

# **Bike** Gear Basics

- 1 Picking a Bike**  
Road bikes, mountain bikes, hybrids, touring bikes all work
- 2 Carrying Capacity**  
Backpacks or messenger bags work if you don't have a rack
- 3 Fenders**  
Rain, dirt, and mud protection
- 4 Lights**  
Red flashing light on back and white solid front light\* at night
- 5 Safety**  
Wear a helmet
- 6 Tools/Flat Prevention**  
Bring tools for fixing a flat; keep tires properly inflated
- 7 Lock**  
Use a U-lock to secure the bike
- 8 Visibility**  
Wear reflective clothing, some ankle straps are reflective

\*mandatory in Delaware

See more at [bikeleague.org/content/commuting](http://bikeleague.org/content/commuting)

# **Bike** Local Resources

- Newark Bicycle Committee**  
[wilmapco.org/bikenewark](http://wilmapco.org/bikenewark)
  - City of Newark**  
[cityofnewarkde.us/index.aspx?nid=79](http://cityofnewarkde.us/index.aspx?nid=79)
  - Newark Bike Project**  
[newarkbikeproject.org](http://newarkbikeproject.org)
  - Newark Bike Line**  
[bikeline.com/articles/newark-pg80.htm](http://bikeline.com/articles/newark-pg80.htm)
  - Wooden Wheels**  
[www.woodenwheels.com](http://www.woodenwheels.com)
  - White Clay Bicycle Club**  
[whiteclaybicycleclub.org](http://whiteclaybicycleclub.org)
  - Trail Spinners**  
[www.trailspinners.org](http://www.trailspinners.org)
  - Bike Delaware**  
[bikede.org](http://bikede.org)
- funded by STAR Health™ at the **University of Delaware**  
[chs.udel.edu/PrimaryCare](http://chs.udel.edu/PrimaryCare) 
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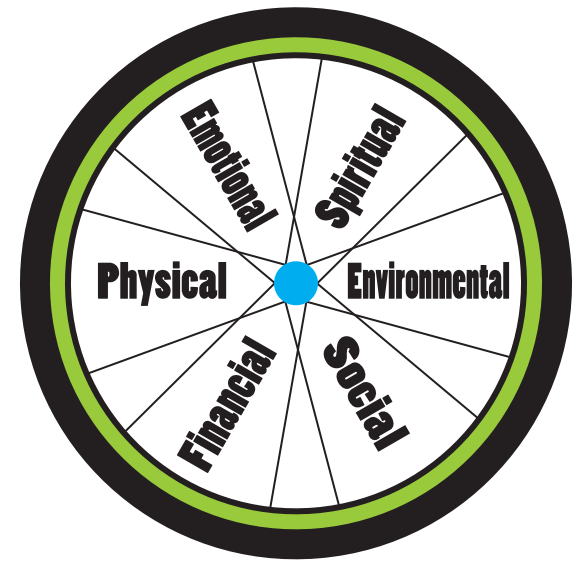
# **Bike** to Work, Newark!



## Join Us Today!

photo courtesy of the University of Delaware

# **Bike** Why Commute?



**You've thought about biking to work. Why not start? Check out these tips and local resources to be on your way to a healthier and happier work day.**

## Look inside



[bikeleague.org](http://bikeleague.org)  
photo

# Bike Commuter Benefits

## Physical

- Improves stamina and strength
- Promotes balance and core stability
- Helps you maintain a healthy weight

## Environmental

- Is an energy-efficient mode of transportation
- Saves almost 4 pounds of pollutants/mile of biking
- Decreases wear and tear on road systems

## Social

- Helps others indirectly
- It's a fun activity with co-workers
- Reduces crime

## Emotional

- Makes you feel younger
- Enhances self-esteem
- Reduces stress through physical activity

## Financial

- Costs only \$120/year to operate a bicycle, on average
- Saves on parking fees
- Saves wear and tear on your own car and lowers your insurance

## Spiritual

- Is therapeutic for mind and spirit
- Is a source of lifelong joy
- Positively contributes to your community

### Sources

[www.ibike.org/encouragement/benefits.htm](http://www.ibike.org/encouragement/benefits.htm)  
[www.marinbike.org/Resources/BenefitsOfBikeCommuting.shtml](http://www.marinbike.org/Resources/BenefitsOfBikeCommuting.shtml)

# Bike Tips for Commuting

## 1 Respect Other Traffic

- Bikes are vehicles, and cyclists should act as such
- Most laws for motorists also apply to cyclists

## 2 Signals and Signs

- Obey all stop signs, traffic lights, and lane markings
- Look and signal before you change lanes or turn

## 3 Safety

- Be visible and predictable at all times—wear bright clothing, use hand signals
- Wear a helmet

## 4 Route Choice

- Consider distance, traffic volume, road width/condition and terrain
- Test new routes on the weekend

## 5 Bike Parking

- Find indoor parking or ask your employer/building owner to provide safe, covered parking

## 6 Clothing

- If your commute is short, ride in your work clothes at a relaxed pace
- Wear waterproof and breathable fabrics
- Keep spare clothes at the office

## 7 Showering

- Inquire where you work about access to showers
- If no shower facilities, use baby wipes

## 8 The bike

- Any comfortable bicycle will work; make sure it is in good working order
- Invest in a rechargeable headlight and taillight

## 9 Maintenance

- Have local bike shop check over your bicycle
- Learn how to repair a flat, fix a chain, and inspect your brake pads

## 10 Weather

- Fenders and rain gear help keep you dry
- Wear layers on cold days

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