

Getting Ready for Bike to Work Day

Bike to Work Day (BTWD) is a first great day to bike to errands or work! You get to practice a new thing with support and enthusiasm from lots of other people. You'll meet other folks who are also riding for the first time: at the event pit stops, on the road, and at your job. Here are some tips on preparing!

Prepare

Check your bike:

- » **Perform an ABC Quick check.**
- » **Pump tires - press your thumb on the tire. Feel some wiggle? Fill them up some.**

If you don't own a bike:

- » **Check out Capital Bikeshare for the closest station to you!**

Plan

Plan your ride to your pitstop and then to your final destination.

- » **You can use trail maps, Google maps, talk to co-workers**
- » **Think about doing a practice ride of your chosen route.**
- » **Don't want to ride the whole way? Consider taking Metro or the bus for some of your trip!**

Consider the Details

How will you carry your things?

- » **Backpack - you likely already own one but they can make you sweat more.**
- » **Basket or bike bag (pannier) - specifically made for biking and often more comfy.**

Know your rights as a bicyclist. Check out our bike law guides: waba.org/resources/bikelaws

Create a checklist for your possessions:

- » **bike lock and keys**
- » **metro card**
- » **wallet**
- » **a change of clothes**
- » **rain gear**
- » **front and rear bike lights**

