

Bike To SFS U!

ROUTES FOR DEDICATED RIDERS

RAIN OR SHINE

This map was put together for the people who like to ride aggressively and feel that all they need to get themselves to school is their bicycle.

I like to ride fast, so, I chose to map routes that would reflect my riding style... "Go! Go! Go!" Some of the rides are easier and some are harder.

So, I challenge you—how fast can you get to school?

There are many advantages to be gained from riding to school:

- You will save money from not spending on gas or public transit

- The exercise you will get before class will really wake you up and make you much more alert in class.

- Add a healthy diet to the vigorous riding and before you know it you will be pedaling towards a healthier lifestyle

As stated earlier, there are easier routes and harder routes. The Easier rides circle around the city providing relatively flat, but longer routes. The more challenging rides, although shorter than the easier ones require more climbing. The most challenging and most fun, in my opinion, is the Market to Portola route—great climbs and fun downhill in both directions. After all, isn't that what riding is all about?

I encourage everyone to start riding and try these routes out, even if you're not a strong rider. The more you ride, the stronger and faster you will become—the fun factor also increases!

Safety

- Always wear a helmet

- I recommend carrying extra tubes and basic tools. There is nothing worse than being stuck on the side of the road.

- If you have early morning or evening classes, make sure you are illuminated. A headlight and taillight are a must so drivers can spot you in low light situations.

- I love to ride fast and aggressively, but it is no excuse to not obey the traffic laws.

Stretching

It is easy to forget, but basic stretches performed for 5 to 10 minutes before and after your ride will do wonders.

When stretching, never bounce and stick to stretch tensions that feel good to you. Never over do it, over-stretching could result in painful injury.

Start simple and stick to stretches you know. Stretch your glutes, hamstrings, quads and calves. For more information on stretching properly, check out YouTube, that's where I go to learn new stretches.

Happy riding!

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