



As we leave May, the *national bike month*, it is a good time to discuss biking as a form of exercise but also as a way to commute to work. Biking for recreation, for travel around town (to get groceries), or for commuting is great way to have fun while also getting exercise. As we approach the warmer summer months, biking to work can be a nice alternative to an indoor gym workout. You are saving money on gas, as well as wear and tear on your car, reducing your carbon footprint, getting cardiovascular exercise, and most importantly of all, having a lot of fun.

Some things to keep in mind if commuting by bike to work:

1. **Safety:**

Safety is the most important thing when riding a bike on the road. Riding in a straight line (single file if riding with friends), signaling, and obeying traffic rules will make it a safe experience for you and the vehicle drivers that are around you.

Here is a list of recommended bike items for commuting by bike:

- Helmet
- Front and back lights (if traveling at night or during the dusk/dawn)
- Portable hand operated tire pump
- Extra tube and tire removal tool
- Bright colored clothing
- Plenty of water
- Duct tape

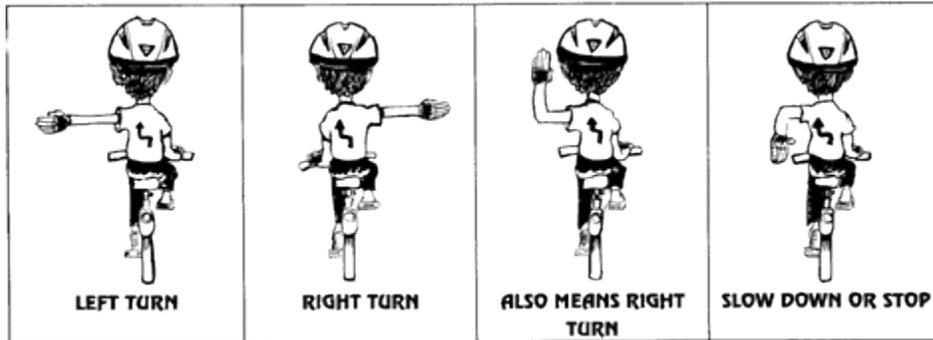
- Bikes are considered vehicles when on public roads (meaning you can get tickets)
- Only children under 12 are allowed to ride their bikes on the sidewalk
- Need to obey all the traffic rules a car would, such as traffic lights, and all signs, especially stop signs.

2. **Signaling:**

If you are a trail-biker, or are new to biking, here is a great youtube video:[

<http://www.youtube.com/watch?v=W4ghpw1kzfw>] of a first-hand perspective on how to bike in traffic. (this video is from Boston)

Another thing to keep in mind is signaling, here is a picture of proper bike signals (you should signal even when no one is around, just as you would use a blinker in your car)

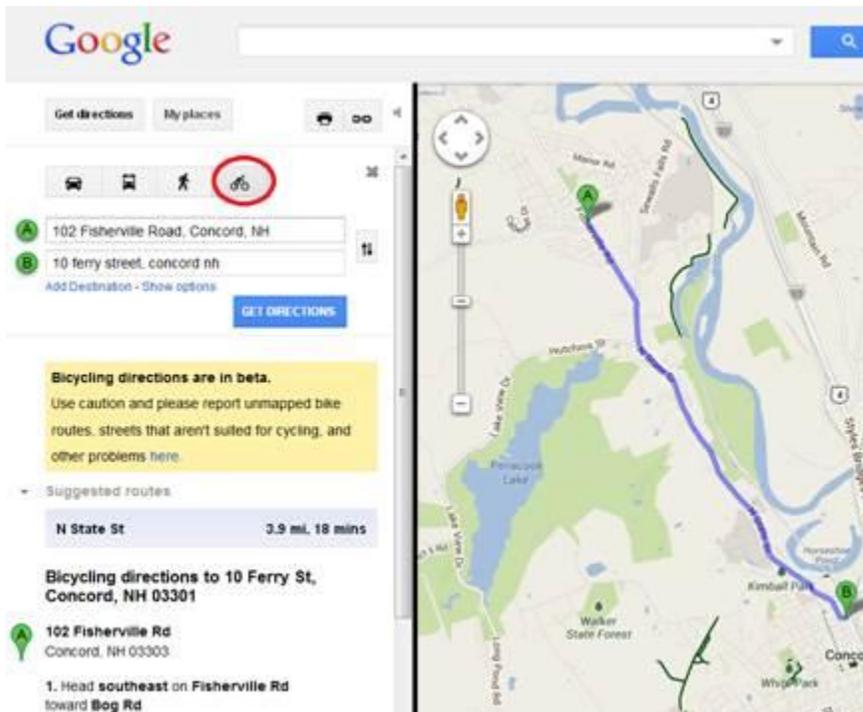


3. **Mapping your route:**

Google maps: www.maps.google.com] is a great way to locate bike safe roads or trails in your area. I utilized google maps to figure out how to safely cross over Rt. 16 to get to the office.

Enter your starting and ending address, then click the picture of the bicycle. Bike lanes or roads specific for biking such as bike bridges will appear in green.

Leaving your route with a spouse, friend or family member is a good way to stay safe, if they know what path you are taking and when you should arrive home, they will be better able to respond if you did not return home on time.



4. **Alternative ways of commuting:**

Since we don't have showers at work, a long morning ride could leave you feeling "not-so-fresh-and-clean" for a day in the office. If you have public transit nearby, utilize the bus system to get you and your bike to work, then ride your bike home.

UNH Wildcat bus: [www.unh.edu/transportation/wildcat/] services Durham, Dover, Portsmouth and Newmarket

Concord Area Transit: [<http://www.concordareatransit.org/>] services Concord and Penacook

Souhegan Valley Rides: [<http://souheganrides.org/>] services Amherst, Brookline, Hollis, Milford and Nashua

Tri-County CAP's Carroll County Transit: [http://www.tccap.org/cct_flex.htm#r1] services North Conway, West Ossipee, Wolfeboro and Laconia

Tri-County CAP's North Country Transit: [http://www.tccap.org/nct_lancaster.htm] services Lancaster, Whitefield and Littleton

For more general biking information you can check out this Biking 101 link:
<http://greatist.com/fitness/bicycle-safety-101>