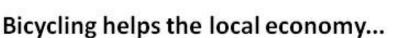
Benefits of Bicycling







➤ Almost 20% of a family's budget is spent on transportation; more pedal power (and less fuel consumption) can mean real savings for families.

Increased disposable income in turn stimulates the local economy.

➤ Improving bicycling conditions is a cost effective way of optimizing existing public infrastructure.

Bicycling communities are healthier communities...

Adding bicycling to your daily routine helps you stay healthier. 60% of Americans are overweight or obese. Bicycling is a great solution to the problem.

➤ 30 minutes of moderate exercise (like bicycling), 5 days a week can reduce risks for illnesses such as high blood pressure, heart disease, arthritis and depression. ➤ Bicycle trips create zero emissions, contributing to better air quality for the region (and cleaner air for you to breathe!).

Bicycling communities are strong communities...

➤ Cities that promote bicycling retain youth, attract young families and increase social capital.

Improved bicycling conditions add to the vitality and quality of life of the community and provide access to recreational destinations across the region.

Improved bicycling conditions provide mobility for people who do not have cars, increasing access to jobs, education, and healthcare.

➤ Better bicycling conditions provide access to public transit, increasing transportation options.







