

Bike to Work on Tuesday, May 2

May is Bike Month in the C-U community and our campus is no exception. Tuesday, May 2 is Bike to Campus Day at the University of Illinois. Bike to Campus Day is a great way to try biking to campus and learn more about it. If you already bike to campus, it's a good opportunity to celebrate and meet fellow bicyclists. To learn more about this fun event, and tips on how to bike to work.

Campus will host four stations on Tuesday May 2, from 7 am to 10 am. The stations will provide information, breakfast snacks, and t-shirts for those bike commuting that day. Station locations are:

- University High School (Springfield and Matthews)
- Alma Mater (Green and Wright)
- Campus Bike Center (Pennsylvania Ave)
- Campus Recreation Center East (CRCE) (Dorner and Gregory)

This year's event would not be possible without the countless on-campus and community volunteers and resources from Facilities and Services, University Housing, and Campus Recreation.

Are you new to bike commuting? Perhaps you are a little nervous about trying this out. But bike commuting is easier than you may think. Here are some tips on how to bike to work safely:

1. Keep your tires inflated and check them before each ride.
2. Wear a helmet at all times! [Click here](#) to learn how to fit your helmet properly.
3. Have a good bike lock, and know how to use it properly.
4. Use the C-U-Savoy Bike Map or Google Maps "Bike" view to plan a route that is friendly to biking.
5. Obey all rules of the road while biking. It is just more fun that way.
6. Pay attention to what you are doing. No headphones, texting, etc. while riding your bike.
7. Do a test ride. This way you won't risk getting in to work late the first time you attempt to bike to work.
8. Give yourself 15 extra minutes the first time, just in case.
9. Find a seasoned buddy to go with you the first few times. This will help you learn the ropes and build your confidence.
10. Have a backup plan or a person you can call if anything goes wrong (e.g. flat tire, bad weather).

11. If anything happens to you and you have to stop, know the closest bus routes or download a MTD app. All buses have a rack in the front and can hold two bikes.

To learn more or register for Bike to Campus Day: www.cubikemonth.org

- To learn more about bike commuting:
<http://bikecommutingforbeginners.blogspot.com/2009/03/bike-commuting-for-beginners.html>
- http://www.sparkpeople.com/resource/fitness_articles.asp?id=1627