

# Bike Commuting Basics

## Proper locking instructions

In addition to the frame, be sure to lock any removable components of your bike to a rack including wheels and seats with quick release levers.

## What to wear

- Helmets - Though not required by law, helmets are a good idea, because they dramatically reduce your risk of traumatic brain injury in the event of a crash.
- Athletic clothing - synthetic "workout" clothes are ideal for biking because they wick sweat away from your body as you ride. This is especially important in the winter, as sweat can make you colder if it sticks to your body.
- Closed toed shoes!

## Ride Tracking Apps

There are a host of on-line planning tools that can be used to plan the use of your bicycle for commuting, including Google Maps, Strava, Ride With GPS and Map My Ride. These options have free and more sophisticated paid options, and the information they provide are based upon the real world user experience and generally tend to provide the safest options for using a bicycle for transportation purposes.