

# **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

## **BikeNewark**

**Bike** [bikenewark.org](http://bikenewark.org)

[BikeNewark.org](http://BikeNewark.org)  
[facebook.com/BikeNewark](https://facebook.com/BikeNewark)  
[@BikeNewark](https://twitter.com/BikeNewark)  
[BikeNewark@gmail.com](mailto:BikeNewark@gmail.com)

## **Bike Delaware**

**Bike** [bikedel.org](http://bikedel.org)

## **City of Newark**

**Bike** [newarkde.gov/79/Bicycle-Routes](http://newarkde.gov/79/Bicycle-Routes)

## **DART First State**

**Bike** [dartfirststate.com/Programs/Bike](http://dartfirststate.com/Programs/Bike)

## **Newark Bike Project**

**Bike** [newarkbikeproject.org](http://newarkbikeproject.org)

## **Trail Spinners**

**Bike** [trailspinners.org](http://trailspinners.org)

## **Trek Bicycle Newark**

**Bike** [trekbikes.com/retail/newark](http://trekbikes.com/retail/newark)

## **Univ. of Delaware**

**Bike** [udel.edu/academics/colleges/chs](http://udel.edu/academics/colleges/chs)

**STAR Health**  
UNIVERSITY of DELAWARE

## **White Clay Bicycle Club**

**Bike** [whiteclaybicycleclub.org](http://whiteclaybicycleclub.org)

## **Wooden Wheels**

**Bike** [woodenwheels.bike](http://woodenwheels.bike)

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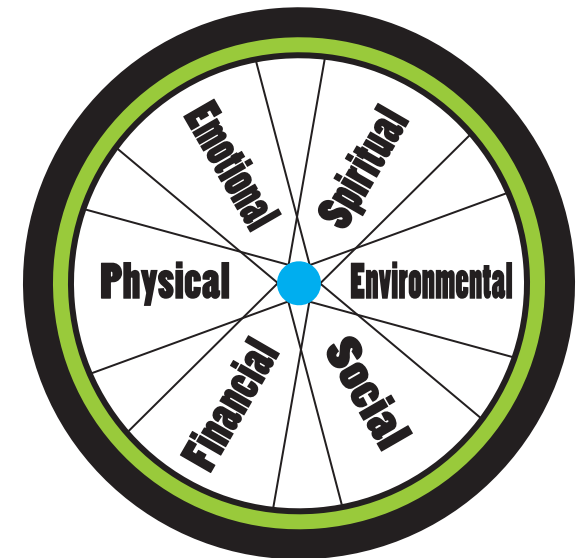
# **Bike** to Work, Newark!

## 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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