



Bicycle

Pedal your way to better health while saving money on your work commute. If you live within five miles from your workplace, biking can be a great alternative.

When your commute seems too long to bike all the way, or when there is a portion of your commute that you don't feel comfortable biking, consider combining bike riding with the bus. All Spokane Transit buses are equipped with easy to use bike racks.



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Biking to Work

- Burns calories. Riding to work is an easy way to get some daily exercise. It strengthens your heart and relieves stress.



- Saves money. The average Washington family spends almost \$10,000 annually to own and operate their vehicles. Bicycling to work will help reduce those costs.
- Keeps our air cleaner. Riding a bike is a simple way to reduce your carbon footprint and improve air quality.

The Best Ride

Before you start riding to work, take a trial ride to your worksite to determine the commute time and best route. Also, make sure you have a well-fitted bicycle and some basic equipment including:

- Helmet
- Headlight
- Lock
- Taillight

Other items to consider are carrying bags, special clothing, or mirrors and fenders.

Bike Safety

Always wear a helmet. Helmets can help reduce the frequency and severity of head injuries. When riding in the City of Spokane you are required, by law, to wear a helmet. Be sure your helmet is fitted properly.



Obey traffic laws.

Remember that a bicycle is considered a vehicle by law, so you must follow the same laws. By following traffic laws, cyclists are predictable to other drivers.

- Ride in the direction of traffic
- Obey traffic signs and signals
- Ride predictably
 - Signal before turning or changing lanes
 - Stay off the sidewalk
- Be visible at night

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