



BIKE COMMUTING

THE BIKE

The best bike for commuting is the one you own

- Don't get hung up in gear talk. Start riding
- Get experience. Learn what works for you and your commuter needs
- Your experience will make you a more informed consumer if you decide to make a change



CARRYING GEAR ON THE BIKE

PRO

- Puts the weight of your gear on the bike, not on your body

CON

- Less flexible. Not as convenient to take off the bike

Some things to consider

- How much space do you need?
- Do you need waterproof or just water-resistant bags?
- Will you take the bags off the bike at work, or pull out items and leave the bag?
- Do you want something stylish or just functional?



CARRYING GEAR ON YOUR BODY

PRO

- Flexibility and they stay with you when you hop off the bike and run into the store or work

CON

- Puts the weight on your arms and shoulders
- Sweaty in summer
- May feel uncomfortable on your body

Some things to consider

- How much space do you need
- Do you need waterproof or just water-resistant bags
- Do you want something stylish or just functional





THE CLOTHING YOU WEAR WILL DEPEND ON

- The distance to work
- The weather
- Your personal style or preferences

DRESSING FOR BIKE COMMUTING

FAIR WEATHER

1 to 3 miles one way

No special clothing needed

- Shorts, jeans and sneakers will do
- Some cyclists ride in business clothing



FAIR WEATHER

3 to 8 miles one way

- Wear shoes with a hard sole to protect the bottoms of your feet
- Cycling shorts or padded liners add comfort for the longer distance



FAIR WEATHER

8 plus miles one way

- Cycling specific clothing adds comfort and wicks moisture





RIDING IN THE RAIN

Dress the Bike

- Fenders won't keep you dry, but they will prevent road grit from spraying up your back and on your feet
- Headlights, taillights and reflectors make you more visible, and a must for safety
- It's the law to have a white light in the front and a red light in the back



RIDING IN THE RAIN

Dress for the conditions

- Rain in warm weather can be handled with a poncho
- Full rain gear in warm weather will make you sweat
- Opt for breathable fabric with venting
- Rain in cold weather requires warmer gear, water repellent gloves, pants and shoes



HELMETS

Every bicycle helmet sold in the United States must meet minimum safety standards

- Don't short yourself on comfort. An uncomfortable helmet will be left behind, not worn

A comfortable helmet should

- Fit snugly, but without tight spots or chafing
- Reflect your riding conditions. Good ventilation for warm weather, less for cooler weather
- Be adjustable. If you add a hat or balaclava under the helmet, it should be easy to adjust the helmet to fit



LOCK YOUR BIKE

Tips for preventing bike theft

- Lock your bike in a well lit, high traffic area
- Secure your bike to something stronger than your lock
- U-Locks offer the most protection. Heavy cable locks are a step down, but they secure better to large objects
- Check with your employer about a secure location to lock your bike
- Your TMO can provide your employer with a free starter rack





RIDING IN TRAFFIC

THE BASICS

Act like a Driver

Others will appreciate that you follow the same rules and behaviors as they do

- Signal turns
- Stop at stop signs and lights
- Ride with traffic
- Take the lane if the road is narrow and you don't feel safe being passed
- Avoid sidewalks, especially if there are frequent driveways. Motorists don't expect vehicles on sidewalks

Read the Wheels

The best way to know what a vehicle is going to do is to watch the front wheels.



READ THE WHEELS

Wheel Speed

If the front wheels are at a dead stop

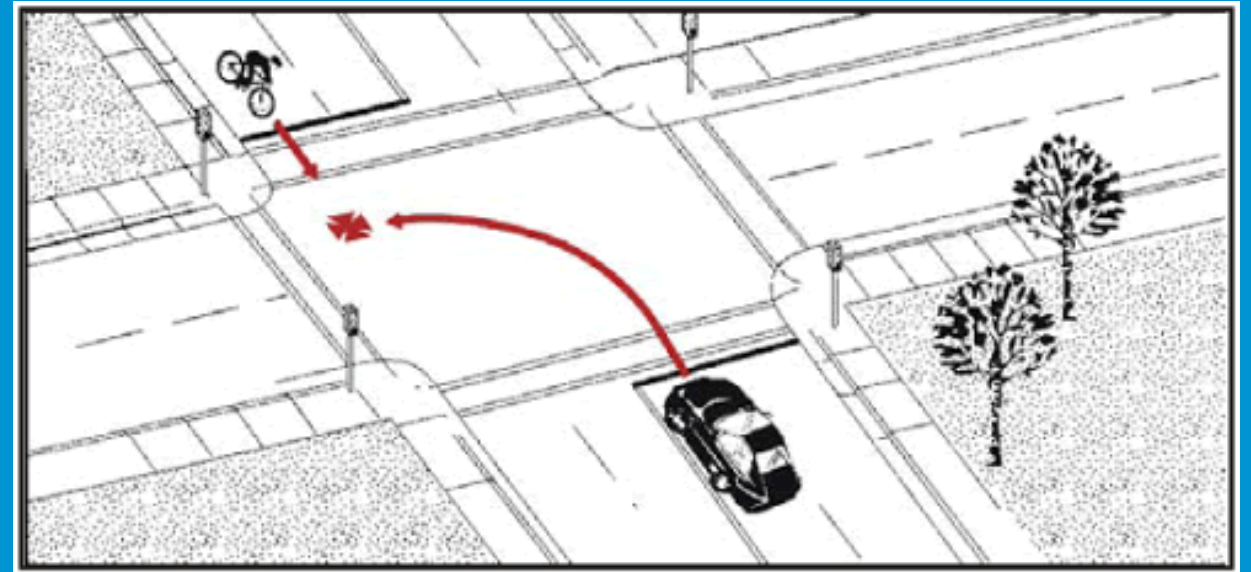
- The driver has his or her foot on the brake pedal
- This is the safest time to cross in front of a vehicle

Wheel Direction

If the wheels are turning toward you, the car will cross your path

Acceleration

- An accelerating car will move into your path quickly
- A decelerating car may be slowing because the driver sees you



*Make eye contact
Read the wheels*

BICYCLE SHARROWS

- Indicate a shared lane for bicycles and automobiles
- Indicate where a bicyclist should ride on the street
- Alert motorists to the presence of bicyclists and indicate that they must share the lane



BICYCLE SHARROWS

PART 2

Transition from a dedicated lane to a shared lane

- The bicycle lane above the intersection transitions from a solid white line to a dotted white line, then back to a solid line. Motorists can cross the lane in the dotted section to make a right turn
- The bike lane ends at the crosswalk
- Below the intersection bicyclists and motorists share the lane



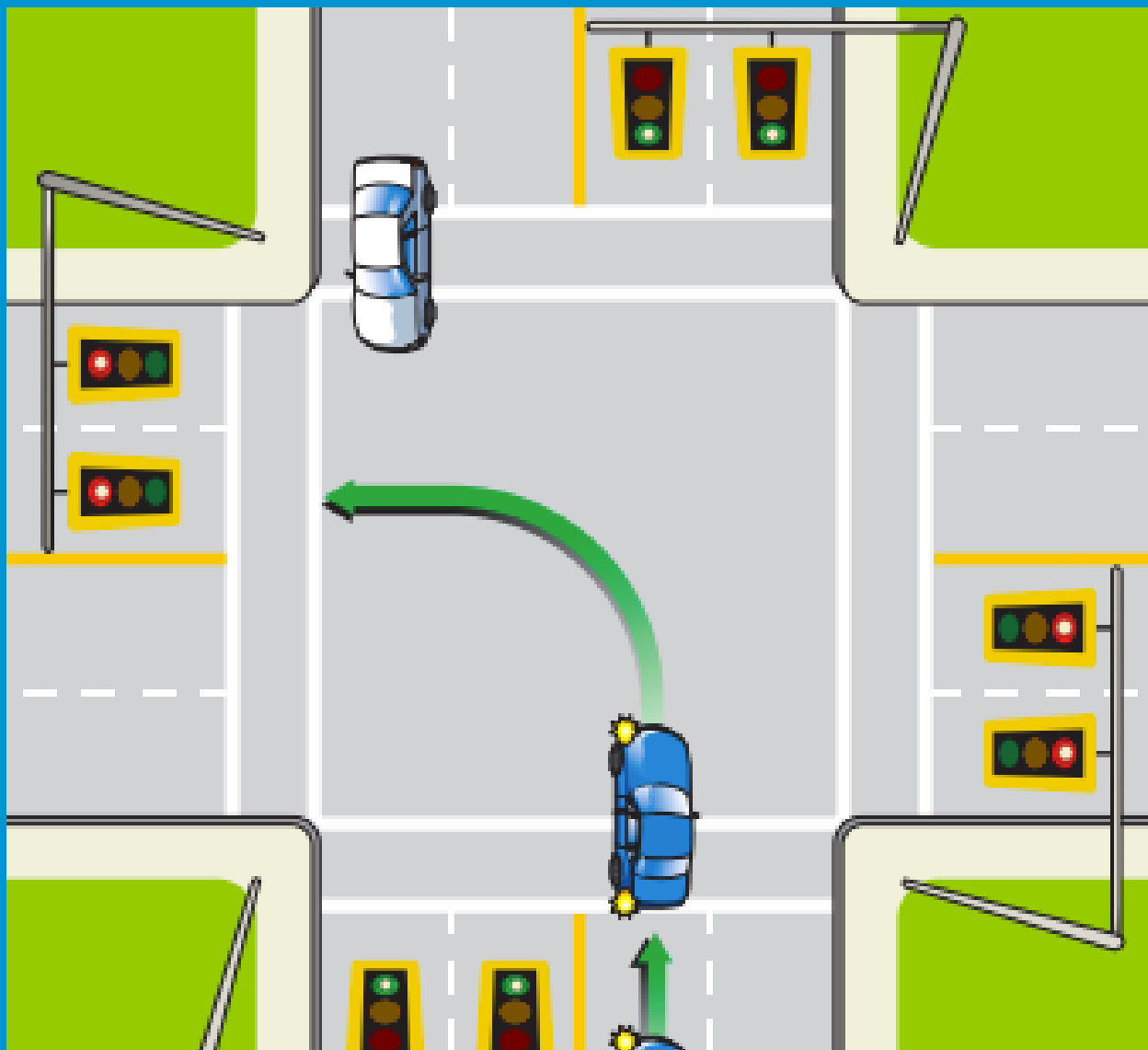
BICYCLE SHARROWS

PART 3

In this photo the sharrows indicates proper position while passing through a difficult intersection

- The sharrows guide bicyclists through the intersection and tell motorists where to expect bicyclists
- The dotted white lines indicate that motorists may also use the space
- Bicyclists and motorists must share the space safely





ROAD POSITION

Left Turns – Part 1

Act Like a Driver

- Watch for a clearing in traffic, then move to the centerline of the road
- Signal your turn
- Turn when traffic is clear

On multi-lane roads

- Turn into the center lane
- Watch for a clearing in traffic
- Signal
- Move to the right lane

ROAD POSITION

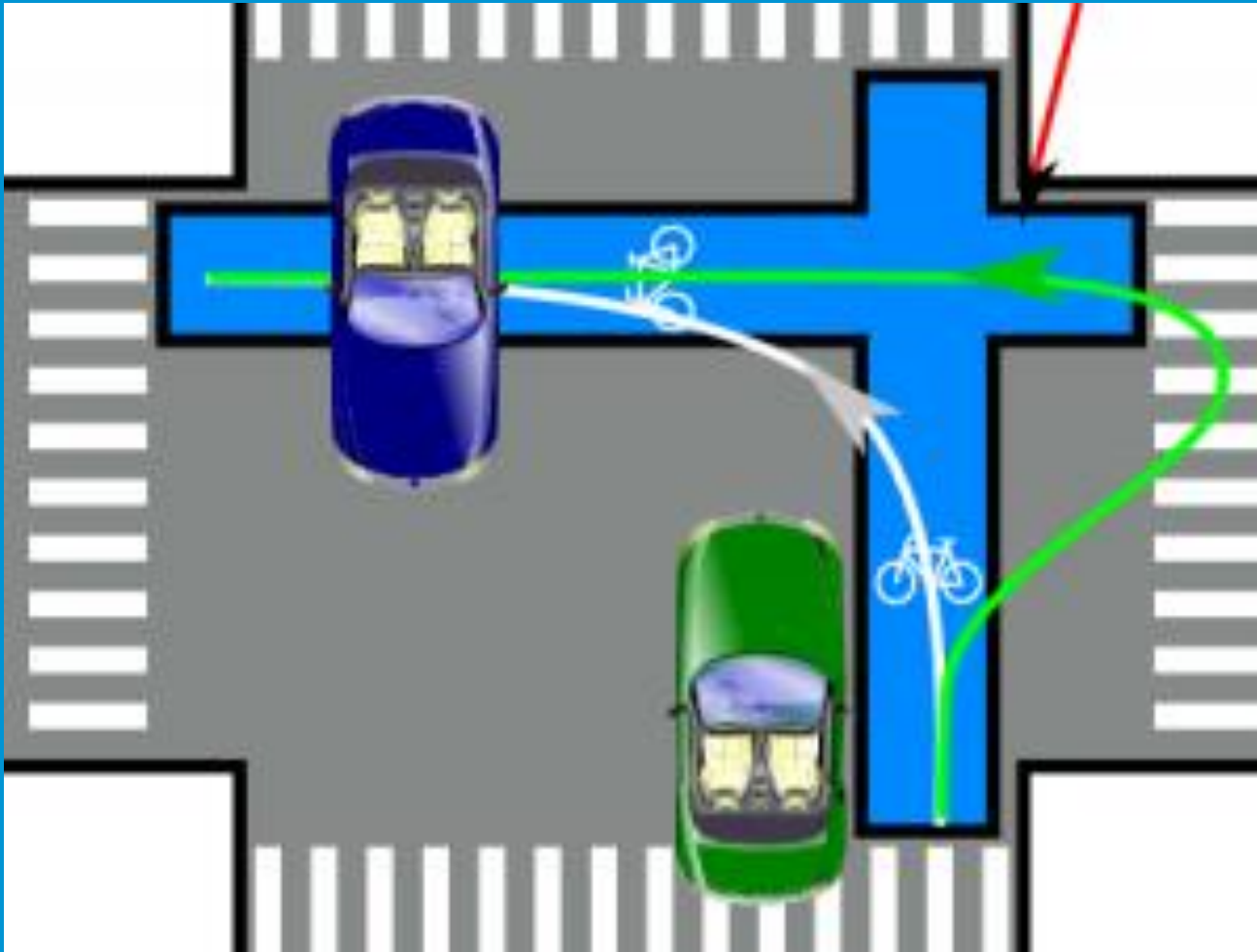
Left Turns – Part 2

Hook Turns

- Go through the intersection and stop at the far corner (green line)
- Wait for the light to change
- Proceed through the intersection

Don't Do This

The white line in this photo shows the bicyclist hugging the right curb until the intersection, then cutting across one or more lanes of traffic to make a left turn. This is unpredictable and dangerous behavior



Cross at crosswalks

ROAD POSITION

NARROW ROADS

Don't hug the curb

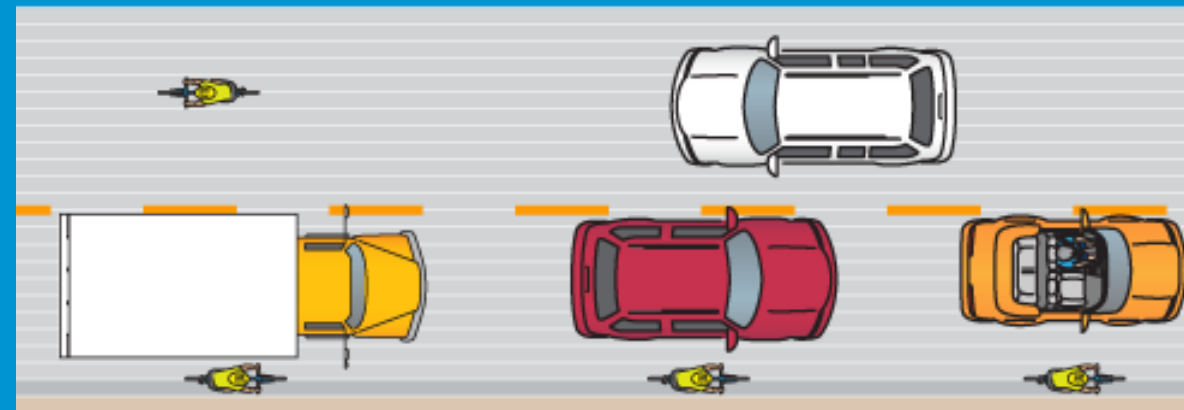
(lower part of the diagram)

- You could be side swept or hit by side mirrors
- You will drop into the blind spot of the driver
- You have no room to maneuver around road debris, storm drains or other hazards
- Drivers cut you off on right turns

Take the Lane

(upper part of the diagram)

- You are more likely to be seen
- Motorists must wait to pass until it is safe to cross the centerline





DRESS REHEARSAL

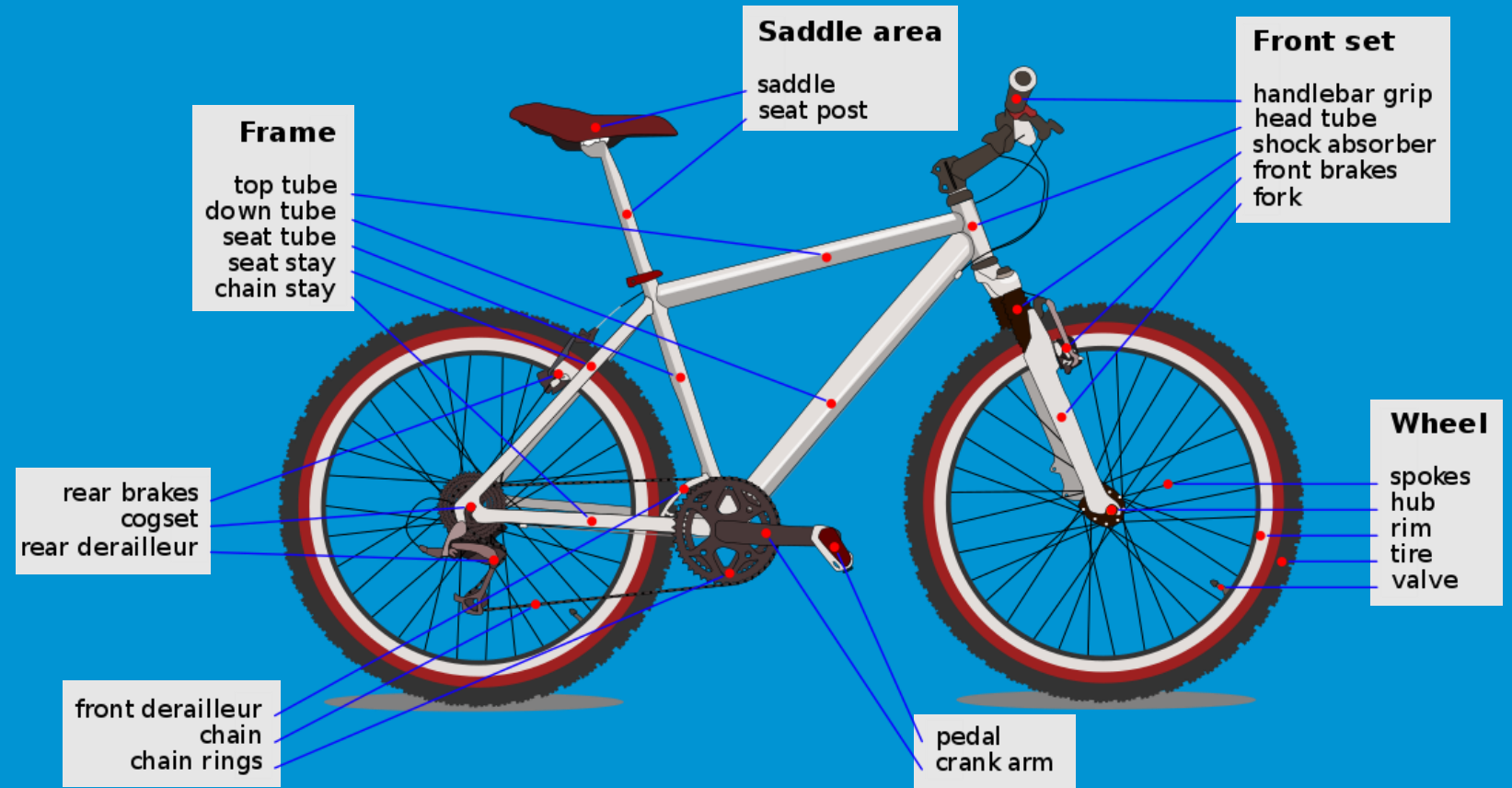
TUNE UP YOUR BIKE

Purchase key accessories

- Helmet
- Lock
- Panniers or backpack
- Mirror

Check the following

- Inflate the tires
- Lube the chain
- Check the brakes
- Test the gears
- Take it to a bike shop if needed



MAKE ARRANGEMENTS AT WORK

Locker and shower

- Ask if there is a locker or shower at your workplace
- Check alternate facilities, such as a nearby fitness center

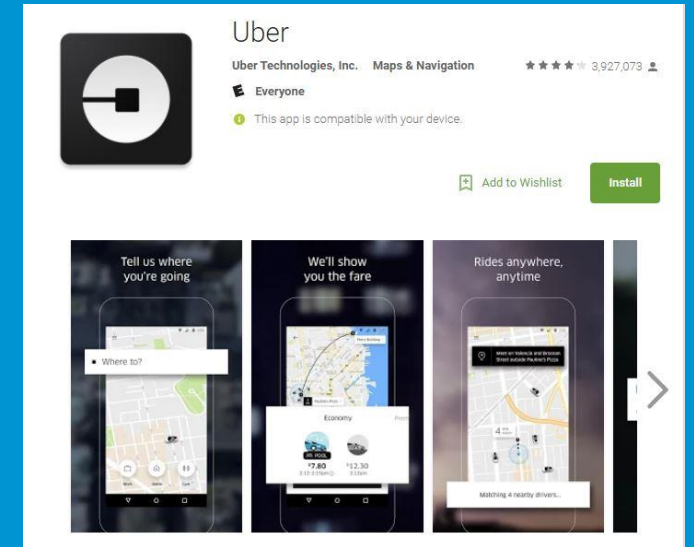
Find a safe location to lock your bike

- Some employers offer secure parking
- If you don't have a designated parking location, lock your bike in a highly visible area



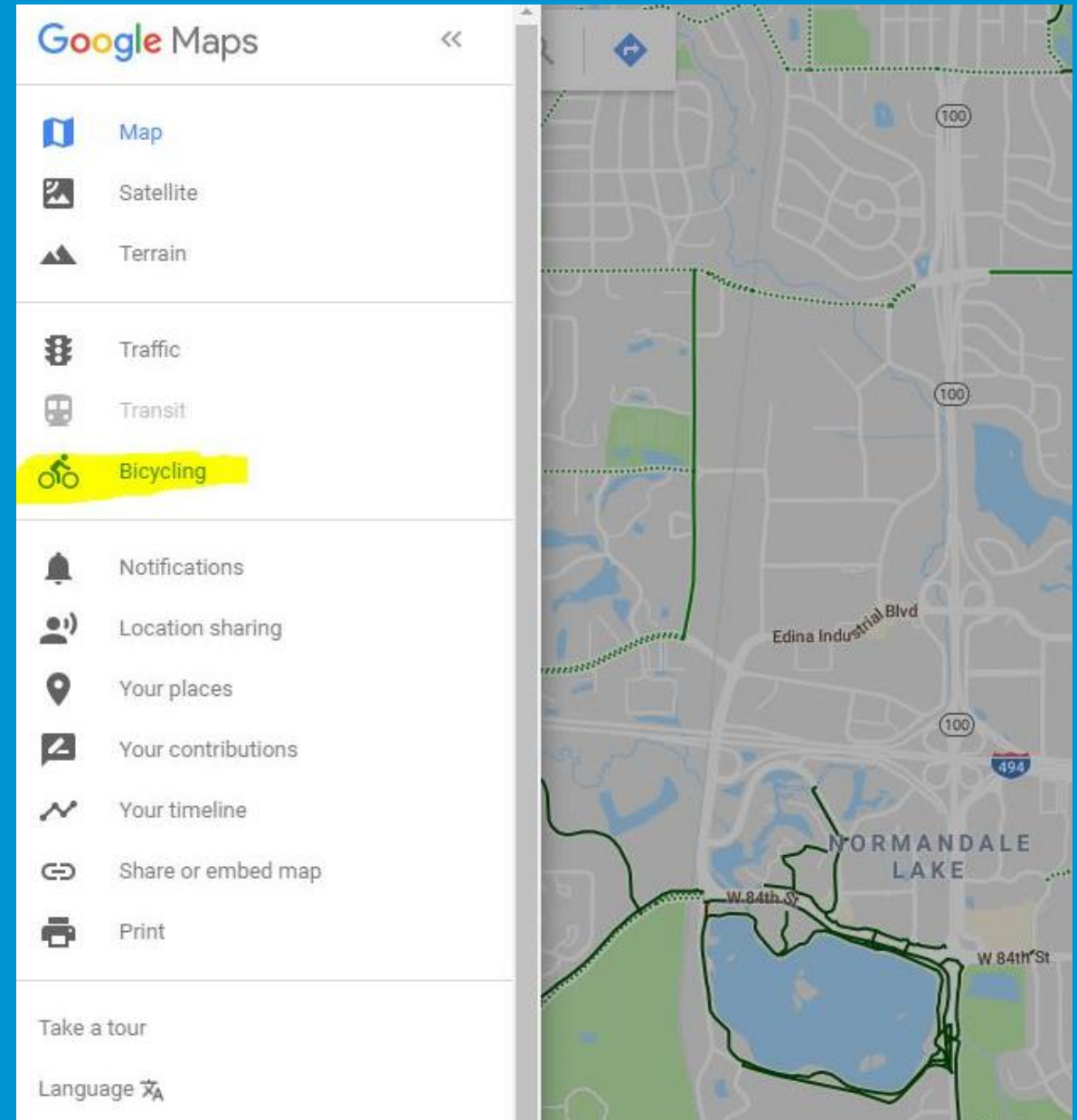
MAKE BACKUP PLAN

- Add phone numbers or apps for a ride home
- Ask your employer about overnight parking options for your bike
- Combine bus & bike, so you aren't biking both ways
- If you have a long commute, bike to a park & ride and put your bike on the bus or train or drive to a shopping center and pull your bike out of your trunk and cut your driving in half



PLAN YOUR ROUTE

- Don't pick the same route that you normally drive
- Pick low traffic streets or roads with bike lanes
- Ask for routes at a bike shop, talk with other bike commuters
- Use websites such as [Map My Ride](#) or [Strava](#)
- Pick up a bike map
- Ask your TMO for a Route Recommendation





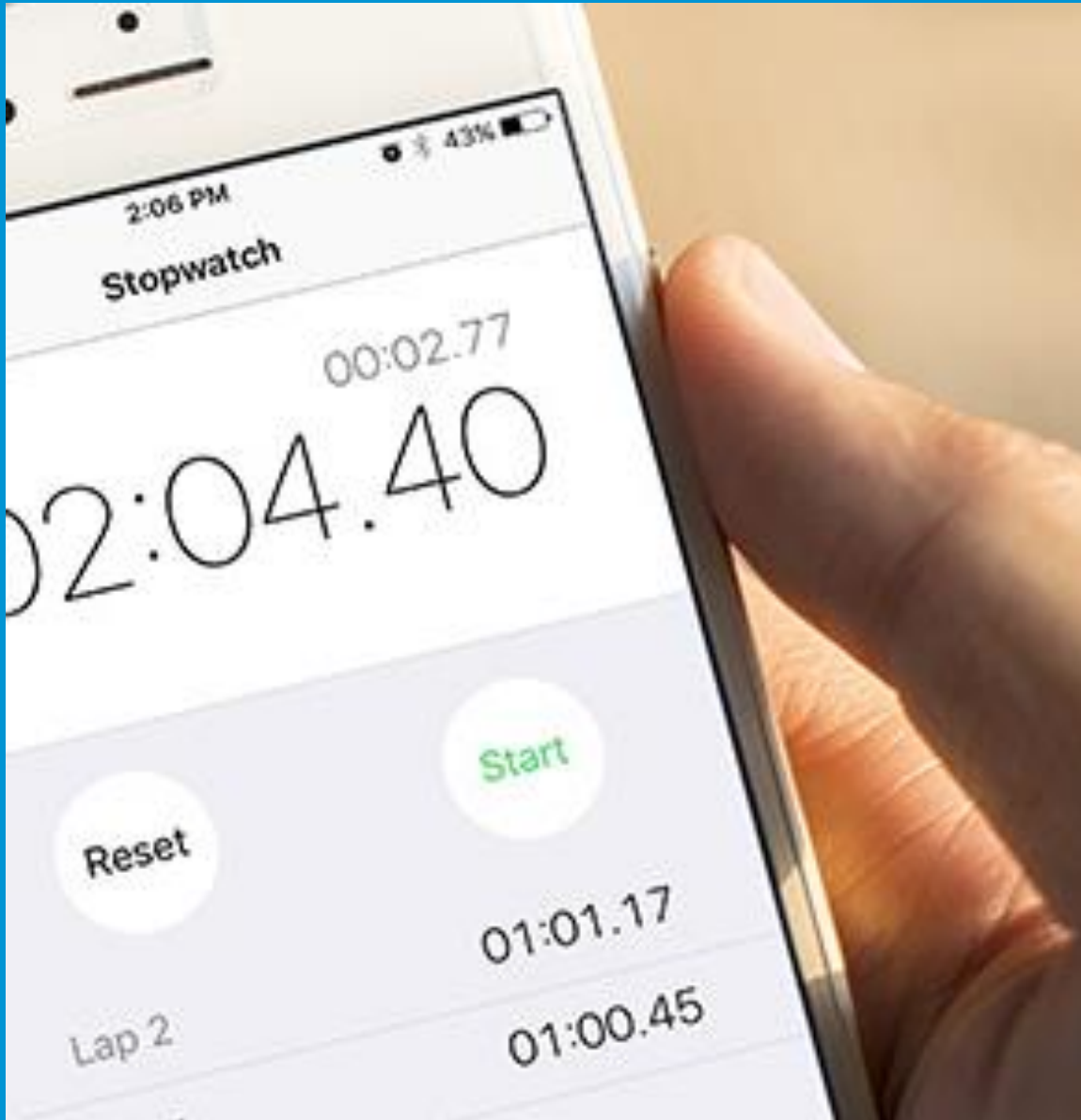
Give it a try on a weekend or day off

- Commute without the stress of getting to work on time
- Evaluate your physical ability to ride the distance

Carry everything you will need

- Bike Lock
- Clothing*
- Toiletries*
- Laptop
- Work papers

**Leave at work if practical*



TIME IT

Add up all the elements of the commute to get a feel for how much time you will need in the morning.

- How long did it take to ride the distance?
- How long did it take to lock the bike and walk to the locker room?
- How long will it take to shower and change clothing?

Evaluate

- Will you be able to work all day and ride back home?
- Would it work better to drive or take transit for part of the trip?
- Do you need to carry water or a snack?
- Plan to eat more on days that you bike to keep your energy up
- We suggest you eat a snack 30 minutes before biking home
- Were you able to carry everything?
 - Do you need another bag to carry gear
 - Do you have to arrange the gear differently



DID THE ROUTE WORK?

Did the route work?

- Will it work during rush hour?
- Did you feel uncomfortable about anything?
 - Road conditions
 - Dangerous crossings
 - Personal safety

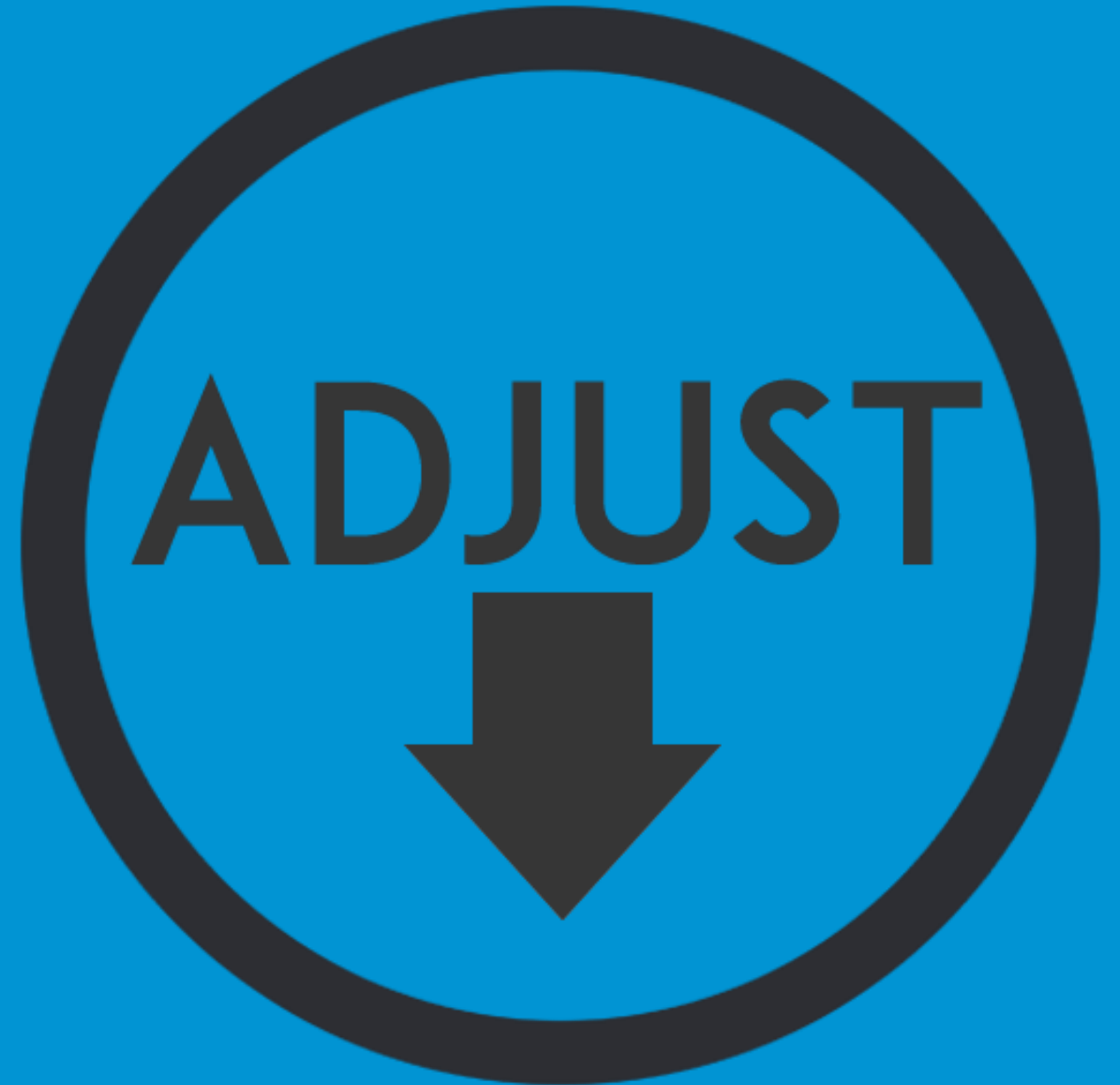
How long did the commute take?

- When should you leave home to get to work on time?
- How much cushion do you want to allow for unexpected delays?



ADJUST IF NEEDED

- Change the route as needed
- Change the way you carry gear if necessary
- Ride in again the following weekend



THE DAY BEFORE

Morning commute by car (if practical)

- Bring a change of clothing to work
- Bring toiletries to work
- Pack an extra lunch and leave it at work

Evening (if you will carry everything by bike)

- Pack your lunch. Add an extra snack for an energy boost before riding home
- Pack your work clothes in your backpack or panniers
- Fill your water bottle and put it on the bike
- Lay out your cycling clothes if they are different from work clothes
- Change your alarm

26	27	28	29	30
Bring Change of Clothing	First Bike Commute!	Alternate Bike Commute		Alternate Bike Commute
Change Alarm				
Lay Out Cycling Clothes				
Pack Lunch				



THE BIG DAY

- Eat a good breakfast
- Ride to work!
- Celebrate
- Let your TMO know how your ride went. We'd love to hear from you!