

First Alternative

NATURAL FOODS CO-OP

SHOP at the Co-op by bicycle

Why Bike to the Co-op?

First Alternative is officially recognized as a Bike-Friendly Business by Travel Oregon.

Conserve energy, contribute to a cleaner environment, get exercise, and enjoy some great incentives from First Alternative.

Alternative Transportation

To encourage alternative transportation, the Co-op offers a \$5 punch-card voucher, redeemable after 15 visits via alternative transportation to the Co-op while spending at least \$10 per visit.

In 2013, the Alternative Transportation Program saved 18,135 single user vehicle trips to the Co-op! With an average of 4 miles round trip, that would be 72,540 miles saved! Start reducing your ecological footprint and become an Alternative Transporter.

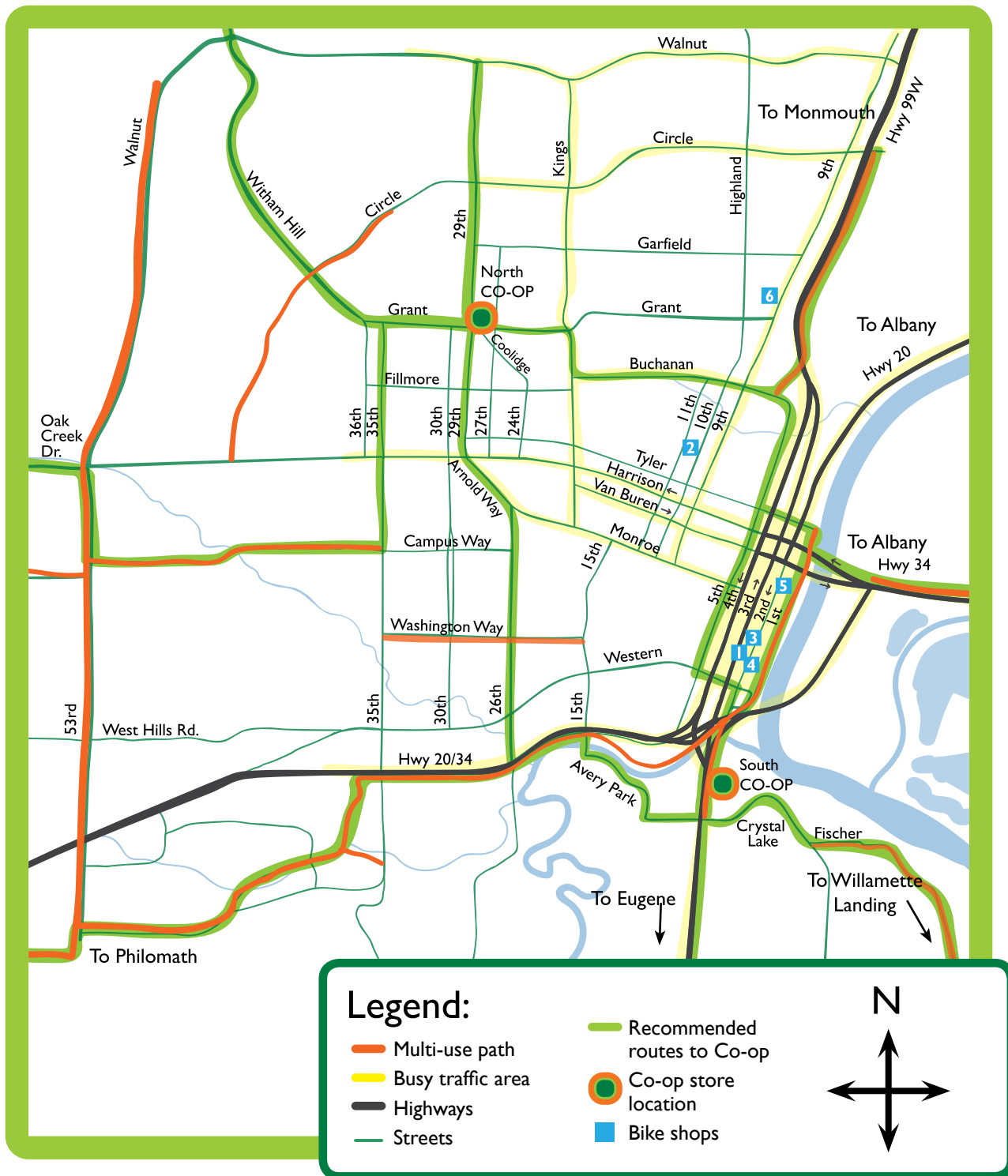
For information, stop by Customer Service at either store location or visit us online at www.firstalt.coop.

First Alternative Natural Foods Co-op

North Store:
2855 NW Grant Ave.
Corvallis, OR, 97330
541-452-3115

South Store:
1007 SE Third St.
Corvallis, OR, 97333
541-753-3115





Bicycling with Cargo

Safety tips for grocery-getting

- Always wear a helmet.
- Lock your bike.
- Use lights for evening cycling.
- Fully inflate tires for easier pedaling, especially carrying additional weight.
- A lower center of gravity for cargo will impact bike handling less.
- Bring a pump, tools, and spare tube.
- If using panniers, make sure straps are tight so your cargo doesn't shift.
- Take quieter streets where possible.
- Bike defensively and use hand signals.

Resources for Cyclists

Bike Shops

(numbers marked on map)

1. Bike 'N' Hike bikenhike.com
2. Corvallis Bicycle Collective corvallisbikes.org
3. Corvallis Cyclery corvalliscycleryinc.com
4. Cyclotopia cyclotopia.com
5. Peak Sports peakssportscorvallis.com
6. Play It Again Sports playitagainsportscorvallis.com

Other Resources

City of Corvallis (maps, guides, safety)
www.corvallisoregon.gov

The Street Trust
(bicycling advocacy, resources)
www.thestreettrust.org

ODOT Resources (bike safety)
www.oregon.gov/ODOT

Drive Less Connect (alternative transport information, ride tracking, incentives)
www.drivelessconnect.com

Bicycle Cargo Options

There are many ways to carry groceries back home. Depending on whether you need to haul a lot, or just a little at a time, consider some of these cargo options.



Backpack

Best for short trips and small loads, though it's surprising how much it can hold. Consider one with padded shoulder straps and chest strap.



Front Basket

Simplest way to carry small loads of groceries. Some are easy to detach and come with handles. Steering can be tricky if load is heavy.



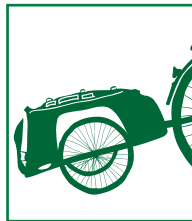
Rear Rack

Rear racks are easily attached to most bikes, and a crate can be strapped to the rack. Weight is easier to handle on a rear rack.



Panniers

Most panniers easily snap on and off the rear rack. They are a very effective option for carrying a bigger load of cargo.



Trailer

Bike trailers are a great way to manage a large load of groceries. For ease of parking, the Co-op offers designated trailer parking spaces.