

# Bicycling

## *Bike Commuting Tips*

### **No-Sweat Commuting**

**Commuting? Arrive at your destination feeling, looking, and smelling fresh.**

By Jennifer Sherry

Read these bike commuting tips and improve the aftermath of your ride.

#### **To Your Job**

Your **commute** is short enough that you can primp and prep before you leave, but you don't want to show up for the Monday-morning meeting smelling like a Subway sandwich.

**Stay Cool:** Leave early. Sunrise is generally the coolest time of day, and it's not uncommon for temperatures to rise 3 or more degrees per hour between 7 and 9 a.m. Plus, you'll be ahead of schedule, which means you can slow your pace.

#### **On Errands**

You plan to stop at the market after you hit the bank and the post office. Not only will a backpack full of groceries against your body boil you from the inside out, but your baking back will curdle your milk and wilt your lettuce.

**Stay Cool:** Strip yourself of unnecessary **gear**. Use a rear rack with panniers to transport everything--the paycheck you have to deposit, the package you have to mail and the perishable food items you need for tonight's barbecue.

#### **To The Garden Party**

Your friends are having a cocktail party a few miles from your house. It's the perfect opportunity to travel by bike, but you'd rather show up carrying a dry chardonnay than wearing a wet Fred Perry.

**Stay Cool:** Find the shadiest route. Ride through tree-lined neighborhoods and parks. If the cooler way is the longer way, remember, it's a party you're going to, not a final exam.

<http://www.bicycling.com/article/0,6610,s1-3-12-17584-1,00.html>