

Friday's Daily Special: Bike and Walk

If you're tired of sitting to work, at work, and from work, an active commute may be just the thing for you. Austin has over 200 miles of bike lanes, including over 20 miles of protected bike lanes and urban trails. Here are our top tips to make sure your bike commute is tip top:

1. **Plan ahead.** [Map your route](#) and remember, it probably isn't the same way you would travel by car. Bring a change of clothes and if it's warm outside, be sure you have located a shower near the office.
2. **Get your bike ready to roll.** You don't need a fancy racing bike for your commute, but be sure it is in good working order, and has a light and a lock. Here's a [handy pre-ride checklist](#), plus a video showing you [how to fix a flat](#) in case of emergency. Many [Austin bike shops](#) also offer inexpensive tune-ups.
3. **Be Safe and obey traffic laws.** Being visible and predictable are key when you are cycling. Read through our short list of [how to deal with cars, pedestrians, and other cyclists](#).

If you want more than the sparknotes version of bike safety, sign up for Traffic Skills 101 with [Bike Austin](#). You'll learn where to ride safely on the street, how to be visible and predictable to motorists, and more. Sign up Nov. 2-6 for an [upcoming class](#) and receive member pricing of **just \$5 per class**. To reserve your seat please email: Mercedes@bikeaustin.org

Too far to bike or walk to work? You can still join in! Grab your coworkers and bike or walk to lunch today. We even have a free try-it pass for Austin B-Cycle. Read on for the details of how to activate your membership.



SIGN UP TODAY FOR 3-DAYS OF ACCESS!

HOW TO SIGN UP:

- Visit AustinBcycle.com and click "Sign Up"
- Complete a profile
- Select the "Weekender" 3-day membership and enter this promotional code "**Bmoved15**" when prompted
- Code expires on November 7, 2015

REMEMBER:

- You may immediately check out B-cycles using the card credit linked to your account. Go to any station, select "I have a pass" when prompted on the kiosk screen, and swipe your credit or debit card on file.
- When you receive your B-cycle membership card in the mail, you may check out any available B-cycle directly at the dock by tapping the silver button and waving your B-card over the sensor.

