

## what we're about

*bike to work regina* is a registered non-profit organization. we're a local group of cyclists and friends of cyclists that has formed from our interest for cycling in regina.

our *mission* is to make cycling to work and school safe, convenient and fun for people of all ages and abilities in regina. through partnerships, outreach, community engagement and city-wide events like **bike to work week**, we advocate for better cycling that encourages and promotes improved safety, physical activity, health, equity, and environmental sustainability.

### *vision*

we envision regina to be a safe, convenient, and enjoyable community for all residents to bike in. with more residents using the bicycle as a mode of active transportation, regina will become a more vibrant, environmentally sustainable, accessible, health and economically competitive city for everyone.



email:  
[contact@bike2workregina.ca](mailto:contact@bike2workregina.ca)

[www.bike2workregina.ca](http://www.bike2workregina.ca)

find us on facebook

bike to work regina



bike to work  
regina

cycling toward a vibrant and sustainable regina

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## bike to work week

**a community celebration** to encourage people to commute by bicycle. bike to work week events were hosted by bike to work regina in may 2009 and may 2010. these fun events have included a bike rally in downtown regina, a ride-about, and a contest that awarded the winner with a great bike and gear package. bike to work week activities will also be planned for 2011. please check our website regularly for details!

### roll on over

there are many ways for you to become involved in making regina a better city for cyclists. come and join the bike to work group. meetings are short and the people are fun! just email:

[contact@bike2workregina.ca](mailto:contact@bike2workregina.ca)

or join our **facebook** group to find out more about future meeting dates.



### to drive or ride?

by robert stedwill

that is a question many of us face on a daily basis in getting to work. driving is easy but so is cycling if you are prepared with the right equipment, clothing, and bicycle commuting skills and knowledge.

the equipment is critical in that the bike and its components need to withstand constant use and be reliable in all seasons. clothing is critical in that cycling conditions will vary from warm and sunny to dark, cloudy, windy and cold; all of which can be overcome with good planning. clothing is a very personal thing, and experienced bicycle commuters are always willing to share their stories of what not to try and to share their system of cycle clothing, how and where to clean -up and change at work, and other things of that nature.

take a bicycle commuting course and talk to other commuters who live in your part of town to learn about good routes, and areas and intersections to avoid. talk to bike shop owners and knowledgeable cyclists about the make and equipment (bicycle, panniers [saddlebags], lighting etc.) you might need to safely and reliably commute to work. bike to work regina is another good source of information dedicated to getting people to cycle to work.

route planning and safety is very important, as is the amount of time that is available to commute, which will dictate departure times, rush hour avoidance, faster routes versus slower and longer options, depending on comfort in cycling in traffic. weather conditions will also have a bearing on your timing and route, so be prepared to make changes to your equipment, clothing and possible route.

above all, remember your helmet!

bike to work  
regina

### abcs for better biking

**a is for air** (in your tires), check everything to do with tires are they inflated? is there badly worn tread? are the wheels straight?

**b is for brakes** are the levers away from the handlebars? are the brake pads in the proper position and not too worn? do the brakes tighten fully against the rim? are the cables worn?

also, check the handlebars for looseness (hold the front wheel between your knees and try to twist the handlebars from side to side, up and down)

**c is for chain or cranks** check the drive chain, is the chain on and lubricated? do the pedals spin freely?

### commuter cycling tips

- 1. wear a helmet** - it makes you look like a serious cyclist, as opposed to a "recreational" cyclist.
- 2. obey signals and stop signs** - respect the same laws that motor vehicles drivers have to obey.
- 3. cycle with traffic** - cycling against traffic is dangerous because motorists are not expecting you to be travelling against their direction.
- 4. use hand signals to indicate your intentions** - being predictable helps other users of the road navigate around you or with you.
- 5. be visible** - wear bright clothing, stay out of driver blind spots and equip your bike with lights.
- 6. have a road worthy bike** - keep your bike in good condition. check lights, gears and brakes regularly.
- 7. keep to the right** - stay as far to the right as reasonably practical; unless making a left turn.
- 8. don't weave in and out of parked cars** - riding in a straight line will allow motorists to identify your path of travel and with some predictability.
- 9. when in doubt, walk your bike** - if in doubt about the correct way to maneuver, get off your bike and act like a pedestrian. this does not mean cycling on the sidewalk.
- 10. you are a "vehicle of the road" under the traffic act** - act like one and be predictable