

The Top 10 Reasons to Ride a Bike to Work:

10. There's less traffic congestion- thanks to you!
9. You get something like 1,000 miles to the gallon. (And petroleum can't last forever.)
8. The fresh air will do you good.
7. You'll save bucks on health club dues.
6. You're doing your part for the environment.
5. Great conversation starter at lunch.
4. No parking hassles- or parking tickets.
3. Fitness is cool.
2. You'll see more of your town- and the great outdoors.

And Reason Number One:

You won't have to listen to those depressing TV and radio traffic reports any more!



For more information on bicycle commuting and transportation alternatives, contact the Pinellas County Metropolitan Planning Organization at (727) 464-8200.
www.co.pinellas.fl.us/mpo

Can Bicycle Commuting Work For You?



We Can Make It Work!

The Bike:

Any bike works as a commuter, but it will go better if your bike has these:

- Fenders to keep the puddles off your clothes.
- A rack for your briefcase or backpack.
- A headlight, taillight and rear reflector for those dark early mornings or late rides home.
- And it never hurts to carry a tire pump, some tools and a spare tube.

The Bod:

- Wear bright colors and a reflective vest.
- Avoid black, dark colors and camouflage print clothing when commuting.
- Cycling gloves help cushion the jolts.
- You can use reflective straps to keep your pant cuffs clean.
- Eye protection is a must.
- Don't forget that helmet!

The Route:

The roads you take when you drive to work may not be your best choice for bicycle commuting.

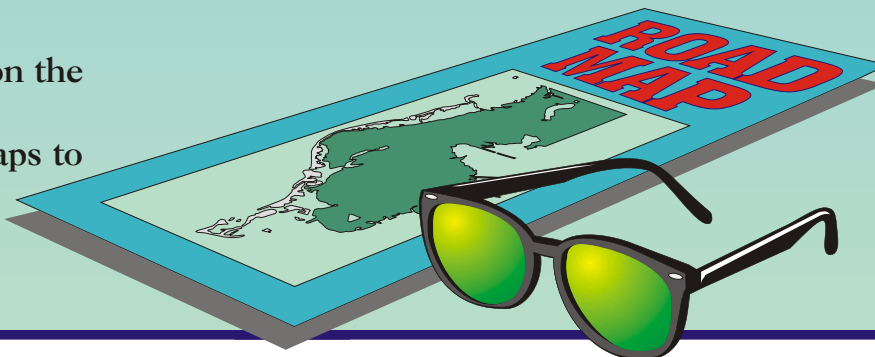
Using a detailed street map, try to plan a route that avoids the busiest high-traffic roads and complex intersections.

Look for connecting residential streets and dedicated bike paths to help you get where you want to go.

If possible, try your route before you have to. A test ride one evening or Saturday morning will tell you more about your route than any map.

Once you've established a route, let someone at home or the office know the route you plan to take.

Plan ahead and try your plan.



The Plan:

With planning, bike commuting can work. In addition to the bike, clothing and route, there are other considerations:

- Where will you keep the bike at work? Is it safe?
- Make sure you carry a good lock, and use it!
- How about a rain suit or poncho—just in case? (You know how the weather is here in sunny Florida.)
- And if you need transportation for work related errands or lunch, how will that work with a bicycle?
- Plan ahead and it will work.

Really.

