



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

Cold Weather Coping

- Layers
- If you aren't cold at the start
- If you have to stop



Riding in the Rain

- Equipment
- Clothing



Cold and Wet

- Coping with rain and snow
 - Equipment
 - Clothing
 - Driving habits



Don't be invisible in the dark

- Reflective material
- Lights and more lights



Dark/Cold & Wet/Icy

- Hot cocoa and a good book



Credits

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