



Welcome to the Arlington Recumbent Trike Rental Program

Recumbent trikes are ideal for people with certain physical disabilities, conditions, or have concerns about their balance.

This program is for adults who can ride independently or who can bring their own support person. Please note that staff and volunteers are not able to assist riders with getting on or off the trike. If you have mobility issues and you have never ridden this kind of cycle, we urge you to try riding with one of the programs in the area that can accompany you on a ride and help with any issues that might arise—**before** you try to ride independently. The Massachusetts DCR's [Universal Access Program](#) and [Spaulding Adaptive Sports](#) are great programs to get you started.

Rental Program Details:

A staff person or a volunteer will be at the shed to help with adjusting the trike to your height, and give a few pointers.

Trike Details: Our trikes are all [Greenspeed](#) recumbents for adults: two Magnums (each with a capacity of 400 lbs), and one GT26 (capacity of 300 lbs). All trikes are equipped with TerraTrike heel support adaptive pedals for safety.

Location Details: The Trike Shed is [in the parking lot of the Ed Burns Skating Arena](#), 422 Summer Street, Arlington. There are two accessible parking spots near the shed, and four accessible spots in front of the rink. Portable restrooms are located by Hill's Hill soccer field and on the other side of the skating rink. A short, paved path, about 0.1 miles, connects the shed area to the Minuteman Bikeway.



Before you head out:

Recumbent trikes handle differently from a conventional bike, and we urge you to read everything below, and go slowly and carefully.

- **Bring a friend/support person** if you **might** need help in any way, especially mounting or dismounting the trike.
- **Decide how you will be carrying your valuables/phone and water** before you leave the house, since the trikes don't have any way to carry personal items. We suggest a waist pack.
- **Always engage the parking brakes (we'll show you how)** when mounting or dismounting the trike.
- **Adjust the boom (we'll show you how) for your leg length** and try to ride a few yards before you head out to the bike path. Your knees should be slightly bent at full pedal extension.
- **Remember that turning around (without dismounting) might not be possible in certain parts of the bike path** due to the large turning radius of the trike. Don't over-exert yourself in case you have to ride farther than you expected to turn around.
- **Ride defensively** — you're wider than most other cycles, and yet harder for riders to see because of your low profile. Check that the flags are on the trike so that you are more visible to other users of the bike path.
- **Always wear a helmet** — either your own or the one that is provided with the rental.
- **Know your gears** and where the shifters are (we'll show you).
- **Park and securely lock the trike** in a safe, legal location if you need to stop for a break or snack. Please bring your own lock or use one provided through the rental program.
- **Please ride only on the bike path**, and only between Alewife and the Bedford Depot.

If you have any problems, call the Arlington Health & Human Services Department at [781-316-3170](tel:781-316-3170).