

BIKING & WALKING



Biking and/or walking to work not only saves you \$\$\$ and reduces your personal carbon footprint, but also helps you to stay fit & healthy.

Consider biking or walking to work?

- **It's a good idea to practice.** Prior to walking to work or cycling to work, take a walk or spin around your neighborhood – practice walking or biking for the period of time that you expect it will take you to commute to work.
- **Identify how far you live from work.** The average walking speed is 3 MPH, while the average biking speed is 10 MPH. Therefore if you live within these distances to work, biking and/or walking could be right for you!
- **Review the Top-10 biking checklist** on the backside of this card to help you prepare for your active commute.

Do you live further than 3–10 miles from work?

If you live further than these distances, you may want to commute by walking or biking to/from a train station, bus stop, a park & ride lot, or perhaps drive your car (or carpool!) to an appropriate location and complete your commute using your foot or biking power.

Worried about an emergency?

We've got you covered with the MVTMA's FREE Guaranteed Ride Home program!



The Merrimack Valley TMA is funded with support from its members, MassDOT, and the Federal Highway Administration.

Find us on  and on  @MerrimackVlyTMA

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The MVTMA has the information you need to support your choice of biking and/or walking. Below are some items to keep in mind before planning your active commute.

TOP-10 BIKING CHECKLIST:

Before you leave the house do you have the following items with you?

1. License & insurance card in case of an emergency
2. Cash or credit card in the event you need to call for help
3. Cell phone: make sure its charged
4. Keys to your house if you're biking to/from work/home
5. If you left your car at work, keys to drive your car home
6. Water bottle recommended amount is 3-6 ounces for 20 minutes of exercise
7. Toiletry items & a towel
8. Clothes for work, including shoes if you're biking to/from work/home
9. If you're driving to work and biking home make sure you've packed a helmet, clothes to bike in, cycling shoes, water bottle, and snack
10. A lock for your bike at your designated location to ensure your bike is safe during the day

Visit our **Cycling Corner Tab** for resources to help you plan your active commute, view local maps, create or find an existing route that may suite your needs.

Go to www.merrimackvalleytma.com for more information.

Questions, please contact TMA Outreach Manager Al Marrone 603-702-2156 commute@merrimackvalleytma.com

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