

## Madison Bike to Work Week Template

### Why Bike to Work?

Want to get more physical activity, save money, and minimize your impact on the environment? Riding your bicycle to work is a great way to accomplish all three at once! If you've never ridden your bicycle to work it might sound a little intimidating, but Bike to Work Week is the perfect opportunity to give it a try.

### Tires Flat...Bike Covered in Dust?

- Get your bike out before the weather warms up, and take it to one of Madison's many bike shops to have it tuned up, safety-checked, and ready to go.

### Not an Experienced Bicyclist?

- If you're not sure how long your bike commute will take or what the route will be like, try a practice ride on your day off. You can explore your route options in [RoundTrip](#) or check out the [Low Stress Bicycle Route Finder](#) for Dane County.
- If you're not sure you can ride the full distance, start by riding in one-mile increments to increase your endurance and gradually build up to your full commute. All [Metro Transit buses have bike racks](#), so riding your bike to a bus stop and taking the bus the rest of the way can be a great option.
- If you'd prefer to ride with others, you can find bicycle commute partners by searching for bikepool matches in the [RoundTrip](#) ride matching platform, or asking co-workers who are already bike commuters to ride with you one day.

### Is Your Commute too Long?

- Pedal to a bus stop and take [Metro Transit](#) the rest of the way. All buses have bike racks!
- Drive to work and ride your bike home one day, then bike to work the next day and drive home, and so on...this way you only have to ride the one-way distance per day.

### Need Even More Reasons to Ride?

- During Madison Bike Week (usually in June) there are commuter stations throughout the city sharing coffee, treats, and community!