

Overcoming Bike Commuting Concerns

<h2>I'M OUT OF SHAPE</h2>	<ul style="list-style-type: none"> • 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.
<h2>IT TAKES TOO LONG</h2>	<ul style="list-style-type: none"> • 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.
<h2>IT'S TOO FAR</h2>	<ul style="list-style-type: none"> • 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.
<h2>NO BIKE PARKING</h2>	<ul style="list-style-type: none"> • 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.
<h2>MY BIKE IS BEAT UP</h2>	<ul style="list-style-type: none"> • 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.
<h2>NO SHOWERS</h2>	<ul style="list-style-type: none"> • 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.
<h2>I HAVE TO DRESS UP</h2>	<ul style="list-style-type: none"> • 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.
<h2>IT'S RAINING</h2>	<ul style="list-style-type: none"> • 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.
<h2>THE ROADS AREN'T SAFE</h2>	<ul style="list-style-type: none"> • 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.
<h2>I HAVE TO RUN ERRANDS</h2>	<ul style="list-style-type: none"> • 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.

