



BEGINNER COMMUTE 101

The number of people commuting is on the rise and this is due to several health and environmental benefits. Between 7am and 9am on any given day there could be up to 50,000 riders across Brisbane making their way to work on two wheels (Queensland Government Open Data). Riding a bike is fun, contributes to a healthier lifestyle, will save you money and makes you more mindful by the time you arrive at work.

Riding to work is a convenient, affordable way to get your 30 minutes of daily exercise and reduce the strain on the transport network. By riding to work 50km a week you could reduce CO2 emissions by up to 14kg and burn off calories equal to 2.5 hamburgers with cheese. If riding is something you are new to, or you just want to make your commuter experience better, Bicycle Queensland's steps below will help.

1 - BUY A BIKE

Firstly, work out the preferred type of riding you'll be doing. If it only involves the commute then a hybrid bike, or city commuter might be best for you, but if you want something more versatile, then you may want something that can cope with a bit of a rough terrain like a cyclocross bike or a hard tail mountain bike.

Find a local bike store and spend some time chatting to the staff about suitable, affordable options. Online providers will have some competitive prices, but you'll need to have some basic knowledge to ensure you get the right bike. Second-hand bikes are also a great option, but once again, you'll need to have some basic knowledge of brands and bike mechanics, so you don't end up getting sold a lemon. Do your research and find something comfortable that matches your riding style.

2 - BE PREPARED

Having the right gear can make your commute more enjoyable. While you don't need excess baggage, some Queensland laws make it compulsory to carry a couple of essential items on your ride such as, a helmet, front and rear lights and a bell or warning device. If you're missing any of these items, you could end up with some hefty fines. To find out more about what to pack for your ride check out our rider essentials page. A safe bike is essential and before you leave for your first ride you should check that your bike passes a standard ABC bike check. Keep it simple. If something is outside of your comfort zone take it to your local bike shop for maintenance or sign up to one of our bike maintenance workshops. We've made these virtual so we can educate all riders across Queensland. Part of being prepared is planning your route. Keep your first rides short and sweet. Part of the way is okay and at certain times of the day you can take your bike on the train to help with longer journeys. You can learn more about route planning by watching part 4 of our Bike Basics series. Complete the quiz to measure your success.

3 - FIND A RIDING BUDDY

Riding buddies can be like Yoda to Luke Skywalker, or Baloo to your Mowgli. Regardless of how you build your relationships, it is always good to ride with other people. Sometimes you might need a little bit of motivation to keep you going or support with a tricky mechanical failure. Either way, if it gets you riding more often, it's positive. In finding a buddy right for you consider the following,

- How often you want to commute (part way is okay)?
- Hours of travel (6:30am – 8:30am and/or 4:00pm – 6:00pm?)
- Suburb or landmark you start your travel from
- Distance of your commute
- Style of riding

To find out more about our bike buddy program, email us at bqinfo@bq.org.au to find out more.

END OF TRIP FACILITIES

Most new major developments, and major additions to major developments will have end of trip facilities. These should include secure bike parking, locker facilities, showers, and change rooms. If your lucky enough to have all of these then you could take your work clothes in at the start of the week and enjoy a lighter load on your daily commute. Alternatively, there are some excellent commuter bags out there that will cater to all your work-related needs. Australian owned company, Henty make some excellent commuter bags. With these bags you can come and go as you please without looking like your clothes just got pulled from a child's toybox. If you don't have suitable end of trip facilities then you can use your 7 day free trial of Brisbane's Cycle2City or invest in an e-bike that stops you from working up a sweat while you ride. Have a go at our interactive e-bike quiz that pairs you with an e-bike that's right for you.

ENJOY YOURSELF

Have some fun on the bike and use active travel as an opportunity to unwind and be mindful. You'll become happier and healthier and you also have the added piece of mind that your reducing congestion on our roads and reducing global CO2 emissions.



MORE PEOPLE CYCLING, MORE OFTEN

