

REFERENCES

For more information about bike myths and excuse busters visit:

Troup, Henry. (2001). *Equipment for commuting; busting the myths*. Retrieved February 23, 2006, from <http://www.cfsc.ottawa.on.ca/BetterBicycling/2001Summer/equipments.html>

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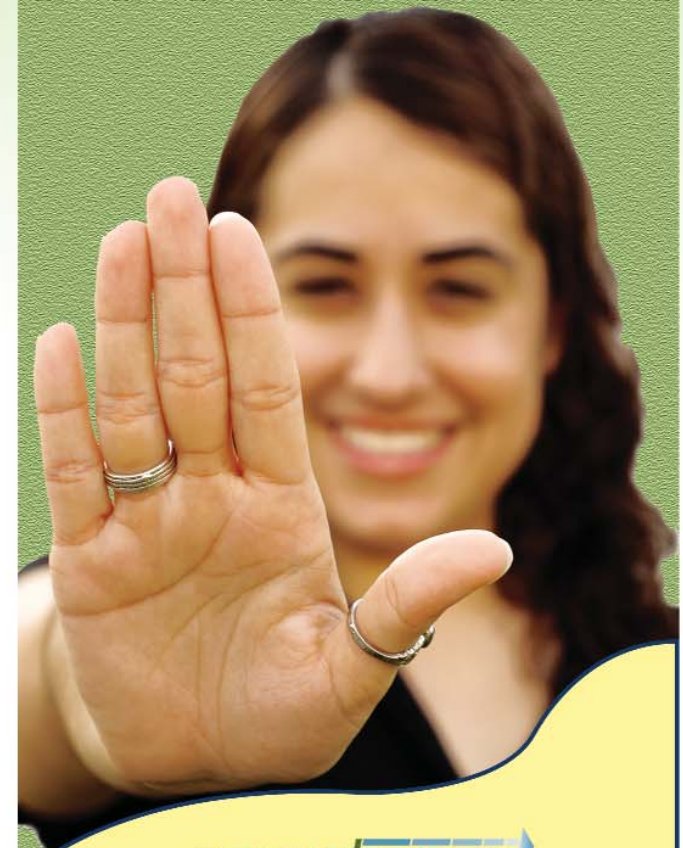


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BIKE COMMUTING EXCUSE BUSTERS



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BIKE COMMUTING EXCUSES

EXCUSE:

I live too far to bike commute the entire way.

FACT:

Most people live within five kilometers of where they work. If you live too far to bike the entire way to work, consider parking your car and riding your bike the remaining distance. Short inner city drives are harder on your car and the environment than highway driving.

EXCUSE:

I don't have time to bike to work.

FACT:

For short trips in urban areas, cycling is often more efficient than driving since traffic is easier to navigate. If your workplace has bike parking, cycling eliminates the time and expense of finding a space for your car.

EXCUSE:

There is a lot of traffic where I live so it is not safe to bike.

FACT:

If you obey the traffic laws and follow the rules of the road, you are no more at risk on a bike than you are in a car.

EXCUSE:

I'm too busy to bike every day.

FACT:

Consider biking on those days when you have less to do. For small errands, extra saddlebags can be helpful in carrying items.



EXCUSE:

I can't bike to work; I have to wear business clothing for my job.

FACT:

Business clothing can be carried in a backpack or bike saddlebag. Many bike commuters leave a change of clothing at work in their desk or locker for those days when they choose to commute by bike.

EXCUSE:

What if it rains?

FACT:

Clothing stays dry when carried in a saddlebag or backpack in a plastic bag.

EXCUSE:

I can't bike to work; I have a lot of papers and a laptop to carry.

FACT:

Backpacks and saddlebags are helpful in carrying large loads. Several manufacturers make saddlebags specifically for carrying electronic equipment. Be sure to balance the load on your bike so as not to throw off your own balance.

EXCUSE:

I'll get sweaty and there's no shower at work.

FACT:

Most commutes are low intensity. It's a good idea to keep toiletries or wet wipes in your desk for cleaning up once you get to work. Often a quick clean up is sufficient.

EXCUSE:

During the winter months, it's too cold to bike to work.

FACT:

With proper gear, winter commuting is simplified. Essex County gets lingering snow for about two months in a normal year. Beginner riders are not advised to start commuting in winter, but once you're comfortable with your bike and how to ride, winter commuting is not a problem.

EXCUSE:

I can't bike to work because I'm out of shape.

FACT:

Being out of shape is a good reason to start commuting by bike. For an inspirational story about a man who biked across the United States for his health, check out <http://www.fatmancycling.com>.

