



# TIPS FOR COMMUTERS OVERCOMING BIKE COMMUTING EXCUSES

## **I'm out of shape**

- Ride at an easy pace; In a few months you will be in great shape
- Ride your route on a weekend to find the easiest way to work
- You will improve your fitness level when you become a regular bike commuter

## **It takes too long**

- The average commuter travels at 10 mph; the more you ride, the faster you will get
- Trips of less than three miles will be quicker by bike
- Trips of five to seven miles in urban areas may take the same time or less as by car

## **It's too far**

- Try riding to work and taking mass transit home, then alternating the next day
- Combine riding and mass transit to shorten your commute
- Ride to a coworker's house and carpool to work

## **No bike parking**

- Look around for a storage area in your building or office
- Stash your bike in a covered, secure place such as a closet or even your office
- Formally request that your employer provide bike parking or lock it up outside

## **My bike is beat up**

- Tell a reputable bike shop that you are commuting and have them tune up your bike
- If you can't maintain your bike yourself, identify bike shops near your route
- Make sure that your bike is reliable and in good working order before you start riding

## **No showers**

- Most commuters don't shower at work; ride at an easy pace to stay cool and dry
- Ride home at a fast pace if you want a workout; shower when you get there
- Health clubs offer showers; get a discounted membership for showers only

## **I have to dress up**

- Keep multiple sets of clothing at work; rotate them on days you drive
- Have work clothes cleaned at nearby laundromats or dry cleaners
- Pack clothes with you and change at work; try rolling clothes instead of folding

## **It's raining**

- Fenders for your bike and raingear for your body will keep you dry
- If you are at work, take transit or carpool to get home; ride home the next day
- Take transit or drive if you don't have the gear to ride comfortably in the rain

## **The roads aren't safe**

- Obey traffic signs, ride on the right, signal turns, stop at lights, wear bright clothing
- You are at no greater risk than driving a car
- Wear a helmet every time you ride

## **I have to run errands**

- Bolt a rack to the back of your bike to add carrying capacity
- Make sure that you have a lock to secure your bike while you are in a building
- Allow yourself extra time to get to scheduled appointments and find parking

For more  
cycling tips, visit  
[bikeleague.org](http://bikeleague.org)

