

Did you know . . .

- 90% of children who lived within a mile of their school walked or biked to school in the 1960s. Only 31% do so today.
- Bicycling is 117% more efficient than walking.
- Using a bicycle to commute four days a week for four miles (one-way) saves 54 gallons of gas annually.
- The energy and resources needed to build one medium-sized car could produce 100 bicycles.
- Bikes vs. Cars - bikes are 2/3 more efficient than cars even after factoring in the energy to produce the extra food the cyclist requires.
- 30% of morning traffic is caused by parents dropping their kids off at school.
- Biking accounts for 0.2% of all road miles traveled, and 1% of all trips in the U.S.
Trips made by:
 - Car 89%
 - Public Transit 2%
 - Walking 6%
 - Bicycle <1%
 - Other 3%
- Bicycling decreases with age. Nearly 40% of those ages 16 to 24 ride a bicycle during the summer, while 26% of those ages 45 to 54 ride. Only about 9% of those ages 65 and older report they ride a bike.

Bike Ride Check List:

- _____ Helmet
- _____ Bike Tune-up
- _____ Weather Check
- _____ Clothing
- _____ Route Map
- _____ Departure Time
- _____ ETA (Estimated time of arrival)

For more biking information check out:

www.bikeleague.org/programs/bikemonth/

Map your ride to work or school:

<http://demo.mapmyfitness.com/btww/>

Lake Metroparks

**Ride Your Bike to
Work (or school) Day**

Friday, May 14, 2010

Rain or Shine

Do your part to help the environment!

**Band together with others in your community
and ride your bike to work or school.**

It's not only good for the environment - it's good for you!

Ride safe. Ride smart. Wear a helmet!

Take pictures as you participate in this first-time event, and post them on the Lake Metroparks Facebook page for future promotions!



Registration Department
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