I have posted about bicycle generators previously but for some reason the post wasn't all that popular (K.W.N search facility: bicycle generator). You guys love DIY solar, wind and hydro powered DIY projects, but not so much the bike generator which requires a bit of human effort!

I think if you discount a DIY bike generator, you are missing out - sure, solar and wind power are passive, as in once set up it does its own thing for you, but their systems rely on the weather and they often generate small amounts of electricity over a long period, to charge batteries etc. A bicycle generator can be used any time of the day in any weather and you can generate a lot of electricity in a short period of time. It's never going to be your main means of generating electricity, but it is a back up option every prepper should consider...

Check out the tutorial below to find out how to build a low cost bicycle generator from and old bike, a washing machine and some old computer accessories. Apparently the motor used from the washing machine isn't all that common in the US, but it can be found in some washing machines if you check around local junk yards etc. They can also be purchased brand new for around $100.
DIY Stationary Bike Generator From Washing Machine

(Photo from: andrew.spencer.2 via Instructables)