

# 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

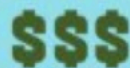


## 13 POUNDS

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



AVG. COST OF OPERATION PER YEAR  
(52.2 CENTS PER MILE)

## TAX FREE SUBSIDY

THE FEDERAL BIKE COMMUTER BENEFIT  
([HTTP://WWW.IRS.GOV/PUB/IRS-PDF/P158.PDF](http://www.irs.gov/pub/irs-pdf/p158.pdf))  
AWARDS BIKE COMMUTERS A TAX-FREE  
SUBSIDY FOR BIKING TO WORK



\$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



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

3.5%

OF MINNEAPOLIS, MN RESIDENTS  
BIKE TO WORK, 3RD HIGHEST IN U.S.  
(PORTLAND 6%, SEATTLE 3.6%)