



TIPS FOR COMMUTERS

WHY COMMUTE BY BIKE

Fight pollution

- Automobiles produce toxic substances that pollute the ground, air and water
- Burning fossil fuels creates CO2 that contributes to global warming
- Automobiles also produce noise pollution

Stay fit

- Bicycle commuting allows you to include your workout in your daily schedule
- Riding a bike instead of your car sitting in traffic is less stressful
- Staying in better shape will decrease your chances of getting sick

Avoid traffic delays

- Off-road trails, bike lanes and wide curb lanes allow you to ride past traffic
- Bike commuting takes less time when you account for car parking and traffic
- Longer rides can result in less traffic and more enjoyment of your commute

Save money

- Maintenance costs for your automobile will decrease, as will your gas bill
- You will save money on parking (and tickets)
- You won't have to have a membership to a gym to workout

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 or along a local river

For more
cycling tips, visit
bikeleague.org

