



# Bike Commuting 101

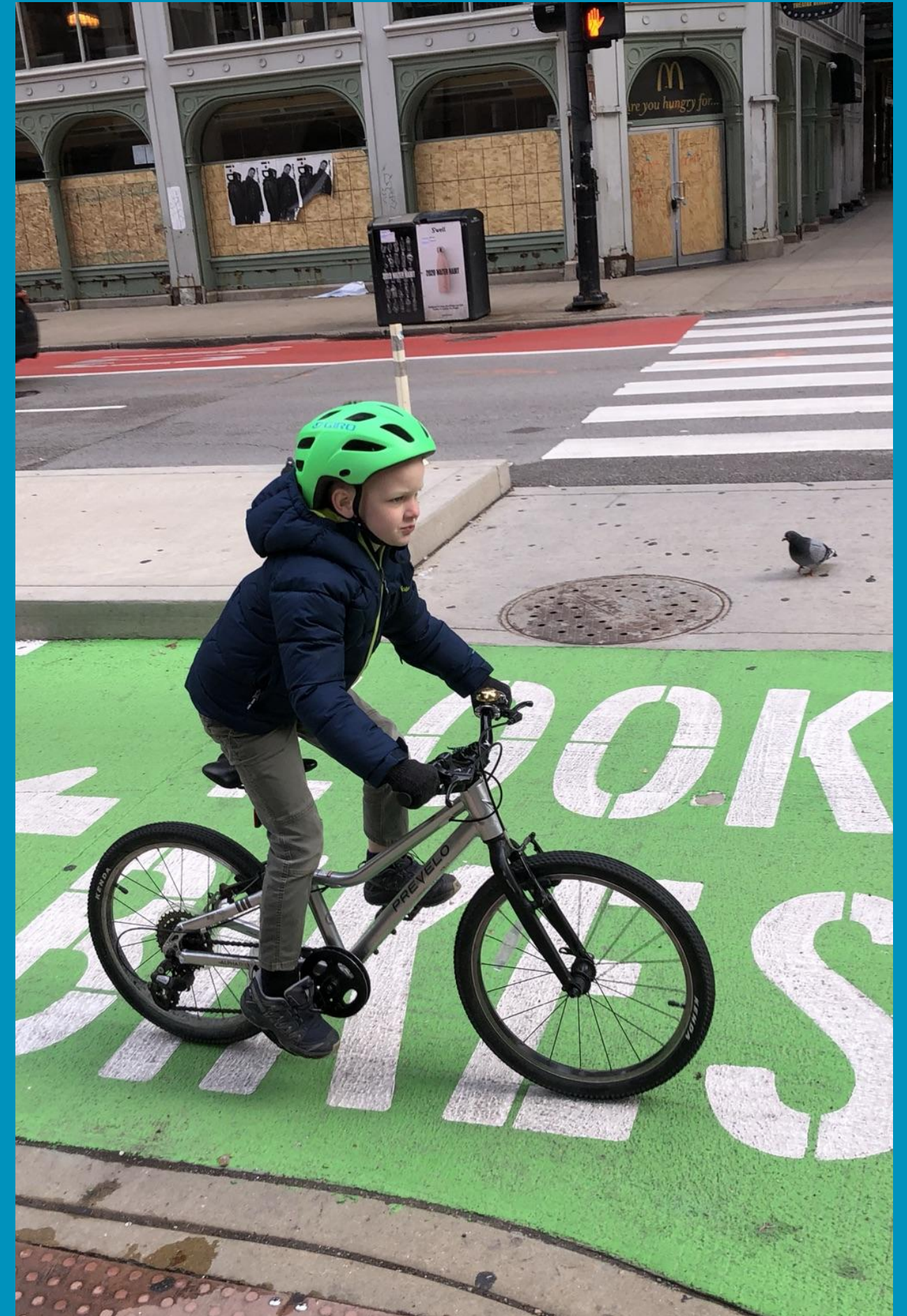
## Get Energized for Bike Month!

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Kevin Dekkinga

**Director of Membership & Development**

**League of American Bicyclists**







# ABOUT THE LEAGUE



**Since 1880... our mission is to lead the movement to create a Bicycle Friendly America for everyone.**





# May is BIKE MONTH!



## Find Resources at [bikeleague.org/bikemonth](https://bikeleague.org/bikemonth)

- Download promotional items
- Gather ideas and inspiration
- Add events to our interactive calendar
- Find bicycle community data





# FIND MORE AT [BIKELEAGUE.ORG/WEBINARS](https://bikeleague.org/webinars)

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LOVE TO RIDE



**STRAVA** | METRO





# Bike Commuting 101



**Laura Groenjes Mitchell, Our Streets (MN)**

**Lauren Nagle, FC Moves (CO)**

**Brian Looney, CRW Engineering (AK)**



Laura Groenjes Mitchell

# How to Bike Commute



# Overview

7





# BIKE

## Questions to Consider

- Budget
- Riding purpose
- Riding location
- Preferences

## Accessories

- Fenders
- Dynamo lights (built in)
- Rear rack, front rack, basket, etc.

## Options

- Road
- Mountain
- Fat bike
- Hybrid/Comfort
- Electric
- Recumbent
- Tandem
- Folding
- Cargo



# BIKE

## Where to look

- Local bike shop (new or used)
- FB Marketplace and other local selling groups
- Online (direct to consumer or not)



# GEAR

- Bike
- Lock
- Helmet
- Carrying system
  - backpack, rear rack, panniers, milk crate, front rack
- Lights & reflectors
- Clothing & gear for specific weather
  - studded tires, fenders, rain cape/jacket, waterproof shoes, bar mitts, etc.

# ROUTE & RESOURCES

- **Basic bike skills**
  - MUST HAVE
    - ABC Quick Check
    - How to lock a bike securely (& where to lock up)
    - Road safety (lane position, hand signals, etc.)
  - Nice to have
    - How to fix a flat
- **Bike repair plan**
  - If you run into an issue, where will you get it fixed (local bike shop, friend, mobile mechanic)?
- **Backup transportation plan**
  - If you encounter an issue while riding, what is your back up plan to get to your destination? (transit, phone a friend, walk, etc.)



# ROUTE & RESOURCES

- **Bike Insurance**
- **Routing**
  - Be wary of Google/Apple maps
  - Recommended: Pointz, Transit App, Strava heat maps
- **Find your community**
  - Group rides, events, advocacy orgs, online forums, etc.

# FIND YOUR REASON

- **Fight climate change**
- **Exercise**
- **Avoid traffic delays**
- **Save money**
- **Connect with your community**
- **Have fun!**



# From Parking Lots to Pedal Lots

*Creating Cultures Where  
Biking to Work is the Norm,  
Not the Niche*

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**Lauren Nagle**

Active Modes Specialist  
FC Moves





# Employers: Make Biking a Real Option

- Secure, visible bike parking
- Showers & locker access
- Commuter perks & recognition
- Leadership on bikes
- Support for new riders
- Free bike repair
- Bicycle Friendly Driver

Aaron and Nancy frequently participate in bike events during the work day.





# Communities: Set Conditions

- Build low-stress bike networks
- Host Open Streets, Bike to Work Day, and free bike repair events
- Partner with schools & businesses
- Prioritize equity & access
- Ask riders what they need
- Free bike repair
- City Council priority/focus

Councilmember Potyondy loads a bike on the bus.





# Make it Visible, Make it Normal

- When biking is safe, supported, and celebrated it becomes second nature
- Do you have ideas of what you can do where you are?

Monica on her way to drop the kids off before biking into work.







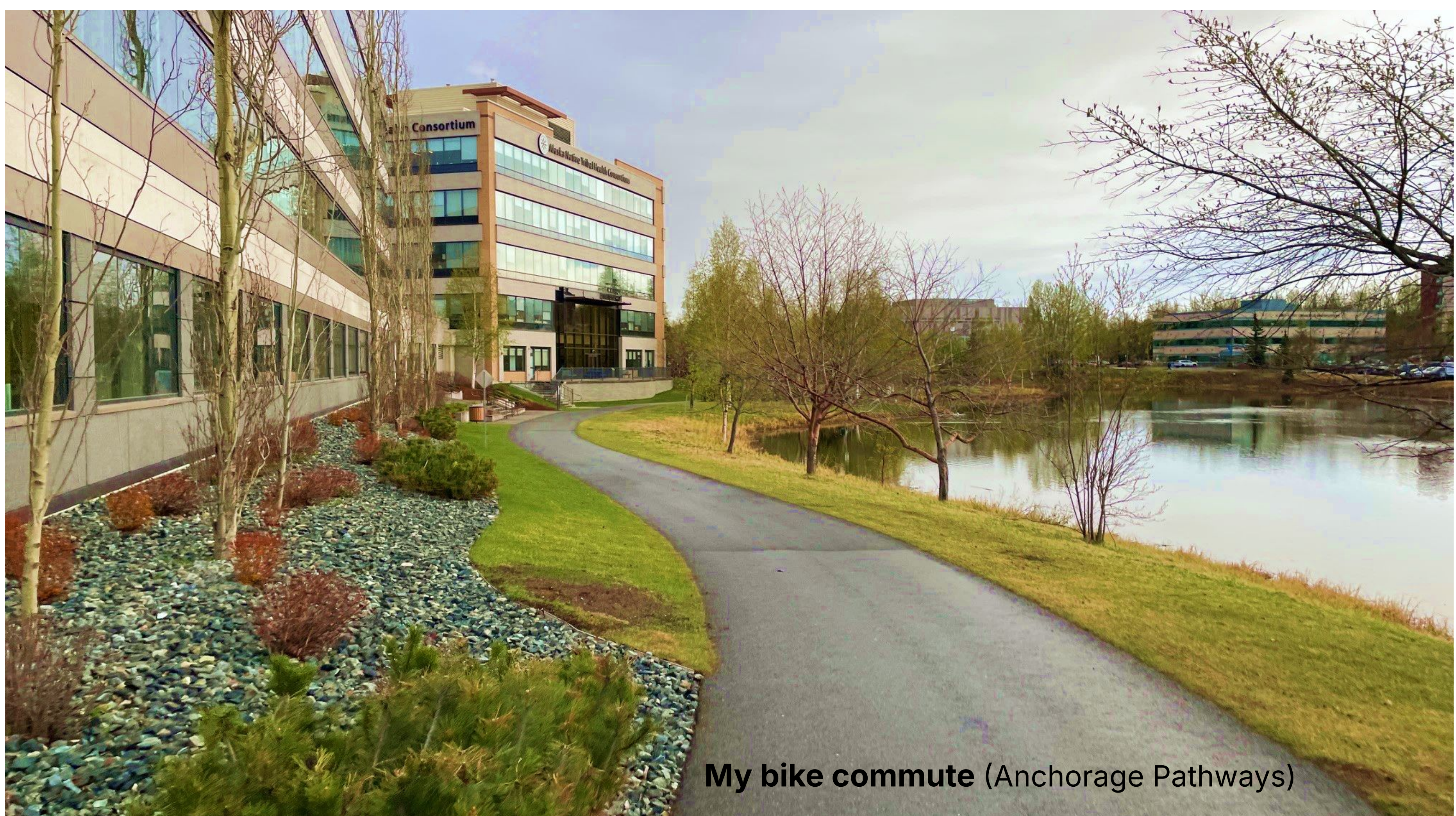
# Bike Commuting Culture



## **Brian Looney, CRW Engineering Group (AK)**

- Professional Civil Engineer (40+ years)
- President of 85-person multi-discipline engineering firm
- Parks & Recreation Commissioner
- Planning and Zoning Commissioner (past)
- Advocate for active-lifestyles
- Avid year-round bicyclist





**My bike commute** (Anchorage Pathways)



# Bicycle Friendly Business



CRW Engineering Group has been a BFB since 2012

Currently one of just 88 Platinum BFB

Attributes of a BFB

- Encouragement
- Engineering
- Education
- Evaluation & Planning



## BFBs BY THE NUMBERS

*Since 2008, over 2,000 businesses have received BFB recognition, employing over 1 million people.*

**TOTAL # OF CURRENT BICYCLE FRIENDLY BUSINESSES**  
(AS OF MAY 2024) **1,341**

**INDIVIDUALS EMPLOYED BY A CURRENT BFB**  
**633,900**

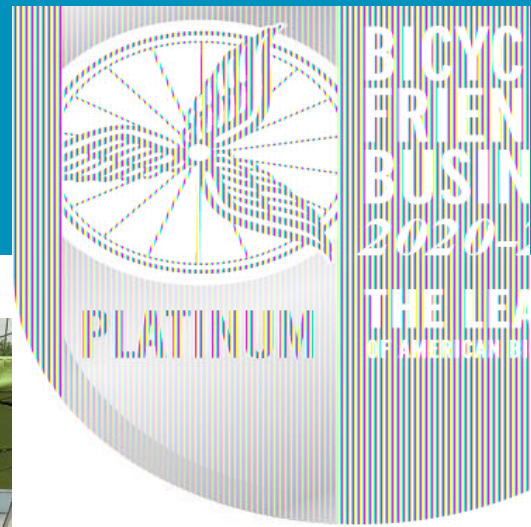
**# OF FORTUNE 500 BFBs**  
**43**

**# OF STATES WITH A BFB**  
**50+DC**





# Encouragement



Internal commuter recognition

Commuter prizes

Cycling events

Organized group rides

Guaranteed ride home

Strava

Shared bikes

Infrastructure

Bike storage room To

Lockers

Shower room





# Encouragement

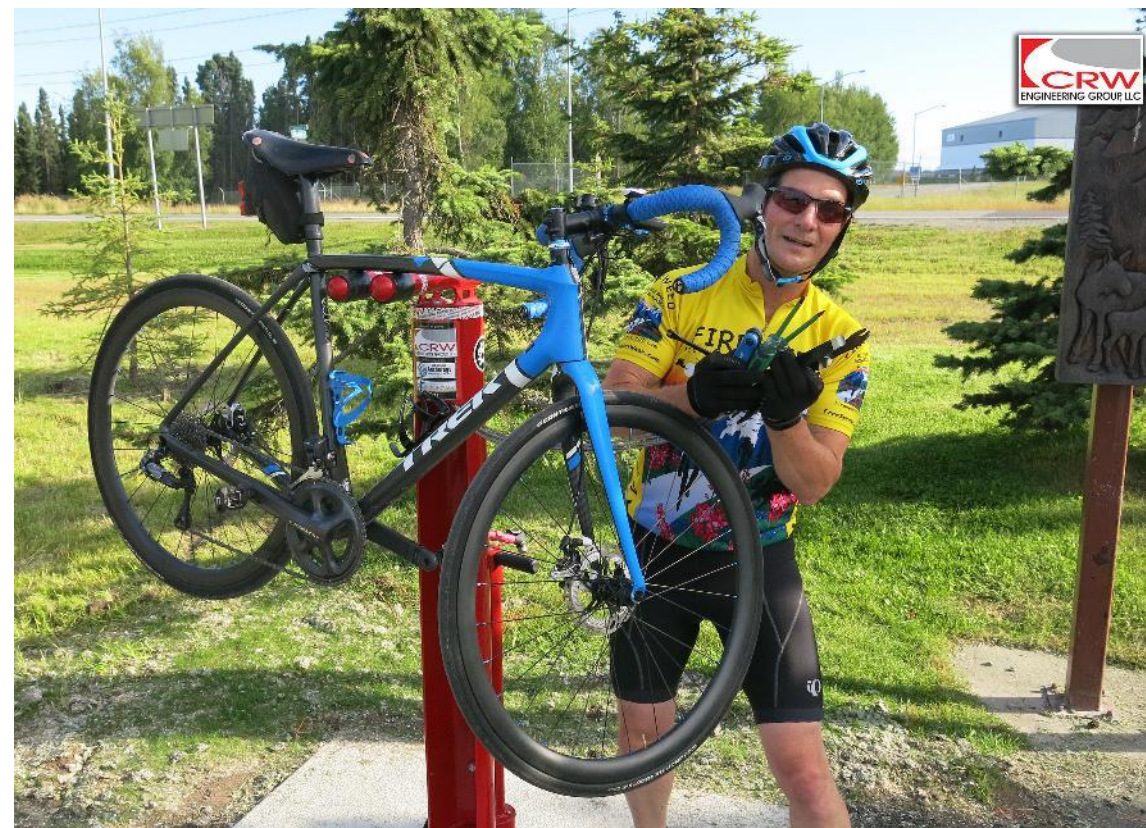


Swag

Bike Fixit Stations

Bike-to-Work Feed Station

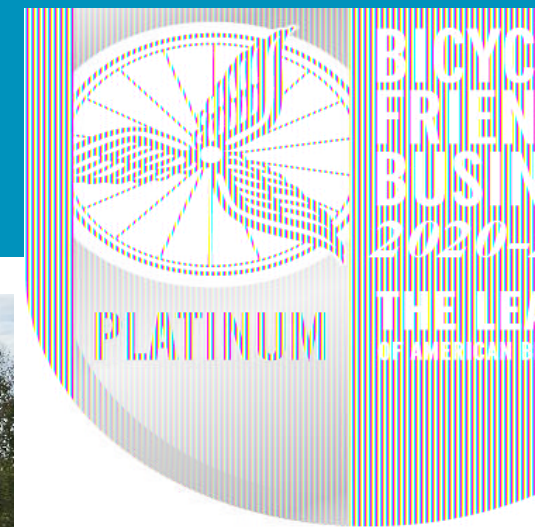
Commuter Challenge & Prizes



CRW Commuter Challenge																																								
														May																										
		20	21	22	23	24	25	26	27	28	29	30	1	2	3		4	5	6	7	8	9	10	11	12	13	14	15	16	17		18	19	20	21	22	23	24		
Rider	TOTAL	Su	M	T	W	Th	F	Sa	Su	M	T	W	Th	F	Sa		Su	M	T	W	Th	F	Sa	Su	M	T	W	Th	F	Sa		Su	M	T	W	Th	F	Sa		
Brian	13		X		X	X	x					X		X			6			X	X	X	X								4									
Kelly	16		X				X	X			X	X	X	X	X		8	X		X	X	X	X			X						6								
Pete	12				X		X						X	X	X		5		X	X	X		X									4								
Charlie	12		X		X								X	X	X		5		X		X	X				X						4								
Ryan	10				X	X	X						X	X	X		6				X		X									2								
Irene	9		X		X					X			X	X	X		6									X						1								
Julian	8					X							X	X			3	X	X	X	X		X									5								
Dillon	5					X								X			2			X	X											2								
Elie	5		X	X									X	X			4			X												1								
Shane	5		X	X	X		X										4	X														1								
John (7.0 miles)	4					X											1	X		X	X											3								
Colin (Running)	3			X									X				2															0								
Meg O	3						X										1		x	x												2								
Emily	2														X		1		X														1							
Jenny	1					X											1																0							
Connor	0																																	0						
Dan	0																																	0						
Ted	0																																	0						
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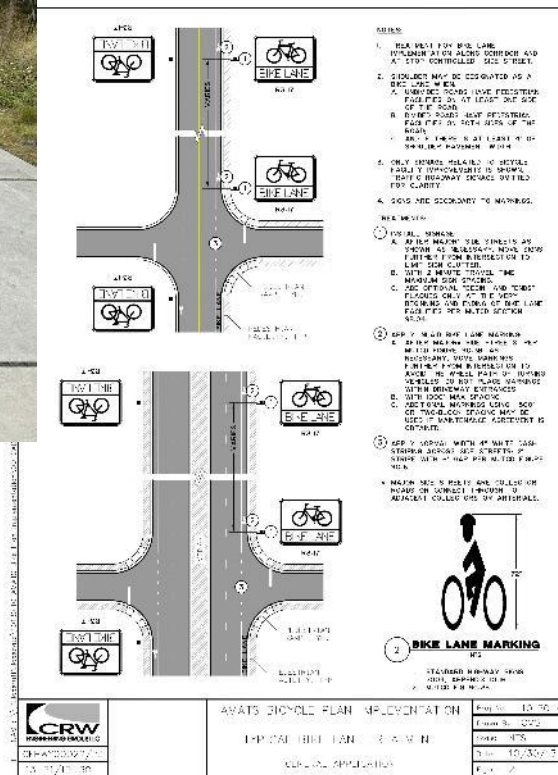


# Engineering



## Non-motorized transportation projects

- Sidewalks
- Pathways
- Bike lanes
- Bike Boulevards
- Buffered Bike Lanes
- Protected Bike Lanes



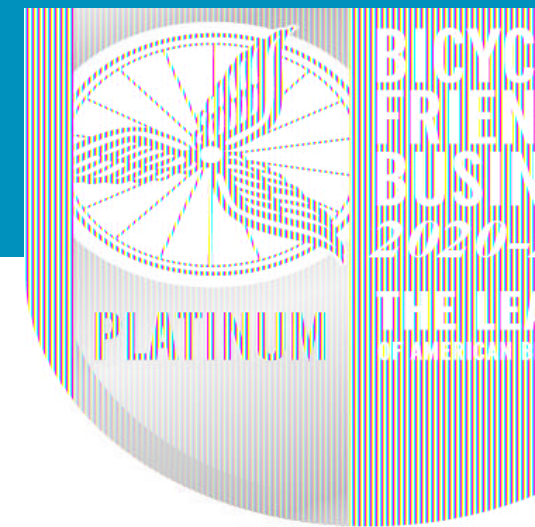
## Design Criteria

## Local laws





# Education



Bike Commuting Tips - Luncheon

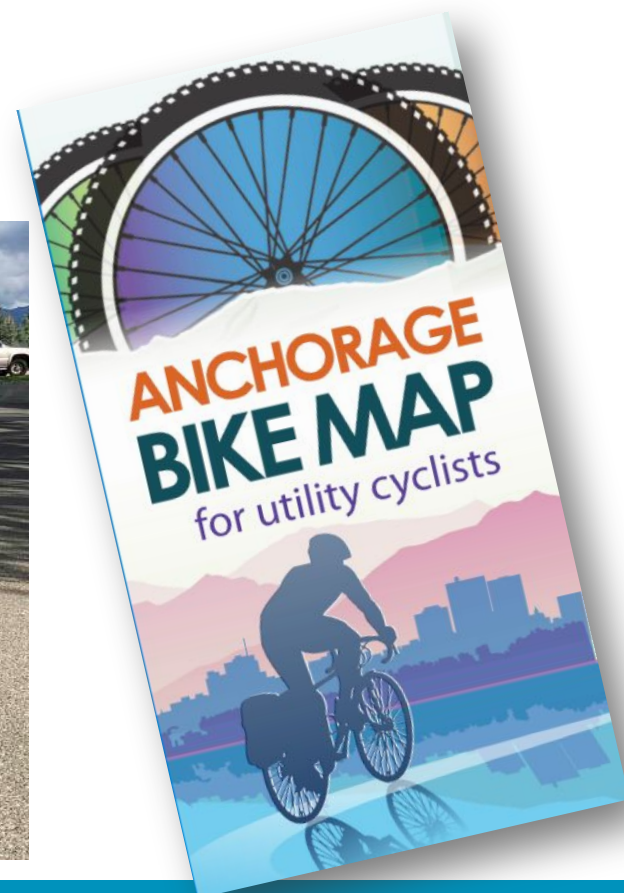
Smart Cycling Classes

Bike Maps for Anchorage and Palmer/Wasilla

Presentations to local groups

- Bike Laws 101
- Bike design guidelines

Fixit Display at Transportation Fairs



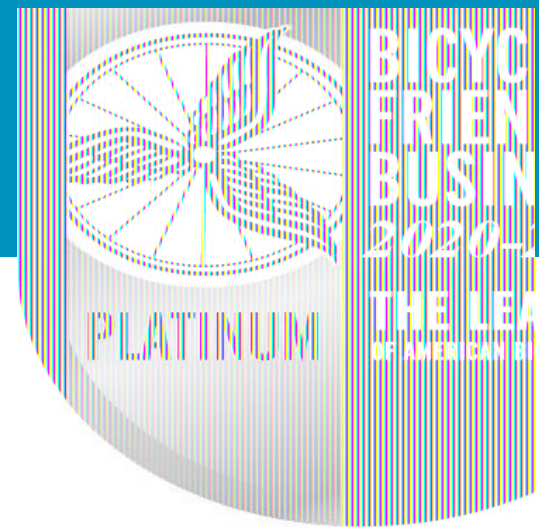
**SMART CYCLING COURSE**

Learn how to use a bicycle with confidence! Develop your bicycling skills and awareness:

- Traffic law
- Bicycle handling
- Bike safety checks
- On-bike skills
- Crash avoidance techniques



# Evaluation & Planning



Bike Commuting Survey

Bike Committee Meetings

Bike Coordinator

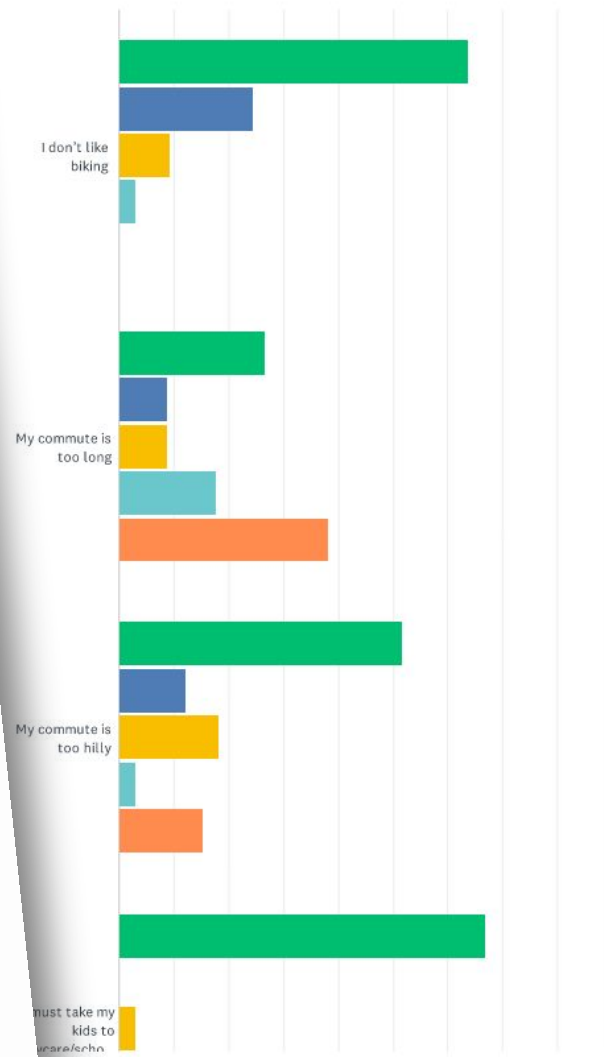
Q4 How appealing would the following incentives be for increasing non-motorized commuting?(Rate each from 1 = Not Appealing to 5 = Very Appealing)

Answered: 34 Skipped: 1



Q5 Rate the following obstacles to bike commuting:(Rate each from 1 = Not an Obstacle to 5 = Major Obstacle)

Answered: 35 Skipped: 0



## CATEGORY SCORES

### ENGINEERING

*Access and end-of-trip facilities for commuters*

Judge Rating

5.3 /10

Local Cyclist Rating\*

9.5 /10

### ENCOURAGEMENT

*Promotion, incentives, and advocacy for better bicycling*

8.0 /10

9.1 /10

### EDUCATION

*Safety, skills, and maintenance classes and information sharing*

7.9 /10

7.6 /10

### EVALUATION & PLANNING

*Setting targets, seeking input, and planning for improvements*

6.3 /10

8.2 /10

### EQUITY & INCLUSION

*Ensuring that bike facilities & programming are accessible and inclusive for all, regardless of age, race, gender, orientation, or ability.*

5.6 /10

8.8 /10

*\*Based on surveys distributed to employees, customers, and guests.*

**AVERAGE SCORE**  
out of 10

6.6

8.6