



TIPS FOR COMMUTERS

HOW TO COMMUTE BY BICYCLE

Sharing the road

- Bicycles are vehicles and should act and be treated as such on the roadways
- Laws that apply to motorists apply to cyclists as well; ride on the right, with traffic
- Ride in the right-most lane that goes in the direction that you are travelling

Signals and signs

- Obey all stop signs, traffic lights and lane markings
- Look before you change lanes or signal a turn; indicate your intention, then act
- Identify hazards and adjust your position on the roadway accordingly

Safety

- If the lane is too narrow or you are going the same speed as traffic, control the lane
- Be visible and predictable at all times; wear bright clothing and signal turns
- Always wear a helmet to protect your head in the event of a crash

Route choice

- Consider distance, traffic volume, road width and condition, and terrain
- Some routes may be a bit longer but much more pleasant; carry a map for detours
- Allow extra time for a new route; try riding different routes on the weekend

Bike parking

- Try to find an indoor parking area in your office or building in which to keep your bike
- Lock your bike to an immovable object in a highly visible area out of the elements
- Ask your employer or building owner to provide safe, covered parking

Clothing options

- If you have a short commute, ride in your work clothes at a relaxed pace
- Cycling specific clothing is an option for longer, more strenuous rides
- Use waterproof and breathable fabrics to stay comfortable and dry

Showering

- Showering should not be necessary in the morning when it is cool outside
- Many workplaces have showers located in the building; inquire about access
- Some health clubs offer shower-only memberships for a few dollars a month

The bike

- Any bike that you feel comfortable on will work; make sure it is in good working order
- Consider weather protection such as fenders and a rack for carrying capacity
- Invest in a rechargeable headlight; helmet and handlebar mounts are available

Maintenance

- Have your bike checked over by your local bike shop
- Learn how to repair a flat, fix a chain and inspect your brake pads for wear
- Replace tires when they are worn out; use tire liners if you experience excessive flats

Weather

- Heat, cold and precipitation require special preparation for you and your bike
- Fenders and rain gear keep out the rain; use layers and wind proofing for cold days
- Some cycling-specific gear can provide relief on hot days; it keeps you cool and dry

For more cycling tips, visit bikeleague.org

