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Ride your bike more often

Greener car care
By **Alison Layman** For the Camera
Posted: 03/29/2011 01:00:00 AM MDT

Q. Vehicle maintenance is so expensive, what are alternatives?

A. Local bike paths and bus routes mean you can reduce the use of your car, and subsequent need for maintenance. Biking all over town will put wear and tear on your bike, but a bike is meant to be ridden and the benefits are extensive. You can increase the lifespan of your bike through regular maintenance, such as checking the air in your tires and greasing your chain.

Regular bike maintenance will ensure a smooth and carbon neutral commute.

Learning to complete the bike maintenance yourself will reduce the cost of care, and help you better understand how your bike works. To learn more about bike maintenance, courses are available at Community Cycles such as Bicycle Traffic Skills 101 on May 21. Visit communitycycles.org/programs/workshops.html for a list of workshops designed to educate and improve commuting needs.

On Earth Day, April 22, ReSource will be celebrating its 15th anniversary at the yard, 6400 Arapahoe Road. Part of this chock-full event includes workshops provided through Tool School, a program of ReSource Tool Library. Community Cycles is partnering to provide a workshop called Essential Bike Maintenance.

In addition to regular care for your bike, improving your bike's comfort and efficiency will make it easier to commute on your bike.

Bike accessories you need for comfort, flexibility, and safe travel include:

Chain guards (to prevent your nice pants from tearing).

Rain guards (to prevent wet pavement from decorating your back).

A basket to take the load off your back.

Boulder and Colorado State Statute require bike lights on both the front and back of your bike.

Bells can be a safety feature and fun adornment for your bike.

A helmet is recommended for safety -- and may soon be required by state law.

Visit the City of Boulder for more information on biking rules and maps: bouldercolorado.gov

Alison Layman is the communication coordinator at The Center for ReSource Conservation (CRC) is a non-profit organization that implements programs for the Boulder County community through their Waste (Deconstruction/Re-Use), Energy, and Water Divisions. Most CRC employee, Interns, and volunteers ride to work. CRC was awarded Silver in Bike Friendly Business through Go Boulder and Community Cycles. Learn more by visiting conservationcenter.org. CRC supports Community Cycles sustainable efforts. Community Cycles is a non-profit organization of bicycle enthusiasts whose mission is to educate and advocate for the safe use of bicycles as an affordable, viable and sustainable means of transportation and personal enjoyment within our community. Learn more at communitycycles.org.

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