

• It's good for your health. Cycling improves cardiovascular health, muscle and bone strength, flexibility, and more. Long-term, it lowers your risk of stroke, heart attack, some cancers, diabetes, obesity, and arthritis. Plus, it's a low-impact form of exercise, making it accessible even if you have bad knees or can't stay on your feet long. With an E-bike, you can add a boost when you need it without sacrificing all the benefits of exercise (plus, studies have found people who use E-bikes are likely to ride longer).

• It makes you happier. Psychologists have found that it only takes 15 minutes of cycling for cortisol (stress hormone) levels to decline. In fact, one study found 44% of commuters who cycle report experiencing little to no stress (ever), as compared to 15-20% of other commuters. Exercise also stimulates your brain so it makes more endorphins. As an added bonus, being outside while on your bike elevates your mood even more.

• It's good for your mind. Memory, reasoning, and planning can be improved after just 30 minutes of biking, and in the long term, your brain becomes better at combating the effects of depression, ADHD, Alzheimer's, Parkinson's, and more.

• It's better for your wallet. If you're cycling, you're not buying gas or putting miles on your car. You're also not spending as much on medical expenses. One study found 30 minutes of cycling daily saves \$544 a year! Bicycle commuters also take 50% fewer sick days.

• It's greener. Replacing just 5 miles a week of car travel with E-bike travel means reducing your carbon emissions by over 100kg a year. That's the weight of a giant panda! Almost half of car trips are 3 miles or less anyway.

- Bike
- Helmet
- Bike lock & key
- Bell, Lights, Reflectors
- Water (and maybe a snack)
- Sunglasses & Sunscreen
- Jacket for rainy or cold weather (best if it's reflective)
- Gloves (you'll want them if it's cold)
- First Aid (bandaids, antiseptic, pain & allergy meds)
- Tool kit (pump, spare tube, allen wrench(s), tire lever)
- Backpack / Work Bag (even better if it's reflective)
- Small towel & deodorant
- Change of shoes & clothes (you may want socks)
- Phone / Keys / Wallet

Packing List

If you're using This Machine bikes, don't worry about things in pink

- **Do an ABC check.** Make sure your bike is ready to go by going through your ABC's - **A**ir, **B**rakes, **C**hain/Crank. Your tires should have enough air that they feel solid like an apple (if you're riding a This Machine bike, you don't need to worry about this step - we use foam tires). Make sure when you squeeze the brakes, the wheels can't spin. Your chain should be oiled, and move smoothly over the gears when you turn the crank (pedal).
- **Check your lights.** Even if you don't plan to ride at night, it's always a good idea to make sure your lights are working, so you can see and be seen in darkness, rain, and fog. Reflectors are also helpful for visibility.
- **Check the weather.** You don't want to be caught unprepared for a heat wave or storm.

Before You Go

Hey Commuters!

- Do you enjoy your commute?
- Is your commute good for you?
- Is your commute good for your wallet?
- Does your commute come with mental health benefits?
- Do you get your daily exercise in on your commute?
- Is your commute eco-friendly?

If not, why not?
Cycling on your commute gives you all these benefits, and more, even if it's not every day.
Here's a map of local bike routes, and some helpful tips for every Tulsan ready for a better commute.

Special thanks to the Oklahoma Highway Safety Office



No matter what kind of bike you're riding, there are benefits. Here are a few:

THIS MACHINE
Tulsa Bike Share

Commuter Guide

Sign up for our E-News @thismachineusa

@thismachineusa

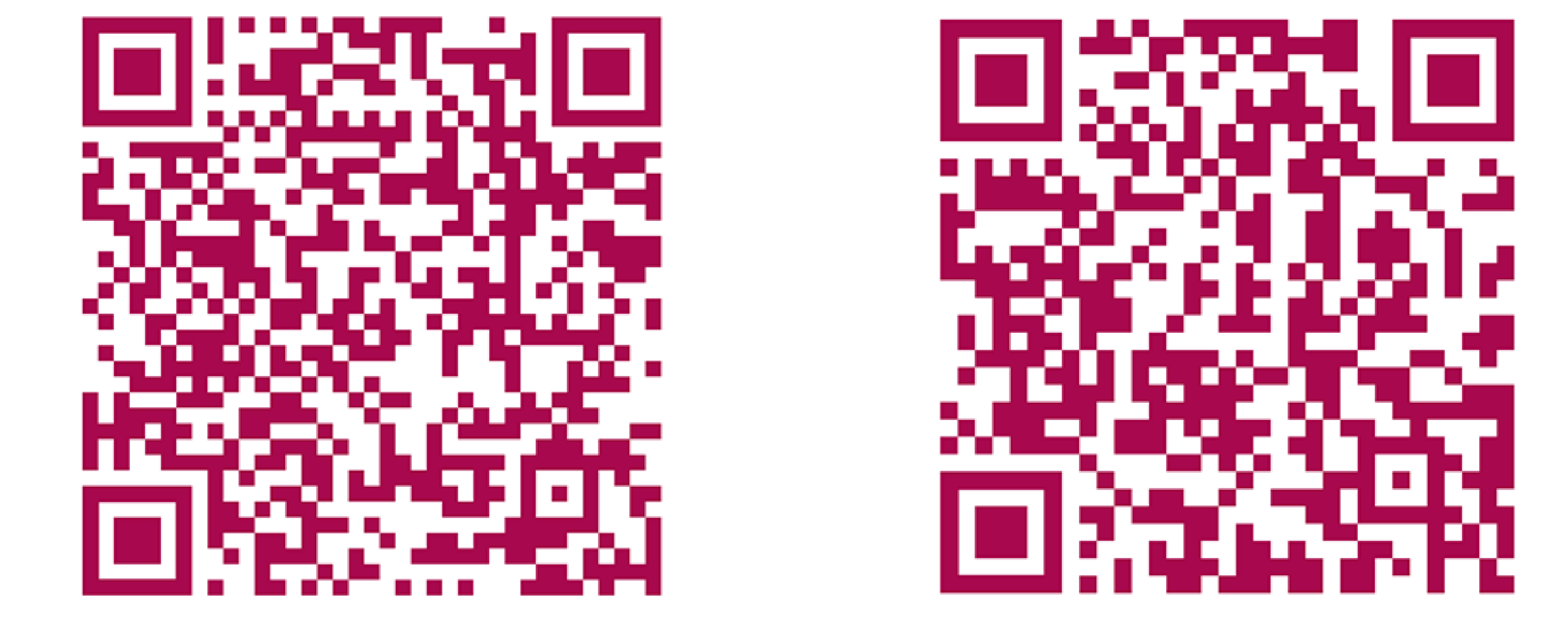
@thismachineusa

[918] 392-7636

support@thismachineusa.org

thismachineusa.com

Connect With This Machine



Download Our App

App Store | Google Play

Notes

So you don't forget your personal favorites, work necessities, or lucky socks

Local Resources

- **INCOG**
incog.org/Transportation/transportation_bikeped.html
- **Travel with Care Tulsa** travelwithcaretulsa.com
- **Bicycle Pedestrian Advisory Committee**
okbike.org
- **311** call this phone number to report road and safety issues
- **River Parks Authority** riverparks.org
- **City of Tulsa Parks and Recreation**
cityoftulsa.org/government/departments/park-and-recreation/
- **Tulsa County Parks Department**
parks.tulsacounty.org
- **Bike Club** bikeclubtulsa.com

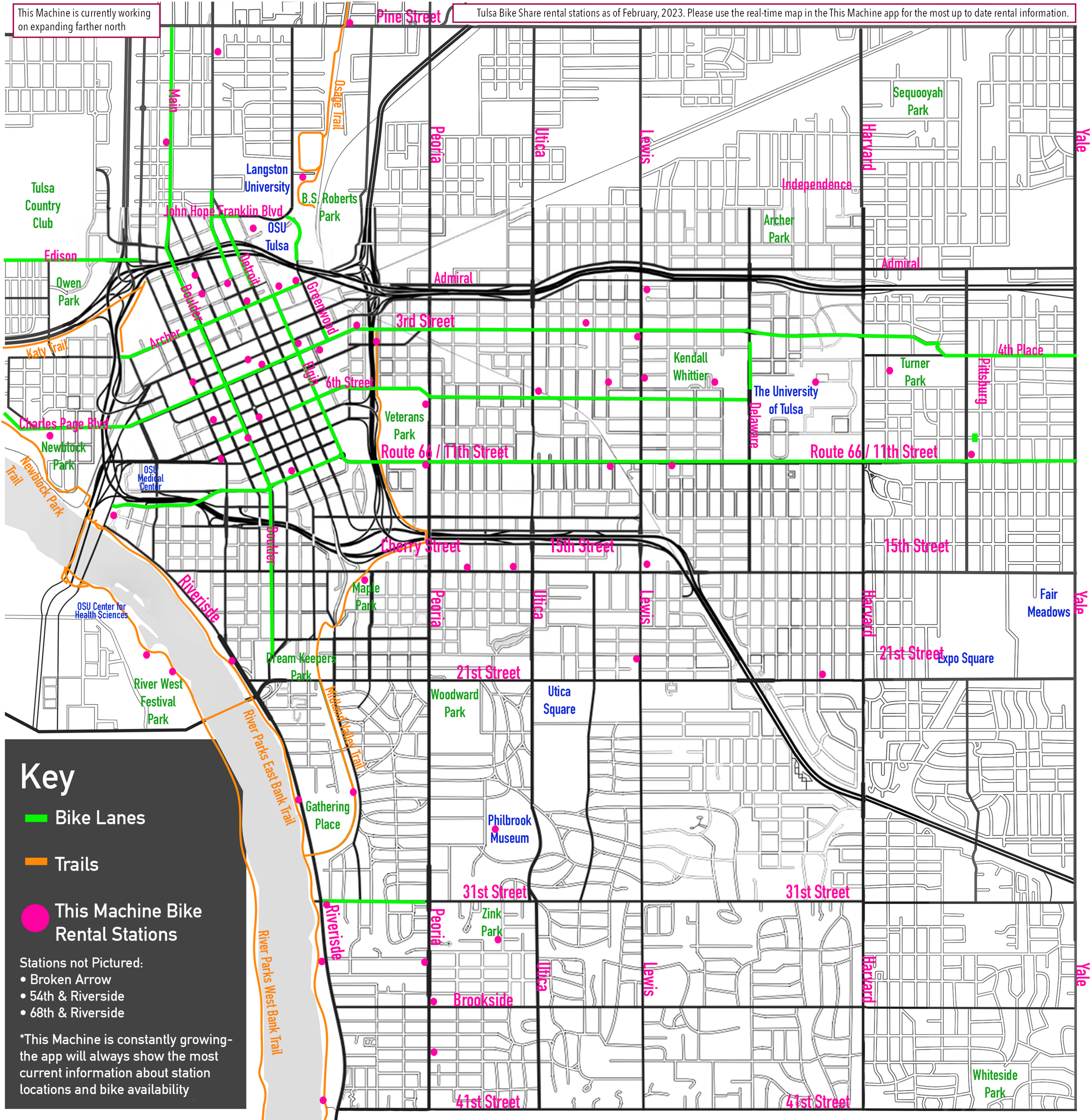
918 Trails' Area Trail & Bike Lane Map

FREE RIDES with the code COMMUTE

In the This Machine app, click your name, click "Coupons and credits," then enter COMMUTER for 2 free 30 minute rides.

This Machine is currently working on expanding farther north

Tulsa Bike Share rental stations as of February, 2023. Please use the real-time map in the This Machine app for the most up to date rental information.



Key

— Bike Lanes

— Trails

● This Machine Bike Rental Stations

Stations not Pictured:

- Broken Arrow
- 54th & Riverside
- 68th & Riverside

*This Machine is constantly growing- the app will always show the most current information about station locations and bike availability

Tips for the Road

- **Ride in bike lanes and on trails** when possible. They're the safest place to ride, and generally the most enjoyable. That said, you're allowed to leave the bike lane and ride in the street. Some streets are designated "sharrows," with big bicycles painted in the road to remind drivers to share the road. Do not ride on sidewalks in business districts.
- **Obey signs and lights.** They're there for everyone's safety. Be careful at turns, bridges, and underpasses.
- **Ride with the flow of traffic**, even if you're in a bike lane. It makes it easier for drivers to see you and understand where you're going. On trails, ride on the right.
- **Take the lane for safety.** If you're riding on a street, ride in the center of the lane, not the gutter. This prevents drivers from trying to overtake you without changing lanes.

- **Ride 2-by-2 or less.** Bike lanes are wide enough for one rider, comfortably. On streets and trails, 2 riders may comfortably ride side-by-side. Some trails may also have narrow lane markings, and be best for one rider at a time.
- **Bike lanes have the right of way.** If you're riding in a bike lane and a driver is turning across it, you have the right of way. Use caution and be prepared to stop, but know you are not required to stop and wait for them to turn.
- **Yield to pedestrians.** Pedestrians always have the right of way. Pay attention at crosswalks, corners, and places where there are no sidewalks.
- **Turn your lights on** at night, or any time it's dark. Use a white light on the front of your bike and a red one in the rear, just like a car would.
- **Wear a helmet.** A safe ride is a stress-free ride.
- **Adjust your seat** height so your leg can extend almost fully. You get the most power for each pedal-stroke that way, and it's better for your body.

- **Use your bell.** The sound of a bike bell is instantly recognized as a sound that means "there's a bike coming." Use it when passing people on trails, or if you need to alert a pedestrian of your presence.
- **Use your voice.** Like your bell, your voice is a great way to let people know where you are and where you're going. When passing on trails, let people know by calling, "passing on your left!"
- **Use hand signals.** If people and cars can tell where you're going, they can tell where they shouldn't go.
- **Most importantly, use common sense and have fun!**



Special thanks to the Oklahoma Highway Safety Office

