

# Preparing for Commuter Cycling

## Pre ride and pre plan your route to work (on a day off)

- Identify best routes, linkages, dangers, etc (tip – start with the local bike map or google trip planner – see below for links).
- Helps to time your trip effectively.
- Make sure you have a secure place to park your bike at your destination (and a place to change if needed).

## Making your trip enjoyable/stress free

- Having a riding partner boosts your desire to keep riding and boosts sense of safety. It also adds to the social aspect of the experience.
- Build in time on your trip in case of poor weather, mechanical problem, etc.
- Tell your boss you are new to commuter cycling and are learning...you may be a bit late on occasion and his/her support would be appreciated!
- Learn the rules of the road and follow them. Being predictable to vehicle operators greatly enhances safety for all.

## Dress appropriately

- Be prepared for changes in weather by having a jacket, etc.
- Cycling specific clothing helps to make the ride more comfortable and is worth the investment.

## Accessorize your bike

- Add ons such as lights, fenders or racks and bags make commuting easier, safer, cleaner and ultimately more enjoyable.

## Is your bike ready?

- Bike should be tuned up by a professional at least once per season (mid to late winter!)
- Learn to identify problems on your bike. Ask an experienced friend to teach you or take a course/read a book.
- Changing a flat – the most common mechanical problem while commuting. Learning to overcome this minor inconvenience is important.

## Tools for the Road

- What to bring on every ride – allen key pack, tube, pump – knowledge on how to use each and for those bigger emergencies...a cell phone!

## Resources

- [www.i-go.ca](http://www.i-go.ca) (local active transport info including Kelowna's Bike Map!)
- [www.google.ca/biking](http://www.google.ca/biking) (google maps cycling trip planner tool for Kelowna!)
- [www.kelowna.ca/CM/Page370.aspx](http://www.kelowna.ca/CM/Page370.aspx) (how to use google trip planner video!)
- [www.bccc.bc.ca](http://www.bccc.bc.ca) (BC Cycling Coalition - cycling advocacy, links, etc)
- [www.kelownacycling.org](http://www.kelownacycling.org) (Kelowna and Area Cycling Coalition)
- [www.bikesense.bc.ca](http://www.bikesense.bc.ca) (Bike Sense cycling safety booklet/info)
- [www.bicycleparkingonline.org](http://www.bicycleparkingonline.org) (Bike parking best practices booklet/info)

**The average commuter cyclist in the Central Okanagan travels about 8km to their destination. This is about a thirty minute trip, enough to meet Health Canada's fitness prescription for an hour a day of cumulative exercise.**