



Sacramento Region

Mayisbikemonth.com

2009

NEWS RELEASE

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ONE MILLION MILES BICYCLED BY SACRAMENTO REGION'S RESIDENTS
7,006 individuals contribute to the challenge

For the second consecutive year, the Sacramento region has traveled one million miles by bicycle in a month. Since May 1, 7,006 (and counting) 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.

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 18,000 gallons of gas this month, which at \$2.67 a gallon saves them nearly \$45,000.
- 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 everyone who's bicycled in May—and everyone who has thought about it—to give it a try one day, whether it's a quick trip to the store, a commute to work, or a recreational ride on the weekend with family and friends," said Jim Gray, Roseville Councilmember and honorary May is Bike Month co-chair.

With the time and money you can save by bicycling, more and more people are pledging to bicycle in May at www.mayisbikemonth.com. It's not too late for people to visit the site to learn how to get started riding this summer, 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. Last year, nearly 6,800 individuals rode 1,242,215 miles in May. With just a few days left in May, everyone is encouraged to log miles they've ridden during the month at www.mayisbikemonth.com.

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.

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