

# PARTICIPANT CHECKLIST

## The Week Before

### I. Determine your route to work.

The route you drive to work may not be the same one to bike to work. First, choose roads that have wide outside lanes or paved shoulders. Collector streets (those that are at the half mile mark between major streets) are often a good choice. Second, drive the designed route during your normal commuting time to determine potential traffic problems. Third, bicycle the route on a weekend to examine the road surface for potential problem intersections and the approximate time it will take you. Remember you do belong on the road not the sidewalk, and travel with the flow of traffic while obeying traffic laws.

<[http://www.lmb.org/pages/Resources/edu\\_adv/WEMBMK.htm](http://www.lmb.org/pages/Resources/edu_adv/WEMBMK.htm) for more information>

### II. Talk to your employer.

Inform your supervisor that you will be commuting by bicycle. Ask where the bicycle can be parked during working hours, and what, if any, advance arrangements need to be made.

### III. Check out your bike.

Make sure your bicycle is in proper working order. Not only should all the mechanical parts be in good repair (e.g. brakes, tire, and gears) but the bicycle should be adjusted properly for seat height, handlebars, etc. For assistance with such maintenance topics visit Back Alley Bikes, located near the Cass/MLK Blvd. intersection during open schedule hours. If you do not have a helmet, borrow one or buy one. Helmet is required for all Detroit Bikes! Events. If you will be riding at night, you need and must have a light along with reflectors.

## The Day Before

### I. Dress for the Occasion.

Wear a helmet. It's also a good idea to bike in comfortable cycling clothes; either pack a bag with your work clothes, or bring your attire the day before you cycle (so they won't get wrinkled). Also make sure you have a place to change and freshen up, and keep a "kit" of toiletries and a towel at work.

### II. Pump Up.

Make sure your tires are properly inflated. If they are low, it will make riding more difficult.

## The Day of the Ride

### I. Don't cycle on an empty stomach

You will need energy for your ride, so eat a good breakfast and take along something to eat along your way.

### II. Get an early start.

The first time you bike to work, allow yourself a little more time than you think you will need. If you tested the route on the weekend as suggested you will know the approximate time it takes. BUT remember, rush hour traffic may slow you down.

Source: California Bike Commute. <<http://www.californiabikecommute.com>>