To Bike Commuting

THE BIKE

Any bike will work as long as it fits properly! Check out the different styles:

- **Road Bike** – good for speed, but not recommended for rides that have gravel/rocky segments
- **Mountain Bike** – wider tires, better for rougher rides but moves slower
- **Hybrid Bike** – best for 1-10 mile rides, moves slower but more comfortable with more carrying capacity

THE GEAR

- Helmet
- Shades
- Gloves
- Comfortable clothes
- Lights/reflectors
- Tools, tube, pump, and patch kit (or ride with someone who does)

For more info, visit www.cupertino.org/saferoutes
QUICK GUIDE

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ALWAYS PERFORM THE ABC QUICK CHECK BEFORE RIDING!

A. Air! Do your tires have enough?
B. Brakes! Are they working? Use the “rule of thumb”.
C. Chains, cranks, cassette, and chainrings. Check ‘em out!

Quick: Quick release levers. Make sure yours are tightened!

Check: Check your bike with your eyes and ears for anything out of place.

MORE QUESTIONS? ASK YOUR LOCAL BIKE SHOP!

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