



BE VISIBLE! BE PREDICTABLE!

TAKING IT FURTHER

So the chore of driving to the shops has been replaced with the joy of shopping by bike and now you're ready to do it ALL by bike. Here's a few things to consider.

TRAILERS



They're not just for the kids. A trailer allows you to move hundreds of pounds—buy mulch or take the dog to the vet. Sound hard? If you can handle hills, you can handle a trailer.

XTRACYCLES



The Xtracycle is an extension for your bike, stretching out the distance between your seat and your rear wheel with a big stable platform. Think rack with panniers on steroids.

CARGO BIKES



Built for delivery and street vendors. They may not be very practical for recreational riding but they will allow you to shop for a family of ten.

PLANNING

Before you head out it's good to know what you're going to buy. Can you carry it? Will it melt?



MAKE A LIST

Making a grocery list is a creative process and fun. Planning your meals enables you to try out different foods and save money.

DON'T OVER BUY

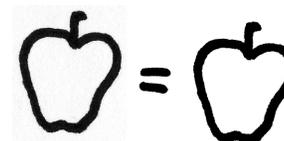
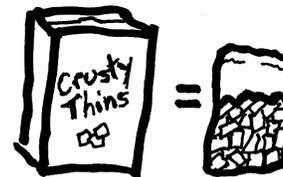
Let's face it, if you're shopping by bike, your days of buying ten of everything are over. And though you will have to plan more trips to the store per week (and hey, more time on your bike is never a bad thing), not having excess food will mean it doesn't go to rot in your fridge.

BUY FRESH

Anything that comes in a box increases its footprint by at least 25-30%. Individually wrapped items can be even worse, sometimes increasing the space required to haul them by over 100%. The plus side to purchasing less packaged food is that whole foods tend to be less expensive and healthier, and you won't have to unbox them to make them fit.

WILL IT SURVIVE?

Most items will survive a trip on a bike but not all. Ice cream in the summer? You might want to consider a small cooler. If you have items that bruise easy, wrap them in a towel, bubble wrap, or anything soft before packing them onto your bike.

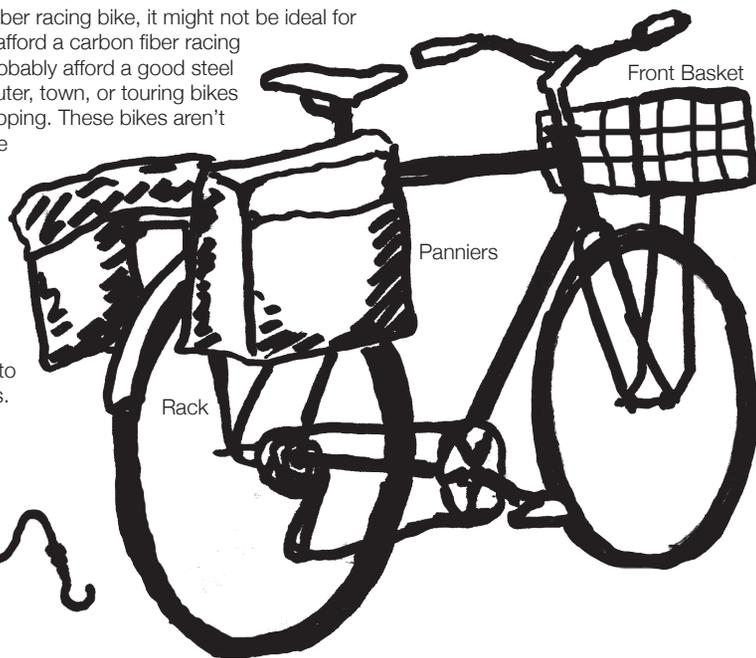


FACTS

- Sixty percent (60%) of the pollution created by automobile emissions happens in the first few minutes of operation, before the pollution control devices can work effectively.
- 25% of all trips are made within a mile of our homes and 40% of all trips are made within two miles of our home.
- Shopping by bike isn't like riding in a race. You're street clothes will do just fine.

CARRYING A LOAD

If you own a carbon fiber racing bike, it might not be ideal for shopping. If you can afford a carbon fiber racing bike, then you can probably afford a good steel frame cruiser. Commuter, town, or touring bikes all work great for shopping. These bikes aren't built for speed, they're built to get you there comfortably. A bike alone is not very practical for shopping. Unless you plan to hang your shopping bags off your handle bars, you're going to need to get some accessories.



SOME BASICS

GEARS

Good to have when going up hills with a full load. Standing up and pumping doesn't work as well when balancing a heavy load. Some times you'll need to stay seated and ride in an easier gear.

FENDERS

Okay, maybe you're not going to ride when it's actually raining, but what about just after? Puddles stay around for a while—don't let wet roads give you that embarrassing butt stripe.

LIGHTS

Sometimes you will need to ride after dark. If your bags are full, chances are you're moving slower than usual and your reaction time is slower. Stick on the lights, be visible. They are cheap and required by law.

FAT TIRES

If you're riding a cruiser or townie, it's a good chance you have some fat tires on your bike already. Fat tires give you a smoother ride and the smoother the ride the better shape your items will be in. What about knobby tires? Unless you're off-roading, they'll only slow you down.

PUMP & SPARE TUBE

What are the odds you'll get a flat? Take no chances when it comes to being stranded—always bring a small hand pump and at least one spare tube. It will only add a bit of weight to your bike. And what's one pound extra for piece of mind?

HELMET

Do we really need to go over the importance of a helmet again? Didn't think so.

BACK PACKS & MESSENGER BAGS

These are great for just a few items and will work with any bike. Bring them into the store with you, and you can quickly check if you can carry what you want to purchase.

FRONT BASKET

The best thing about a front basket is you can keep an eye on what's in it. A bungee cord is a must to keep objects from jumping out. Ideal for bottles and take out. Too much weight can make steering difficult though.

RACKS

It seems like almost every other bike on the street has a rack on the back, but without a way to fasten your purchase to it, a rack is pretty useless. Add a few bungee cords or a crate and there is no limit to what you can stack on the back. The disadvantage is a lot of weight on a rack makes the bike very top heavy and difficult to balance. Racks are also available for the front or your bike too. This is a good way to balance out a lot of weight.

PANNIERS

Panniers (or saddle bags) rule! They have a low center of gravity making them ideal for heavier objects. They also can be easily removed and taken right into the store. And they come in every size imaginable. When repacking the groceries into panniers, think like a grocery bagger. Place the heavy items like cans of food, squash, or potatoes on the bottom. Place easily bruised fruit or eggs in protection on top.