

Why Cycling?



It's Healthy! Riding a bike to work can keep you in shape without having to set aside additional time for exercise. Bicycle riders tend to enjoy healthier lifestyles, get sick less often and feel less stress.

It's Smart! Bicycle commuting is one of the least expensive ways to get to work. There's no gas, parking fees or insurance to pay for, and maintenance costs are much lower.

It's Fast! In many areas trips by bicycle, door to door, are faster than by car, especially where the one-way commute distance is less than five miles.

It's Clean! Bicycles don't pollute the air or require lots of roads or land for parking lots. Eight to twelve bicycles can park in the space required for one car.

It's Fun! A bicycle ride at the end of the day is a great way to relieve stress. Discovering routes on back roads through residential neighborhoods can be scenic and fun.



Bike to Work or Anywhere

A great time to bike to work or anywhere is May - Bicycle Awareness Month.

League of American Bicyclist

<http://www.bikeleague.org/programs/education/>

New Mexico Cycling Statutes

<http://pages.swcp.com/~nmnts/laws/NMbikelaw.htm>

Bikes Belong Coalition

<http://www.bikesbelong.org/>



Public Information Office

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Commuting by Bicycle

Tips for Safe Bicycle Riding





Bicycles and automobiles share the roads. They both must operate responsibly and respectfully and obey all traffic laws.

Commuting by Bicycle

Gear Up

Have your bike checked out by your local bike shop professional.

Select a Route

Design a route by looking at a city map. Look for bicycle lanes, extra wide travel lanes, low traffic volumes, and buses with bike racks. The Mesilla Valley Bicycling Suitability Map is available in print or online at <http://cmpoweb.las-cruces.org>.

Consider a Bike Buddy

Knowing that someone is counting on you to ride can strengthen your resolve to bicycle. It can also be safer to ride as a pair, too, since you're a more formidable force on the road and have someone to help you in case of an emergency.

Do a Test Run

On a day you would regularly take your car, drive the route and look for things like street conditions and parked cars. You may even try a test ride on your bicycle on a weekend prior to riding the route on a busy weekday.

Put Safety First

Buy a CPSC approved helmet, then wear it. In New Mexico, cyclists under the age of 18 are required to wear a helmet. Check your bike for reflectors and other safety features. Wear brightly colored clothing, especially if you ride at dawn or dusk.

Start Thinking Like a Cyclist

This is not much different from thinking like a driver. The law in New Mexico gives bicycle riders the same rights and responsibilities as auto drivers.

Check Your Fitness Level

You may want to consult your physician to make sure you're fit enough to ride.

Talk to Your Employer

Your company may offer benefits for bicyclists, such as bike racks, showers, lockers, and changing facilities, and more. Leave a change of clothes at work on days you drive.

Look for Route Options

In Las Cruces, all RoadRunner buses are equipped with bike racks. Call RoadRunner Transit or visit them online at <http://las-cruces.org> to see if your bike commute could be assisted by transit.



Tips for Safe Bicycle Riding

Remember to follow these rules of the road when riding your bicycle:

- Always wear a bicycle helmet. For cyclists under the age of 18, wearing a helmet is the law in New Mexico.
- Ride on the right side of the road - in the same direction as if you were driving a car.
- Obey all traffic signs and traffic lights.
- When riding in a driving lane, ride as far to the right as is safe.
- Signal your intent to change lanes or to make a turn.
- Be visible if you ride at night. Use an appropriate headlight and rear reflector or light and wear light colored clothing.
- Be predictable. Maintain a straight line of travel and a smooth, steady pace.
- Ride no more than two abreast and do not impede traffic. Be courteous and ride single file to allow traffic by.
- Only one person per bicycle - unless the bicycle is built for two people. No handle bar riding
- Make sure your bicycle is in good working order.