Benefits of Biking

Cost of owning and operating a car for one year = $6,410, while the cost of owning and operating a bike for one year = $120. (AAA Michigan, 2005)

If each resident in the community replaced one car trip with one bike trip once a month, it would cut carbon dioxide (CO₂) emissions by 3,794 tons per year. (Complete Streets, 2007)

Increased physical activity (including bicycling) can significantly reduce the risk of heart disease (the leading cause of death in Michigan), diabetes, and other chronic disease. (Michigan Department of Community Health, 2006)

Bicycle commuting has been shown to reduce stress, lower blood pressure and cholesterol, improve cardiovascular health, and burn between 400 and 700 calories per hour. (League of Michigan Bicyclists)

Pedaling 14 miles per hour, a 130-pound cyclist burns 402 calories and a 180-pound cyclist burns 540 calories. (League of American Bicyclists)

Resources

- Friends of the Flint River Trail http://direct.mccc.edu/ffrt/
- Genesee Wanderers www.genesseewanderers.org
- League of Michigan Bicyclists www.lmb.org
- League of American Bicyclists www.bicycleinfo.org
- Michigan Trails and Greenway Alliance www.michigandrails.org
- Bicycle Information Center www.bicycleinfo.org
- Bikes Belong Coalition www.bikesbelong.org

Share the Road

Share the Road pavement markings, also known as sharrows, are placed on pavement driving surface where bicycle lanes would not normally be placed. They remind motorists to share the road with bicyclists. SAGE owns two sharrow stencils that are available for rental. If you are interested in making your roads safer for bicyclists, as well as motorists, please contact Lauren Holady at the Crim Fitness Foundation at (810) 235-7801 or lholady@crim.org.

Smart Commute

Smart Commute is an initiative that promotes the use of alternative modes of transportation: bicycling, walking, carpooling, or public transit, to get to work, school, or run errands.

Each spring there is an annual Smart Commute event in Flint that encourages and supports the use of alternative modes of transportation. Smart Commuting is a great substitute to driving and use of alternative modes of transportation. Smart Commute is an initiative that promotes initiatives that promote safe bicycling in Genesee County.

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For more information about Smart Commute: www.crim.org/activeliving/SmartCommute

SAGE

SAGE is a collaborative of local advocates, non-profit, private and government organizations working together to advocate for and support active living initiatives that promote safe opportunities for people to be physically active throughout Genesee County.

To find out more or to get involved visit: www.activegenesee.org

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