



Ride more. Drive less. Here's how.

Ready to Pedal Tip Titles

BIKE BASICS

Why ride?
Any bike to start
Fitting and sitting
Pedaling pointers
Shift right
Eating and drinking
ABC Pre-ride check

SAFETY GEAR

Your helmet
Adjust it right
Tools and spares
Lights and reflectors
Ring that bell
Your eyes and ears

CARRY IT ALL

Body bags are OK
Start with a rack
Bags and baskets
Trailers

TRAFFIC TIPS

Five LAB tips: Follow the law
Five LAB tips: Be predictable
Five LAB tips: Be visible
Five LAB tips: Think ahead
Five LAB tips: Ride ready

TECHNIQUE TIPS

Basic bike handling
Look back safely
Smart steering
Braking hints

RIGHT ROUTES

Comfort or speed?
Do a “test ride”
Local resources
National resources

RIDING for TRANSPORTATION

Federal bike tax break
What to wear
Parking and locking
No sweat
Combine your bike and car

MECHANICS

Clean and lube
Fix flats fast, part 1
Fix flats fast, part 2
Fix flats fast, part 3

COLD and RAIN and DARK

Equipping your bike
Equipping your body
Hands and feet
Arms, legs, torso
Riding at night

ADVANCED TIPS

Shoes and pedals
Mixing with mass transit
Help your employer help you
Safely ride on trails and paths
Coping with bad surfaces
Dealing with road ragers