



Overcoming Bike Commuting Excuses

I'm out of shape

- Ride at an easy pace; in a few months you will be in great shape.
- Ride your route on a weekend to find the easiest way to work.
- You will improve your fitness level when you become a regular bike commuter.

It takes too long

- The average commuter travels at 10 mph; the more you ride, the faster you will become.
- Trips of less than three miles will be quicker by bike.
- Trips of five to seven miles in urban areas may take the same time or less as by car.

It is too far

- 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.

No bike parking

- 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.

My bike is beat up

- 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 ride.

No showers

- 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.

I have to dress up

- 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.

It is raining

- Fenders for your bike and raingear 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.

The roads aren't safe

- Obey traffic signs, ride on the right, signal turns, and stop at lights.
- Wear bright clothing.
- You are at no greater risk than driving a car.
- Wear a helmet every time you ride.

I have to run errands

- Bolt a rack to the back of your bike 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 more bicycle friendly visit
www.bikeleague.org.***

