

# 5 minute “reasons for not biking” session

## Theft

Going to high theft risk area  
My bike was stolen

## Bike problem

Winter tires are too expensive  
No winter tires  
Puncture  
Puncture  
Puncture  
Uncomfortable saddle  
Frozen lock

## Bringing

Grocery shopping  
Family grocery shopping  
If I am bringing the children and need the car  
If I have something big with me  
Grocery shopping  
If I am bringing the dog  
Longer trips with the family

## Weather

Icy  
Rain  
Storm  
Rolling gravel on dry surface  
Icy, tire tracks and un-graveled  
-10 degrees out  
-25 degrees out  
Icy and windy

## Circumstance

I don't have a bike  
If I can only cycle one way  
If I am going far (more than 3km)  
If I am going with someone without bike

## Clothes

Long tight dress  
Tight jeans

## Appearance

Rain and makeup  
My bike is ugly  
Going to dressy party with nice hairdo  
Nice hairdo and hat-temperature outside  
People will see me as unserious

## Situation

Hangover  
It taking out the bike is a hazzle  
If I am busy