WHY BIKE COMMUTE?

Bike Commuting is growing in popularity!
- 60 million Americans bicycle at least once per year
- 91,000 trips in Tucson were made by bicycle
- 25% of the U.S. population bicycles
- 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

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
- Miles of striped bike lanes within City limits: 325
- Miles of signed bike routes in Tucson: 100
- Miles of shared use paths in Tucson: 55

Bike commuting is fun and takes less time when you account for car parking and traffic
- Drive in Tucson during rush hour: 23 minutes
- Cycling time to work, moderate pace (5 -7 mile commute): 15-20 minutes
- Time to park a car: 5- 15 minutes
- 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
- Estimated cost to construct one parking space in a paved lot downtown: $2,200
- Estimated cost of constructing one parking space in a garage downtown: up to $10,000
- Number of bikes that can be parked in one car parking space in paved lot: 6 - 20
- Number of bicycle parking racks and lockers provided by public buildings: 850
- Number of known bicycle parking racks and lockers provided by private businesses: 3,464
**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\(^8\)
- 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\(^{11}\)
- 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.\(^7\)
- New bicycle commuters can expect to lose 13 pounds their first year of bicycle commuting.\(^{10}\)

**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\(^6\)
- Number of passengers utilizing Sun Tran bus/bike racks annually: 273,549\(^6\)

**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 (CO2), a heat-trapping gas: 20 pounds per gallon of gas burned\(^9\)

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

**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\(^{13}\)

**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](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.