



# Bike Commute Week 2000

## Registration Form

*Thank you for riding in the First Annual Pioneer Valley Bike Commute!*

Please take a few moments to fill out this registration form. It is very important to gather information that will help us justify FUNDING for next year. We are also interested in finding out what parts of our outreach and publicity efforts worked, and what did not.

Name: \_\_\_\_\_ Gender: \_\_\_\_\_ male \_\_\_\_\_ female  
 Street Address: \_\_\_\_\_ Age \_\_\_\_\_ years  
 City/Town: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Phone: \_\_\_\_\_ Email: \_\_\_\_\_

**How did you hear about Pioneer Valley Bike Commute 2000?** (check all that apply)

posters around town     television report     radio report     newspaper     from a friend  
 PVPC website     employer     other (describe) \_\_\_\_\_

**I commuted by bike today for** (check ALL that apply):

work     school     shopping/errands     other (describe) \_\_\_\_\_

**My primary bike trip today is for** (check ONE answer, relevant to your primary role):

work     school     shopping/errands     other (describe) \_\_\_\_\_

**On average, during the past month, how often did you commute by bike for the primary purpose checked above?**

(check ONE answer)

0 days     5-7 days a week     3-4 days a week     1-2 days a week  
 1-2 days during the month     Check here if the address you wrote above is the ORIGIN of your primary trip today.

**Address for the DESTINATION of your primary trip today:**

Name of company/store/school, etc \_\_\_\_\_

Street Address: \_\_\_\_\_

City/Town: \_\_\_\_\_ Zip: \_\_\_\_\_

The one-way distance cycled for the primary trip today is \_\_\_\_\_ . \_\_\_\_\_ (miles and tenths)

The round-trip distance cycled for the primary trip today is \_\_\_\_\_ . \_\_\_\_\_ (miles and tenths)



**Why did you ride your bike today?**

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**Was this week (May 14-19) the first time you rode your bicycle during this past month?**  yes  no

**On average, during the past month, how often did you ride a bike for any reason, e.g. commuting, recreation, exercise, etc?**

(check ONE answer)

0 days  5-7 days a week  3-4 days a week  1-2 days a week  1-2 days during the month

**On average, during the past month, what was your distance cycled per week for all reasons, e.g. commuting, recreation, exercise, etc?**

\_\_\_\_\_ . \_\_\_\_ (miles and tenths) per week.

**Which best describes you?** (check ONE answer)

- I ride my bike mostly for bike commuting  
 I ride my bike mostly for non-commuting purposes (e.g. recreation, exercise, etc.)

**How would you describe your bicycling ability:** (check ONE answer)

- no worries– very comfortable in all situations  
 competent– I can ride anywhere, but I prefer not to ride in much automobile traffic  
 basic– I can ride, but I don't have much experience/skill  
 nervous– riding today was kind of a big deal for me

**With regard to your overall physical activity, on average, during the past month, how many days per week did you accumulate 30 minutes or more of at least \*moderate-intensity activity?**

\_\_\_\_\_ days per week

\*(Moderate intensity is the effort a healthy individual might expend while walking briskly, (15 to 20 minutes to walk 1 mile), mowing the lawn, dancing, swimming, or bicycling on level terrain, for example. )

**With regard to your overall physical activity, on average, during the past month, how many days per week did you accumulate 20 minutes or more of at least \*vigorous-intensity activity?**

\_\_\_\_\_ days per week

\*(Vigorous intensity is the effort a healthy individual might expend while jogging, mowing the lawn with a nonmotorized push mower, chopping wood, participating in high-impact aerobic dancing, swimming continuous laps, or bicycling uphill, for example.)

**What is/are the major barrier(s) that you perceive prohibit you from bike commuting more often?**

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**Would you like to help make sure there is a Pioneer Valley Bike Commute 2001?**  yes  no

*Thank You!*



# Bike Commute Week 2000

## Calendar of Events

Check out the PVPC web-site for calendar updates: [www.pvpc.org](http://www.pvpc.org)

### Saturday—May 13<sup>th</sup>

Ride around the Pioneer Valley

A 125 mile bike ride.

For more information call Don @ 413/562-6237



### Sunday—May 14<sup>th</sup>

For kids—Bike Rodeos around the Valley—call PVPC for details, 413/781-6045 or look at our website: [www.pvpc.org](http://www.pvpc.org)

Bike Rides around the Valley—call PVPC for details, 413/781-6045 or look at our website: [www.pvpc.org](http://www.pvpc.org)



### Monday—May 15<sup>th</sup>

Holyoke

Community Coordinator: Elbert Bowler-

Ride with the Mayor to work or school—meet at Heritage Park for breakfast



### Tuesday—May 16<sup>th</sup>

Westfield

Community Coordinator: Don Podloski-562-6237



### Wednesday—May 17<sup>th</sup>

Northampton

Community Coordinator: Jim Desmond-584-6441

Ride with the Mayor and other community leaders to work or school—breakfast at Pulaski Park and other sites around town.



### Thursday—May 18<sup>th</sup>

Amherst and Hadley

Community Coordinators: Nathan Salwen, 256-6463 and ?

Breakfast



### Friday—May 19<sup>th</sup>

Springfield

Community Coordinator: Kerisa Perazella, 787-6020



### Saturday—May 20<sup>th</sup>

Reclaiming Holyoke's neighborhood streets

A pilot project with the Father of Traffic Calming—David Engwicht





## Bike Commute Week 2000

**May 14th to 20th Pioneer Valley Bike Commute Week!**

### Why Bike?

This is your chance to try bicycling to work, school, shopping or just for fun. It's efficient. It's economical. It's healthy. It's ecological. And it's fashionable. Too often overlooked and underrated, the bicycle is the one of the simplest, and most pleasurable, ways to get healthier while helping the environment.

### Bicycling's Benefits:

#### Money

Add up what you spend getting to work every day. Bicycle commuting saves you parking fees fuel costs, auto maintenance costs, and transit fares. A new bicycle and cycling gear would pay for itself in a few months. The largest costs of automobile ownership are paid for up front: insurance and car payments. You might be able to save as much as 25 percent of your income if you can replace your car or second car with a combination of bicycling, transit, and an occasional cab or rented car.

#### Air

Automobiles are the single largest source of air pollution in the United States. Short trips, those that are most bikeable, are up to three times more polluting per mile than long trips. More bicycle use means less benzene, cyanide, lead, carbon monoxide, CFCs, sulfates, and ozone in the air we breathe. An average four-mile round-trip bike commute prevents nearly 15 pounds of particulates and gasses from contaminating our air. And since the bicycle season matches the ground-level ozone season, by biking instead of driving, you contribute to pollution prevention when it is most needed.

#### Time

Even the most powerful sports car crawls in congested traffic, which a bicycle can ride around. And parking a car can be a time consuming hassle, but you can park a bicycle quickly and close to your destination.

#### Health

Bicycle commuting is a great way to squeeze regular exercise into a hectic schedule. Commuting time can be used to stay in shape instead of sitting frustrated in traffic. Bicycle commuting can get you to work on time more often, put you in a better mood, and help you do your job better. And when you are in better shape, you will get sick less often.

**So get out there and give it a try during Pioneer Valley Bike Commute 2000!**





## Bike Commute Week 2000

### Bicycle Commuting

#### Thousands Do It—So Why Not You?

The bicycle is the vehicle of choice for thousands of Pioneer valley workers and students. The bicycle is an excellent choice for commuting, providing personal travel at the times and to destinations desired. If you live within five miles of work, the bicycle is often the quickest and most efficient mode of travel. Many bicyclists commute longer distances as well. Commuting to school or work by bicycle can become an enjoyable part of your daily routine.

May 14 to 20, 2000 is the first annual Pioneer Valley Bike Commute Week. Why not try bicycle commuting on just one day (or more) during the week and see if you like it. Check the [www.pvpc.org](http://www.pvpc.org) website to see a calendar of events around the region. 7 communities are hosting free breakfasts for bicycle commuters during the week! A little advance planning will make bicycle commuting more enjoyable. Once you establish a routine, bicycle commuting becomes second nature. And it gets easier the more you do it.

#### Some tips for getting started

Check out your bike and yourself, especially if you haven't ridden a bike for a while. Check your bike for loose or broken parts, make sure the brakes work and that there is air in your tires. If in doubt about anything, you can consult one of the many bike shops around the region.

Take a few shakedown rides to get used to your bike and to riding I traffic. Do this at a time when you are not in a hurry so you can stop if you need to, or check out different routes. There are many bicycling clubs in the Pioneer Valley and many books and maps which show beautiful bicycling routes around the Valley. Check at your local bike shop for information or call PVPC for help-413/781-6045.

Choose your route carefully. The best way to get someplace by bicycle may not be the same way your drive. Try a few different routes to see how they compare. Most streets in the Pioneer Valley are open to bicyclists (except the Interstate and the Mass Pike!) A few streets have special facilities for bicyclists, and some are designated as bike routes. There are also some off-road facilities that can help you get where you are going.

If you do not want to ride in work clothes, carry them with you and change at your office. Keep a towel and wash cloth at work to make freshening up quick and easy. The best way to carry clothes or other items is on a rack on the back of your bike, or in a backpack. You want to keep your hands free to steer, brake, shift and signal.

Finally, figure out where you will leave your bike during the day. Lock it securely in a bike rack if available, or someplace where it won't be in the way of others. Buy the best lock you can afford.

Please join us during Pioneer Valley Bike Commute 2000, May 14-20. If you need additional information, please contact Catherine Ratté at the Pioneer Valley Planning Commission-413/781-6045 or [cratte@pvpc.org](mailto:cratte@pvpc.org).





## Bike Commute Week 2000

### Is Your Bicycle Ready to Commute?

This checklist will help you equip your bike to do the job. Any bicycle in good working order can be used for commuting. Make sure your bicycle is the right size for you and is properly adjusted. If you are in the market for a new bicycle, check out the hybrids and mountain bikes. Many commuters prefer the fatter tires and upright position for riding in traffic.

#### Baskets or Panniers

Make the bike carry your stuff. A bicycle without carrying capacity is not a convenient way to get to work. A sturdy rear rack is a must. You can strap your briefcase on with a bungee cord or use a basket, panniers, or plastic crate. Carrying capacity will also come in handy for errands on the way home.

#### Fenders

Fenders will keep you clean and dry in all weather. If it's not raining you can still get dirty from mud and moisture on the road.

#### Lights

Commuters must be prepared to ride after dark. Minimally, you need a white light in front and a red light in back to make you visible and show which direction you're going. For additional visibility, wear retro-reflective clothing or attach reflective strips to your bike and/or helmet.

#### Helmet

Protect a very precious asset. Nobody expects to fall, but it happens to everyone. A helmet can prevent up to 85% of serious head injuries, which cause 75% of bicyclist deaths.

#### Maintenance

Flat prevention and reliability. Keep your bike in good working order or take it to a bicycle shop for regular tune-ups. Good maintenance is crucial to commuting because you rely on your bike to get you to work on time. Keep the chain and moving parts lubricated. Flats can be prevented by using Kevlar belted tires or tire liners and by maintaining proper tire pressure.

#### Lock

Avoid bicycle theft. Don't wait to get a bike stolen before you get a decent lock. Secure your bike to a solid object, with a good U-lock, and in a conspicuous place. Quick-release components are easy to steal; either remove them when you park or secure them with cables. If your bike is too valuable to leave outside, bring it inside. If you can afford it, get a second, inexpensive bike for commuting.





## Bike Commute Week 2000

### Tips for a Safer Ride

Remember that your bicycle is a vehicle. You follow the same rules of the road, and you have the same rights and responsibilities, as when driving a car.

#### Be predictable

Operating outside the rules of the road is unexpected and may lead to crashes.

#### Be visible

Wear bright colors during the day. Use reflectors and lights during the night. Make sure others can see you and you can see the road.

#### Communicate with other drivers

Make eye contact with them to be sure you have been seen. Signal your turns and lane changes.

#### Be aware of hazards

Watch the road ahead for surface hazards like broken glass, sand and potholes. Watch out for traffic, including pedestrians, at intersections and driveways. Trees, shrubs and fences can create visual screens. Weather and light conditions create visual hazards, too. Adapt your riding style to minimize these and other hazards.

#### Ride with traffic

Riding against traffic is against the law—as well as being unpredictable—especially to drivers at intersections, driveways or parking spaces. Bike lanes go one-way only, in the same direction as adjacent traffic, unless signed otherwise. Ride at least 3 feet from parked cars to avoid being hit by a suddenly opened car door and to be visible. Always look behind you for traffic before changing your position on the road. Cross railroad tracks at a right angle to avoid getting your front wheel caught and falling.

#### Ride defensively

Be aware of what is going on around you, and watch for others' mistakes. Some common situations to watch for include: a motorist coming towards you who turns left in front of you; a motorist passing you and then turning right in front of you; a motorist pulling out from a stop sign, driveway, or parking space without yielding to you.

#### Wear a helmet

Head injuries cause 75% of bicyclist deaths. Recent studies indicate that wearing a helmet can reduce your chance of a head injury by 85%. Protect yourself from the unexpected by wearing your helmet whenever you ride.





Pioneer Valley



# Bike Commute Week 2000

## Contacts

Pvpc

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Bike Commute Week Coordinator  
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## Bike Commute Week 2000

### The Top Ten Excuses for not Commuting By Bike

#### 10. I need my car to get to work.

Many transportation tasks could be handled equally well if not better by bike. Meet with your employer and see if your company might not benefit from a more environmentally friendly image if you conducted your business by bike. Consider that many traditional tasks adapt well to cycling, whether it's police work, meter reading, postal delivery, getting to a meeting, etc.

#### 9. I'd have to get up much earlier if I rode my bicycle.

You'd be surprised! Because of traffic in urban areas, cycling generally takes less time than driving for distance of three miles or less, and about the same time for trips of three to five miles. But even if your commute is longer, 30 minutes of extra sleep won't be nearly as invigorating as an early morning ride. You'll arrive at work alert and refreshed. Likewise, your evening ride home should leave you more relaxed since you won't face the aggravation of sitting in rush hour traffic. And you won't have to rush off to an evening workout to unwind. You'll already have accomplished that! Also, don't forget your savings of money, and air pollution prevention as you eliminate visits to the gas pump.

#### 8. I'm out of shape.

You won't be for long! If you eave yourself plenty of time and go at an easy pace, you'll find cycling no more difficult than walking. As you ride more, you'll ease your way into better shape, building fitness that is an integral part of your schedule. If you have health problems, consult your family doctor for suggestions on getting started.

#### 7. I can't afford a special commuting bicycle.

You don't need one. Your old beater bike gathering dust in the garage will suffice if properly adjusted and maintained, and it's less attractive to thieves. If you have a recreational bicycle you can outfit it with a lightweight rack and bag or use a fanny pack to carry necessary commute items. With the fixed cost of operating an automobile at around 30 cents/mike, the money you would save commuting by bicycle on an average 10-mile round trip would buy you a \$400 bicycle in six months time. (Not to mention, "doing the MATH—the money, air pollution prevented, time savings and health benefits...")

#### 6. I have to dress nice for work.

Some bicycle commuters simply ride in their business attire; they seem to command more respect from motorists. Most ride in casual or cycling clothes and change when they arrive. You can carry your change of clothes in a pack or in panniers on the bike or even transport them back and forth on the days when you don't ride.



## **5. There's no secure place for my bike.**

There is probably a storage room or closet where your bike can be secured behind a locked door. Maybe you can even take it to your office—what a status symbol! Or check and see if parking is available in nearby buildings or garages. Otherwise, fasten it to an immovable object with a U-bolt lock, preferably where you can see it.

## **4. I can't shower at work.**

Depending on the weather, you may not need a shower if you ride at a leisurely pace. If you do, take a washcloth, soap, towel and deodorant and clean up at a restroom sink. Or look for a public facility or health club within walking distance of your workplace where you can shower. Then encourage your employer to install showers where you work.

## **3. It's rainy or cold.**

Start as a fair weather bicycle commuter—when the forecast is bad, don't bike. Some people may conquer the elements and commute every day, but it doesn't mean you have to. If you only ride when the weather report is favorable, it will still make a dramatic improvement. The more you enjoy bicycle commuting, the more you'll look forward to your daily ride. You may eventually decide to invest in rainwear and cold weather gear so you can commute year-round!

## **2. I'd have to ride in the dark.**

Wear light-colored reflective clothing; use a good lighting system and choose a route that avoids major thoroughfares. There are a variety of bike mounted lights that can help you see and be seen.

## **1. It's not safe to ride in traffic.**

The fear of riding in traffic is much greater than the actual danger. Minimize risk by riding properly—visibly and predictable. In stop and go traffic, a fit cyclist can generally keep up with the traffic flow, so it's acceptable to maintain your place in the roadway. Hugging the curb invites danger as cars try to squeeze past you. To help prevent injury, always wear a helmet. You can also reduce the risk of riding in traffic by taking an Effective Cycling class and by using less-congested secondary roads. You may travel a few extra miles, but you might enjoy the ride more, a worthwhile trade-off.