Good morning on this bright-and-breezy Monday.

It’s Bike to Work Week — five days of free gear, workshops and events aimed at coaxing you into swapping your car keys or MetroCard for two wheels.

If you’ve never commuted to work by bicycle, navigating the chaotic streets of New York City can be a bit scary.

To give new riders an idea of what’s involved, we looked for someone who had never pedaled to work before to capture that first-time experience.

We didn’t have to look far: Amy Zerba, an editor of New York Today, fit the bill.

She’s definitely a beginner.

“At first I didn’t know how to put on my helmet,” she said. “Was it backward or forward? That took a while.”
She set off on a Citi Bike for her first commute, from the Upper West Side to the heart of Times Square.

There were plenty of obstacles and fears along the way, so we asked employees at local bike shops for some tips:

**Accidents.** At first, our test rider said she was swooning at the smooth ride down the tree-lined Riverside Drive, but by the time she reached Midtown Manhattan, the charm had worn off. A bus driver yelled at her, other cyclists whizzed by, and she said she felt claustrophobic.

*Tip:* If you're feeling uneasy, try moving into the traffic as if you were a car, said Jake Fleischmann, the shop manager at Ride Brooklyn in Park Slope. “When in doubt, take a lane and make yourself known,” he said. “Taking the lane is something that is allotted to us by law.”

Also, ride in a predictable manner, follow the rules, use hand signals (the official ones ... ) and try not to upset drivers, he added.

**Navigation.** Manhattan, it turns out, is hillier than expected, and construction often caused obstructions, our first-time commuter said.

*Tip:* Do a dry run of your journey to lessen stress on the first day, said Jeff Martone, the owner of Neighborhood Cycle in the Bronx. Also, use the New York City bike map to find streets with less traffic, try the Ride with GPS website or app to find a flatter route, or select the bike option in Google Maps to find pedal-friendly routes.

**Cleaning up.** After her commute, our rider said her hair was a mess and she felt “gross and sticky.”

*Tip:* “Wet wipes,” Mr. Fleischmann suggested, particularly “if you don't have a corporate job or have to be perfect.”

Otherwise, bring a change of clothes, find a gym near your work and shower there, said Gabriel Diaz, a bike mechanic at Bike Stop Astoria in Queens.

Will our inexperienced rider bike to work again?

Not any time soon.

“I'll stick to the subway,” she said. “Delays and all.”

Here's what else is happening:

**Weather**

<table>
<thead>
<tr>
<th>TODAY IN NEW YORK, NY</th>
<th>TOMORROW:</th>
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<tbody>
<tr>
<td>Cooler with periods of rain</td>
<td>72°F 59°</td>
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You’ll need your shorts if you’re cycling — a beautiful week is forecast.

It’s going to be partly sunny today, with highs in the 60s, followed by four straight days of golden rays, blue skies and temperatures in the 70s and 80s.
That's a good look, New York.

In the News

• The latest installment of The Times's “Murder in the 4-0” series, which documents every homicide in the 40th Precinct last year, tells how gang violence breaks with old loyalties. [New York Times]

• As subway riders fume, Mayor Bill de Blasio and Gov. Andrew M. Cuomo have kept quiet. [New York Times]

• For the governor's free-tuition plan, cues were taken from Tennessee. [New York Times]

• Critics say New Jersey has underfunded many school districts, leading to layoffs, overcrowding and other woes. [New York Times]

• A fire broke out Sunday evening at an abandoned Lower East Side synagogue. [New York Times]

• A federal agent inquired about the immigration status of a student at a public school in Queens, according to a spokesman for Mr. de Blasio. [Gothamist]

• Would fees at the Metropolitan Museum of Art deter people from visiting? [New York Times]

• City library chiefs are asking for $150 million to fix some of the most dilapidated branches. [Daily News]

• The city is banning polystyrene foam packaging. [Gothamist]

• How independent supermarkets compete against the chains. [Crain's, subscription required]

• Today's Metropolitan Diary: “A Surreal Experience”


• For a global look at what's happening, see Your Monday Briefing.

Coming Up Today

• A discussion, “President Trump in the Middle East: Where Are We Headed?” is at the Central Queens Y in Forest Hills. 1:30 p.m. [$8 suggested donation]

• Learn how to meditate, at the Kingsbridge Library in the Bronx. 6 p.m. [Free]

• The author Colm Toibin discusses his coming book, “House of Names,” with the poet Louise Glück at the Stephen A. Schwarzman Building of the New York Public Library in Midtown. 7 p.m. [$40]

• An evening of classical music, ”A Night at the Opera: Verdi, Puccini and Rossini,” at Russo's on the Bay in Howard Beach, Queens. 7 p.m. [Free, R.S.V.P. here]

• A screening of “The Fast and the Furious” kicks off a “weeklong love-fest for all things fast and furious” at Nighthawk Cinema in Williamsburg, Brooklyn. 7:30 p.m. [$12]
And Finally...

The plaza at Rockefeller Center has a new attraction.

A 45-foot inflatable, “Seated Ballerina,” by the New York-based artist Jeff Koons was recently installed in the plaza, to raise awareness for National Missing Children’s Day.

Mr. Koons’s past works have included sculptures of balloon animals; household objects; and Michael Jackson and his pet monkey, Bubbles.

In 2000, one of Mr. Koons’s most popular artworks was also displayed at the plaza: a 43-foot-tall sculpture in the shape of a puppy, covered with 70,000 living plants and flowers.

In 2014, he had another piece at the plaza, the flower-covered “Split-Rocker,” a sculpture based on his son’s toy rocker and a toy dinosaur.

You can see more of Mr. Koons’s work around town. He has pieces at 7 World Trade Center in the Financial District (“Balloon Flower (Red)”), and in the lobby of 51 Astor Place in the East Village (“Balloon Rabbit (Red)”).

“Seated Ballerina” will be on display until June 2.

Be sure to visit on a pleasant day. The sculpture will be deflated, for safety reasons, during inclement weather.