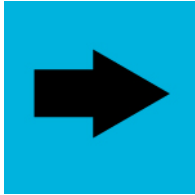


LET'S BIKE

Go Human by biking! Improve your health, save money, help the environment, and avoid traffic and the hassle of parking. Enjoy the ride!



Always ride in the same direction as traffic.



Stop at red lights and stop signs. Traffic signs and signals apply to bicyclists, too.



Be predictable by signaling your intentions, and only change lanes when safe to do so.



When riding at night, use a front and back light to make yourself visible. Nearly half of bicyclist deaths in 2012 occurred between 4 p.m. and midnight.



Helmets can reduce your risk of injury. Children under 18 are required to wear helmets by state law.



Slow down and take care around people walking on sidewalks and in crosswalks.



You can save as much as \$8,000 a year by owning a bike instead of a car. The average American household spends more on transportation than food or healthcare.¹



A bicycle commuter who rides five miles to work, four days a week, avoids 2,000 miles of driving and can save over 100 gallons of gas.²



Commuting by bike burns an average of 540 calories per hour.³



Men who bicycle to work bike have lower obesity rates as well as healthier triglyceride levels, blood pressure and insulin levels.⁴

¹U.S. Department of Transportation ²Rails to Trails Conservancy
³British Journal of Sports Medicine ⁴Archives of Internal Medicine