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what's
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NEWS

Produced by the Office of Public Affairs

(U) Celebrate Bike to Work Week with an Agency Officer's Guide to Riding to Work

(U) Agency officers live all over the Washington Metropolitan Area; some have commutes of an hour or longer, others are at work in fewer than 10 minutes. After parking far away in the Lot, the walk into Headquarters could be almost 15 minutes. So, how does an Agency officer get a better, perhaps quicker, commute and get great exercise at the same time?

(U) In support of National Bike Month and Bike to Work Week (11-15 May), What's News has the following information to encourage Agency officers who have always been interested in biking to work, but might not have had the information or support necessary to make the trek.



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(U) Plan Routes in Advance

(U) Most cyclists do not take the same route they would via car, so employees should plan accordingly. Other bikers can provide route tips, and online maps can provide cycling directions and suggest roads with bike lanes. Employees can visit the [Cycling page](#) for information on commuting and other biking topics. Several other public websites like www.mapmyride.com and www.ridethecity.com provide well-known and frequently used bike routes for commuters.

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(U) Employees should ride their pre-planned route on a weekend day to estimate the time needed to ride to and from work. For longer routes, employees can consider combining their ride with a bus or train ride. Employees can visit the [bus and train map and schedule](#) for more information on public access to the Headquarters compound.

(U) How to Ride In...and Still Look Professional



(U) Many potential riders object to riding a bicycle to work because they don't want to arrive at work sweaty. The Headquarters compound and a few other Agency buildings have showers available, and employees can consider keeping in their offices some basic items, including extra slacks, socks, shoes, shirts, blouses, etc. Baby wipes are another good way to freshen up if showers are not available. Employees can also keep deodorant, hair dryers, make up, and other items at their desks. Employees can swap clothes and replace new items on days they drive.

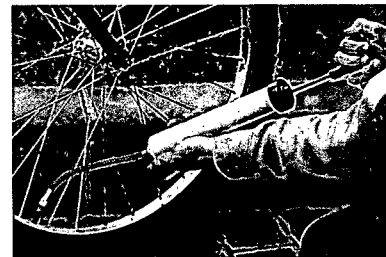
(U) Choosing Which Bike to Ride

(U) As long as a bicycle has two air-filled wheels that roll and brakes that work, the bicycle probably is fit to get to work—riders do not need a brand new, expensive bike to ride to work. If a bike has sat in a garage for a few years, employees should consider getting a tune-up for the cycle to make sure it is safe to ride. For employees who have long commutes or steep hills, electric-assist bikes, which have electric motors, can help riders make it up the hills.

(U) Recommended Gear

(U) Employees should consider using each of the following:

- **Helmet** – Helmets are not always required by law, but they are always a smart move. In the event of an accident, helmets save lives.
- **Reflective gear** – Consider wearing gear that is reflective. Lots of gear specifically made for cycling, including jackets, bottoms, gloves, and shoes, has built in reflective material. Many bike shops sell reflective stickers, which will stick on backpacks, helmets, and bicycle frames.
- **Lights** – Basic front (white) and rear (red) lights help other drivers see bicyclists. Many lights are strong LEDs, which can be seen from hundreds of feet away.
- **Lock** – Although Agency buildings are secure locations, a bike lock is always handy. "U-locks" are sturdier than cable locks, but any lock will act as a deterrent to thieves.
- **Fix Flat Kit** – Being stuck on a ride with a flat tire can be disappointing. Consider purchasing a fix flat kit, which will repair a tube in the event the tube pops or runs flat. Most bike shops will demonstrate how to change a tube for no charge.
- **Good sense** – Biking in traffic can be scary, but reflective clothing, proper hand signals, obeying traffic laws, lane control, and eye contact with drivers can help to reduce the risk of a crash.

(U//~~FOUO~~) Bike Rack LocationsUNCLASSIFIED//~~FOUO~~

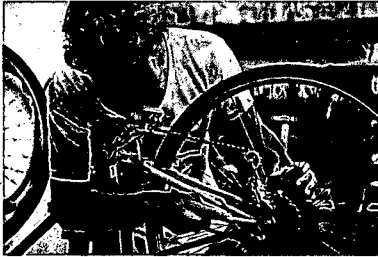
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- Headquarters: lower level of parking garage, Northeast Entrance, Southwest Entrance



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(U) When Bike Riding Is Faster Than Driving a Car

(U) In 2014, one Agency staff officer realized his five-mile drive from his home in Tysons Corner to Headquarters via car took about 30 minutes, considering he parked in the [redacted] Lot and had to walk a long distance into the building. The officer had always enjoyed riding bikes, so he donned a helmet, reflective gear, and put some necessities in a backpack and starting pedaling to work on a regular basis. How long did it take him from his home to Headquarters' Northeast Entrance? 28 minutes, two minutes shorter than his driving commute. This story is not unique, but is just one example of many how biking to work can save time and

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money.

(U) National Bike Month/Bike to Work Week

(U) May is National Bike Month and Bike to Work Week is 11-15 May. The DC Area Bike to Work Day is Friday, 15 May; vendors will be stationed at dozens of locations throughout the WMA to provide refreshments, entertainment, and information for riders. For more information on Bike to Work Day visit www.biketoworkmetrodc.org. For more information on potential bike routes to several Agency buildings, visit the Office of Medical Services Fitness Staff website. (This article is UNCLASSIFIED//~~FOR OFFICIAL USE ONLY~~.)

Modified: 5/6/2015 1:56 PM
Published: 5/5/2015 10:41 AM

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