

LET'S TALK Safer Biking

52% of Minnesotans say they don't feel safe biking where they live. Safe places to bike are vital to getting more people to ride bikes. There is a direct correlation between feelings of personal safety and the number and percentage of weekly trips taken by bike. Cities around the U.S. have found that protected bike lanes increase bicycle ridership, reduce motor vehicle speeding, reduce crashes and improve people's feelings of safety on those streets.

THE ENDLESS BENEFITS OF SAFER BIKING



HEALTH

Cyclists, on average, **live 2 years longer** than non-cyclists and take 15% fewer days off work due to illness.



WELL-BEING

Bike commuters report **lower stress** and greater feelings of freedom, relaxation and excitement than car commuters.



TRANSPORTATION

50% of all trips Americans make are **3 miles or shorter**, a distance that for many people is easy to take on a bike. 40% are 2 miles or less. 28% are shorter than 1 mile.



SAVING MONEY

The average household cost to own and operate 1 car in the U.S. is **\$9,000 per year** — being able to bike to places makes it easier to live without a car and take advantage other forms of transportation.



SOCIAL EQUITY

Bicycling is an important form of transportation and recreation for a growing and **diverse number of U.S. residents**: the fastest growth in bicycling is among the Hispanic, African American and Asian American populations.



ECONOMIC VITALITY

In the Twin Cities, bicyclists using the Nice Ride bike share system spent an estimated **extra \$150,000 at restaurants and businesses** near Nice Ride stations over **one season**.



REAL STORIES OF MINNESOTANS PULLING TOGETHER

Several communities in Minnesota are seeing the value of creating safe bike routes. People in communities like Richfield, Minnesota, are working to make their streets safer for everyone. Thanks to the work of the Richfield Bike Advocates, Richfield has been designated a Bike-Friendly City by the League of American Bicyclists.

STEPS FOR ACTION

✓ KNOW THE PLAN

Learn about the statewide bicycle system plan at www.dot.state.mn.us/bike.

✓ JOIN LOCAL ADVOCATES

Find bike advocacy groups to better learn some of the issues and challenges in your neighborhood. BikeMN.org is a great starting point.

✓ EMBRACE BICYCLE-FRIENDLY PROGRAMS

The BikeMN-endorsed Bicycle-Friendly America program recognizes states, communities, businesses and universities for their efforts to promote bicycling and provide roadmaps to improve. Get to know a few at BikeMN.org.

✓ SHARE THE ROAD

Minnesota's Share the Road safety campaign provides materials, information and resources for anyone looking to improve bicycle safety statewide.



✓ ASK FOR BIKE SAFETY TRAINING IN YOUR SCHOOL

The Minnesota Walk! Bike! Fun! Pedestrian and Bicycle Safety Curriculum is a two-part curriculum designed specifically for Minnesota's schools and is structured to meet Minnesota education standards. It helps children ages 5 to 13 learn traffic rules and regulations, the potential hazards to traveling, and handling skills needed to bike and walk effectively, appropriately and safely through their community.

Resources:

<http://www.peopleforbikes.org>

<http://bikeleague.org/equity>

<http://www.cts.umn.edu/publications/catalyst/2012/july/niceride>

<http://www.dot.state.mn.us/sharetheroad/bike/>

<http://www.bikemn.org/education/walk-bike-fun>