

## LOCAL BICYCLE SHOPS

*Bicycle shops have a lot to offer. Check with them about group rides, learning how to change a flat tire, and much more.*

### KNOX COUNTY

#### **Bearden Bike and Trail**

126 N. Forest Park Boulevard  
(865) 200-8710  
[www.beardenbikeandtrail.com](http://www.beardenbikeandtrail.com)

#### **The Bike Zoo**

5020 Whitaker Drive  
(865) 558-8455  
[www.bikezoo.com](http://www.bikezoo.com)

#### **Biketopia**

7328 Norris Freeway  
(865) 922-1786  
[www.biketopia.com](http://www.biketopia.com)

#### **Cedar Bluff Cycles**

9282 Kingston Pike  
(865) 692-1010  
[cedarbluffcycles.net](http://cedarbluffcycles.net)

#### **Echelon Bicycles**

138 West End Avenue  
(865) 556-3416  
[www.echelonbicycles.com](http://www.echelonbicycles.com)

#### **Fountain City Pedaler**

4620 Old Broadway  
(865) 357-1580  
[www.fcpedaler.com](http://www.fcpedaler.com)

#### **Greenlee's Bicycle Shop**

1402 N Broadway  
(865) 522-8228  
[www.greenleebicycle.com](http://www.greenleebicycle.com)

#### **Harper's Bike Shop**

118 Northshore Drive  
(865) 588-5744  
[www.harpersbikeshop.com](http://www.harpersbikeshop.com)

#### **Knoxville Bicycle Company**

10657 Hardin Valley Road  
(865)40-3499  
[www.knoxvillebicycleco.com](http://www.knoxvillebicycleco.com)

#### **Knoxville Bicycle Hospital**

619 N. Broadway  
(865) 951-0732  
[www.knoxbicyclehospital.com](http://www.knoxbicyclehospital.com)

#### **River Sports Outfitters**

2918 Sutherland Avenue  
(865) 523-0066  
*Rentals available*  
[www.riversportsoutfitters.com](http://www.riversportsoutfitters.com)

#### **Tennessee Valley Bicycles**

214 W. Magnolia Avenue  
(865) 540-9979  
[www.tnvalleybikes.com](http://www.tnvalleybikes.com)

#### **West Bicycles**

11531 Kingston Pike  
(865) 671-7591  
*Rentals available*  
[www.westbicycles.com](http://www.westbicycles.com)

#### **The University of Tennessee Outdoor Center Bike Shop**

2111 Volunteer Boulevard  
Tennessee Recreational Center  
for Students (TRECS) lower level  
(865) 974-9749  
*Rentals available for students*  
[http://recsports.utk.edu/  
Programs/Outdoor%20Rec/Bikes](http://recsports.utk.edu/Programs/Outdoor%20Rec/Bikes)

### BLOUNT COUNTY

#### **Cycology Bicycles**

2408 E Lamar Alexander Parkway  
Maryville  
(865) 681-4183  
*Rentals available*  
[www.cycologybicycles.com](http://www.cycologybicycles.com)

#### **U-Man Power**

7625 E. Lamar Alexander Parkway  
Townsend  
(865) 448-2530  
*Rentals available*  
[www.umanpower.com](http://www.umanpower.com)

### ANDERSON COUNTY

#### **Oak Ridge Bicycle Center**

28 North Jefferson Circle  
Oak Ridge  
(865) 482-3333

## LOCAL BICYCLE CLUBS

*Check out these clubs' websites for more information, upcoming rides, and meetings.*

#### **Appalachian Mountain Biking Club**

[www.ambc-sorba.org](http://www.ambc-sorba.org)  
The Appalachian Mountain Bike Club is a chapter of the International Mountain Biking Association. They build, maintain and ride trails.

#### **Foothill Striders**

[www.foothillstriders.org](http://www.foothillstriders.org)  
The Foothill Striders is a hiking, biking and running club.

#### **Knox Revolution**

[www.knoxrevolution.com](http://www.knoxrevolution.com)  
Knox Revolution is dedicated to promoting bicycling among women of all ages and abilities.

#### **KnoxVelo**

[www.knoxvelo.org](http://www.knoxvelo.org)  
KnoxVelo promotes the sport of cycling to the junior ranks and the community as a whole.

#### **Recumbent Riders International**

[www.recumbentriders.org](http://www.recumbentriders.org)  
Recumbent Riders educate people about recumbent bicycles and the fun of riding them. There is a Knoxville forum for local information and events.

#### **Smoky Mountain Wheelmen**

[www.smbikeclub.org](http://www.smbikeclub.org)  
SMW is a recreational club that offers rides on weekends and weekdays, at various levels from beginner to expert.

#### **Southern Cycling Operations**

[sites.google.com/site/scoclub](http://sites.google.com/site/scoclub)  
SCO supports cycling on local and regional levels through a number of avenues: tolerance/education, legislation, and promotion.

## OTHER BIKE ORGANIZATIONS

#### **Bike Walk Knoxville**

[www.bwknnox.org](http://www.bwknnox.org)  
Advocacy group working to create safe streets and vibrant communities by promoting bicycling and walking as mainstream and enjoyable forms of transportation and recreation. (A chapter of Bike Walk Tennessee)

#### **Jeff Roth Cycling Foundation**

[www.jeffrothcyclingfoundation.org](http://www.jeffrothcyclingfoundation.org)  
Promoting, through advocacy and education, cycling as a safe and healthy form of transportation, and providing financial assistance to families that have been touched by cycling tragedies

#### **Kickstand**

[www.knoxbikecollective.com](http://www.knoxbikecollective.com)  
Volunteer-run bike collective that hosts regular events and workshops

#### **Outdoor Knoxville**

[www.outdoorknoxville.com](http://www.outdoorknoxville.com)  
Outdoor Knoxville is a three-pronged initiative to promote outdoor recreational assets found in and around Knoxville. It includes an Adventure Center at Volunteer Landing, a website featuring an events calendar, and a three-day festival.

# KNOXVILLE REGIONAL BICYCLE PROGRAM

## BICYCLING 101

# Local Bicycle Resources





***One of the best things about bicycling is it's something you can do today that will make a difference. Bicycling to work or the store means taking personal responsibility for improving your health and saving money, but also helps our community and our country. More people on bicycles mean safer streets, healthier people, cleaner air and more livable communities.***

## HOW YOU CAN GET INVOLVED

*There are a variety of ways you can help promote bicycling, depending on your interests and available time.*

### **Get on your bicycle!**

The more people bicycling around town, the more normal bicycling will seem to motorists and the more likely motorists are to notice bicyclists. Just heightening awareness of bicycling increases safety. And, people who see you may think to themselves, "Hey, that's a good idea – maybe I'll get my bike out of the garage." When you're biking around town, remember that you're a role model. If you follow the rules, you'll be setting a good example. If you don't, you'll be giving a bad name to bicyclists everywhere and confusing motorists about what the rules really are for bicycles (Hint: same as for motorists!).

### **Get in the loop.**

Subscribe to the Bicycle Program email list on our website. You'll receive invites to events and rides, and learn about local bicycle issues and news. You can also "like" us at [www.facebook.com/bikeknoxville](http://www.facebook.com/bikeknoxville).

### **Volunteer.**

Yes, this is the official home of Volunteers, and we aren't just talking football. Volunteers are essential to getting things done. For example, *Tour de Lights* and the *Neighborhood Bike Ride* would not be possible without the dozens of people donating their time. There are always projects and events that require volunteers. Let us know if you want to help. We can work with your schedule and interests. Or contact one of the local bicycle clubs to see what opportunities they have for you.

### **Become a better bicyclist.**

**Ride Smart** It's a bike ride and a class all in one! This free one-hour ride will teach you where to ride on the road, how to negotiate intersections, and other tips to make you more confident bicycling in traffic. Visit [www.knoxtrans.org](http://www.knoxtrans.org) or call 215-3815 to find out the class schedule.

### **Request bicycle parking.**

Do you ride somewhere that doesn't have a bicycle rack? Let the business owner or manager know that you would like bicycle parking and that racks are available through a grant program. More than 600 racks have been installed since the program began in 2004. Details are at [www.knoxtrans.org](http://www.knoxtrans.org)

### **Read the *Citizens Guide to Promoting Bicycle-Friendly Communities.***

This guide is a resource for individuals, local organizations, community coalitions, neighborhood groups, the faith community, and others interested in promoting and creating bicycle- and pedestrian-friendly neighborhoods and communities. Visit our website to view the guide. [www.knoxtrans.org/plans/bikeprog/citizens\\_bike\\_guide.pdf](http://www.knoxtrans.org/plans/bikeprog/citizens_bike_guide.pdf)

### **Contact your elected officials.**

Learning who your elected representatives are and just calling or emailing them to say something positive about bicycling is extremely powerful. They have to make very difficult funding decisions and need to know they have support from their constituents if they are going to fund bicycle projects and programs. So just make a call or send an email about bicycle issues.

### **Become a *Bicycling Ambassador.***

*Bicycling Ambassadors* encourage bicyclists to ride more often and more safely, and educate motorists on the rules of the road. Ambassadors teach bike safety, sharing the road, greenway etiquette and how to bike to work and school. The face-to-face interaction provided by Ambassadors allows for conversations customized for the specific questions and needs of each person. This interaction occurs at booths at community events/festivals and at bicycling events. If you would like more information about becoming an Ambassador or having an Ambassador at your event, email [ambassadors@knoxtrans.org](mailto:ambassadors@knoxtrans.org)



This information is brought to you by the Knoxville Regional Bicycle Program, which strives to integrate bicycling into the transportation system. The program works with citizens and governments within Knox, Blount, Anderson, Roane, Sevier and Loudon counties to implement the *2009 Regional Bicycle Plan*. The program is housed within the Knoxville Regional Transportation Planning Organization (TPO) and staffed by a Bicycle Coordinator. In addition to managing the Bicycle Program, the coordinator oversees *Bicycle Plan* implementation, and reviews road plans to ensure compliance with the accommodation policy.