



BIKE TO WORK WEEK

MAY 13-17

10 WAYS TO PREPARE

Think Like a Cyclist

Pay attention to things that may not impact you as a driver, such as rough pavement, unprotected turns or narrow shoulders.

Plan Your Route

To map out your ride to work, check out VCTC's Bikeways Map available at goventura.org.

Tune Up Your Bike

Have your bike checked out by a pro at your local bike shop. A basic tune up – which runs about \$60 – can ensure a safe ride.

Ready Your Gear

Make sure you have a helmet, comfortable clothing and plenty of water. You may also want to stash a change of clothes, snacks, and extra water at your workplace so you don't have to carry them with you when you ride.

Put Safety First

Make sure your helmet is ANSI-approved and wear it every time you ride. Be visible, alert and communicate your intentions. Make sure your reflectors and lights are working as they're required in California for riding in darkness.

Evaluate Your Fitness

If you are concerned about your fitness level, consult your physician. Start slow by riding a short route and work up to longer distances. Consider combining a bus trip with your biking route so that you can have more options for the length of your bike ride.

Learn the Rules of the Road

Bicycle riders on public roads have the same rights and responsibilities as motorists, and are subject to the same rules. Brush up at: calbike.org/bicycling_in_california_sharing_the_road

Do a Test Run

Observe street conditions on a day you take your car to work. Then, consider a test bicycle ride on the weekend to try out the route.

Consider a Bike Partner

Biking with an experienced cyclist can help novices learn the ropes. VCTC is building a Bike Partner database. Register today at ridematch.info.

Talk to Your Employer

Your company may offer benefits for bicyclists, including bonuses for bike riders and tax incentives. Your employer also may be able to offer things to make bike commuting a little easier, such as a flexible schedule or a place to freshen up after your ride. Talk to your employee transportation coordinator or human resources manager for details.



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