

BIKE **to** WORK **day**



May 20, 2022

Celebrate Bike to Work Day by bicycling to work. With a little preparation, biking to work can be fun and easy. Scout out an easy route and if you haven't biked for a while, first take a few weekends to gear up for the commute to work. Here are some safety tips to remember:

- Make sure your bike is in good shape (tires, brakes and chain)
- Ride single file in the direction of traffic
- Remain alert, keep your head up and look around; watch for opening car doors and other hazards
- Use hand signals when turning and use extra care at intersections
- Before entering traffic, stop and look in all directions especially over your shoulder
- Wear a bicycle helmet

For more information on Bike to Work Day contact bikeleague.org/bikemonth