



Want to rely on your bike for more uses, like grocery shopping, doing laundry, carrying tools, even moving furniture?

You can! Load-carrying by bike is empowering, fun, & inspiring to others.

So where to start? To carry more stuff, you've got to increase your capacity. There are lots of options...

HOW 'BOUT A FRONT-MOUNTED BASKET?

Advantages: A permanent container always ready with easy front access.

Disadvantages: Heavy loads make steering a bit more difficult because the weight is connected to the fork and handlebars.

A front basket sure looks swell on a classic cruiser, doesn't it?



TRAILERS FOR THE BIG STUFF

A trailer allows you to move hundreds of pounds and cumbersome items like a futon, a table, or lumber. You'd be surprised how easy pulling one is. If you can handle hills, you can handle a trailer.

Advantages: Useful for camping trips, big grocery shops, moving to a new apartment, or just carrying the BBQ grill to the park on a Sunday.

Trailers come in all different sizes - from five foot flatbeds to the cute little one-wheeler below.

Disadvantages: Some are big and heavy; where will it sleep at night? Also, a little harder to manage in city traffic.



cycle & recycle

Part of the joy of human-powered hauling is the satisfaction that comes with reducing your impact on the planet's ecosystem. Experienced bike schleppers note that not only do they cut down on petroleum use, they also create less waste. Here are some of their tips:

- Use your panniers instead of plastic bags. You can bring your removable panniers into the grocery store. Load 'em up!
- Keep reusable bags in your basket, panniers, or trailer. Or bungee a couple bags to your rack.
- Reject objects with excessive packaging - they take up extra room in your panniers.
- Haul smaller loads, and make a couple more trips. You're less likely to let food go to waste if you don't haul a ton home.

To roll towards further reducing your ecological footprint, check out the SFBC's Cycle and Recycle website: sfbike.org/recycle

You can also find great resources about the city's composting program and reducing, reusing, and recycling at: SFEnvironment.org

SPREAD THE WORD



Pass this brochure along to a friend, a co-worker, or your mom!

Schlepping
shopping
hauling
lugging
moving



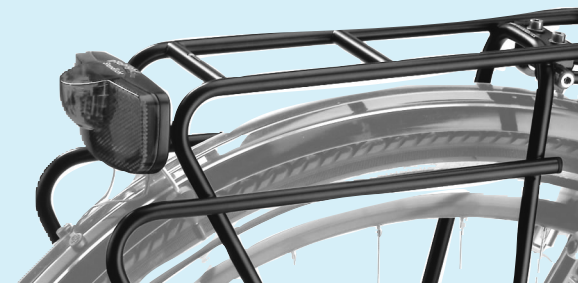
grooving ...by bike!

great tips on
expanding your
human-powered hauling
capabilities



www.sfbike.org

REAR RACKS - Bungee large items to your rear rack and it won't affect your steering much. Attach a [milk crate, basket, or box](#) to it (with bungees, hose clamps, or zip ties), and you'll be able to toss in a whole lotta stuff.



PANNIERS PERHAPS?

Advantages: You can take your panniers off your bike and into wherever you're going. Keeps your things dry and compartmentalized. Panniers also keep the weight low, minimizing the effects on handling.

There are lots of different models, and you can get them for the front of your bike, the back, or both.

Disadvantages: Inconvenient if you do lots of little errands since you'll probably need to take 'em off to prevent theft each time you park.



CARGO BIKES

Ideal for delivery or street vending, cargo bikes are part of a wonderful worldwide tradition of human-powered transport and make a powerful visual statement on the road.

Advantages: More convenient carrying racks. Some have lockable containers and better brakes. Three-wheeled ones offer superior stability.

Disadvantages: Not so practical for commuting or recreational rides.



XTRACYCLES

The Xtracycle is an extension for your bicycle, stretching out the distance between your seat and rear wheel with a big stable platform easy to equip with giant saddlebags.

Advantages: It still handles like a standard bike; no extra worries about theft; it's lighter than a trailer.

Disadvantages: Once you attach it to the rear of your bicycle, it's work to get it off.



READY TO EQUIP YOUR BIKE?

Start by visiting the SFBC website: www.sfbike.org/racks where you'll find a list of saddlebags, trailers, and cargo bike manufacturers as well as instructions on how to make your own panniers and ways to set up your rack. Call or visit your local bike shop for more ideas!

SHARE THE INVESTMENT

New trailers and cargo bikes can be pricey. One option besides shelling out all your own cash is to find a friend or neighbor to co-purchase with. A trailer or workbike is an exciting thing to acquire & can be a great way to share and build community with neighbors and friends. Also, check out used options online.

SAFETY CONCERNS & CALIFORNIA LAWS

- Lock your trailer! Unfortunately, your trailer is vulnerable to theft just as your bike is, so make sure you always lock your trailer to your bike, or better yet, carry a second lock and always use it.
- Always make sure that both front & rear brakes are in good working order before moving a big load.
- On a steep downhill your loaded trailer will shove you forward, so be conservative with your speed when approaching intersections (especially at the bottom of hills).
- The California Vehicle Code states that you must be able to keep at least one hand on the handlebars while carrying your cargo (CVC #21205).
- If you plan to carry kids under four years old or under 40 lbs. in a trailer or cargo bike, they must be sitting in seats and have seat belts or other retaining devices plus protection from moving parts (CVC #21204).

The San Francisco Bicycle Coalition

is a 6,100+ member advocacy organization transforming our city streets into more livable places by promoting the bicycle for everyday transportation. Please join us! sfbike.org

Special thanks to SF Environment for providing the generous grant that is supporting the Cycle and Recycle project: SFEnvironment.org

Images courtesy of: BOB Trailers, Inc., Ortleib USA LLC, Xtracycle, and the fabulous San Francisco bicycling community.

expand the role of your bicycle