

When People Ride Bikes, Great Things Happen

Bicycling is great for health, good for communities, and a cost-effective solution to many of our most pressing societal and environmental problems. Here is a taste of what you can find in Bikes Belong's online, searchable Statistics Library to help you make the case for bicycling in your community.



Bicycling is for everyone

- More than 43 million Americans rode a bike in 2009.
- 47% of Americans say they would like more bike facilities in their communities.

Bicycling is the ideal way to take short trips

- Most trips Americans make are short: 50% are less than 3 miles, 40% are less than 2 miles, and 28% are less than 1 mile.

Bicycling can help you live longer and better

- Adults who bike to work have better weight, blood pressure, and insulin levels.
- Women who bike 30+ minutes a day have a lower risk of breast cancer.
- Adolescents who bicycle are 48% less likely to be overweight as adults.

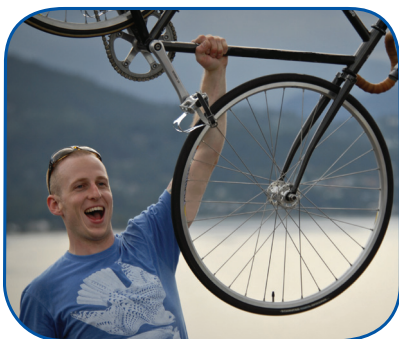


Bicycling boosts the economy

- The U.S. bicycle industry supports 1.1 million jobs and generates nearly \$1.8 billion in federal, state, and local taxes.
- Homes closer to bike paths are more valuable.

Bicycling is less expensive than driving

- The average American household spends \$8,758 per year on car payments and vehicle operating expenses – more than they spend on food.
- On a round-trip commute of 10 miles, bicyclists save around \$10 daily.



Bicycling reduces road congestion and air pollution

- Traffic congestion wastes 3.9 billion gallons of gas per year in the U.S.
- For every 1 mile pedaled rather than driven, nearly 1 pound of CO² is saved.

Bicycling is safe, and together we can make it safer

- The health benefits of bicycling outweigh the risks by a factor of 20:1.
- Safety in numbers: the more people who ride, the safer bicycling becomes.



For sources and more facts, figures, and scientific studies that affirm the benefits of bicycling, visit our Statistics Library at bikesbelong.org/statistics.

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