

## Biking to Work Tips

**Gear up.** Make sure your bicycle is in proper working order, i.e. brakes, tires and tire pressure, gears, seat height, handlebars, etc. Obtain a helmet and wear it. If you ride during the day, wear bright clothing. If you will be riding at night, you need head- and tail-lights and reflective clothing.

**Select a route.** Request a free San Diego Bike Map by calling 511 or you can print out just your commute route at: <http://www.icommutesd.com/Bike.aspx>. When considering your route, don't think like a motorist. Think like a cyclist. Pick the most pleasant route.

**Consider using transit for part of your trip.** Pedal as far as the bus or rail stop, then store your bike in a free SANDAG bike locker (<http://www.icommutesd.com/Bike.aspx>). You can also take your bike with you on the bus, trolley, or train.

**Learn the rules of the road.** A bicycle is a vehicle and you should follow the general rules of the road. Ride in the right-hand lane with the flow of traffic. Riding the wrong way increases the chance of a head-on collision with vehicles moving with the normal traffic flow. When being overtaken by another vehicle, ride as close to the right side of the right lane as is safe and practical.

**Do a test run.** Before you head out for your first bike-to-work experience, drive the bike route in your car and look for things like wide lanes, bike lanes, and traffic flow. The first time you bike to work, allow yourself a little more time than you think you will need. If you tested the route on the weekend, remember that rush-hour traffic may slow you down.

**Put safety first.** Buy a helmet approved for bicycling and wear it. A helmet will not prevent a bike crash, but it is good, cheap insurance that may allow you to walk away from one. Make sure your helmet fits and is adjusted properly. Cycling gloves make the ride more comfortable as well as help to protect your hands from abrasion if you fall.



**Be visible.** Make sure drivers can see you. Motorists are accustomed to watching for large vehicles; so make yourself and your bike look big by wearing as much bright and reflective clothing as possible. Always use a headlight and taillight when you ride in the dark. Ride in a straight line. Riding predictably makes you more visible to motorists. Don't weave in and out of parked cars because you may disappear from a motorist's sight.

**Assess your fitness level.** You don't have to be an athlete to ride a bike to work. However, if you haven't had much exercise lately, you might want to check with your physician before you ride.

**Talk to your employer.** Your company may offer benefits, showers, changing facilities, and bike storage for cyclists. Inform your supervisor that you will be commuting by bicycle. Ask where your bicycle can be parked during working hours, and what, if any, advanced arrangements need to be made.

**Bike to work.** You will need energy for your ride, so eat a good breakfast and take along something to eat along your way. It is a good idea to bike in comfortable cycling clothes. Make sure you have a place to change and freshen up. Keep a "kit" of toilet articles and a towel at work. Either pack a bag with your work clothes, or bring your attire the day before you cycle.