## **OVERCOMING BIKE COMMUTING CONCERNS**

I'M OUT OF SHAPE	<ul> <li>» Ride at an easy pace; in a few months you will be in great shape.</li> <li>» Ride your route on a weekend to find the easiest way to work</li> <li>» You will improve your fitness level when you become a regular bike commuter.</li> </ul>
IT TAKES TOO LONG	<ul> <li>The average commuter travels at 10 mph; the more you ride, the faster you will get.</li> <li>Trips of less than three miles will be quicker by bike.</li> <li>Trips of five to seven miles in urban areas may take the same time or less as by car.</li> </ul>
IT'S TOO FAR	<ul> <li>» Try riding to work and taking mass transit home, then alternating the next day.</li> <li>» Combine riding and mass transit to shorten your commute.</li> <li>» Ride to a coworker's house and carpool to work.</li> </ul>
NO BIKE PARKING	<ul> <li>» Look around for a storage area in your building or office.</li> <li>» Stash your bike in a covered, secure place such as a closet or even your office.</li> <li>» Formally request that your employer provide bike parking or lock it up outside.</li> </ul>
MY BIKE IS BEAT UP	<ul> <li>Tell a reputable bike shop that you are commuting and have them tune up your bike.</li> <li>If you can't maintain your bike yourself, identify bike shops near your route.</li> <li>Make sure that your bike is reliable and in good working order before you start riding.</li> </ul>
NO SHOWERS	<ul> <li>» Most commuters don't shower at work; ride at an easy pace to stay cool and dry.</li> <li>» Ride home at a fast pace if you want a workout; shower when you get there.</li> <li>» Health clubs offer showers; get a discounted membership for showers only.</li> </ul>
I HAVE TO DRESS UP	<ul> <li>» Keep multiple sets of clothing at work; rotate them on days you drive.</li> <li>» Have work clothes cleaned at nearby laundromats or dry cleaners.</li> <li>» Pack clothes with you and change at work; try rolling clothes instead of folding.</li> </ul>
IT'S RAINING	<ul> <li>Fenders for your bike and raingear for your body will keep you dry.</li> <li>If you are at work, take transit or carpool to get home; ride home the next day.</li> <li>Take transit or drive if you don't have the gear to ride comfortably in the rain.</li> </ul>
THE ROADS AREN'T SAFE	<ul> <li>» Obey traffic signs, ride on the right, signal turns, and stop at lights.</li> <li>» Wear bright clothing.</li> <li>» Wear a helmet every time you ride.</li> </ul>
I HAVE TO RUN ERRANDS	<ul> <li>» Bolt a rack to the back of your bike to add carrying capacity.</li> <li>» Make sure that you have a lock to secure your bike while you are in a building.</li> <li>» Allow extra time to get to scheduled appointments and find parking.</li> <li>» Encourage your employer to provide a bicycle fleet for office use.</li> </ul>