



# Bike for a Better Commute

## Enjoy an active, more affordable commute!

Join the movement and start commuting to work by bike! Pedal past traffic, get an active start to your day, and save money on commuting costs.

 Learn more at [GetThereOregon.org](https://GetThereOregon.org)

 Questions? Contact us at [info@GetThereOregon.org](mailto:info@GetThereOregon.org)



## Bike Commuting Benefits:

- ▶ Get **active** with increased physical activity
- ▶ **Reduce stress and boost** your mental health and energy
- ▶ **Save money** on gas, vehicle maintenance, and parking
- ▶ **Cut** your carbon footprint
- ▶ **Explore your community** in a new way



## Bike Commuting Tips:

- ▶ **Dust off your bike** or **find one** that fits your needs
- ▶ **Plan and practice** your route using tools like **Get There Connect** and **Google Maps**
- ▶ **Read up** on bicycle safety
- ▶ Be sure your bike is **tuned up before heading out**
- ▶ Give yourself some **extra time**



Use Oregon's free online **Get There Connect** tool to track your stats like money saved and reduced carbon emissions, join challenges, earn rewards for driving less, and explore more commute options.