



10



BICYCLE
MUST
KNOWS

HOW TO LOCK YOUR BIKE

#10

pictures courtesy of [sfbike.org](http://www.sfbike.org/resources/theft-locking/#)
<http://www.sfbike.org/resources/theft-locking/#>!



- Find a good, sturdy U-Lock for your bicycle. Don't skimp on the lock. Cheap locks are easy to cut.
- Consider replacing your quick release wheels with locking skewers or remove the wheel.
- Find a secure pole or bike rack to lock your bike to
- Attach the hardened steel U-lock to the rack through the rear triangle of your bike and the rim of the rear wheel. DON'T just lock the bike through your wheel.

- Consider using a second lock for the rear wheel
- Use a cable to lock your front wheel to the u-lock
- Don't just lock the frame only to the pole or bike rack



What locks do you like to use to lock your bike?

RIDING YOUR BICYCLE IN A DRESS OR SKIRT #9



Biking in a skirt or dress is one of the best and most freeing parts of cycling in the summer. The breeze. The blowing skirt. It feels so refreshing. But that doesn't mean you want to flash everyone all the time.

There are a couple of ways to ride and not flash everyone.

1. One option is EleanorNY's skirt garter. It is an elastic piece with a clamp on it.
2. The second is the very popular Penny in your pants. Using a coin such as a quarter and a rubber band you can secure the front and back of your skirt.
3. If you are wearing a longer dress, in a knot in the bottom of your dress to keep it from getting caught in the chain

What method have you used to bike in a skirt or dress?

#8

BIKING IN THE HEAT

Many love bicycling in the summer but how do you keep fresh and cool? How do you arrive at work without being sweaty and sticky? Try these tips:

- build in time for your travel so you don't have to rush
- drink lots of water
- find a shady route
- wear a cycling cap to de-humidfy hair
- carry baby wipes to freshen up with



What do you do to keep cool while riding?

HOW TO DO A BOX TURN

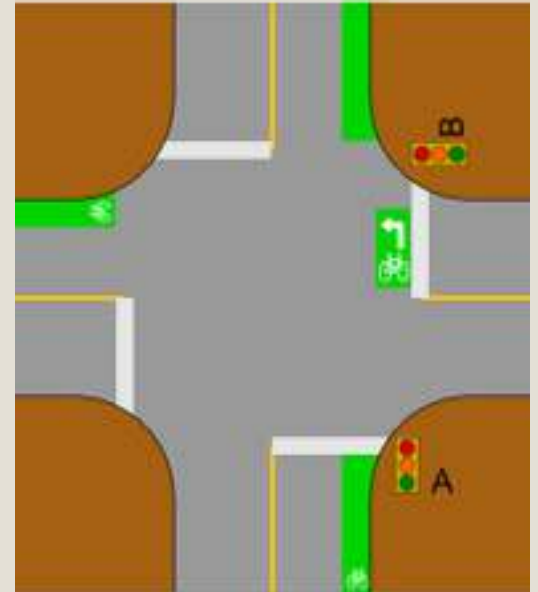
#7

photo courtesy of [http://
www.theurbancountry.com/2010/11/
safe-left-turns-for-bicycles.html](http://www.theurbancountry.com/2010/11/safe-left-turns-for-bicycles.html)

Making a left turn can be pretty daunting for many cyclists. Most likely because you have to transition over from a bike lane to the left lane. as a new cyclists switching lanes can be scary. Next you have to take the lane and turn with the cars. But there is an alternative- the box turn.

When doing a box turn the cyclist goes across the cross street with the cars, then lines up in front of the cars going straight.

The other option is to dismount your bicycle and become a pedestrian to cross the street on the opposite side.



How do you typically make left turns?

#6

HOW TO GET THE OPTIMAL SEAT HEIGHT

To get the best ride you want to make sure you have the bike seat is at the right height. Your legs should be pretty straight when you have the pedal down. If they aren't the seat is too low. If you are rocking from side to side when you pedal the seat is too high.



Is your seat comfortable?

CARRYING YOUR BICYCLE

#5

photo courtesy of
[http://ivajeane.com/
2012/10/carrying-
your-bike/](http://ivajeane.com/2012/10/carrying-your-bike/)



There may be times when you need to carry your bike up a flight (or two) of stairs. Many carry it on their shoulder. Some use the back wheel to roll it up with the front wheel up. There are also straps you can purchase to help carry the bicycle easier.

How do you carry your bicycle up and down stairs?

TAKING YOUR BICYCLE ON THE BUS

#4

photo courtesy of wmata.com



Sometimes we get tired or a flat tire or maybe it rains while we're riding. But we still need to make it to our destination. How about using MetroBus to get there **WITH** your bicycle. Check out [this link](#) from WMATA which shows how to use the bike racks on Metrobus.

Have you used Metro's bike racks?

BICYCLING IN THE RAIN

#3

photo courtesy of [http://
tuesdayadventures.blogspot.com/
2012/09/bicycling-in-rain.html](http://tuesdayadventures.blogspot.com/2012/09/bicycling-in-rain.html)



Ever been out on a sunny day and suddenly out of nowhere it begins to rain? Yeah you could wait it out but maybe you have to get to a destination at a certain time. Or you are just an amazing, fearless bicyclist so you'll weather that storm regardless. Here's a few tips for doing that safely:

- Keep a poncho or rain wear in your backpack or pannier for those unexpected rainy days
- Anticipate braking before you have to
- Don't lean into corners. Stay upright and look farther ahead than you normally would
- wear clear or yellow lenses while riding
- be aware of rainbow patches or puddles where car oil can build up making the area slicker for you
- fenders!
- use lots of lights so the cars can see you.

Share you bicycling in the rain tips?

#2

CLEANING THE CHAIN

Having a clean bike chain means you'll have a much smoother ride on your bicycle. Cleaning the chain is pretty easy and requires just a few tools. You'll need a rag, lube, degreaser, old toothbrush or bike specific brush, some type of floor cover if you are doing this inside

- degrease your bike using a biodegradable degreaser such as Simple Green and brush the chain and gears
- wipe off any excess
- add lube to each groove in the chain
- lightly roll pedals backwards and remove excess oil using rag

Clean your chain and gears depending upon how often you ride every 500-600 miles.



What degreaser and lube do you recommend using?

USING BIKESHARE

#1

photo courtesy of [http://
www.theurbancountry.com/2010/11/
safe-left-turns-for-bicycles.html](http://www.theurbancountry.com/2010/11/safe-left-turns-for-bicycles.html)

You may not always want or be able to take your bicycle with you. In that case, we are fortunate to have Capital Bikeshare or CaBi to use here in the DC area. I've met many who have never used it because they either don't know how or just never thought about using it. It's a great alternative to walking blocks to someplace when you are in between Metro stops or just need to run a quick errand. Or if you get a flat and need to get home to get your car.

CaBi has 1 day, 3 day, 1 month and 1 year memberships. You can use your credit card or key fob with the monthly or annual memberships to grab a bike and go.

- Make sure to adjust seat to your height
- If your trip is longer than 30 minutes plan to dock it and take it back out at a mid point of your trip
- When docking, make sure you see the light turn green when you put it back and when you take it out.
- Need to carry stuff? Consider a bikeshare bag by Po Campo to carry your belongings.



**Have you tried Capital Bikeshare yet?
What did you think about it?**

Have questions about bicycling? We're here for you!



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