

Items you will need:

1. Lock – Always lock your bike when leaving it. Lock your bike frame to a sturdy object, such as a bike rack. If no suitable object for locking your bike, lock the rear wheel to the bike's frame to prevent someone from riding off on it.



2. Bags or basket – Many errands require carrying a few items. Use a backpack, basket or bike bag. Some items can be strapped to a rear carrier or rack.

3. Helmet – Consider wearing a bike helmet. They have been proven to help prevent injury in the unlikely event of a fall.

4. Lights – If riding after dark, use a headlight and rear reflectors. A red “blinkie” rear light is highly visible from greater distances.

TIP: remember to always ride with the direction of traffic. Obey all traffic signs and signals. It is safer. And it's the law.



Charlotte Department of Transportation
Bicycle Program
600 East Fourth Street
Charlotte, NC 28202
704-336-2278
Bicycle Advisory Committee

Bicycling to Healthy Living

Burn calories,
not gasoline



CDOT Bicycle Program – <http://bike.charmeck.org>

Riding your bicycle is fun. It can also help you live a healthier lifestyle. Cycling offers convenient exercise while at the same time helps with some of your daily routine.

Here's how to Bike to Healthy Living:

1. Locate your home on a city map. Draw a circle around your house extending two miles out in all directions.

2. Mark places within the circle you regularly visit.

My destinations:

work _____

school _____

bank _____

grocery _____

drug store _____

church _____

friends _____

library _____

restaurants _____

video store _____

parks _____

post office _____

family _____

theater _____

transit stop _____

other _____

3. Select a place. Commit to biking there when you go. Find a route that's most comfortable with less traffic.

TIP: The best route by car may not be the best route by bike. Look for an alternate route using low traffic neighborhood streets for all or part of the way.

4. Add more locations as you gain experience. Consider substituting similar locations that may be closer such as a nearby pharmacy for a more distant one.

5. When you are ready, increase the distance to three miles from your house, then four. Repeat the above process.



How long will it take?

The average bicycle speed for many adults is 10-15 mph. Running short errands on a bicycle will not take much longer and is much healthier than driving a car.

Ten minute Bike Ride

