

## Facts, Figures and Tips for Bike to Work Day

### Tips to Ease into Bicycle Commuting:

- Try a practice run on a weekend to find a good route and see how long it takes.
- Find a co-worker or friend who bikes and commute with them.
- Start by trying bicycling to work just one day a week (try it on casual Friday).
- Bicycle to transit—or to a park and ride lot and share the rest of the ride to work. For details, contact **Commuter Connections (800)-745-RIDE**.
- The Washington Area Bicyclist Association's commuter mentor program will put you in touch with other people in your neighborhood who bike to work and help you find the most comfortable route. Contact WABA (202)-518-0524 or [www.waba.org](http://www.waba.org)
- Use **Commuter Connections'** [Bicycle Routing Web site](#) to map your best route.
- Sign up for **Commuter Connections'** [Guaranteed Ride Home](#).

### Things to Consider When Bicycling to Work:

#### **Bike Fit**

A proper bike fit is important, a bike that's too large or too small is difficult to control and can lead to discomfort or injury.

#### **Outfitting Your Bike**

You don't have to spend a lot of money on gear, but certain accessories can make bike commuting safer and more enjoyable. Prioritize spending on safety-related items.

#### **Helmets: A Must**

Using a helmet can reduce the chance and severity of injury, and may even save your life, if properly sized, adjusted, and consistently worn.

#### **Visible Clothing**

Wearing bright clothing or accessories (e.g. reflective arm/leg bands, vests) can help make up for the fact that drivers often are not used to scanning for objects smaller than cars. In daylight, fluorescent or light-colored items are very visible; but at night, reflective items are most visible.

#### **Office Clothes**

Cycling in partial or full office attire is often feasible, especially if your trip is relatively short or you maintain a moderate pace. You could also buy a garment bag that attaches to a bicycle (available at bicycle stores) and change when you get to work.

#### **Headlights & Tail Lights**

Headlights are required by law for night riding. Taillights are a good addition to the rear red reflector.

#### **Tools**

Carry a basic tool kit with a small set of Allen wrenches, a tire patch kit, and tire levers.

## **Fenders**

Fenders help in wet conditions. They nearly eliminate spray from your wheels, keeping you drier, cleaner, and more comfortable.

## **Mirrors**

Some cyclists use mirrors to keep track of traffic behind them. Although mirrors can help you keep tabs on traffic, they are not a substitute for looking behind you before changing lanes.

## **Combine Bicycling with Transit:**

Bicycling can be an easy and inexpensive way to get to a Metro, MARC, or VRE station, a bus stop, or park and ride lot. Following is guidance from area transit providers—call to confirm.

### **Metro Bike-'N-Ride**

Metrorail Bicycles are permitted on Metrorail (limited to two bicycles per car) weekdays except 7 a.m. to 10 a.m. and 4 p.m. to 7 p.m. Bicycles are permitted all day Saturday and Sunday as well as most holidays (limited to four bicycles per car). Bicycles are not permitted on Metrorail on July 4th and other special events or holidays when large crowds use the system. [The Metro Bike-'N-Ride Guidelines are available online](#) and in station take-one racks.

### **Metrobus**

All Metrobuses are equipped with heavy-duty racks attached to the front of each bus. There is no fee for bringing a bike on a bus or on Metrorail. Unlike Metrorail, bikes will be allowed on buses even during rush hours. You are responsible for loading, securing and removing your bicycle from the rack. Up to two bikes can be stored in each rack, which cyclists can easily load and unload themselves, following the simple instructions affixed to the racks. For more information on using the bike racks, see the [Washington Area Bicyclist Association Web site](#).

### **Ride On Buses (Montgomery County)**

Bicycle racks are mounted on the front of all Ride On buses. Each rack holds two bikes. For more information about [RIDE ON's Bike Program click here](#).

### **Virginia Railway Express (VRE) Trains**

Virginia Railway Express permits folding bikes on all trains and full size bikes on the last three northbound/southbound trains and on midday trains. Two bicycles are allowed on the north car and must be tethered to bench seats using a bungee cord. For more information 800 RIDE-VRE, [www.vre.org](http://www.vre.org).

### **MARC Commuter Train**

Non-folding bicycles are not allowed on MARC or VRE Trains; however, most stations have bicycle parking. For more information call (800) 325-RAIL, [www.mtmaryland.com](http://www.mtmaryland.com), for MARC or (800) RIDEVRE, [www.vre.org](http://www.vre.org), for Virginia Railway Express.

### **Local Buses**

Bicycle racks are mounted on the front of Montgomery County Ride On buses, Fairfax Connector buses, downtown DC Circulator buses, and Arlington Transit buses. Each rack holds two bikes. Let the bus driver know you will be using the rack, then follow the instructions posted on the front of the rack.