

# It's Easier Than You Think!

## Bike to Work FAQs

### **Q: How do I get started?**

Maybe you haven't been on your bike for a long time. Pull it out of the garage, give it a tune-up (or take it to a shop for a tune-up) and climb back in the saddle. On that first sweet downhill, you will remember why everyone loves to ride a bike!

Set reasonable goals! Start off riding once or twice a week. When you meet that goal, add another day. And don't make yourself miserable, if you don't like to ride in the rain, don't! In the summer, try to ride early when it is cool. On hot days, adjust your pace. YOU CAN DO THIS! And once you get started, the riding will become its own reward!

### **Q: How do I find a good route to commute to my job?**

Go for a test ride on your commute route. Give it a try on a weekend, when there is not a lot of traffic. Unsure of your route? Try joining a Commuter Train during Bike to Work week with experienced cyclists to take you on a safe route into work. For a route map go to [www.tulsatrc.org](http://www.tulsatrc.org). Or check our Tulsa Regional Trail System at [www.incog.org](http://www.incog.org) for trail options.

### **Q: What are the rules of the road for cyclists?**

Its always good to know what the laws are regarding bicycles. Bicycles follow the motor vehicle code. Every time you obey a traffic signal/sign, you reinforce the fact that bikes follow the vehicle code. Every time you skip a stop sign or ride through a red light, you raise the question: where do bikes belong? Let's show we belong on the roads: OBEY TRAFFIC LAWS!

### **Q: Don't I need an expensive bike and specialized clothes?**

Any bike in good, safe mechanical condition and clothes suitable to the weather will do. You will probably want some kind of storage system on your bike - a rack and panniers work well. Some people like to use a backpack. Be sure to wear a helmet and have a lock.

### **Q: Do I have to carry that big stupid bike lock to work every day?**

If you use the same rack every day, just leave your lock there - but don't forget your key. Not carrying your lock saves a lot of weight on you and room in your bags. Some people actually have several locks that they leave in the two or three most common of their destinations.

**Q: I live 25 miles from work. How could I bike to work?**

Consider using Tulsa Transit for part of the commute. To find a bus stop near you visit [www.tulsatransit.org](http://www.tulsatransit.org). The buses are equipped with bike racks on the front for convenience.

**Q: How can I find someone else to ride in with?**

Join one of our Commuter Trains! The route map is on the website [tulsatrc.org](http://tulsatrc.org) with the starting times.

**Q: How can I bike to work with my busy schedule?**

Consider the traffic on your route and the length of your trip. Many people find that bike commuting only adds a few minutes to their commute time. And they have the added bonus that they have made time for a workout in their busy day.

**Q: There is no shower at my office. Where should I clean up?**

For a short commute, you may find that you don't need to shower. Often just "freshening up" and changing your clothes is sufficient. For those who work downtown, if you do need to shower, the downtown YMCA has agreed to let bike commuters use their showers during bike to work week.

Another option if you are changing in a restroom (or large handicapped stall) is to pack handi-wipes or some type of alcohol wipe with your change of clothes. This is good for a quick sanitization of areas most likely to get fragrant. It's also good to keep a spare pair of socks and a deodorant bar in your desk drawer.

**Q: What about my work clothes?**

Different bikers use different strategies. Some bike in their work clothes. For a more strenuous commute, you can carry your change of clothes in a pack or a bag on your bike (bike rack with panniers). Or, on non-biking days you can bring several days of work clothes for your bike commute days.

**Q: What if I'm out of shape?**

Ease yourself into biking. If you go at an easy pace, you will find biking no more strenuous than walking. And you will be surprised by how quickly your body responds and is capable of more.

**Q: What if there's no place to lock up?**

Talk to your employer about options for bike storage some have bike racks near the building. Check on nearby parking garages, many of them have bike racks. Otherwise, lock your bike to an immovable object, use a cable or [U-Lock](#), and for extra security, be sure it is in a visible location. Stay away from building exits and stairs, or you may block a fire exit and your bike won't be there when you get back.

**Q: What do I do if it rains?**

A raincoat and a shot of lube on the bike's working parts will keep both you and the bike from rusting. But don't make yourself miserable, if you don't like to ride in the rain, don't!

**Q: Is commuting by bicycle dangerous?**

Like any outdoor activity, there are risks. Don't forget there are also risks involved with driving and most other activities we undertake on a daily basis.

\*Remember, the best strategy for safe cycling is to follow the rules of the road, wear your helmet, and be predictable. Cyclists should follow the vehicle code, obeying traffic control and riding on the right side of the road. If you ride when it is dark, be sure you have adequate front and rear lights. Remember, Bicyclists fare best when they act and are treated as drivers of vehicles.