

My Active Commute

Dace Šidere



Dace often cycles with her husband to work in Chandlers Ford.

Dace cycles 14km to and from work 3-4 times a week. It takes her just under an hour and she loves being an early bird to see the local wildlife. She walks to work once a week. It takes 2.5 hours, but she often meets with a colleague for a chat on the way.

Why do you choose to cycle to work most of the time?

I have a bike and it feels like a natural choice. You are off the roads, it's environmentally friendly and you get air in your lungs. I sometimes drive in, but generally regret it. I feel like I'm not awake yet.

What role does cycling play in your health and fitness?

It's both physical and meditative - you get muscles and it gets you thinking! And it allows me to eat more cake! If I cycle, I think 'yeah, I can have this'.



What equipment do you have to help your cycling commute?

I have a cup holder for tea. On the front of my bike I have a rack for carrying things. Other times I attach a basket to carry my Jack Russell. I also have very good lights.

What's the best thing about cycling to work?

Spotting the animals. Sometimes I see a badger, but you have to be up at 5am! I also see foxes and deer. Then I come to work and tell people what I've seen!

I like to start early when there's less people, less traffic and the air is fresh.

What needs to be done at your workplace to encourage more people to cycle in?

We have a drying cabinet, which is fantastic but not all sites have this. Maybe bigger lockers for cyclists and a bigger bike enclosure. But I think it's fantastic what we have here. We have showers at all sites.

What advice would you give to someone who is new to cycling to work?

I leave plenty space between the pavement and me, then if someone does come close I have space. Walking may be better if don't like to be near cars. Check out how fast you can walk to work at own your pace – it might be easier than you think!.

Dace's tips

-  Test out your route at the weekend when it's quiet.
-  Consider an electric bike. The 'magic button' is great when you are tired!
-  Look for a cycling buddy to ride with you.
-  Wear a helmet. Don't stress, but think about how to be safe.

To share your Active Commute story or for support to change your commute, contact Ellenie Ellenie.Ariotti@Sustrans.org.uk