

Overcoming Bike Commuting Concerns

I'M OUT OF SHAPE

- Start at an easy, comfortable pace and take as many breaks as you need. Keep riding, and over time, you'll build confidence and endurance!
- Ride your route on a weekend to find the easiest way to work.
- Consider an e-bike (lots of bikeshare services have them now!) or bike part of the way and take transit for the rest.

IT TAKES TOO LONG

- The average commuter travels at 10 MPH (and faster by e-bike) – the more you ride, the faster you will get.
- Trips of less than three miles will be quicker by bike than by car.
- 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 rain gear 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

- Join bike advocacy groups to join our work for safer streets.
- Obey traffic signs, ride on the right, signal turns, and stop at lights.
- Plan a route ahead of time to utilize low-stress bike networks and protected bike lanes.
- Wear a helmet every time you ride.

I HAVE TO RUN ERRANDS

- Add accessories like a cargo rack, basket, or handlebar bag 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.

For more information on how to make your workplace better for bicyclists, visit bikeleague.org/businesses.

