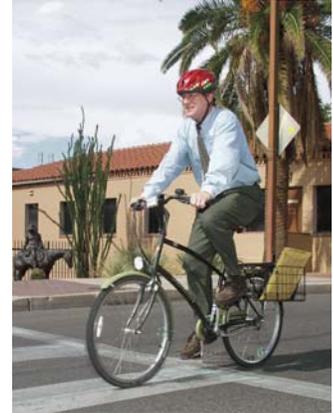




# WHY BIKE COMMUTE?

## Bike Commuting is growing in popularity!

- 🚲 60 million Americans bicycle at least once per year<sup>1</sup>
- 🚲 91,000 trips in Tucson were made by bicycle<sup>2</sup>
- 🚲 25% of the U.S. population bicycles<sup>3</sup>
- 🚲 In Tucson, presently 1.7% of Tucsonans bicycle to work.
- 🚲 In Japan 15% of commuters bicycle to work, in the Netherlands 50% of commuters bicycle and in China 77% commute by bike<sup>4</sup>



## Avoid traffic delays

Off-road trails, bike lanes and wide curb lanes allow you to ride past traffic



- 🚲 Miles of striped bike lanes in Tucson Metropolitan Region: 475<sup>2</sup>
- 🚲 Miles of striped bike lanes within City limits: 325<sup>5</sup>
- 🚲 Miles of signed bike routes in Tucson: 100<sup>5</sup>
- 🚲 Miles of shared use paths in Tucson: 55<sup>2</sup>

## Bike commuting is fun and takes less time when you account for car parking and traffic

- 🚲 Drive in Tucson during rush hour: 23 minutes<sup>2</sup>
- 🚲 Cycling time to work, moderate pace (5 -7 mile commute) : 15-20 minutes<sup>2</sup>
- 🚲 Time to park a car: 5- 15 minutes<sup>2</sup>
- 🚲 Time to park and lock a bike: 1 minute

## Use alternate modes to help to reduce transportation costs and support bicycle facilities

- 🚲 Cost to purchase and install one bike parking rack: \$115<sup>5</sup>
- 🚲 Estimated cost to construct one parking space in a paved lot downtown: \$2,200<sup>5</sup>
- 🚲 Estimated cost of constructing one parking space in a garage downtown: up to \$10,000<sup>5</sup>
- 🚲 Number of bikes that can be parked in one car parking space in paved lot: 6 - 20<sup>1</sup>
- 🚲 Number of bicycle parking racks and lockers provided by public buildings: 850<sup>2</sup>
- 🚲 Number of known bicycle parking racks and lockers provided by private businesses: 3,464<sup>2</sup>



## Improve Your Health and Stay Fit

- 🚲 Bicycle commuting allows you to include your workout in your daily schedule
- 🚲 A 150-pound cyclist burns 410 calories while pedaling 12 miles in an hour<sup>8</sup>
- 🚲 Riding a bike instead of your car sitting in traffic is less stressful
- 🚲 Staying in better shape will decrease your chances of getting sick
- 🚲 Behind tobacco, leading cause of death among adults: inactivity / sedentary lifestyles<sup>11</sup>
- 🚲 61% of U.S. adults are overweight or obese; 13% of kids aged 6 to 11 and 14% of kids 12 to 19 are overweight.<sup>7</sup>
- 🚲 New bicycle commuters can expect to lose 13 pounds their first year of bicycle commuting.<sup>10</sup>

## Take your bike on the bus to shorten longer bike commutes, or in bad weather



- 🚲 Number of Sun Tran busses with bike racks: ALL 189 of them<sup>6</sup>
- 🚲 Number of passengers utilizing Sun Tran bus/bike racks annually: 273,549<sup>6</sup>

## Reduce the Pressure on Your Pocketbook, Conserve Resources, and Fight pollution

- 🚲 Automobiles produce toxic substances that pollute the ground, air and water
- 🚲 Cars emit carbon dioxide (CO<sub>2</sub>), a heat-trapping gas: 20 pounds per gallon of gas burned<sup>9</sup>

- 🚲 America's cars and trucks consume 10% of world's oil supply<sup>8</sup>
- 🚲 Using a bicycle to commute four days a week for four miles (one-way) saves 54 gallons of gas annually. <sup>12</sup>
- 🚲 The energy and resources needed to build one medium-sized car could produce 100 bicycles<sup>12</sup>

## Save Money

- 🚲 Maintenance costs for your automobile will decrease, as will your gas bill
- 🚲 You will save money on parking (and tickets): Average cost to park a day: \$5-12
- 🚲 Average cost of a parking ticket: \$10-60
- 🚲 Trimming one vehicle from your household, saves you \$8,410 annually if you account for maintenance, auto insurance, gasoline, depreciation<sup>13</sup>

## Enjoy your commute

- 🚲 Arrive at work refreshed and full of energy; ride off stress after work
- 🚲 Commuting under your own power gives you a sense of accomplishment
- 🚲 Take the long way home and ride through a park

## # 1 reason for riding a bike to work: It's more fun

For more information visit the Tucson Department of Transportation's Bicycle and Pedestrian Program Website at <http://dot.tucsonaz.gov/bicycle> or call 791-4371

## References

(1) Bikes Belong; (2) Pima Association of Governments; (3) Omnibus Transportation Survey by Bureau of Transportation Statistics, July 2001; (4) Washington State Energy Extension Office Services; (5) City of Tucson Department of Transportation; (6) Sun Tran; (7) Center for Disease Control; (8) League of American Bicyclists; (9) National Resources Conservation Department; (10) Bicycling Magazine; (11) California Department of Health Services; (12) From the Eugene/Springfield (OR) Bicycle Map (1998), which further credits the American Lung Association, Oregon Traffic Commission, Association of Commuter Transportation, American Automobile Association, and City of Eugene; (13) Road and Track, March 2005.