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TIPS FOR COMMUTING:

HYBRIDS BEST FOR COMMUTING..CROSS BETWEEN MTN BIKE AND RACING BIKE.

GOOD WIDTH TYRES NOT KNOBBLIES..

RED LIGHTS AT BACK WHITE AT FRONT MINIMUM.
REFLECTIVE CLIPS IF WEARING TROUSERS OR FLUORESCENT PIPING WITH VELCRO THAT YOU CAN STICK ON.

ALWAYS HAVE MUDGAURDS

WATERPROOF YOURSELF SAVE YOU GETTING PILES AND KEEPS YOUR CLOTHES CLEAN

ALWAYS WEAR A HELMET.. AGAIN ANOTHER OPPORTUNITY TO BE VISIBLE .. STICK ON LIGHTS OR REFLECTIVE STRIPS.

THERE ARE ALSO PEDALITES (<http://www.pedalite.com/>) WHICH YOU CAN BUY .. ESSENTIALLY THE MOVEMENT OF THE PEDALLING RECHARGES THE BATTERY IN THE PEDAL BODY SO YOU ARE LIT ALL THE TIME AND WILL LAST FOR UP TO 5 MINUTES WHEN STATIONARY.

GOOD BRAKES.

WHEN BUYING A BIKE GET THE SIZING RIGHT CRUCIAL TO PREVENT INJURY.. RIGHT FRAME SIZE WILL SAVE YOU A LOT OF PAIN AND BUCKS IN THE LONG RUN..

IF THE WEATHER IS VERY BAD.. PUMP YOUR TYRES TO MAX AND THEN LET A LITTLE AIR OUT TO ALLOW THE TYRE TO GRIP THE ROAD BETTER TO PREVENT SLIDING OR SKIDDING.. ROCK HARD TYRES AND RAIN DONT WORK.

FINALLY WHEN COMUTING IN TRAFFIC COMMAND THE ROADS. BE ASSERTIVBE NOT AGGRESSIVE
BE VISIBLE AND SAFE.