

# Commuting by Bike

## Tips for a smooth ride

*My name is Ross and I started commuting by bike in 2010. The Portland region and Oregon State is a wonderful place to bike with increasing bicycle infrastructure and a large amount of people who use their bike for both transportation and recreation. With a little route planning, proper gear and necessities you will be all set to give biking a try. Below is a list of tips for a smooth ride.*



## Biking Basics

- *If you have a bike you have not used in sometime then it might be a good idea to take it to a bike savvy friend or local bike shop for a tune up.*
- *Check out [www.mindthegapmovie.com](http://www.mindthegapmovie.com) 'Urban Biking Tips' for useful videos on buying a bike, riding in the rain, optimizing your commute and getting over the fear of urban bicycle riding.*
- *Learn how to fix a flat. The necessary tools you'll need include: tire levers, an extra tube, patch kit, travel pump and wrench (if your wheel is not quick release).*
- *Bike lights are essential for safety! Install white lights in the front and red lights in the back. Purchase bike lights at any of the local bike shops.*
- *Helmets are required for people under the age of 16 and recommended for everyone else – safety is key!*
- *Buy and use a good lock. Most bike shops recommend a U-Lock.*

## Bike Commuting Tips

- *Try Google Maps and the [Metro Bike There Map](#) to plan your route*
- *Depending on the weather, you may want to bike to work in gym clothes and bring your work clothes in your bag to change into.*
- *Don't be afraid to sweat - it means you're getting a good work out! Bring a hand towel to freshen up.*
- *Roll up your pant legs or put a WTA slap band around your pants near your ankles to avoid getting caught in the bike chain and getting grease on your clothes.*
- *A bike rack is helpful to attach bike bags, panniers, and a basket or crate so you do not have to carry everything in a backpack or shoulder bag.*
- *If you are carrying a laptop, camera or any important electronics to and from work, keep those items in a backpack or shoulder bag because the bumps you go over on your bike could damage these items if they are in a crate or bag attached to your bike.*
- *Always carry a rain jacket, poncho and or rain pants in your bag just in case of a shower.*
- *Have fun! Biking allows you to enjoy the scenery and find new reasons to love Oregon!*

