

# General Bicycle Commuting Tips

## Call the office if you get a flat!



Changing a tire or waiting for a ride can take time, and it's always good to notify your office when (and why) you are going to be late.

## Wear normal clothes!



Too often people feel they need to buy special bicycle clothing or wear their work clothes biking to the office – NOT SO! You want to make sure that you are comfortable when starting your new routine – sweats, shorts and a T-shirt work just fine.

## Buy a bike light!



It is essential to have bicycle lights when riding. Lights make you more visible to motorists and greatly improve safety. New battery powered LED lights are bright and efficient, making them the best option.

## Don't be ashamed to walk up hills!



Bicycling to work is not a race; you are looking to have fun while increasing physical activity, and everybody struggles with hills. There is no shame in getting off the bike and walking if you find it too steep.

FIND MORE AT: <http://CommuterConnectionPA.CleanAir.org> & <http://www.CommuteByBike.com>



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# Know Your Turn Signals!

## Use hand signals!

It is your responsibility to let other commuters know where you are going and what you are doing. Using standard hand signals is a good way to let drivers and other cyclists know when you are about to turn or stop – making it their responsibility not to hit you!



LEFT

At least 100 ft before the intersection, extend your left arm straight out, perpendicular to your body with no bend at the elbow. Hold signal through the turn.



STOP

At least 100 ft. before the intersection, extend your left arm out with your elbow bent 90 degrees palm down. Hold signal until you come to a complete stop.



RIGHT

At least 100 ft. before the intersection, extend your left arm out with your elbow bent 90 degrees palm up. Alternatively, extend your right arm straight out. Hold signal through the turn.

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