ADDITIONAL RESOURCES FOR EVERYDAY BICYCLING

- **NJ Bicycle and Pedestrian Resource Center:** njbikeped.org
- **NJ Bike and Walk Coalition:** njbwc.org
- **NJDOT Commuting Tips:** dot.nj.gov/transportation/commuter/bike/commtips.shtm
- **League of American Bicyclists Commuting Tips:** bikeleague.org/ridesmart/commuting
- Local advocacy organizations: check the **NJ Bike and Walk Coalition** listings of members (njbwc.org/coalition) and advocates (njbwc.org/advocates) or search for your area + "bike advocacy"



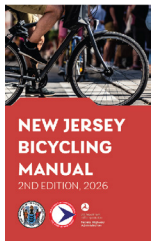
Credit: Avi Steinhardt



FOR MORE INFORMATION

NJDOT: Biking in NJ
dot.nj.gov/transportation/commuter/bike

NJ Bicycle & Pedestrian Resource Center
njbikeped.org



Read the **New Jersey Bicycling Manual, Second Edition**, to learn how to ride comfortably and confidently across settings and situations.

New Jersey Department of Transportation
1035 Parkway Avenue
Trenton, NJ 08625

GET OUT AND RIDE!

BICYCLING AS AN OPTION FOR YOUR EVERYDAY ACTIVITIES

U.S. Department of Transportation
Federal Highway Administration

Bicycling isn't just good exercise... Riding a bicycle for transportation can be a fun, affordable, healthy, and eco-friendly way to get around.

Bicycling can replace many trips you'd otherwise drive or walk for:

- A short car trip
- A long walking trip
- Getting to the bus or train
- Meeting friends in your neighborhood

TIP 1
GEAR UP

Your current bicycle is likely ready for commuting or riding around town, no fancy gear needed. As you ride more, consider adding these useful (and some required) accessories:

- **Headlights and taillights are required after dark**, but they help you stay visible during the day, too.
- **Helmets** are always recommended, and are **required for riders under 17 on the road.**
- **Baskets** carry lighter loads while **panniers** ("pan-ears") are bags with clips that attach to a **rack**.
- **Fenders** keep rain and mud off your pants and back.

TIP 2
DRESS FOR SUCCESS

- **There's no such thing as required bicycle clothing.** You likely already have what you need: anything light and breathable that lets you move.
- **Generic athletic gear is often cheaper** and works nearly as well as cycling-specific clothing. Consider lighter colors for greater visibility.
- **Riding in a skirt or dress takes practice, but is very doable.** For more information:
  - All On Cycling Club of NJ - Women Cyclists Facebook Group: facebook.com/groups/HbWomen
  - Black Girls Do Bike Facebook Group: facebook.com/groups/BlackGirlsDoBikeNewJersey
- Biking to work? **Consider bringing a change of clothes with you.**
- Want to go to the next level? Get gear designed for wet/cold rides or pack a change of clothes. As many riders say, **"There is no bad bicycling weather, just bad clothes for it."**



Credit: Mike Dannemiller

TIP 3
YEAR-ROUND BICYCLING

You can ride in all seasons, though it will take some gear adjustment.

- In summer, **wear light, loose clothing** and a well-ventilated helmet, apply sunscreen, and always bring water.
- Backpacks are sweaty. **Let your bicycle carry your stuff** with a basket or panniers.
- **Seek flatter, shadier routes** like trails and side streets and **give yourself extra time** to ride slowly and cool off once you arrive.
- Biking generates heat, so **dress for 5–15 °F cooler** than the temperature outside.
- In fall and spring, **dress in layers so you can adjust as needed** (or as weather changes) during your ride.
- In winter, **make sure you have good hats, gloves, socks, and shoes or boots.**

