



FAQ FOR PEOPLE WHO WANT TO BIKE

So, you're interested in biking for transportation, but not sure how to get started... This brief guide will help you prepare to make your ride safe and fun! By biking to everyday destinations, you will benefit from better health, save money and help your community decrease congestion and environmental pollutants.

Prepare for your ride

How do I plan my bike ride?

Consult bike maps for your area

Consult a friend, coworker, relative who already rides a bike

Find a route that feels safest to you - most of the time these routes will be less direct and will be on neighborhood streets

(most people find that quiet, neighborhood streets feel safer than a busier street that has a small bike lane)

Practice your route to work, grocery, cafe, etc., on a low-traffic day (e.g. Sunday)

What items should I keep at work?

wet wipes

sanitizing wipes

deodorant

small towel

change of clothes

personal fan

On your ride

What do I need for my bike ride?

bicycle

bike lock

helmet

bike lights (front and rear lights)

water bottle

mobile phone

bike map