

# Simplify Your Daily Bicycle Commute

## Use a simple bike!



While complex and expensive bikes are often excellent for speed, their components tend to be less durable, are more likely to have issues or need frequent maintenance. Simple hybrid, road or mountain bikes are best when getting started!

## Keep a pair of shoes at the office!



Many shoes are comfortable for bicycling, but it's best to use a lightweight shoe with a good rubber sole. Save room in your bag by leaving your work shoes where you use them, and bring them home only when they need a polish or you want to change styles!

## Check your bicycle every weekend!



Bicycle tires lose air, chains rust in rain and brakes can wear thin. Check your bicycle for signs of wear, pump up your tires to full pressure and make sure your chain is well greased every weekend. That way, you will be ready on Monday when you head out to work!

## Keep extra clothes at the office!



You never quite know what conditions you will encounter – rain, puddles, mud – and you might even break a sweat. It is good to be prepared by having spare clothing at the office to change into when you get there!

## Clean your bike regularly!



Dirt can interfere with the components on your bike, rub off onto your clothing, and generally just be a hassle. Wipe your bike down with a wet rag or hose it off in your yard (making sure to dry it quickly) periodically, and you'll have a clean and well-running machine!

## Pack your bag the night before!



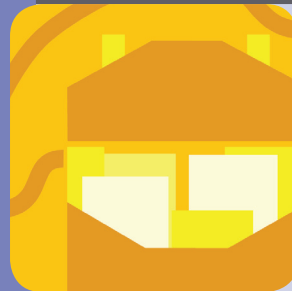
While this is true for all commuting, it is a great idea if you can get yourself ready for work the night before – that way you're not looking for folders, computers, power cables or keys for your bike lock as you're running out the door!

## Store toiletries at the office!



Riding a bike is a workout, and while you likely won't get dirty, it's always good to have a few things to freshen up when you get to work. Deodorant, makeup, hair products and towels are good to keep at the office (not in your bag) to make sure you are at your best!

## Pack only the essentials!



Bringing lots of stuff to and from work means carrying lots of weight either on your back or on your bike. This weight will slow you down and make your commute more difficult. Try to cut what you need to bring back and forth down to one bag that's easy to handle.

## Keep a repair kit with your bike!



Keep a tire repair kit in a saddlebag (the little ones that fit under the seat). Changing a tire is relatively quick (if you have the right tools) and can save you from leaving your bike in an unfamiliar place. Even if you don't change your tire during a commute, having the right equipment can make your ride home or preparation for the next day much easier!

## CHECK THE WEATHER! (the night before)



Neither rain, nor snow, nor heat nor gloom of night should stop you from making your commute. Rain coats, shoe covers, gloves, windbreakers, and lights can help you overcome obstacles and ensure that you get to your destination on time. If the weather looks too challenging, you can always find another way to get to work!

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



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