

Reasons to Ride

Cycling is Fun and Functional

The bicycle is not only a form of recreation, but can serve as a form of transportation, to work, school, or daily errands. Cycling combines healthy exercise with a means of travel that is economical, convenient, non-polluting, and enjoyable. Whether using only the bicycle or a mix of bicycle, transit, and/or auto to get around, the resulting benefits are many:

Reduces traffic congestion. Each cyclist means one less car on the road for safety and reduced wear and tear on the roadways.

Produces no air or noise pollution. Each cyclist is helping to make our area quieter and cleaner.

Reduces parking demand. Bicycles occupy much less space than autos and use valuable space more efficiently – in fact, twelve bicycles can fit into one auto parking space.

Reduces taxpayer burden. Bicycles occupy little road space, requiring a small fraction of the investment needed for autos. Bicycles cause virtually no wear on road surfaces, hence they decrease maintenance costs.

Saves you money. Operating costs for bicycles are about \$.03 per mile, compared with a minimum of \$.35 per mile for autos.

Saves energy. Each cyclist means less oil consumption, reducing our dependence on foreign petroleum imports.

Provides mobility. Cycling is an important means of travel for those who are too young or cannot afford to drive.

Great for health! Cycling even short distances is great exercise – cyclists arrive at work alert and invigorated.

Fast and fun! Many daily trips are nearly as fast by bike. And cycling is enjoyable – once you get started, it's hard to stop!

Tips thanks to the City of Portland.