



Sacramento Region

Mayisbikemonth.com

2010

NEWS RELEASE

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ONE MILLION MILES BICYCLED BY SACRAMENTO REGION'S RESIDENTS ***7,108 individuals contribute to the challenge***

For the third consecutive year, the Sacramento region has traveled one million miles by bicycle in a month. Since May 1, 7,108 (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.

Trip planner gets you there by bike

The Sacramento Area Council of Governments has launched a bicycle trip planner (www.sacregion511.org/bicycling/trips/) with detailed routes for the entire region. The trip planner draws on local government data, user information and a community forum to offer the best information for novice and veteran bicyclists. Sacramento Region 511 also has information about traffic information, transit, and a bicycle commuter guide at www.sacregion511.org.

Events & more at Mayisbikemonth.com

Tomorrow, May 27 is Bicycle Night with the Sacramento River Cats. Visit www.mayisbikemonth.com for discounted tickets and more information. And with Memorial Day this weekend, it's a great time to enjoy our communities by bicycle. Remember to log your miles 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.

About May is Bike Month

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, over 6,000 individuals rode 1,288,676 miles in May.

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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