

# OVERCOMING BIKE COMMUTING CONCERNS

## 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, and 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 extra time to get to scheduled appointments and find parking.
- » Encourage your employer to provide a bicycle fleet for office use.