

QUICK GUIDE

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

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**ALWAYS PERFORM
THE ABC QUICK
CHECK BEFORE
RIDING!**

ABC

- 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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