

If you live close enough to your work place, you may be able to ride your bicycle there. Riding a bicycle is a good option for many reasons:

- It is good exercise.
- It is good for the environment (does not pollute).
- It is free.

However, bicycling can be very dangerous when riding among cars. Bicyclists can get hit by cars and suffer from serious injuries and even death. **Make sure you are a very competent bicyclist and that you are riding in very little traffic or on a bike path.**

**If you choose to ride your bicycle to work, you need to:**



Make sure you are a very good, controlled bicyclist.



Use a bike path if possible.



Always wear a helmet.



Wear reflective clothing if biking early in the morning or at night. However, it is strongly discouraged to bike in the dark for safety reasons. You are more likely to be hit by a car if it is dark out because the drivers cannot see as well.



Know bicycling safety rules. The rules for biking are much more complex than for walking because you may be sharing the road with cars. It can be very dangerous to ride your bicycle among cars, so make sure you know the rules for biking.



Know the safest route to get to work.



Know how long it will take you to bike to work.



Bring a change of clothes in a backpack if your biking shoes and clothes are not appropriate for work.



Know where to park your bicycle when you get to work.



Bring a lock for your bike to protect it from being stolen.

**Cost:** Riding your bicycle is free once you have purchased a bicycle.