

Myths:

Getting around by bike

Remember the freedom of riding a bicycle? Has it been years since you've ridden a bicycle? Don't let MYTHS about biking steer you away from the simple joy and convenience of using a bike to go shopping, run errands, get to work, or just for fun!

Bike 
Arlington


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Myth #1: It's expensive to buy & maintain a bike.

FACT: It's actually way cheaper than buying and operating a car. A car costs an average of \$8,946 each year to operate (based on 15,000 miles). Whereas it's only about \$120 to maintain a bike!

Myth #2: Biking takes way too long.

FACT: For shorter distances between 1 and 4 miles, biking is usually much faster than driving when you consider traffic and the time it takes to find a parking spot.

Myth #3: Biking requires too much gear.

FACT: You don't need snazzy gear to ride your bike— all you need is a bike, a helmet and YOU!

Myth #4: You have to be in really good shape to bike.

FACT: Almost anyone can ride a bike – it's only as hard as you make it! Actually riding a bike can improve your health and get you into shape.

Myth #5: You can't carry much stuff on a bike.

FACT: Bikes can be equipped to carry pretty big loads with attachments like a front basket or rear rack and you can always carry a backpack or messenger bag as well.

Myth #6: My commute is too far to bike.

FACT: You don't have to ride your bike the whole way— you can combine different modes of transportation to shorten the bike trip. For example, drive to a place that's closer to work and bike the rest of the way, or ride your bike for non-work related trips that are close to home.

Myth #7: I'll get sweaty.

FACT: Riding slowly and casually keeps exertion low, while still giving you that natural breeze. Layering your clothes properly helps keep your body temp just right— it's an art you will master with time.

Myth #8: My work clothes will get wrinkled.

FACT: Fold or roll your clothes neatly to reduce wrinkles. You can also try leaving clothes at work.

Myth #9: You should ride facing traffic.

FACT: It is illegal to ride your bike against traffic, unless marked otherwise. Bicyclists fare best when they act and are treated as drivers of vehicles.

Myth #10: Biking in traffic is too dangerous.

FACT: Being predictable, alert and lawful (remember: PAL) will help improve your safety on the road. Remember to indicate your intentions, be aware of your surroundings and follow the traffic rules.

Myth #11: Riding on the sidewalk is safer than riding on the street.

FACT: Sidewalks cross driveways and road intersections where drivers don't expect to see a fast moving bicycle. There is often not enough room to share the sidewalk with pedestrians as well.