

RentaBikeNow.com

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Bike-to-Work is Easier/Cheaper at 200 Bike Shops Nationwide

CHICAGO, IL – April 30, 2009 – Bike-to-Work Week kicks off May 11th and encourages all Americans to—you guessed it—bike to work. This celebration encourages people to try bike commuting; increases environmental awareness; and promotes healthy transportation for 26 million adults who ride regularly. The remaining 185 million adults are left with only excuses. While this epic battle between benefits and excuses has raged since 1956, RentaBikeNow.com tips the scale by making rental bikes available nationwide and waiving their Convenience Fee during the week long celebration.

RentaBikeNow.com, North America's only coast-to-coast bike rental network, tackles one of the most frequent excuses of "no bike to ride." By bringing their nearly 200 bike rental locations to bear, prospective cyclists can visit their website and reserve a rental bike to participate in Bike-to-Work Week. The RentaBikeNow.com website enables rental bike reservations at participating shops, from the comfort of your home or office, and includes road bikes, mountain bikes, comfort bikes, recumbents and more. Problem solved. And for a little added push, the company is refunding the Convenience Fee (\$5 for a single bike) on all reservations for rentals during Bike-to-Work Week.

Of course, other "excuses" still prevent some people from jumping "on" with both feet (pun intended). To overcome these obstacles, the company offers some additional keys to success.

- First of all, try it. Set a specific day to start and commit to riding your bike to work several days that week.
- Drive the course first and try some less traveled streets - what's right for a car may not be right for a bicyclist.
- Try different routes, often the shortest route isn't the quickest or most comfortable. Consult the internet since bike mapping websites and bike route information is readily available.
- If distance is an issue, incorporate mass transit into your Bike-to-Work plans; it still counts.
- Take it easy. If you keep your efforts and pace in check, you'll arrive cool and dry. And of course, it gets easier after a few commutes.
- Just in case, keep a spare set of clothes at work with a box of baby wipes for a quick way to freshen up.
- For bike parking, ask your employer if there is a safe room for you to store your bike - you'll be amazed at how often they say "Yes," and your employer learns that you are an energetic employee.
- Talk to other cyclists. Almost every office has a bike commuter, and they are usually more than willing to share their personal tips and tricks.
- Wear bright colors when riding; always wear a proper fitting bike helmet; and obey traffic laws. And don't forget to wave to motorists – you'll be surprised at how often they wave back. Perhaps the next time, from their own bike.

Bike-to-Work Week is, in fact, part of a larger push with May being National Bike Month and May 15th being Bike-to-Work Day. Cyclists choose their level of commitment then start pedaling. At minimum, Bike Month celebrations should remind people to visit their neighborhood bike shop for a quick tune-up or to explore the latest models. While rentals are typically associated with out-of-town travel, local residents are renting bikes in increasing numbers, reports RentaBikeNow.com President, George Gill. "A rental is a great way to try an increased commitment without the investment and to re-discover the joys of cycling."

Started by avid cyclists (who frequently bike to work), RentaBikeNow.com rents bikes in [hundreds of cities](#) across the US & Canada and helps consumers find the right rental bike, at the right price and at the most convenient bike shop.

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