



get on your bike and
RIDE

tips to make your first ride rad!



get on your bike and
RIDE

tips to make your first ride rad!



get on your bike and
RIDE

tips to make your first ride rad!



get on your bike and
RIDE

tips to make your first ride rad!

Biking to work for the first time doesn't have to be hard! Here are some easy tips that can make your first ride fun!

- **Dress comfortably**

Wear easy to move in clothing - it doesn't have to be for biking! Shorts, t-shirts, yoga pants - all good! If you can move comfortably, your ride will be easier. Check in advance if your building has shower facilities if you think you'll need them!

- **Take it slow**

It's a commute, not a race! Give yourself some extra time in the morning for your first ride so you don't feel rushed. And give yourself time to enjoy the sights and smells of spring!

- **Map out a route**

Use Google Maps (there's a bike route option) the night before to find a route that takes you to work, and consider driving it in advance to see if there are better ways to get there. And don't forget to ask a biking coworker if they have tips on routes!

- **Know your streets**

For your first ride, try to stick to trails and low traffic side streets where you'll be more comfortable. A low-stress route for your first bike commute will let you have even more fun on two wheels! Make it even more fun - ask a friend to join you!

- **Have fun!**

Remember that the best part of biking is that it's fun! Think positive, and enjoy yourself! Wave to other cyclists, treat yourself to a cup of coffee and before you know it you'll be at work!

Biking to work for the first time doesn't have to be hard! Here are some easy tips that can make your first ride fun!

- **Dress comfortably**

Wear easy to move in clothing - it doesn't have to be for biking! Shorts, t-shirts, yoga pants - all good! If you can move comfortably, your ride will be easier. Check in advance if your building has shower facilities if you think you'll need them!

- **Take it slow**

It's a commute, not a race! Give yourself some extra time in the morning for your first ride so you don't feel rushed. And give yourself time to enjoy the sights and smells of spring!

- **Map out a route**

Use Google Maps (there's a bike route option) the night before to find a route that takes you to work, and consider driving it in advance to see if there are better ways to get there. And don't forget to ask a biking coworker if they have tips on routes!

- **Know your streets**

For your first ride, try to stick to trails and low traffic side streets where you'll be more comfortable. A low-stress route for your first bike commute will let you have even more fun on two wheels! Make it even more fun - ask a friend to join you!

- **Have fun!**

Remember that the best part of biking is that it's fun! Think positive, and enjoy yourself! Wave to other cyclists, treat yourself to a cup of coffee and before you know it you'll be at work!

Biking to work for the first time doesn't have to be hard! Here are some easy tips that can make your first ride fun!

- **Dress comfortably**

Wear easy to move in clothing - it doesn't have to be for biking! Shorts, t-shirts, yoga pants - all good! If you can move comfortably, your ride will be easier. Check in advance if your building has shower facilities if you think you'll need them!

- **Take it slow**

It's a commute, not a race! Give yourself some extra time in the morning for your first ride so you don't feel rushed. And give yourself time to enjoy the sights and smells of spring!

- **Map out a route**

Use Google Maps (there's a bike route option) the night before to find a route that takes you to work, and consider driving it in advance to see if there are better ways to get there. And don't forget to ask a biking coworker if they have tips on routes!

- **Know your streets**

For your first ride, try to stick to trails and low traffic side streets where you'll be more comfortable. A low-stress route for your first bike commute will let you have even more fun on two wheels! Make it even more fun - ask a friend to join you!

- **Have fun!**

Remember that the best part of biking is that it's fun! Think positive, and enjoy yourself! Wave to other cyclists, treat yourself to a cup of coffee and before you know it you'll be at work!

Biking to work for the first time doesn't have to be hard! Here are some easy tips that can make your first ride fun!

- **Dress comfortably**

Wear easy to move in clothing - it doesn't have to be for biking! Shorts, t-shirts, yoga pants - all good! If you can move comfortably, your ride will be easier. Check in advance if your building has shower facilities if you think you'll need them!

- **Take it slow**

It's a commute, not a race! Give yourself some extra time in the morning for your first ride so you don't feel rushed. And give yourself time to enjoy the sights and smells of spring!

- **Map out a route**

Use Google Maps (there's a bike route option) the night before to find a route that takes you to work, and consider driving it in advance to see if there are better ways to get there. And don't forget to ask a biking coworker if they have tips on routes!

- **Know your streets**

For your first ride, try to stick to trails and low traffic side streets where you'll be more comfortable. A low-stress route for your first bike commute will let you have even more fun on two wheels! Make it even more fun - ask a friend to join you!

- **Have fun!**

Remember that the best part of biking is that it's fun! Think positive, and enjoy yourself! Wave to other cyclists, treat yourself to a cup of coffee and before you know it you'll be at work!