

## **DITCH YOUR CAR--USE A BIKE INSTEAD**

Save money, save the environment,  
and get some exercise all at the same time

### ***How do I do that?***

- Put a basket on the front of your bike
- Add a rear rack
- Get panniers
- Use grocery panniers (each holds one paper grocery bag)
- Use a bike "trunk"
- Use a cargo trailer
- Use a kid trailer
- Get a "modified" cargo bike

Look around you for ideas on how others are using their bikes to run their errands, do their shopping, and even pick up their dry-cleaning. It's easy!

### **Resources:**

[http://www.cicle.org/cicle\\_content/pivot/entry.php?id=572](http://www.cicle.org/cicle_content/pivot/entry.php?id=572)  
<http://www.runmuki.com/commute/commuting5.html>  
<http://www.flickr.com/photos/7820976@N04/page1>  
<http://cyclingsisters.org/node/13> (or 87 or 90)  
<http://www.totalbike.com/web/UrbanBikers/tip5.html>  
<http://www.womenscycling.com.au/inform.php?a=6&b=31&c=141>

Using a bicycle to run errands is a cost effective and healthy way to get around. Challenge yourself to make the world a better place!

**[www.chicagocriticalmass.org](http://www.chicagocriticalmass.org)**

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