



Gear UP

Looking for a cheap, clean, fun and healthy way to get to work? Then gear up, and get on your bike!

So what do you need to stay safe on two wheels while also dress to impress when you get to work?

- Wear sunglasses to keep debris out of your eyes and protect them from the sun's rays.
- Wrap a handkerchief around your wrist to wipe sweat from your brow.
- Wear dark-colored pants that do not show grime from your bike.
- Use an ankle strap or tuck your pants in your socks to keep them from getting caught in the chain or front gears.
- Wear bike cleats or shoes with good treads to maintain solid footing on the pedals. Place your work shoes in a backpack.
- Wear undergarments made of nylon or other synthetic fabrics to absorb sweat on warmer days.
- Place other dressy attire in a backpack and use the restroom to make a quick change once you arrive at work.

