

COMMUTING BY BIKE

Bike commuting is an effective and inexpensive way to get to work or school. It's also fun and can reduce stress. Riding a bicycle keeps our air clean, saves money, gas, and wear and tear on your vehicle. Set a goal to ride to work or school a couple days a week. To get started, choose a route, and make sure your bike is in good working order, and do a test ride on a weekend to determine traffic and amount of time it will take you to ride.

Bike to Work Checklist

- Check bike (tires inflated, saddle height, chain lubricated, brakes operating, lights with working batteries)
- Water bottle
- Flat repair kit - tube, patch kit, pump, and tire Levers
- Clothing – take layers for rain and warmth, sun glasses, helmet, reflective vest
- Lock and/or cable
- Cash for lunch and emergencies
- Identification with relevant medical information
- Personal hygiene products (deodorant, baby wipes, comb, towel, etc)
- Sun screen
- Keys for bike lock and workplace
- Cell phone and other gadgets
- Bag with work items (calendar, laptop, etc).