



SAINT LOUIS REGIONAL
BICYCLE FEDERATION

Riding for Transportation

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<http://www.stlbikefed.org/>



Why bike for transportation?

- Most trips by car are less than two miles. Two miles is an easy bike ride.
- It's great way to work exercise into your daily routine.
- Many times, it's faster to bike there.
- Nearly everyone has green transportation hanging up in their garage.
- It's fun! (And it feels a little like flying.)



How to get started

- Start with attainable goals
 - Try something within two miles of home. Look on Google maps (search for “grocery near 63110”)
- Map out a route
 - <http://www.mapmyride.com/>
 - Remember, you’re on a bike. You can take parallel streets, go through parking lots, alleys, the park or lots of other places cars can’t go.



Safety First!

- Remember, the same rules that apply to driving your car apply to riding your bicycle.
- Ride with traffic and in the street.
- Stay out of the “door zone.”
- Use hand signals
- Be seen! Blinkies are cheap and make you stand out.



Hauling a load

- Lots of options for hauling loads:
 - Pannier bags
 - Baskets
 - Trailers
 - Xtracycle and other cargo bikes



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Panniers

Panniers are bags that can hook on to a rack on the front or back of your bicycle

Weigh less than baskets

Some weather resistance

Range in price from \$15 to \$150



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Baskets

Easy to add to the front or back

Stuff what you want in there

Sturdy

A bit heavy

Cheap! This one, about \$20.



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Trailers

Easiest way to add the ability to transport really bulky stuff or kids (which can also be bulky and wiggly).

Attach to almost any bike

Add weight, rolling resistance, aerodynamic qualities of refrigerator.

A bit expensive, \$100-\$700



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Xtracycle and other cargo bikes

Carry lots of stuff and kids

Versatile

Always attached, never worry if you have enough room for that watermelon

Costs about \$489 (Xtracycle kit) to about \$3,000 (Bakfiets cargo bike)



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Haul lots of stuff

The age old question of how to haul all the supplies for a Tiki party, including inflatable palm tree, to work without using a car has been answered.



But, what if I don't live in San Diego?

- Weather happens!
- Yes, you and your cargo can ride in the rain, snow, ice, sleet, heat and cold
- Remember, there is no bad weather for riding, only bad equipment.



In the dark

- Riding at night is lots of fun, and more pleasant during the summer
- Lights! Headlight, tail light.
 - Tail lights help you be seen
 - Headlights can help you see
 - You can use a LED flashlight as a headlight
- Reflective vest
 - The same one construction workers wear, lights up like a Christmas tree in headlights.



Rain

- You will probably get wet
- Try a breathable but water resistant jacket or rain cape
- Use big plastic bags to keep your cargo dry
- If you ride in all weather conditions, waterproof panniers or bags may be a good investment.



Cold

- Dress in layers.
- Try to dress so you're a bit chilly starting off, you'll warm up as you get going.
- Breathable materials are good.
- Pay attention to fingers and toes.
- My secret weapon: the king sized package of hand warmers from Costco. Works great for hands and feet.



Heat

- Slow down!
 - Remember, it's a good ten degrees hotter on the pavement. Don't overexert yourself. Enjoy coasting downhill.
- Take a drink at stoplights
 - Water is good, eat a banana when you get home.
- Bike in the morning or evening, avoid mid day.



Snow, sleet, ice, slush, mackerel, etc.

- Yes, you can ride your bike in that!
- Slow down!
- If you commit to riding through the winter, check out studded tires.
- If the roads are really treacherous, try to use routes that allow you to avoid most car traffic



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Icy!

Studded tires are not inexpensive, about \$70 each, but a set is still less than my ER copay and I get to play in the snow on my way to work.



Bike the drive!

- Like biking for some short trips? How about biking to work?
- A really great way to turn dead time into time you enjoy.
- Go from a two car to a one car family (saving from \$300 to \$1,000 a month).
- It takes me about 35 minutes to go seven miles to work.



But, my hair!

- Don't worry, you can clean up pretty easily without a shower.
- Shower before you leave or the night before. This keeps the stink factor down.
- Sweaty and no shower? Try a cool damp towel.
- Change clothes when you get to work, or just ride slower.



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Rock Star Parking

Drop hints to your HR department that people who bike to work enjoy increased productivity, decreased stress, lower medical bills and don't take up parking spaces (unless it's by the shuffle board table).



Get the family in on the action

- Bicycling is a great family activity.
- Go for donuts on a Saturday morning, you'll work them off on the way back.
- Make sure your kids know the rules of the road and you show them a good example.



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Bike the kids to school

Spend some extra time with your kids in the morning or afternoon
Feel smugly satisfied as you skip ahead of the line of cars waiting
to pick up or drop off other kids



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Everyone bikes together!

Maybe just a bit slower than you're used to.



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Or, take the whole family along

Room for up to four!

Just remember to use low gears going up hill and planning to take longer to stop.



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Questions?

- Join the STL Regional Bike Fed:
<http://www.stlbikefed.org/>
- Sign up for the e-mail list:
<http://groups.yahoo.com/group/stlbikefed/>
- My e-mail: dave@davelloyd.com