Bike Commuting Decoded

Thursday, May 12th, 2016
#BikingDecoded
@MCBikeChallenge @MassBike @MassCommute
BIKE

MAY 14TH - 22ND 2016

UNIVERSE

#MCBC2016
www.MassCommuteBicycleChallenge.org

BAY STATE BIKE WEEK
May 14 - May 22, 2016

Register or Join an Event at BayStateBikeWeek.org

@BayStateBikeWeek @BayStateBikeWk #BayStateBikeWk

massDOT massRIDES MassBike
Richard Fries
MassBike Executive Director
40 years of cycling
@RichardFries
Rule 1: Know Thy Route

- Geography is just the start
- Light cycles
- Pedestrian patterns
- Bus Patterns
- Garbage Day?
- Who Goes There!
- Delivery Times
- What a Difference 15 minutes can make
Rule 2: Know Thy Bike

- Frame
- Wheels
- Brakes
- Gears
- Fit
- Tires
- Pedals
- Shoes
- Contingencies
Rule 3: Do What Works for You

- Multi-Modal
- Park & Pedal
- Pedal & Park
- 6 x 6
- 12 x 12
Rule 4: Behold the Tao of Hubway
Regarding Fear: Behold the Bullfighter
Equipment: Lights, Fenders, Action!
Equipment: No Bad Weather ...

....ONLY BAD CLOTHING!

A few hints:

● Wool
● Five points
● Bring Two
● Splurge
Organization: Ready for Take-off

My Bureau:

- Hats
- Gloves
- Shoe Covers
- Rain Coats
- Rain Pants
- Arm Warmers
- Knee/Leg Warmers
- Locks
- Basic Tools
Organization: Ready for Landing

My office:

➔ Lock (s)
➔ Indoor Covered Rack?
➔ Newspaper
➔ Showers (?)
➔ Laundry (?)
➔ Towel (s)
➔ Creams and Lotions!!!
➔ Coat Hook (s)
➔ Chain lube and pump
Tactics

➔ Be Seen
➔ Be Deliberate
➔ Be Here Now
➔ Be Ready
➔ Be Nice, Yield Down
➔ Speed is Your Friend
➔ Crowded? Take the Lane
➔ Safe, Courteous, Legal
Join!

Have your company become a Bike Friendly Business: www.massbike.org
Richard@massbike.org

Register your company or yourself for the Challenge! www.masscommutebicyclechallenge.org