



**BNMC**

**Wellness Wednesday:  
Bike to Work 101!**

May 22, 2024

# Welcome from Beth Machnica, BNMC Director of Health & Wellbeing



Presented By:  
Christine Krolewicz  
Brianna Battista

GO BUFFALO  
NIAGARA



**BNMC**  
TRANSPORTATION



**Quick Question...**

**Have you biked to work before?**

**Result: About 50% have and 50% have not**



# WHY Bike to Work?



- 1 Stay Active
- 2 Be Outside
- 3 Have Fun!
- 4 Save Money
- 5 Reduce Your Carbon Footprint



# Bike Commuters Are Saying...

Photo Credit:  
Samantha Schwarz

”  
I've noticed that I  
see more when I'm  
not in a vehicle.  
“

”  
This was the first sunny commute I  
can remember for the last month!  
So glad I was able to experience it  
on my bike rather than in a car.  
“

”  
the perfect way to start my day!  
“



# HOW Do I Bike to Work? SAFETY FIRST!!

- ❑ Well-fitted helmet
- ❑ Bike lights
- ❑ Light-colored clothing
- ❑ Bike in working order  
(or borrow a Reddy bike!)
- ❑ Lubricate chain
- ❑ Fill tires
- ❑ Check brakes



## Get a Tune Up!

- Campus Wheelworks @ 1330 Niagara St
- Rick's Cycle Shop @ 55 Allen St
- GObike Community Workshop @ 313 Broadway St
  - Tuneups available  
(BNMC employees get 20% off in May!)
  - Come to Open Shop & our mechanics will help you with your bike!



## Recommended Gear

- ❑ Sunglasses
- ❑ Bike lock
- ❑ Backpack or panniers/saddle bags
- ❑ Change of clothes
- ❑ Light exercise towel
- ❑ Snacks & water
- ❑ Sunscreen
- ❑ Hat with brim



# #BikeToWorkTransformation @bikingbetty Instagram



# #BikeToWorkTransformation @bikingbetty Instagram

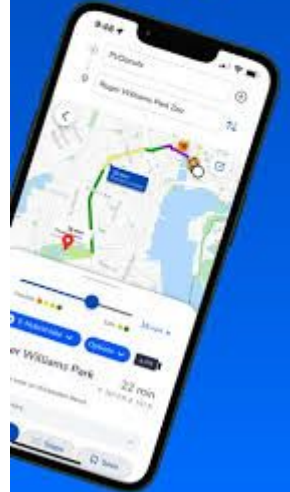


# Route Planning (aka choose your own adventure)

- ❑ Get ideas from Google Maps and Pointz apps



Plan Safe &  
Customized  
Routes





Best 13 min 48 min 1 hr 48 30 min

Cazenovia Park, Buffalo, NY

Parking lot, 589 Ellicott St, Buffalo, NY 14

Add destination

Leave now

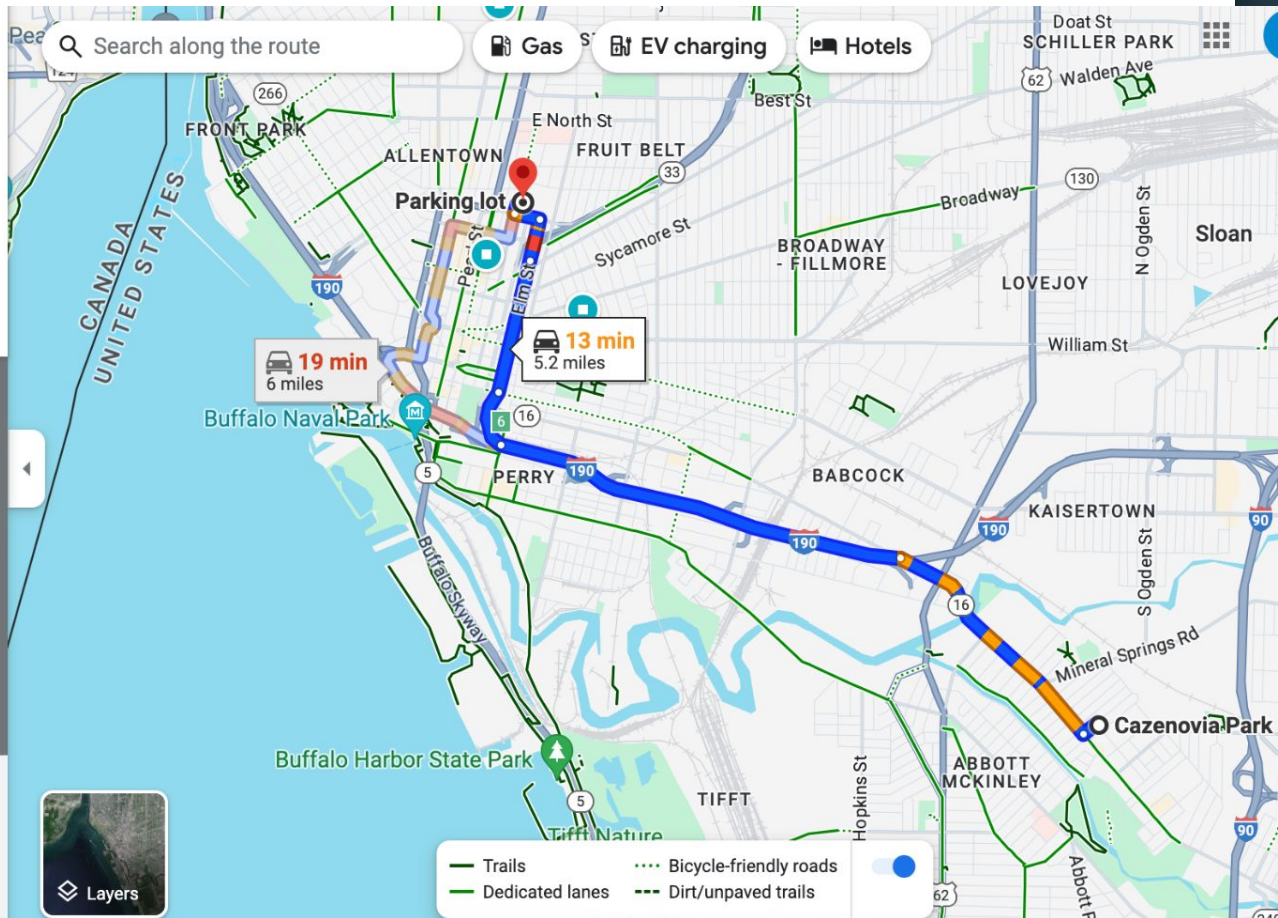
Options

Send directions to your phone Copy link

via Seneca St and I-190 N 13 min  
Fastest route, despite the usual traffic 5.2 miles

Details

via I-190 N 19 min  
Heavy traffic, as usual 6.0 miles





Best

13 min

48 min

1 hr 48

30 min

Cazenovia Park, Buffalo, NY

Parking lot, 589 Ellicott St, Buffalo, NY 14

Add destination

Options

Send directions to your phone

Copy link

via Seneca St

30 min

5.0 miles

Details

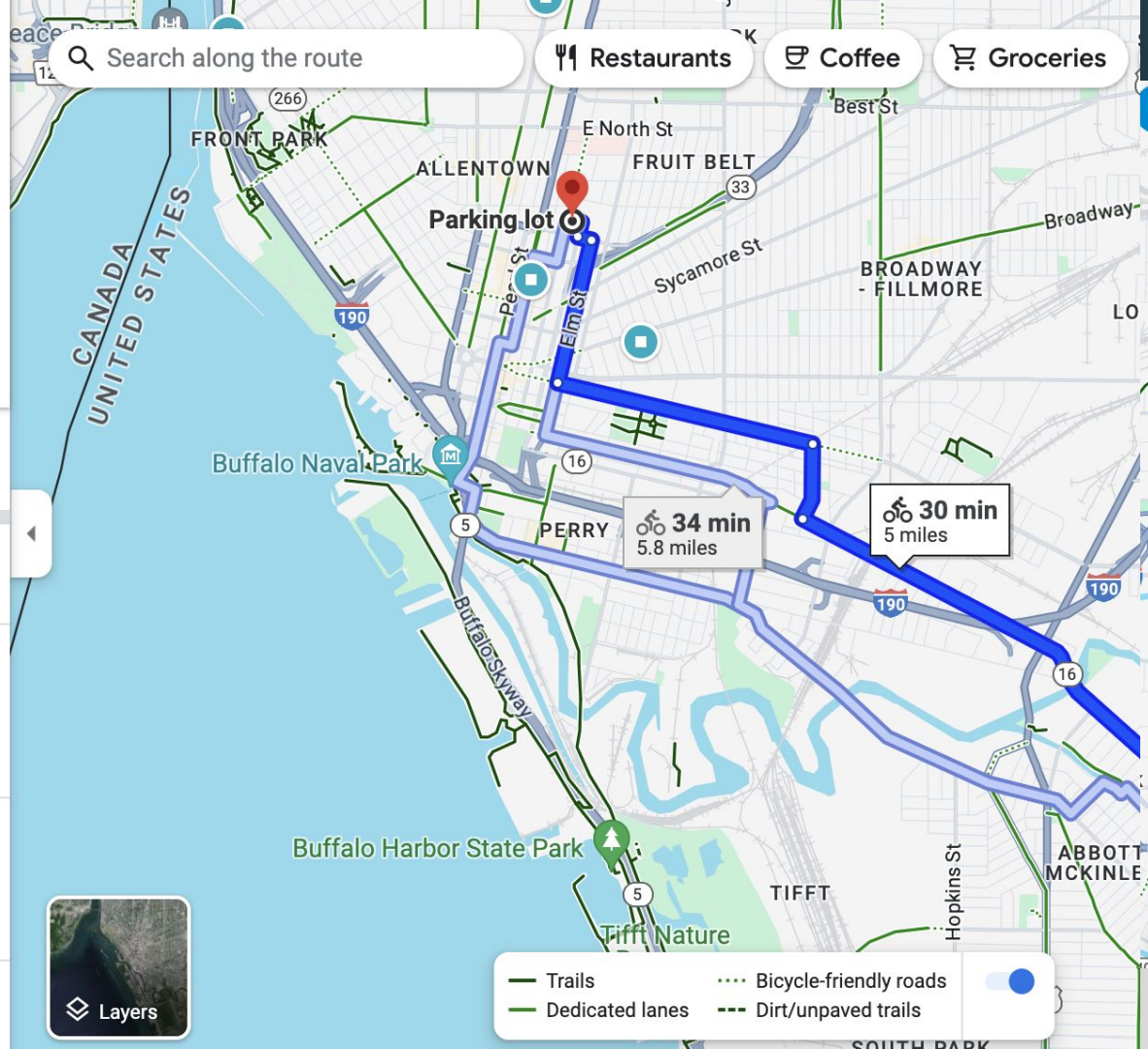
via South Park Ave

36 min

6.1 miles

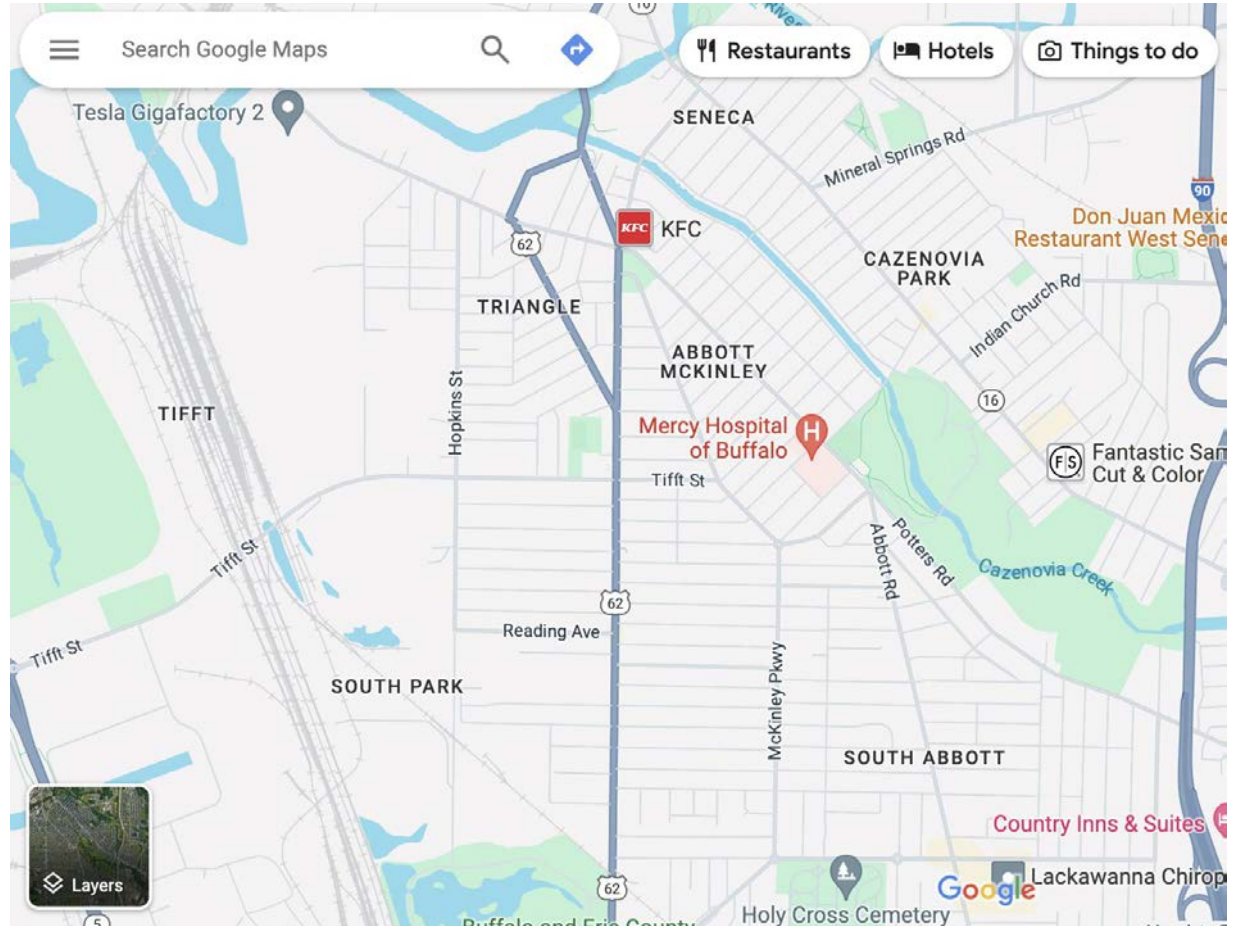
via South Park Ave and Swan St

34 min



**Pro-Tip:**

**Activate  
biking layer  
on Google  
Maps**





Search Google Maps



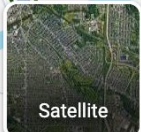
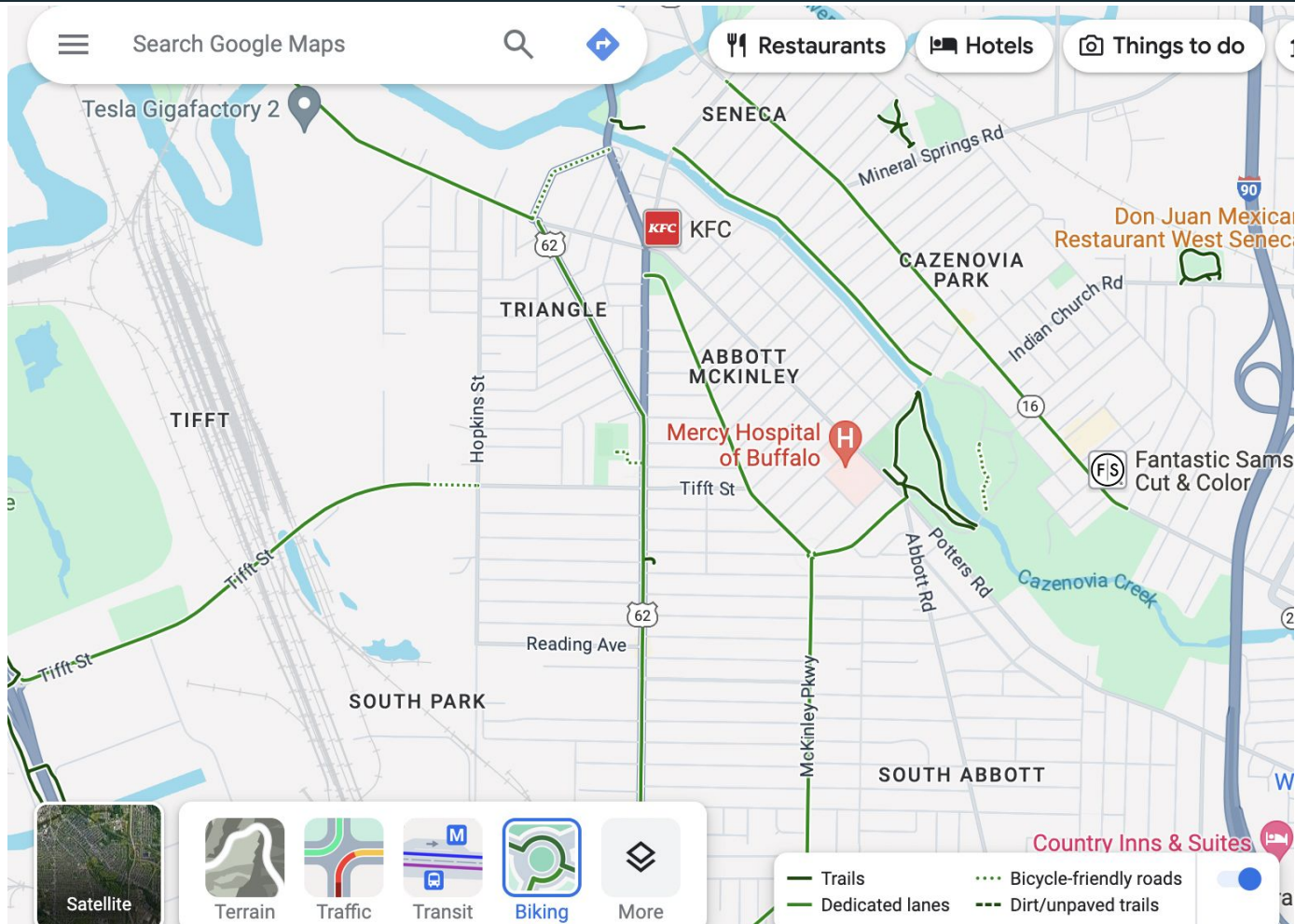
Restaurants



Hotels



Things to do



Satellite



Terrain



Traffic



Transit



Biking



More

Trails

Dedicated lanes

Bicycle-friendly roads

Dirt/unpaved trails

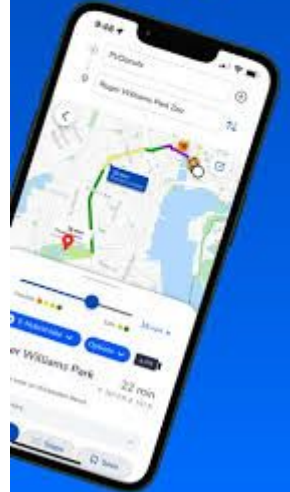


# Route Planning (aka choose your own adventure)

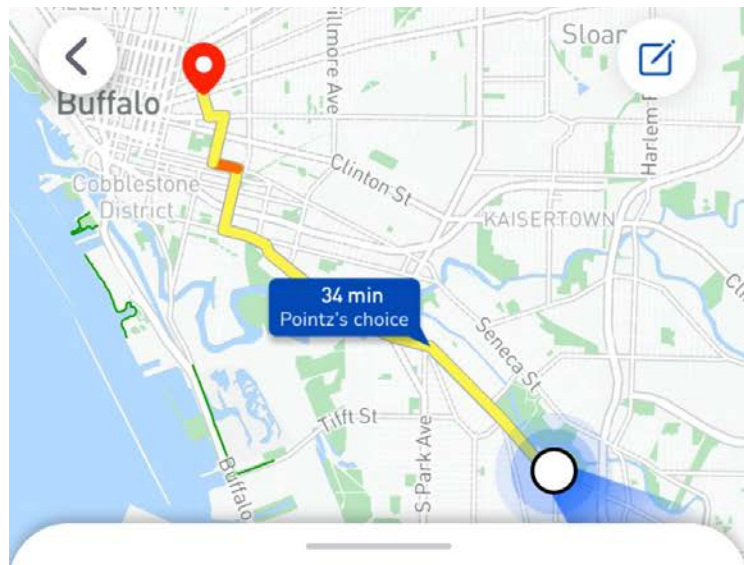
- ❑ Get ideas from Google Maps and Pointz apps



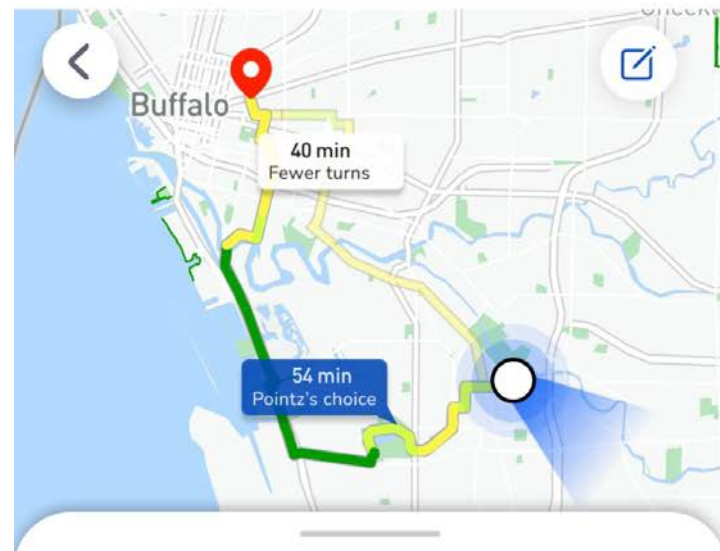
Plan Safe &  
Customized  
Routes







**313 Broadway** **34 min**  
5.2 mi Bike northwest on Potters Road. ↑ 89.0 ft ↓ 85 ft



**313 Broadway** **54 min**  
9.0 mi Bike southeast on Potters Road. ↑ 256.0 ft ↓ 253 ft



## Route Planning (aka choose your own adventure)

- ❑ Get ideas from Google Maps and Pointz apps
- ❑ Consider multimodal options (park and ride)
  - ❑ Drive with your bike to a park and ride to work from there
  - ❑ Put your bike on the bus!
- ❑ Practice the route
- ❑ Give yourself extra time



Plan Safe &  
Customized  
Routes



**Pro-Tip:**  
Schedule a 20-min  
Transportation Consultation  
with GO Buffalo Niagara

Get your custom  
transportation plan!



**Pro-Tip:**  
Sign up for Guaranteed Ride Home



**BE PREPARED!**



# LET'S TALK RULES OF THE ROAD



**In the City of Buffalo, who may legally ride a bike on the sidewalk?**

- A. Children under 14**
- B. Children 14-18
- C. Adults over 18
- D. All of the above



## Which of these laws apply to cyclists?

- A. Turn using turning lanes when available
- B. Obey stop sign and stop light instructions
- C. Yield to pedestrians
- D. All of the above**

## When does a cyclist need to use lights?

- A. All the time
- B. Never
- C. When it's dark, beginning ½ hour before sunset and ending ½ hour after sunrise**

**What side of the road should you ride your bike on?**

- A. On the right, with the flow of traffic**
- B. On the left, facing traffic
- C. In the middle where there is space
- D. On the sidewalk

## Cyclists may ride in the roadway:

- A. Single file
- B. Two riders side-by-side
- C. All of the above**

## When approaching a traffic circle or roundabout, cyclists should:

- A. Get off their bike and use crosswalks
- B. Take the drive lane and wait with other cars to enter the circle**
- C. Pass cars waiting to enter the circle on the right and enter when it's clear



## Cyclists listening to music may not:

- A. Use one earbud
- B. Use two earbuds**
- C. Use a speaker
- D. All of the above

Pro-tip: Turn sound on on Google Maps for navigation in your headphones rather than having to look at your phone

If a driver arrives at a 4-way stop at the same time as a cyclist, and the cyclist is to their right, who should go first?

A. The driver

**B. The cyclist**

If a driver arrives at a 4-way stop at the same time as a cyclist, both are across from each other, the driver is going straight and the cyclist is going left, who should go first?

**A. The driver**

B. The cyclist

## Other Safety Tips

- Use hand signals to communicate turns
- Check behind you before turning/  
changing lanes
- If you ever feel unsafe, just walk your bike!
- Check out the League's ["Ride Better Tips"](#)

## Now It's Time to Get Excited!

- Coordinate a group ride
- Plan a small celebration at or nearby work
- Reward yourself with a pit stop for a special beverage or treat
- Challenge your friends/coworkers to bike in—loser buys lunch!



## Other Resources for Bike Commuters

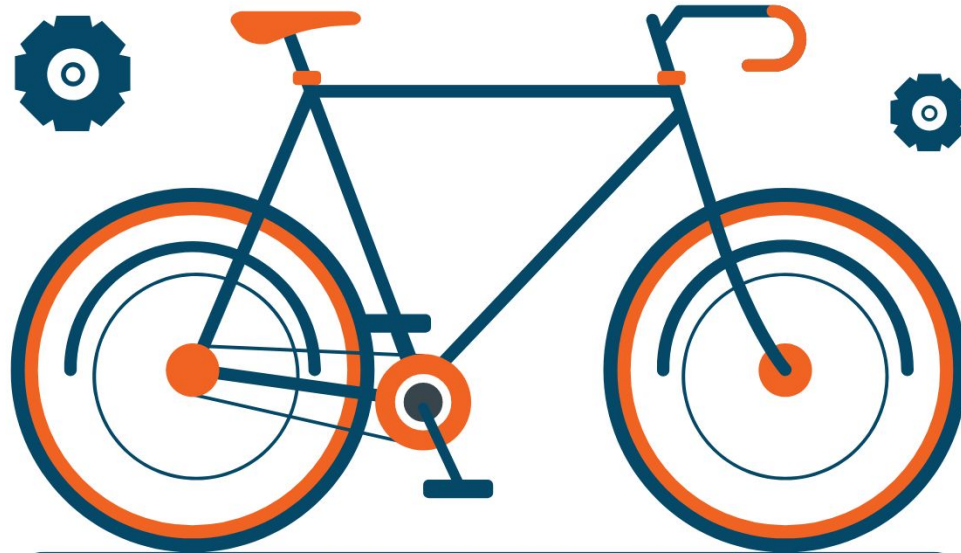
- AAA membership - includes roadside service for bicycles
- [BNMC Healthy Commuter Benefits](#)
  - Healthy Commuter Rewards
  - Secure bike parking
  - FREE Reddy Bikeshare membership

## Join a Commuter Rewards Program - or two!

- GO Buffalo Niagara [Monthly Raffle](#)
  - Three \$50 gift cards for those who track active/sustainable commutes including biking
- NEW Bike to Work On-Demand Rewards
  - *Automatically* get paid \$5 every time you bike to work
  - [Apply here](#)



**Questions? Ask away!**



**THANK YOU** for making a choice that's good for  
you, the environment, and your community!



**BNMC**



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