GETTING STARTED

There's a saying that "you never forget how to ride a bicycle," but it would be a mistake just to jump onto your old ten-speed and pedal off to work.

Equipment

How about your equipment?

- A "city bike" or mountain bike is much more reliable, and only slightly slower, than a super-lightweight racing bike.
- An ugly bike is less likely to be stolen-some people even deliberately spray-paint their bicycles to make them ugly so they won't get stolen!

Some essential equipment you'll need:

- a baggage rack and/or a small backpack;
- a good lock, helmet and bicycling gloves;
- fenders and a raincape for wet weather;
- lights if you'll be returning after dark;
- a small tool kit for minor repairs.

Getting To Work

How about your riding abilities? Even Boston traffic is manageable if you can ride smoothly and predictably, and communicate with the drivers around you. Here are some other tips for city riding:

- If you are not used to riding in traffic, build up to it, starting with the weekend rides offered by local organizations of bicyclists.
- Know your route. Estimate how long it will take to ride, how long it will take to park your bike, and how long will it take to get ready for work. Try your route on a weekend first.
- Leave a little extra time for rush-hour conditions.

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Parking

Where will you store your bike and equipment while at work?

- For security and to avoid rain damage, bring the bike indoors and lock it if possible.
- If management doesn't let bikes into your office, look around the neighborhood for a parking garage where you can lock your bike in sight of the attendant.
- If you wear nice clothes at work, change clothes after you get to work. Use a washroom to change, freshen up, and cool down.

What If?

What are your alternatives if your plans change:

- if you discover that your bicycle has a flat tire as you prepare to go to work;
- if the weather turns bad;
- if a coworker wants to go shopping with you after work?

There are good answers to these questions!

- Keep a change of clothes at work.
- If you have two bikes, keep one as a spare, ready to go if the other one isn't.
- A folding bicycle in a carrying bag can go on public transportation or in the trunk of a small car, so you can bring it home for the trip to work the next morning.

Join Other Bicyclists

The **Bicycle Coalition of Massachusetts** (phone: **617-491-RIDE**) is the statewide bicyclists' educational and advocacy group, working with government, business, and bicyclists.

EarthWorks (phone: **617-983-9463**) promotes sustainable transportation, in particular bicycling. Its activities include Bike to Work Week as well as legislative and advocacy.

Bicycle Coalition of Massachusetts

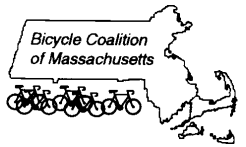
The Bicycle Coalition of Massachusetts (BCOM) is a non-profit, tax-exempt group of bicyclists dedicated to promoting urban, suburban, exurban, and rural bicycling as a safe, practical, and enjoyable form of transportation and recreation. BCOM is affiliated with the League of American Wheelmen, Bikecentennial, and the Bicycle Network.

Among our projects and accomplishments:

- We were instrumental in getting the MBTA to carry bikes on rapid transit and commuter rail;
- We are continuing our legislative program, which established a Bicycle Advisory Board in the state government, to better fund and institutionalize the state's bicycle program..
- We are working with various state agencies to represent Massachusetts bicyclists on issues from bicycle access to safety;
- We are monitoring road and other construction projects throughout the state, such as the Central Artery/Third Harbor Tunnel Project, to ensure that bicycles are a major component of Massachusetts long-term transportation plan;
- We are working with government officials at all levels to create more bicycle programs and facilities; and
- We publish the *Mass Cyclist*, a bimonthly newsletter which lets you know what's happening in Massachusetts bicycling.

. As a member of BCOM, you will receive a subscription to the *Cyclist*, a 10% discount at many bike shops,and notices of special events.

Please join us and spread the word!



Bicycle Coalition of Massachusetts

If you're interested in learning more about BCOM or bicycling in Massachusetts, fill out the form below and send it to the address given.

Make your check payable to the Bicycle Coalition of Massachusetts.

_____

BCOM
(617)495-RIDE
P.O. Box 1015, Kendall Square Branch
Cambridge, MA 02142

Name_____

Address_____

City_____State____Zip code_____

Home Phone_____ Work Phone_____

___Renewal ___Don't pass on my address

___ $15.00 (student, retired, unemployed)
___ $25.00 (regular member)
___ $35.00 (Family; two cards)
___ $50.00 (Supporting, includes BCOM water bottle)
___$100.00 (Contributing, includes _S _M _L T-shirt)
___$250.00 (Sponsoring, includes _S _M _L T-shirt)
waterbottle, and our gratitude)

I can help with:
___meetings, ___newsletter mailing, ___education
___publicity, ___legislation,___events, ___ rides
___bikepaths, ___office work, ___local bike committee
___other_____

I hereby assume all risks inherent in any bicycling activity and release the Bicycle Coalition of Massachusetts, its officers, and its representatives from all claims and liabilities arising from participation in Bicycle Coalition of Massachusetts events.

*Signature*_____

RESOURCES

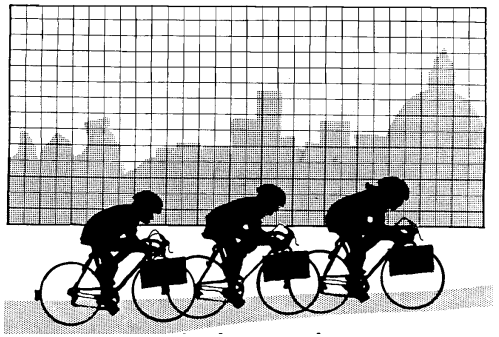
- *Boston's Bikemap* shows the best bicycle routes in and around Boston, contains tips on riding technique, and provides information on train, bus and ferry connections, bike shops, bicyclists' organizations and much more. It is available at many bike shops and through the Bicycle Coalition of Massachusetts.
- *Street Smarts,* written by John Allen of the Bicycle Coalition of Massachusetts, is published by Bicycling magazine. This booklet instructs you on tactics you need to know to ride safely and confidently in traffic. It is available from BCOM for $1.75 postpaid.
- Bicycle Coalition of Massachusetts pamphlets are available from BCOM and at some bike shops. Available titles include *Bikepaths and Bike Routes*, *Bicycling Books and Maps*, *Bikes on Planes*, and *Winter Cycling*

FOR EMPLOYERS

Bicycle commuting pays off for you, too! Employees who commute by bicycle save you money by reducing expenses for car parking, improving employee job performance, and reducing absenteeism due to improved health and fitness.

- **Parking**. Provide safe parking spaces for bicycles, like a storage room or sheltered parking place that permits use of modern U-shaped locks.
- **Showers**. Provide facilities for bicyclists to freshen up after getting to work, at least a washroom. Showers and lockers are ideal.
- **Flexible Hours**. Offer a flex-time schedule so employees can avoid peak time congestion and fumes
- **Information**. Offer information on bicycling and publicize facilities available for bicycle commuters.

BIKE TO WORK



For the Environment

Bicycle commuters do not pollute the air or require extensive roadways or parking lots.

For Convenience

Bicycles take you door-to-door or directly to the MBTA station. No more circling for a park- ing space. No more traffic jams. In urban areas, a bicycle is the fastest transportation for trips of five miles or less.

For Your Health

When you commute by bicycle, you don't have to make time for exercise-it is a normal part of your daily routine.

To Save Money

By leaving your car home, you save on fuel, wear and tear and parking fees, easily doubling the life of your car. If you can eliminate a car you'll save thousands of dollars per year in payments, insurance and maintenance.

Bicycle Coalition of Massachusetts

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