



FOR IMMEDIATE RELEASE
May 28, 2008

Contact: Erik Johnson
(916) 321-9000

1,000,000 MILES BICYCLED BY SACRAMENTO REGION'S RESIDENTS *Over 6,500 individuals contribute to the challenge*

The Sacramento region has recorded a first: one million miles traveled by bicycle in a month. Since May 1, people young and old, students and commuters, families and friends have chosen to bike rather than drive. Commute, recreation, errands and work trips have all contributed to the million miles. With 7.4% of all trips in the Sacramento region by bike in 2005, people are choosing their bicycles for more and more trips.

What does a million miles mean for our region?

- One million miles of bicycling removed over 5,000 pounds of smog-forming oxides of nitrogen from our air. Air pollutants lead to many illnesses, including asthma, which is the most common reason for missed school days in Sacramento County.
- Just looking at commuting or doing errands by bike, individuals saved approximately 20,000 gallons of gas this month, which at \$4 a gallon saves them over \$80,000.
- An individual bicycling one mile instead of driving reduces carbon emissions by 0.5 pounds of CO₂, which is the same as turning off a 100 watt light bulb for 8 hours.

"We strongly encourage the 6,500 people riding more than a million miles in May to keep on going in June and beyond, and for others to join them. With high gas prices, summertime Spare the Air days on the way, and the I-5 closure starting this Friday the benefits of leaving your car at home have never been clearer," said Mike McKeever, executive director of the Sacramento Area Council of Governments.

With gas prices rising and major construction starting this Friday on I-5 through downtown Sacramento, about 2,000 more people than last year signed up at www.mayisbikemonth.com. It's not too late for people to visit the site to learn how to get started riding, find bicycle routes, and other tips. Bicycling, transit, rideshare and traffic information can also be found in one place through the region's 511 service, by calling 511 or visiting www.sacregion511.org.

Throughout the month of May, bicyclists young and old have been encouraged to challenge friends, family, co-workers and themselves to pledge miles. The region has been aiming for the million mile goal since it began a month-long campaign to promote bicycling in May in 2005.

May is Bike Month is coordinated by the Sacramento Area Council of Governments and the region's transportation management associations and organizations. More information is at www.mayisbikemonth.com.

- END -