

Pedal Power



Biking to work is a great way to get out of traffic, save money, exercise and enjoy fresh air. Since Denver is not just one of the nation's best places to bike, but one of the most congested cities, bicycle commuting just makes sense.

DidYouKnow?

The Alliance Center provides bike racks and showers for those tenants who walk and bike to work.

Tips for Commuting by Bicycle: *Set a Goal and Get Started.*

From Bicycle Colorado

- **Prep your bike**
Be sure your bike is tuned and in good working order.
- **Choose your route**
The roads you drive to work is often the worst route for cycling. Obtain a local bike map or check in with your local bike shop to plan a safe and enjoyable route to work. Test your route by riding it on the weekend.
- **Start easy**
Pick the day that will make it easiest to start bike commuting, like "casual Friday".
- **Carrying your gear**
You can carry a change of clothes and other necessary items on your bike or on your body. Take time to adjust to the differences of your center of gravity, bike handling and checking for traffic.
- **Parking and security**
Scout your workplace ahead of time for where to park your bike during the day. Invest in a good lock.
- **Clothing and weather**
Be sure to wear bright and/or reflective clothing. Bring raingear and/or layers.
- **Be safe**
Always wear your helmet. Be visible – have a headlight, taillight and reflectors. Communicate with drivers, other cyclists and pedestrians using eye contact, hand signals, your voice and a bell.
- **Become a Bicycle Coach or Cheerleader**
Interact with co-workers and neighbors by encouraging them to try bike commuting.

