

THE COMMUTER CYCLIST

Tips and resources to make cycling to work as easy as
... riding a bike!

Almost everyone rides a bike for fun now and then.

So why not make your daily commute an enjoyable two-wheeled experience as well?

It's a great way to stay in shape, not to mention all of the other benefits for you, the community and the environment.



“When I see an adult on a bicycle, I do not despair for the future of the human race.” –H.G. Wells

WHY COMMUTE TO WORK BY BIKE?

Out of Shape? Low on Energy?

Every adult should accumulate 30 minutes or more of moderate intensity physical exercise over the course of most days of the week.

Not enough time in the day?

For commutes of about 10 kms or less, cycling time is often comparable to motorized travel. Bike paths and diamond lanes can bypass rush-hour congestion. Consider any extra time required as time well spent on physical activity.

Worried about climate change?

Personal transportation accounts for almost half of the greenhouse gas emissions produced by households. Quickly and easily reduce your carbon footprint by turning to your bicycle for everyday travel.

Tired of high taxes?

In the city, the bike travels at approximately half the speed of a car, takes up only 1/10th of the space on the road, and 1/20th of the parking area. By cycling, you are helping to avoid expensive road construction and wasteful expansions of parking lots.

Appreciate Nature?

Cycling brings you close to the flora and fauna that abound along bike paths and residential streets. It's a whole different world from the one in a car. Arrive at work with a smile on your face!

FIRST-TIME COMMUTER CHECKLIST

Step 1:

- Make sure your bike is roadworthy. Take it to a bike shop if in doubt.
- If you will be riding at night, you'll need a front and rear light.
- Get acquainted with your bike. Ride a few times in the evenings and weekends to build up your comfort level.

Step 2:

- Plan your route with help from the 2009 Winnipeg Bike Map. Ask friends, neighbours or co-workers who commute by bike for advice.
- Ask about or scout out bike parking. Does your building or workplace have an indoor secure spot where you could lock your bike?
- Decide whether to ride in your work clothes or carry a change of clothes with you. If you cycle at a leisurely pace, you can wear your work clothes without breaking a sweat.

A few things to consider taking with you:

- A carrier for your stuff (backpack, basket or pannier/saddlebag)
- Bike locks (u-bolt for the frame and cable if you have quick release wheels)
- Cell phone or change for a payphone (in an emergency)
- Wind-proof or rain-proof jacket
- Bright clothing
- Helmet

Remember to allow extra time for your commute until you get into a routine and allow for wind direction.

HOW TO RIDE IN TRAFFIC

While the rules of the road will be your main guide to riding your bicycle, there are some additional issues that cyclists should pay attention to – like staying clear of doors opening on parked cars or the two options for signalling a left turn. See the Cyclist Resources section of the Bike to the Future website at biketothefuture.org for information on a commuter cycling course along with “Tips” and information on “Safety & Education”. Find more helpful hints on the 2009 Winnipeg Bike Map, the Resource Conservation Manitoba website at resourceconservation.mb.ca and bicyclesafe.com.

BIKE PARKING

Here are a few things to remember when parking your bike outdoors:

- ▶ Always lock your bike frame to a bike rack or other immovable object. (Beware, street signs are often not secure.)
- ▶ Any part of your bike that is removable with a “quick release” lever should either be locked up or taken with you (e.g. seat, wheels).
- ▶ Do not lock your bike to trees, as they are easily damaged.
- ▶ Minimize the chance of theft by locking your bike where there is plenty of people traffic.

For more information on how to reduce the chance of bike theft, check out “Bicycle Parking/Locking” under Cyclist Resources at biketothefuture.org.

“Nothing compares with the simple pleasure of a bike ride.” –John F. Kennedy



COMMUTING GEAR

Once you're hooked on cycling to work, school, grocery store or other routine destinations, what's next? Here are some items that will make your ride even easier:

- Panniers (saddlebags) or a basket instead of a wearing a backpack to take the weight off your shoulders and back.
- Ankle straps to hold back your pant legs.
- Pump, tire levers, spare inner tube.
- Bright coloured jacket or vest.
- Rain gear and bike fenders.

Find information on "Cargo/Trailers" for bikes and "Bicycle Repair" under Cyclist Resources at biketothefuture.org.

FRESH AND CLEAN

Store a towel and face cloth at the office along with deodorant in case you feel the need to freshen up. If you truly need a full shower, check whether your workplace has or would consider providing shower facilities, or make your own arrangement with a nearby workplace or gym.

COLD WEATHER CYCLING

Already a regular bike commuter in summer and considering cycling year-round? A few adjustments to clothing and equipment, and you'll be ready to go!

Main considerations include clothing to keep your torso, legs, head, feet and hands warm, and equipment such as fenders, studded tires and lubricants to deal with ice, slush and salt. Lights and reflectors will be key. Find more information at:

- biketothefuture.org (see the "Tips" page in the Cyclist Resources section)
- toronto.ca/bug/cold_weather.htm

WINNIPEG CYLING MAP

Ideal for all cyclists pedalling the city, whether Sunday-riding with a friend, cycling to pick up groceries, or commuting to work on a Monday morning.

The Winnipeg Cycling Map highlights suggested routes to destinations throughout the city and indicates what riding conditions cyclists can expect on those routes. It also shows which sections of the City's Active Transportation Network have been accomplished and what remains to be done. Watch for the 2011 edition!



COMMUTER CHALLENGE & BIKE TO WORK DAY

Join other commuter cyclists – new and seasoned alike – for the weeklong Commuter Challenge and for Bike to Work Day, which both take place in June. A great time to start commuting by bike or simply to join in a celebration of cycling and all types of sustainable transportation!

Commuter Challenge
June 5-11, 2011
GreenActionCentre.ca



Bike to Work Day:
Friday, June 24, 2011
biketoworkdaywinnipeg.org

BIKE TO THE FUTURE

Bike to the Future is a voluntary, inclusive group of concerned citizens working to make cycling in Winnipeg a safe, enjoyable, accessible and convenient transportation choice year round.

Find the latest news on commuter cycling in Winnipeg, advocacy and cyclist resources, and much more. Become a member and join the e-mail announcements list to stay informed.

Contact:

c/o 3rd Floor, 303 Portage Ave

Email: contact@biketothefuture.org

[**biketothefuture.org**](http://biketothefuture.org)



MANITOBA CYCLING ASSOCIATION

The Manitoba Cycling Association (MCA) is a non-profit, volunteer-based organization that represents the interests of all cyclists in the province, both racers and non-competitive. The responsibility for recreational and commuter cycling rests with the Recreation and Transportation board representative.

Contact:

145 Pacific Ave, Winnipeg, MB R3B 2Z6

(204) 925-5686 / Email: info@cyclings.mb.ca

[**cyclings.mb.ca**](http://cyclings.mb.ca)



GREEN ACTION CENTRE

Green Action Centre is Manitoba's non-profit hub for greener, better living – at home, at work, at school, and in the community. We share our greener, better living message through community programs, events, education and policy work. Our sustainable transportation programs include:

- ▶ Commuter Challenge / Campus Commuter Challenge
- ▶ Workplace Commuter Options
- ▶ Community-Based Travel Marketing
- ▶ Active & Safe Routes to School
- ▶ School Travel Planning
- ▶ Car Free Day

Contact:

3rd Floor, 303 Portage Ave Winnipeg, MB R3B 2B4

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