



FOR IMMEDIATE RELEASE
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Sacramento Region
Travel Info

FAST FACTS: SACRAMENTO REGION BIKE COMMUTE MONTH

- 625,000 miles logged last year by over 3,000 riders.
- To date, we have pledges from nearly 2,000 bicyclists to ride over 470,000 miles during the month of May.
- A short four mile trip by bicycle keeps about 15 pounds of pollutants out of the air.
- One million miles of bicycling in May will remove over 5,000 pounds of smog-forming oxides of nitrogen (NOx) from Sacramento's air.
- 11% of Sacramento County's children suffer from asthma, and it is the most common reason for missed school days.
- A 10% reduction in your vehicle miles travel has significant impacts in reducing traffic congestion and improving our air quality.
- 7.5% of our region's residents bicycle or walk as their primary method of transportation, which is higher than the national average . . . but given our climate and topography, bicycling is easy in our region and more of us could consider it as a smart travel choice.
- In 2003, consumers in the U.S. bought 18.5 million bicycles, 3.7 million more than all the cars and trucks purchased in the U.S. in the same year. Imagine what our traffic congestion would look like with more bicycles than cars and trucks on the road.
- In the Sacramento region, the average commuter travels 9 miles to work—an easily bikable distance.
- The National Center for Health Statistics reports the percentage of children who walk or bike to school has dropped 75 percent, while the number of overweight children has tripled.
- The League of American Bicyclists reports that just three hours of bicycling per week can reduce a person's risk of heart disease and stroke by 50 percent.

For more information about Sacramento Region Bike Commute Month or the Million Mile May Challenge please visit www.bikecommutemonth.com or call (916) 321-9000.

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