



# CONFIDENT CYCLING

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## COMMUTING



CONFIDENT CYCLING



*League of  
American  
Bicyclists*

# Commuting modules

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

# Why commute?

- Metabolism
- Mood
- Weight/Wellness
- Money
- Global warming



# Check your equipment

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- Lights and reflectors
- Racks and panniers
- Clothing and toiletries
- Your bike
  - A, B, C Quick Check



# Basic gear

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- Helmet
- Head or ear covering
- Gloves and jersey
- Shorts or pants
- Socks
- Shoes and shoe covering
- Wet and cold

# Rules of the road

- Cyclists fare best when they act and are treated as drivers of vehicles



# Common mistakes

- Routes set like motorist
- Too much too soon



# Credits

The Confident Cycling presentations were produced by produced by the League of American Bicyclists in partnership with the Safe and Active Flint Coalition.

The Safe and Active Flint project is funded through the the Ruth Mott Foundation and facilitated by the Michigan Michigan Fitness Foundation in partnership with the Crim Crim Fitness Foundation.

