



BIKING TO WORK

OUTLINE

- Facts about biking
- Health Benefits
- Monetary benefits
- Environmental benefits
- Getting started
- Gear
- Staying Motivated



Did you know.....

In China bicycles outnumber cars
250 to 1

50% of the population in the
Netherlands commutes via bike

15% of the population commutes in
Japan via bike
but.....

**Only 1.6% of people in America
ride their bike as a form of
transportation even though
over 50% of us have commutes
that are < 10 miles**

Even though biking...

Saves commuters money in gas

Reduces the frequency of oil changes
and other car maintenance

Produces zero pollution

Reduces traffic

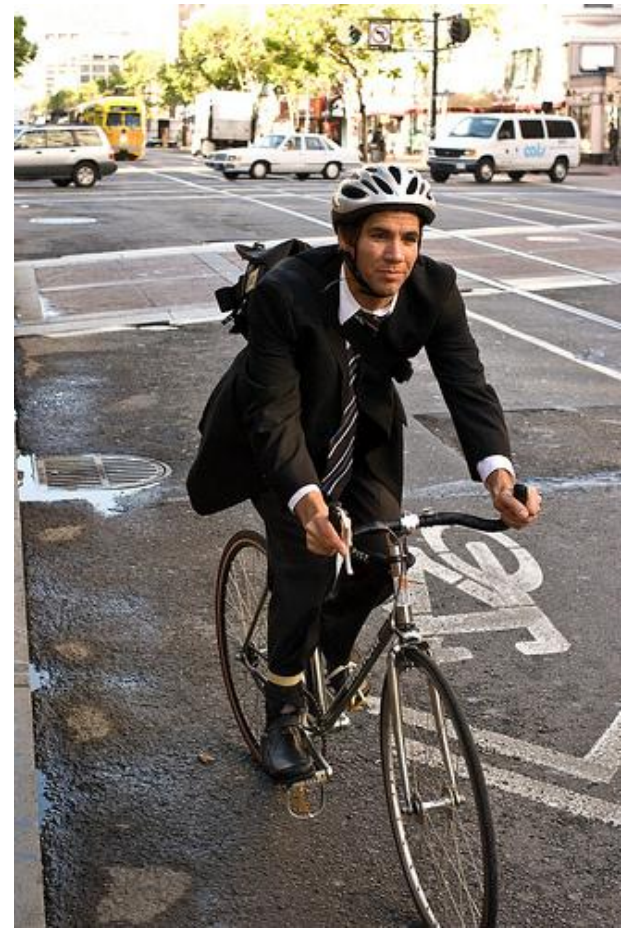
Increases health and fitness

Decreases stress

Is a free alternative to the gym

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HEALTH BENEFITS

- Doctors recommend at least 30 minutes of moderate exercise everyday
- According to Bicycle Magazine – new bicyclists are expected to lose 13 pounds in their first year riding to work
- Biking to work decreases stress and allows you to interact with your community

WHERE WOULD YOU RATHER BE EXERCISING?



HEALTH BENEFITS

Weight	Cals Burned*
120	218
130	236
140	255
150	273
160	291
170	309
180	327
190	345
200	364



Make your commute part of your fitness or training routine.

Use training device or web site to track progress...one ride at a time

*Based on average bike ride (30 MIN)

*Based on average speed of 12 - 13.9 MPH

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MONETARY BENEFITS - CAR

Honda Civic at 24 mpg at \$4/gallon
20 mile round-trip commute; 5 days per week
100 miles = \$16/week = \$832/year
Mid-April to Mid-October \$416

Jeep Grand Cherokee 15 mpg at \$4/gallon
20 mile round-trip; 5 days per week
100 miles = \$27/week = \$1,404/year
Mid-April to Mid-October \$702

Fewer miles also means fewer oil changes!



MONETARY BENEFITS - GYM

Monthly Membership at Planet Fitness; \$20/month

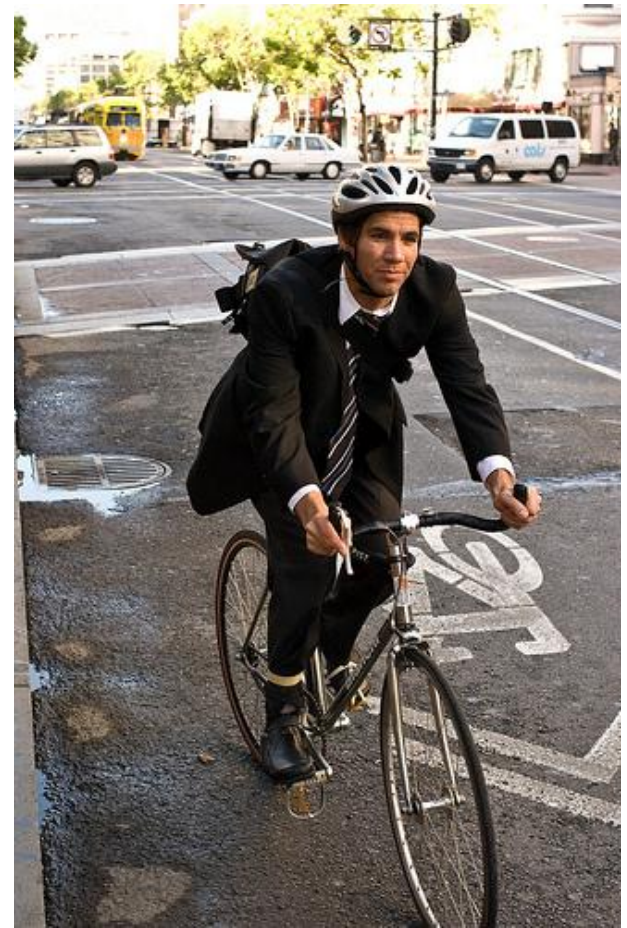
Monthly Membership at Boston Sports Clubs: \$65/month

That's \$240 - \$780 per year that can be avoided by biking to work.



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SAVE THE PLANET

Green Stats per Week

Total work out days: 5

Distance traveled: 100 miles

Gas saved: 4 – 6 gallons

Money saved: \$16 - \$24

Carbon offset: 88 lbs of CO_{2e}

Green Stats Mid-April to Mid-Oct

Total work out days: 107

Distance traveled: 2,140 miles

Gas saved: ave 120 gallons

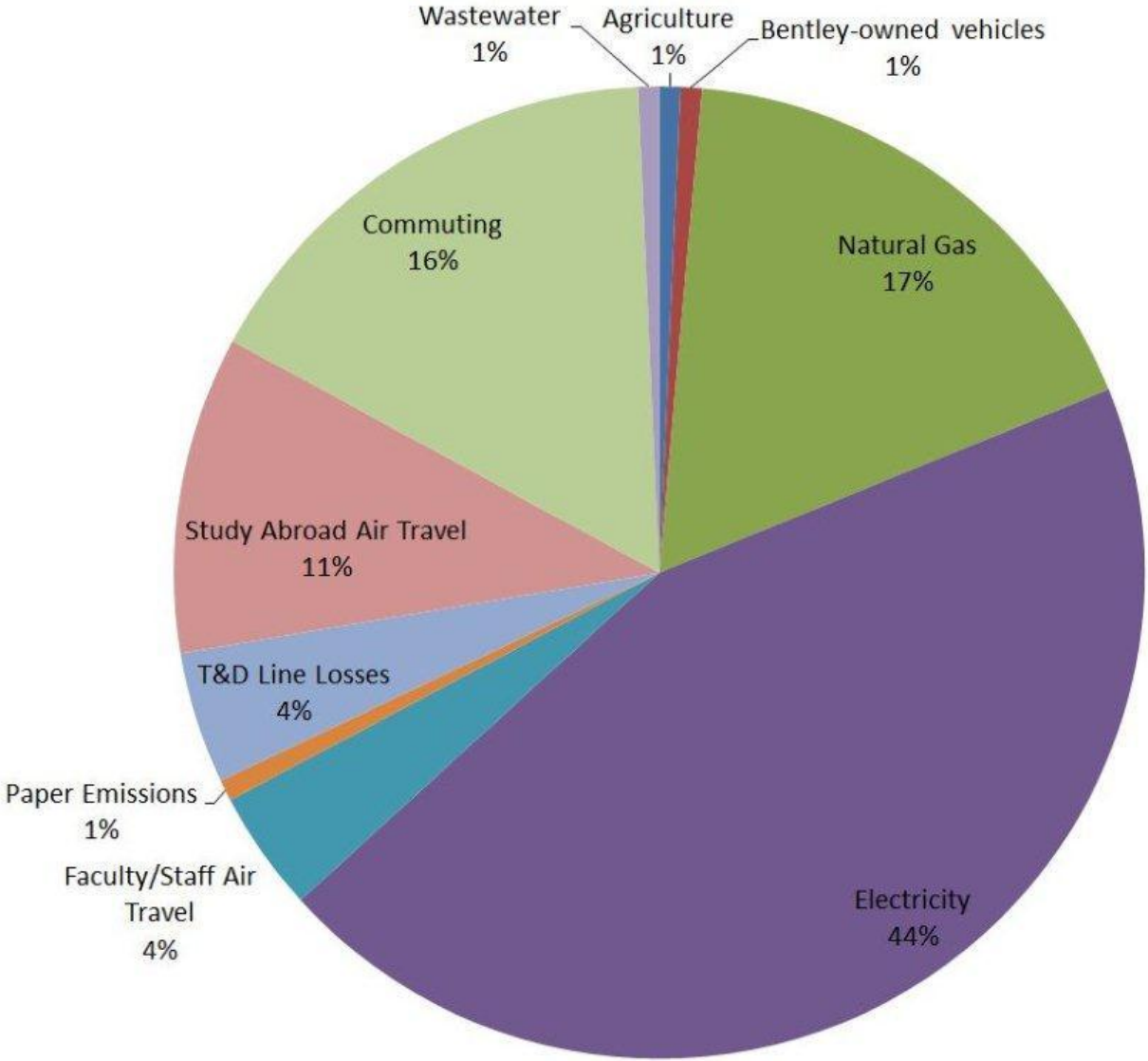
Money saved: ave. \$480

Carbon offset: 2,112 lbs of CO_{2e}

*13 weeks at 4 days per week

*11 weeks at 5 days per week

SAVE THE PLANET



SAVE THE PLANET

In FY2011 Bentley Faculty and Staff collectively:

- Commuted 6,395,156 miles
- Burned 286,937 gallons of gas

Our commuting emissions (including students):

- 3,482 metric tonnes of CO₂e = 6,964,000 lbs of CO₂e

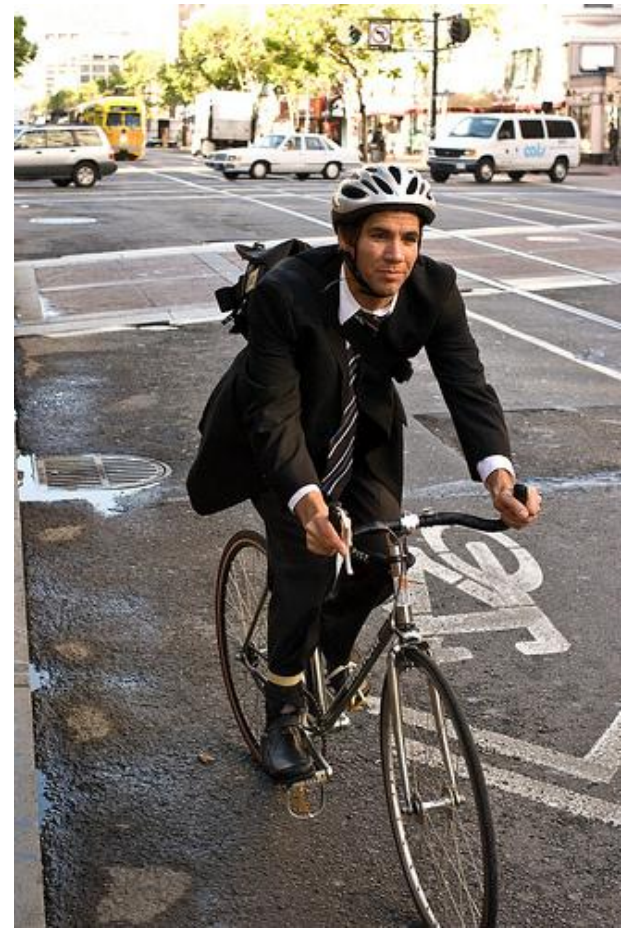
If all 965 faculty and staff biked from 4/15 to 10/15:

- We'd save 2,038,080 lbs of CO₂e
- We'd reduce our commuting emissions by 1/3



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GETTING STARTED – PLANNING YOUR RIDE

How many miles and when?

- Fit your time and goals
- Time of day

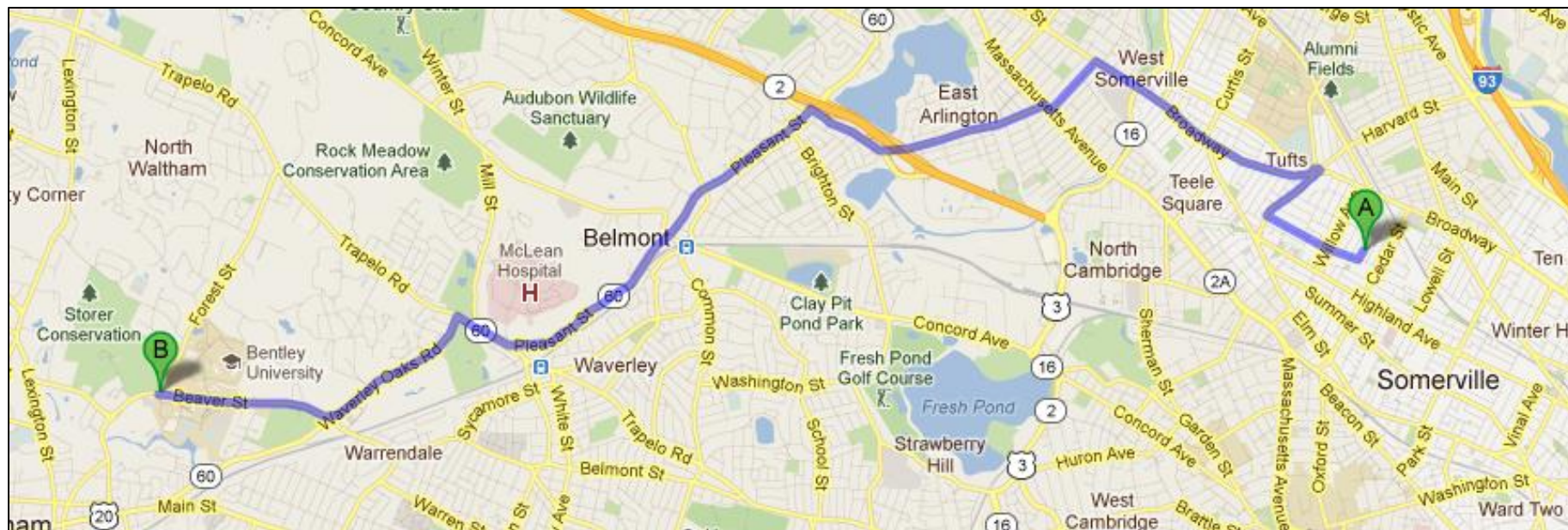
Choosing your route

- Resources: Google Maps, bike groups, blogs, and friends

Whatcha do when you get here?

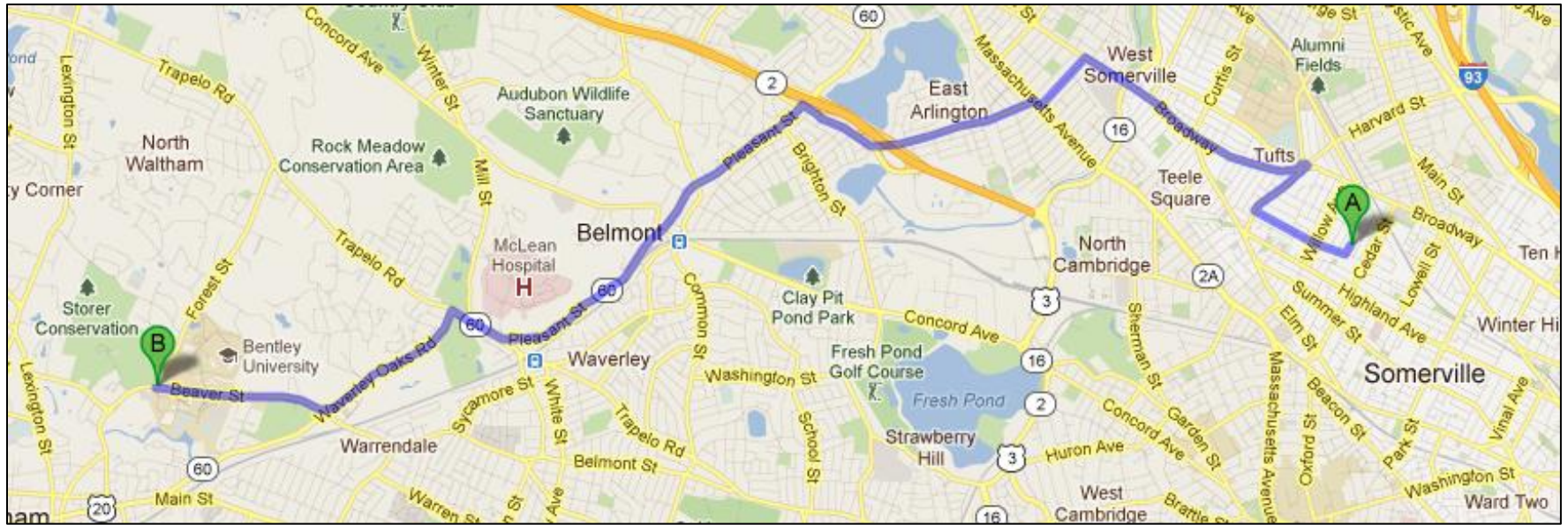
- Clothes
 - Showering
- 

MY ROUTE



- 7.5 miles one way
- Use Google Maps bike option to identify bike paths
- Drive your route once or twice looking for safety issues

MY PLAN



- Leave house at 6:30 am
- 30 – 45 min bike ride (approx. 300 - 350 cal burned)
- Arrive at work at 7/7:15 am
- Showered and at desk by 8 am

PREPARATION

Bring the following items to work and store in your office


- Shampoo, conditioner, lotion, face wash, hair dryer, brush, flip flops, etc.
- Towel

Obtain the necessary clothing and safety equipment

Pack tubes, tire irons, etc. in a seat bag or in your back pack.



PREPARATION – THE NIGHT BEFORE

- Check the weather, sunrise and sunset
 - Pack your lunch, clothes, shoes (make up) in your back pack
 - Double check to make sure you have air in your tires
 - Double check to make sure you have necessary safety items
- 

THE NEXT DAY - COMMENCE YOUR COMMUTE!

Prepare

- Dress in biking clothes appropriate for the weather
- Double check air in tires and lights
- Put on helmet and backpack

Ride

- Ride to work, obeying all traffic laws

Shower/Change

- Lock your bike at one of the bike racks on campus
- Get your towel and toiletries from your office
- Shower at the Dana Center (or soon in Morrison)
- Change and return to your office with all belongings

Reverse for the way home



STAYING MOTIVATED

Plan: Schedule your week ahead AND put it into your schedule.
Create a rhythm.

Start Small: Once per week > twice per week > every day

Find a Partner: Find another commuter to ride with.

Gear Up: “There is no such thing as bad weather...only bad gear”

Check Weather: Check it and commit



RESOURCES

Helpful Websites:

- <http://www.bentley.edu/offices/sustainability/take-bike>
- bicyclesafe.com
- [Liveablestreets.info](http://liveablestreets.info)
- [Gogreenstreets.org](http://gogreenstreets.org)
- bikecommutenews.com

Smart Phone Applications:

- [MapMyRide](#)
- [BikeMapGPS](#)
- [Weather Channel](#)
- [Bicycle Repair App](#)

