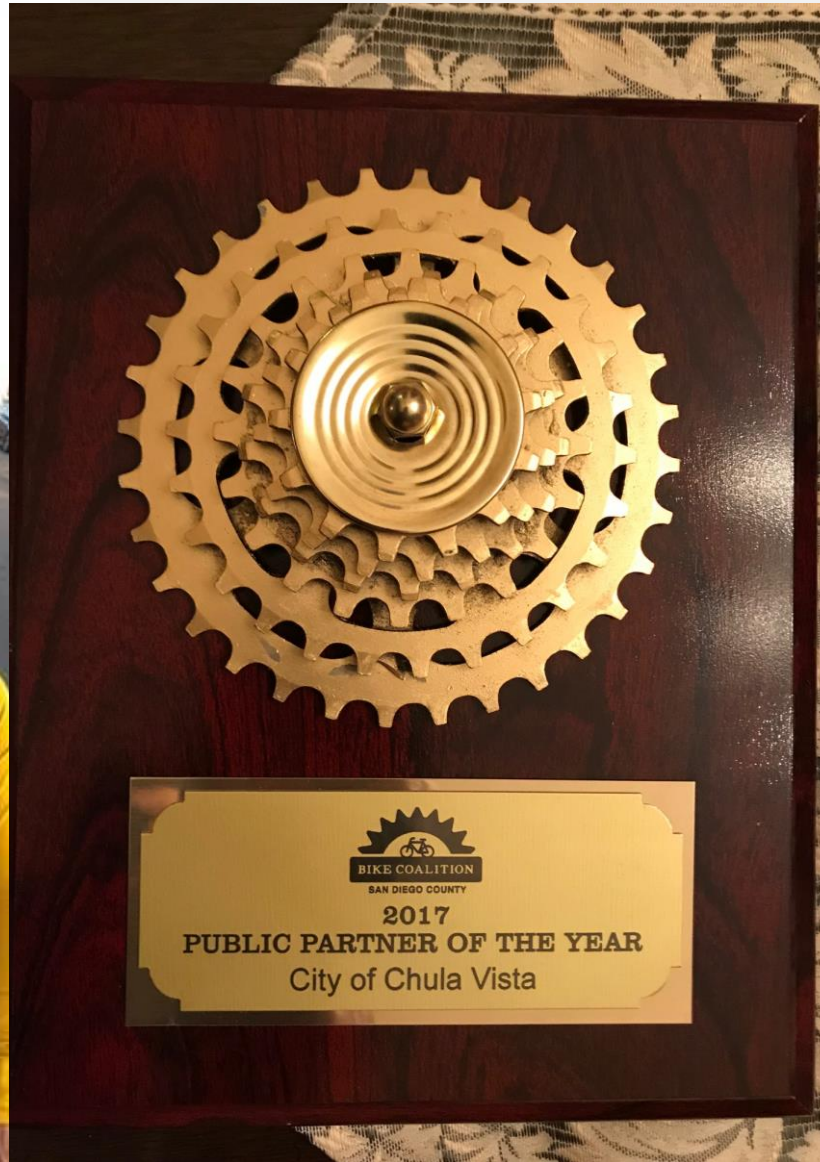
**BIKE COALITION**

**SAN DIEGO COUNTY**

[www.sdbikecoalition.org/join](http://www.sdbikecoalition.org/join)

Become a member for FREE

Thank You!



Frank Rivera,  
City of Chula  
Vista Principal  
Civil Engineer

# Active Transportation Plan

Font Size: [+](#) [-](#) [+](#) [Share & Bookmark](#) [Feedback](#) [Print](#)

## Overview

In 2017, the City was successful in receiving Active Transportation Grant Program funding from the San Diego Association of Governments (SANDAG) for the development of the ATP. City staff with the support and guidance of their consultant team utilized a detailed approach and methodology to conduct an integrated technical planning and public participation process. Chen Ryan Associates (CRA) was the lead technical consultant to the City in developing the ATP, with public participation support provided by MIG, Inc.

Public participation was an integral part of the process for development of the ATP, with activities closely informed by the technical planning process. The results of these activities provided meaningful input from the breadth and diversity of City residents, employers, and related stakeholders. The 2020 ATP Master Plan was approved by City Council Resolution 2020-099 on May 12, 2020.

The City of Chula Vista developed an Active Transportation Plan (ATP) to help guide future pedestrian and bicycle improvements. This plan is an update to the 2010 Pedestrian Master Plan and

2011 Bikeway Master Plan and combines these two documents into one integrated mobility plan focused primarily on non-



### ▼ Engineering

Services

▶ Projects

▼ Master Plans

▶ Active Transportation Plan

Traffic Signals Communications Master Plan

Wastewater Master Plan

Drainage Master Plan

▶ Construction Inspection

▶ Traffic Engineering

▶ Wastewater Engineering

Shared Micro-Mobility Device Program

Standard Drawings/Special Provisions

▶ Storm Water Pollution Prevention

Safety Commission

▶ About Us

FAQs

# Preferred Alternative

- Three segments are described in terms of:
  - Bike Facility
  - Travel Lanes
  - Median
  - On-Street Parking



## Broadway, from C Street to G Street – Buffered Bike Lanes w/ Travel Lane Removal



- Buffered Bike Lanes
- 14' Center Left-Turn Lane  
(5' Lane, 3' Buffer)
- Two 12' Travel Lanes
- Two 8' On-Street Parking Lanes

*Broadway, from G Street to L Street –  
Bike Lanes w/ Travel Lanes Narrowed*

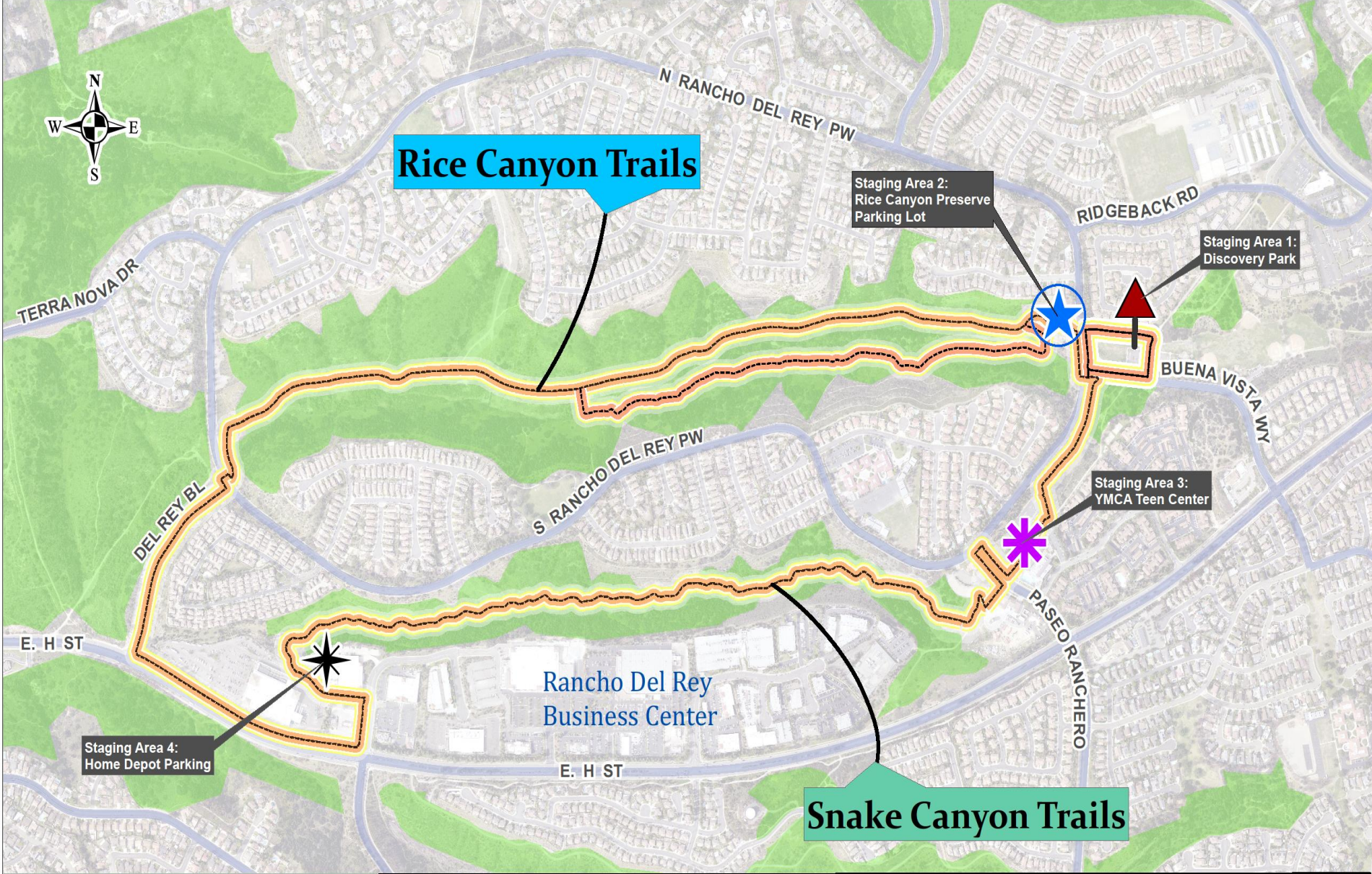


- **Bike Lanes**  
*(5' Lane)*
- **Four 11' Travel Lanes**
- **10' Center Left-Turn Lane**
- **Two 8' On-Street Parking Lanes**

*Broadway, from L Street to Main Street – Buffered Bike Lane  
w/ No On-Street Parking*



- **Bike Lanes**  
*(5' Lane, 4' Buffer)*
- **Existing Raised Median with  
Left-Turn Pockets**
- **Four 11' – 12' Travel  
Lanes**
- **No On-Street Parking**



# Central City Trails

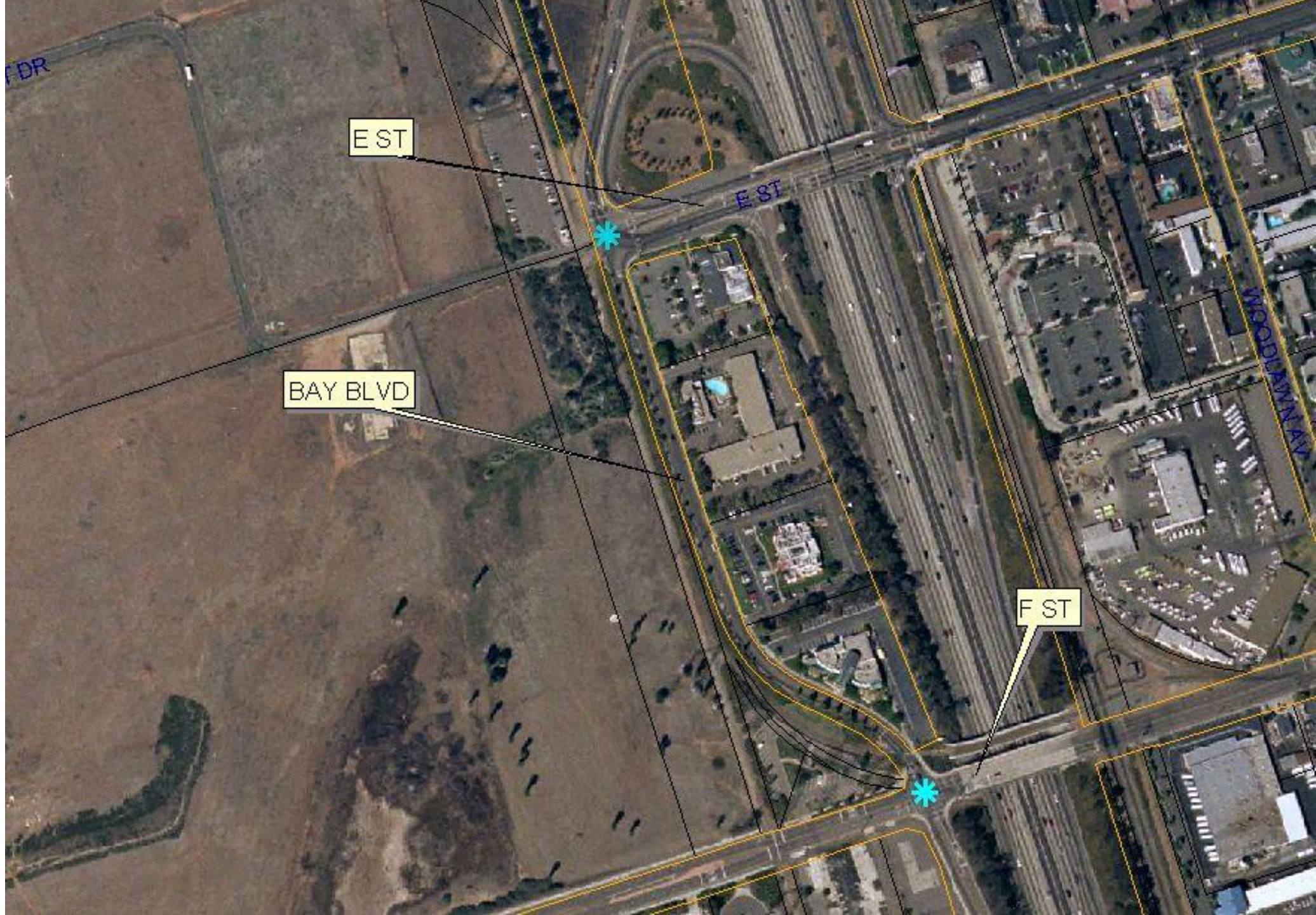
-  MSCP Open Space Preserve
-  Multi-Trails Network



**“BAYSHORE BIKEWAY”  
E STREET TO LAGOON DRIVE  
SEGMENT 6A**

**July 15, 2020**





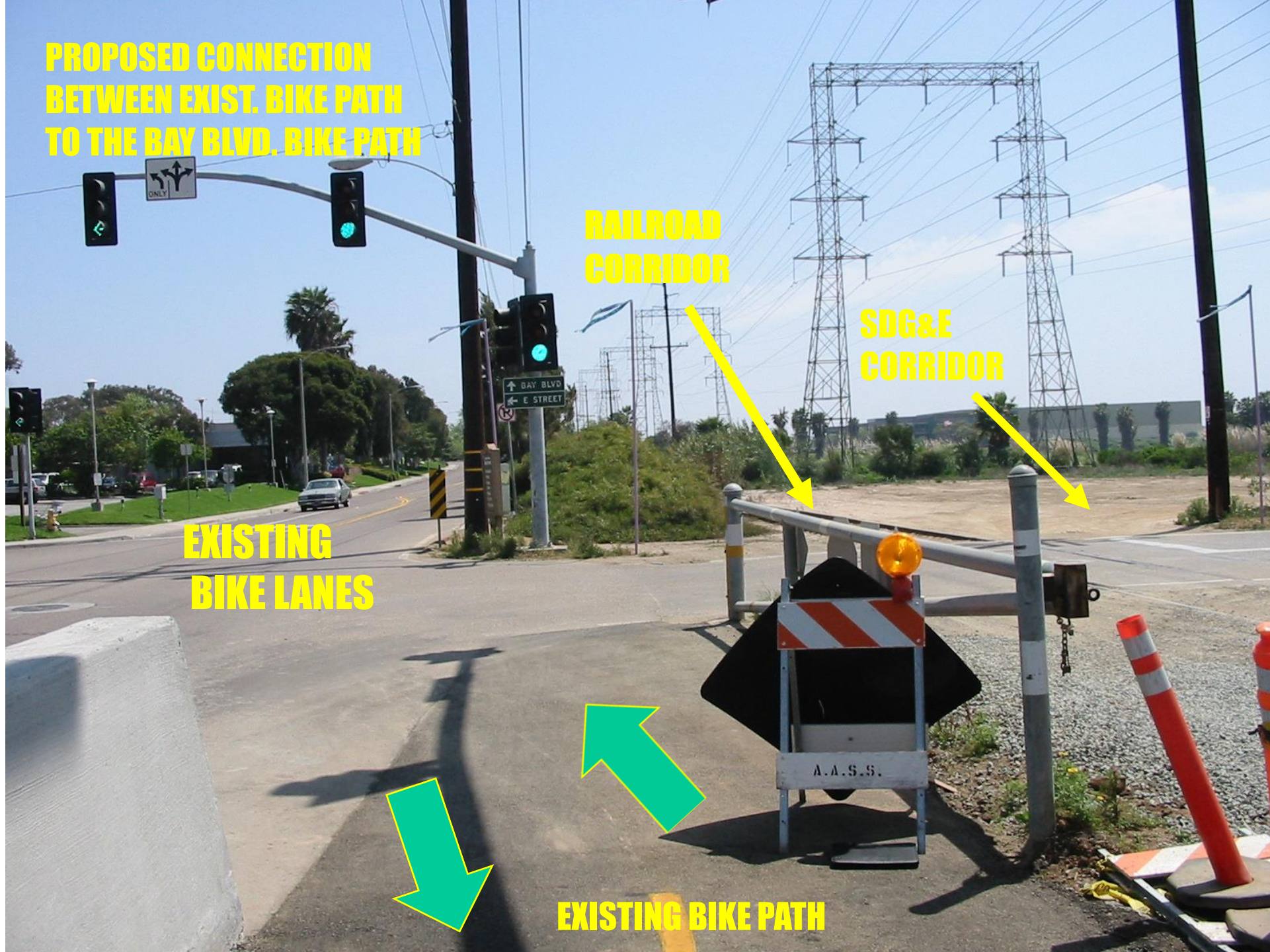
**PROPOSED CONNECTION  
BETWEEN EXIST. BIKE PATH  
TO THE BAY BLVD. BIKE PATH**

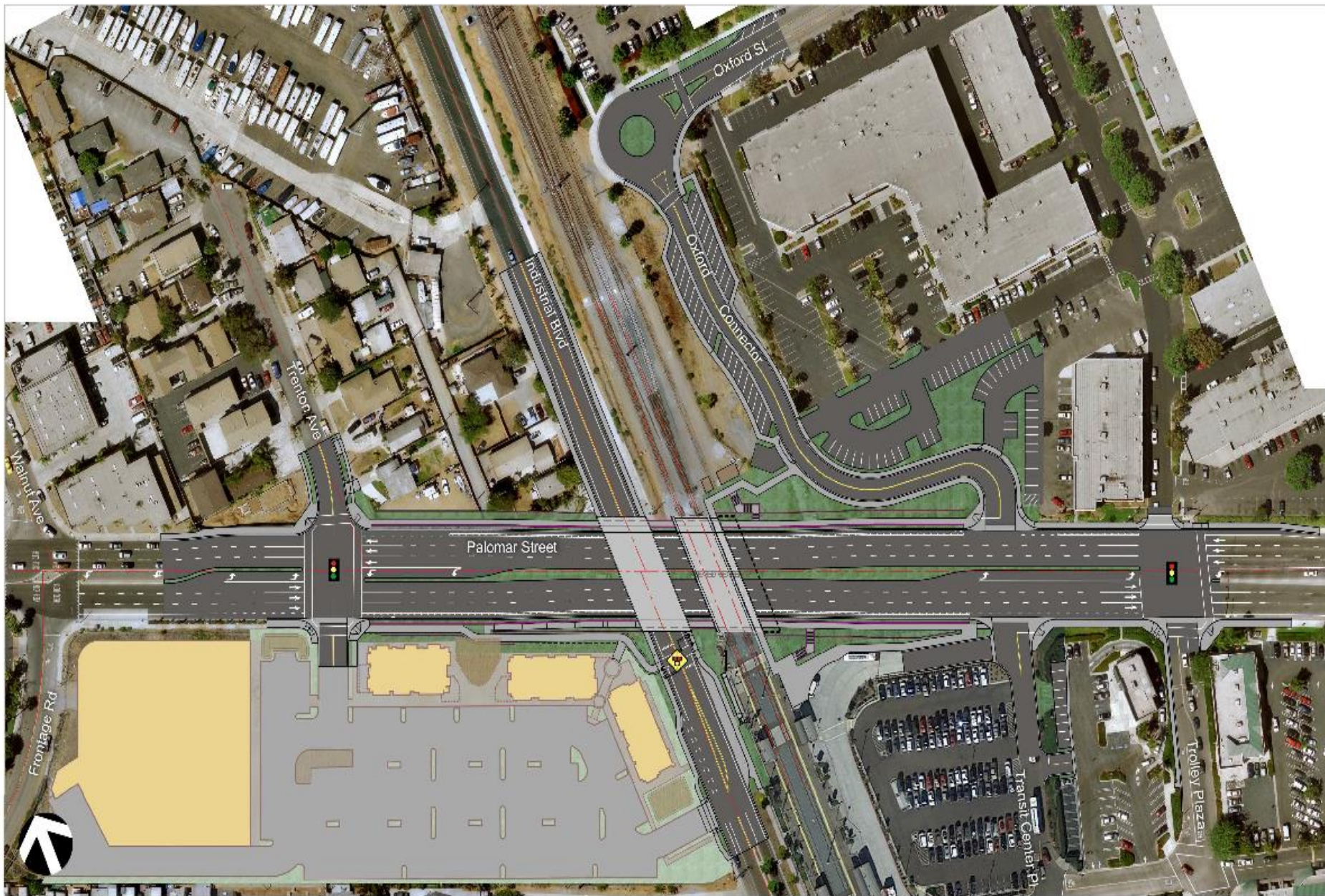
**RAILROAD  
CORRIDOR**

**SDG&E  
CORRIDOR**

**EXISTING  
BIKE LANES**

**EXISTING BIKE PATH**





## Palomar Street Grade Separation

Overall Project Layout

10/25/2019



HNTB



Questions?



# Looking Ahead

- The City has been awarded the SANDAG “Go by BIKE” grant multiple times
- The grant is awarded to local governments and it is meant to educate and to promote biking events
- The City of Chula Vista was awarded the grant for spring 2020
- All the initiatives have been postponed to next year due to COVID-19





Some other activities...





Thank you for attending!

## Contact info:

Barbara Locci: [blocci@chulavistaca.gov](mailto:blocci@chulavistaca.gov)

Sylvie Froncek: [sylvie@sdbikecoalition.org](mailto:sylvie@sdbikecoalition.org)

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