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GOOD REASONS FOR BICYCLING

- 01 Bicycling provides exercise in a fun way—every day if you like!
- 02 A bike is 30 times less expensive to buy and maintain than a car.
- 03 You save travel money by bicycling.
- 04 Bicycling reduces stress.
- 05 Bicycling is therapeutic for the mind, body, and spirit.
- 06 Your commute will be the best part of your day instead of the worst part.
- 07 Bicycling improves self-esteem.
- 08 Save on the membership to a health club; get your exercise bicycling to work.
- 09 Bicycling is low impact on the body.
- 10 Bicycling is low impact on the environment.
- 11 Bicycling in your neighborhood is a great way to meet your neighbors.
- 12 Bicycling is a great way to meet like-minded people and develop long-lasting friendships.
- 13 A bicyclist can ignore the traffic reports.
- 14 A bicyclist can feel self-satisfied biking past a traffic jam in the bike lane.
- 15 Bicycling allows a more predictable commute time.
- 16 Bicycling provides easier parking.
- 17 Bicycling means no parking fees or parking tickets.
- 18 Leaving your car at home provides a parking space for someone less fortunate.
- 19 Eight bicycles can be parked in the space required for just one car.
- 20 If you are lazy, your bicycle provides door-to-door transport (you don't have to walk across a vast parking lot).
- 21 Bicycling reduces the demand for parking lots.
- 22 Bicycling reduces energy consumption.
- 23 Bicycling reduces air pollution—bicyclists emit few gases.
- 24 Bicycling reduces water pollution—bikes don't drip brake fluid, anti-freeze, transmission fluid, etc.
- 25 Bicycling reduces noise pollution—even without a muffler, bikes are quiet.
- 26 Bicycling reduces road wear—even if cyclists feel like they have the weight of the world on their shoulders.
- 27 A bicycle's small profile reduces congestion.
- 28 Bicycling reduces the need to lay additional asphalt and concrete.
- 29 It's easier to vary your route by bicycle.
- 30 Bicycling improves cardio-vascular health.
- 31 Bicycling improves muscle tone, bone mass, and skin health.
- 32 Healthier people have lower health care expenses.
- 33 The exercise from bicycling will increase your productivity at work.
- 34 Increased bike use generates bike facilities which increase property values.
- 35 Bicycling gives you more fresh air than a sauna, and you can still sweat and clean your pores.
- 36 A bicycle always starts and you can easily fix it yourself!
- 37 Bicycling promotes denser, walkable communities and encourages local shopping.
- 38 A bicycle can haul people and big stuff with a trailer.
- 39 It costs \$75 or less for a yearly bicycle tuneup.
- 40 You can get a decent used bicycle for \$300!
- 41 Bicycling is virtually a life-long activity.
- 42 Bicycling can be enjoyed in a wide variety of topography.
- 43 Bicycling can be enjoyed in a wide variety of climates.
- 44 Bicycling is a great way to see the world.
- 45 Bicycling is cool.
- 46 Bicycling is fun.

Adapted from www.ibike.org

www.marinbike.org



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BENEFITS OF BICYCLE COMMUTING

"Bicycle commuting is a positive alternative to garage-highway-garage journeys that isolate commuters and clog roads. More cycling means less traffic, cleaner air, and fewer accidents." (*Bicycling / Moving America Forward, Bikes Belong Coalition, Sept. 2005*)

Bicycling can be a fun, dependable and very low-cost mode of transportation. Check out this list of six benefits of making bikes a part of your daily routine!

01 Bicycling increases your level of fitness:

Bicycling burns about 500 calories an hour, so you can commute and stay fit at the same time! (www.511.org)

02 Bicycling can help make you less stressed and happier:

Bicycle commuters get to work on time more often, and are often happier and more productive employees.

"Physical activity appears to relieve symptoms of depression and anxiety and improve mood... Regular physical activity may reduce the risk of developing depression... Physical activity reduces the risk of premature mortality in general, and of coronary disease, hypertension, colon cancer, and diabetes mellitus in particular. Physical activity also improves mental health and is important for the health of muscles, bones and joints!"

(*Report on Physical Activity and Health: A Report of the Surgeon General, 1996*)

03 Bicycling saves you time:

The time it takes to search for car parking, the time spent at gas stations since you won't need to fill up, and the time wasted sitting in traffic. Bicycling is often faster than other modes of transportation for distances over three miles. In congested situations it is often faster for distances up to five miles. "On a bicycle, you can travel on secondary roads and paths, often arriving in less time than if you'd driven through rush-hour traffic!"

(www.focol.org/greenways/bike/BWDFlyerFCG.doc)

04 Bicycling saves you money:

The cost of operating a sedan for one year is approximately \$7,800 (*AAA, Your Driving Costs, www.bicyclinginfo.org*).

The cost of operating a bicycle for a year is only \$120 (*League of American Bicyclists, www.bicyclinginfo.org*).

05 Bicycling is energy-efficient:

If one out of 10 commuters switched to walking or biking, we'd save 2 billion gallons of gas a year. Every transit commuter who bike rides to the station saves an average of 150 gallons of gas per year. Every car commuter who switches to biking and transit can save 400 gallons of gas a year. (*Marin County Safe Routes to Schools Fact Sheets*)

06 Bicycling reduces polluting emissions:

A short, four-mile round trip by bicycle keeps about 15 pounds of pollutants out of the air we breathe.

(*WorldWatch Institute, www.bicyclinginfo.org*). Motor vehicles are responsible for roughly 50% of all greenhouse gases and 75% of the smog in the Bay Area. Cycling can play an important role in improving air quality in the Bay Area. (www.baaqmd.gov) If one out of 10 car commuters would switch to walking or biking, we'd reduce carbon dioxide emissions by 25.4 million tons a year. (www.nhtsa.gov)



ESSENTIAL GEAR FOR BICYCLE COMMUTERS

ESSENTIAL BIKE GEAR:

Helmet (ANSI and/or Snell approved)—don't leave home without it
Water Bottle and Cage
Tire Pump
Spare Tube, Patch Kit, Tire Levers, and Tools specific to your bike
Detailed Map of the area
Lights and Reflectors on front and rear of bicycle
Bike Lock
Gloves
Compact First Aid Kit
Cell Phone or change for a phone call
Energy Replacement Food
Bell—the most civilized way to announce your presence
Pants Clips/Straps—helps keep clothes grease-free
Rain Gear—waterproof jacket and pants
Fenders—cheap solution to avoid spray from wet tires
Baskets, Racks, Panniers—to hold work clothes, groceries, books, packages, etc.

Your local bike shop is a resource for maps, accessories, repairs, tune-ups, spare parts, and cycling advice: (www.marinbike.org/Resources/BikeShops.shtml)

3 Ring Cycles

538 San Anselmo Ave, San Anselmo
(415) 259-5704

A Bicycle Odyssey

1417 Bridgeway St., Sausalito
(415) 332-3050

Above Category

38 Millwood St., Mill Valley
(415) 389-5461

The Bicycle Works

1117 San Anselmo Avenue, San Anselmo
(415) 419-5831

Black Mountain Cycles

11101 Highway 1, #B, Pt. Reyes Station
(415) 663-8125

Breaking Away Bicycles

7 Ross Common, Ross
(415) 461-2959

Caesar's Cyclery

29 San Anselmo Ave., San Anselmo
(415) 721-0805

California Bike and Bean

100 El Prado #2, San Rafael
(415) 507-1992

Classcycle

1531 B South Novato Blvd., Novato
(415) 897-3288

Fairfax Cyclery

2020 Sir Francis Drake Blvd., Fairfax
(415) 721-7644

Mike's Bikes of San Rafael

836 4th Street, San Rafael
(415) 454-3747

Mike's Bikes of Sausalito

1 Gate 6 Road, Sausalito
(415) 332-3200

Old Town Sports

871 Grant Avenue, Novato
(415) 892-0577

Paradigm Cycles

702 San Anselmo Ave., San Anselmo
(415) 454-9534

Performance Bicycle

369 Third St., San Rafael
(415) 454-9063

The Re-Cyclery

610 Fourth Street
(415) 458-2986

REI

213 Corte Madera Town Center, Corte Madera
(415) 927-1938

Road and Tri Sports

366 Bel Marin Keys Blvd., Suite A, Novato
(415) 786-9181

StudioVelo

247 Shoreline Highway, Mill Valley
(415) 407-8960

Summit Bicycles

1820 Fourth St., San Rafael
(415) 456-4700

Sunshine Bicycle Center

737 Center Blvd., Fairfax
(415) 459-3334

Tam Bikes

357 Miller Avenue, Mill Valley, CA 94941
(415) 389-1900

Village Peddler

1111 Magnolia Ave., Larkspur
(415) 461-3091

www.marinbike.org





TAKE THE BIKE LOCALLY CHALLENGE!

These trainers can show you the way:



Frances Barbour

Frances is a League of American Bicyclists Certified Instructor, Safe Routes to Schools Lead Instructor, and Adult Basic Street Skills Instructor. She teaches cycling to children and adults of all ages and abilities, in groups and one-on-one.

Phone: 415-577-4601

Email: febarbour@yahoo.com

Website(s): www.marinbike.org

www.saferoutestoschools.org

Hometown: Tiburon



Cheryl Longinotti

Cheryl is a life-long cyclist who delights in using her bicycle for transportation, not just fitness and recreation. As a League of American Bicyclists Certified Instructor, she has taught adults who've never ridden before and she is the Lead Instructor for MCBC's Women on Wheels cycling classes.

Phone: 415-847-0065

Email: cslonginotti@comcast.net

Hometown: Corte Madera



Janet Lourenzo

Janet is a Bike Locally Challenge Mentor, has ridden coast-to-coast, cycled the route of the 2009 Tour de France, and has raced and commuted to San Francisco. Janet can help anyone ride road or mountain bikes for commuting or training.

Phone: 415-254-0862

Email: jeknjil@yahoo.com

Hometown: Corte Madera



Ross Macleod

Ross is a geologist, software developer, and a Bike Locally Challenge Mentor who loves road and mountain biking. Go with Ross and discover remarkable geology as well as excellent coffee. Get in some miles and check out exotic bay area rocks and minerals. All skill levels will have fun and enjoy gorgeous scenery.

Phone: 415-460-1766 (h), 415-686-1819 (c)

Email: rmacleod14@comcast.net

Hometown: San Rafael



Kathy O. McLeod

Kathy has coached cycling skills to bike racers since 1995. She is a League Cycling Instructor and USA Cycling Club Coach. Kathy runs a cycling summer camp for youth, an after school bike program and is a Women on Wheels Instructor. Kathy is also an experienced bike advocate and consults on community action plans.

Phone: 415-686-3805

Email: komcleod@wheescape.com

Website: www.wheescape.com

Hometown: Tam Valley



Jacqueline Zimmer Jones

Jacqueline is a Bike Locally Challenge Mentor who wants to help you ride where you want to ride. She will ride with you at your pace, encourage you as you go and teach you how to stay safe. Her favorite place for a quick ride is Paradise Loop... a ride that used to seem too challenging!

Phone: 503-551-2328

Email: jgwenzimmer@yahoo.com

Hometown: Mill Valley

MCBC Members get 10% off these trainers hourly rates!

www.marinbike.org

