



CONFIDENT CYCLING

COMMUTING



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*League of
American
Bicyclists*

Commuting modules

- Bike Selection and Fit
- Driving Your Bike
- Confident Commuting
- Inclement Weather
- **Building a Bicycle Friendly Workplace**

Why encourage commuting?

- Health and wellne
wellness
- Mood and
productivity
- Economics



At the work place

- Locking up
- Long and short term parking
 - Cage in the parking garage
 - Store room
 - In the office



Cleaning up

- Showers and locker rooms
- Restrooms
- Office



Incentives to Ride

- Commuting stipend
- Awards and prizes
- Parties
- Pool cars

Credits

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