<table>
<thead>
<tr>
<th>Building Directory</th>
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| 1. UMKC School of Medicine  
2411 Holmes St. |
| 2. UMKC School of Dentistry  
650 E. 25th St. |
| 3. UMKC Health Sciences Building  
2464 Charlotte St. |
| 4. UMKC Hospital Hill Annex  
901 E. 24th Terr. |
| 5. Truman Medical Center  
2301 Holmes St. |
| 6. Children's Mercy Hospital  
2401 Gilham Rd. |
| 7. Hospital Hill Medical Pavilion  
2301 Charlotte St. |
| 8. Western Missouri Mental Health  
1000 E. 24th St. |
| 9. Children's Mercy Hospital Modular Buildings |
| 10. Eye Foundation of Kansas City  
2300 Holmes St. |
| 11. Hospital Hill Center  
2310 Holmes St. |
| 12. Diagnostic and Treatment Center  
660 E. 24th St. |
| 13. Old Health Sciences  
2220 Holmes St. |
| 14. Gambro Dialysis Center  
2250 Holmes St. |
| 15. TMC Behavioral Health Network  
2211 Charlotte St. |
| 16. Ronald McDonald House  
2502 Cherry St. |
| 17. Safety Street  
2401 Campbell St. |
| 18. Kansas City Health Department Building  
2400 Troost Ave. |
| 19. Diastole Compound  
2501 Holmes St. |
The Basics

- **Always wear a helmet.** Helmets save lives! Head injuries cause about 75 percent of the approximately 700 bicycling-related fatalities every year in the U.S. Wearing a CPSC-certified helmet can reduce the risk of head injuries by 85 percent. Ask your local bike shop for advice on a good model and fit.

- **Be visible.** Wear white or bright colors. A front light and rear reflector are required at night.

- **Obey all traffic signs and signals.** For safety, bicyclists must follow the same rules of the road as motorists.

- **Ride with traffic.** Ride on the right side of the road with traffic, not against it. Motorists expect bicyclists to be going in the same direction they are.

- **Ride in a straight line.** Don’t weave in and out of traffic or between parked cars. Be predictable.

- **Use hand signals.** Let other road users know what you are going to do.

Theft Prevention

Most bike thefts are due to unlocked or improperly locked bikes. Follow these tips to help prevent your bike from being stolen:

- **Never leave your bike unlocked,** not even for a second.

- **Always use a high quality U-lock or chain.** For added security, use both.

- **Always lock the frame and front wheel to either a rack or pole.**

- **For extra security, remove the front wheel** and lock it with the frame and rear wheel.

Bike + Bus = a Great Combination!

Biking is a healthy, enjoyable way to travel. Extend the distance you can travel whether you are commuting to work, riding your bike for recreation or running errands by linking up with a bus or vanpool, or cycling to a nearby bus stop and locking your bike securely while busing the rest of the way to your destination.

**Easy directions for loading your bike on the bus can be found at:**

www.kcata.org/riders_guide/bike_n_bus/how_to_load_your_bike/

**State and campus bicycling laws can be found here:**


www.umkc.edu/adminfinance/police/tips/BikeSafety.asp

**Local Bike Clubs and Organizations:**

- Greater Kansas City Bicycle Federation
  www.kcbikefed.org

- Kansas City Bicycle Club
  www.kcbc.org

- Missouri Bicycle Federation, Inc.
  www.mobikefed.org

- 816 bicycle collective
  www.myspace.com/the816bicyclecollective

- League of American Bicyclists
  www.bikeleague.org

UMKC Clean Commute is a program of Bridging The Gap in partnership with the University of Missouri - Kansas City. For more information, visit www.bridgingthegap.org.