

# BENEFITS OF COMMUTING BY BIKE TO WORK



MIT STUDY FOUND THAT IN LARGE CONGESTED CITIES, BIKING IS 50% FASTER THAN CARS DURING RUSH HOUR TRAFFIC

**80% INCREASE**

(NATIONAL AVERAGE 47%)

SINCE 2000, BICYCLE COMMUTING RATES INCREASED IN LARGE BICYCLE FRIENDLY COMMUNITIES



**13 POUNDS**

AVERAGE WEIGHT LOST THEIR FIRST YEAR BIKING TO WORK



MORE CORPORATIONS ARE MIGRATING TOWARDS A MORE RELAXED DRESS CODE, SO RIDE IN WHAT YOU'D WEAR TO WORK



**TAX FREE SUBSIDY**

THE FEDERAL BIKE COMMUTER BENEFIT ([HTTP://WWW.IRS.GOV/PUB/IRS-PDF/P15B.PDF](http://www.irs.gov/pub/irs-pdf/p15b.pdf)) AWARDS BIKE COMMUTERS A TAX-FREE SUBSIDY FOR BIKING TO WORK

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**AVG. COST OF OPERATION PER YEAR**

(52.2 CENTS PER MILE)



**\$9,641**



**\$120**



**4 MILE**

BICYCLE TRIP KEEPS ABOUT 15 POUNDS OF POLLUTANTS OUT OF THE AIR



IF 1 OF 10 COMMUTERS SWITCHED TO BIKING, WE'D SAVE

**2 BILLION**

GALLONS OF GAS PER YEAR.



USE CLEANING WIPES WHEN YOU ARRIVE AT WORK. A PTA BATH CAN BE A SPIRITUAL CLEANSING



ZERO EMISSIONS INTO ENVIRONMENT



FREE 2-WHEELED GYM MEMBERSHIP

## OWN YOUR OWN BUSINESS? YOU'LL LOVE BIKE COMMUTERS



NON-CYCLISTS TAKE TWO MORE SICK DAYS PER YEAR



**15% MORE PRODUCTIVITY**

BIKING BEFORE WORK RAISES AN EMPLOYEE'S PRODUCTIVITY ON AVERAGE 15%

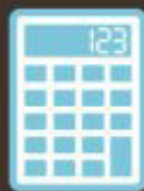
PERCENT ABSENTEEISM CAN BE REDUCED BY ENCOURAGING BIKING TO WORK

**80% LESS**

**4-15% INCREASE**

**27% FEWER ERRORS**

STUDIES SHOW A 4-15 PERCENT INCREASE IN PRODUCTIVITY, AND 27% FEWER ERRORS FROM PHYSICALLY FIT EMPLOYEES.



## AVERAGE CALORIES BURNED CYCLING ON THE FLATS

5 MPH - 7 CAL/MILE - 37 CAL/HR  
 10 MPH - 13 CAL/MILE - 133 CAL/HR  
 15 MPH - 23 CAL/MILE - 349 CAL/HR  
 20 MPH - 37 CAL/MILE - 742 CAL/HR  
 25 MPH - 55 CAL/MILE - 1374 CAL/HR  
 30 MPH - 77 CAL/MILE - 2303 CAL/HR