

Tips for Bicycle Commuting

Bicycling is a great option if you live close to the office. If your commute is too long to bike the whole way, consider splitting it between driving and biking or the bus and the bike. In addition to saving on gasoline, you'll also get a great workout on your way to and from work.

Here are a few tips when bicycling:

- **Pick your route.** By choosing good routes for your bike trips you can make your rides safer and more pleasant. The route you normally drive may not be the best route by bike. Choose low-volume, low-speed streets.
- **Wear a helmet.** Wear your helmet and wear it properly. Your helmet should fit snugly and be positioned level on your head just above the browline with the chin strap secured. Also, it should not obstruct your view when you are looking up.
- **Be Alert When Riding Your Bike.** Travel in the same direction as cars and stay to the right of the road unless your path is obstructed by anything that threatens your safety. When moving to the left to avoid these obstructions, make sure to look behind you to ensure you don't swerve in the path of an approaching vehicle.
- **Obey the Rules of the Road.** Bicycling is a safe form of transportation when both motorists and cyclists obey the rules of the road. As a bicyclist, you should ride your bike with the same sense of responsibility you would drive your car. Always remember to obey stop signs and other traffic signals.
- **Use lights in the dark.** See and be seen: Lights on your bike help you see the road and other road users.
- **Use Hand Signals When Changing Lanes, Turning or Stopping.** When changing lanes, turning or stopping, be sure to signal and check to make sure it is clear to proceed. Hand signals are a bicyclist's blinkers and brake lights!
- **Combo commute.** Check with your local mass transit provider to see if their buses are equipped with bike racks. You may visit the Transportation Association of South Carolina for information on providers at their website (<http://www.go-tasc.org>). You'll save money, burn calories, reduce driving and pollute less!

Travel by 2 Wheels, Not 4!

For more information on safe biking,
visit the Palmetto Cycling Coalition website at <http://pccsc.net>.

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