

When People Ride Bikes, Good Things Happen

Bicycling is great for health, good for communities, and a solution to many of our most pressing societal and environmental problems. Here is just a taste of what you can find in Bikes Belong's online, searchable Statistics Library to help you make the case for bicycling in your community.



Bicycling is for everyone

- Bicycling is the second most popular outdoor activity in the United States.
- 47% of Americans say they would like more bike facilities in their communities.

Bicycling is the ideal way to take short trips

- Most trips Americans make are short: 49% are less than 3 miles, 39% are less than 2 miles, and 24% are less than 1 mile.

Bicycling can help you live longer and better

- 3 hours of biking per week reduces the risk of heart disease and stroke by 50%.
- Women who bike 30+ minutes a day have a lower risk of breast cancer.
- Adolescents who bicycle are 48% less likely to be overweight as adults.

Bicycling boosts the economy

- The U.S. bicycle industry sold \$5.9 billion in bicycles and equipment in 2008.
- Twice as many bicycles are sold in the U.S. each year than cars.
- Studies have shown that homes closer to bike paths are more valuable.

Bicycling is less expensive than driving a car

- The average American household spends over \$8,000 per year on owning and driving their cars – more than they spend on food.
- On a round-trip commute of 10 miles, bicyclists save around \$10 daily.

Bicycling reduces road congestion and air pollution

- Traffic congestion wastes nearly 3 billion gallons of gas per year in the U.S.
- For every 1 mile pedaled rather than driven, about 1 pound of CO² is saved.

Bicycling is safe, and together we can make it safer

- The average commuter cyclist has just 1 accident every 8.7 years.
- There is safety in numbers: the more cyclists there are, the safer bicycling is.



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For sources and more facts, figures, and scientific studies that affirm the benefits of bicycling, visit our Statistics Library at bikesbelong.org/statistics.