

Bike Commuting Decoded

Thursday, May 12th, 2016

#BikingDecoded

@MCBikeChallenge @MassBike @MassCommute



BIKE



MAY 2016

14TH - 22ND

UNIVERSE

#MCBC2016

www.MassCommuteBicycleChallenge.org

BAY STATE BIKE WEEK



May 14 - May 22, 2016



Register or Join an Event at BayStateBikeWeek.org



massDOT
Massachusetts Department of Transportation

you...moving...smarter
massRIDES
MASSRIDES.COM

MassBike



Natalia Miskowicz | Pictal Power Photography | ©2016

Richard Fries

MassBike Executive Director

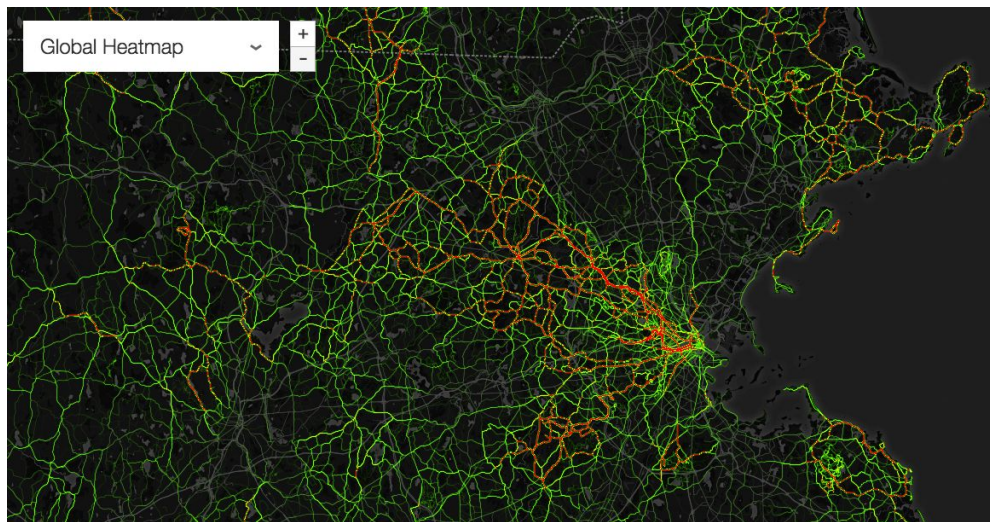
40 years of cycling

@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](http://www.masscommutebicyclechallenge.org)
[org](http://www.masscommutebicyclechallenge.org)