

5 REASONS TO START BIKING!

1) Cycling Saves The Environment!

The average car in the US burns about 650 gallons of gas, producing eight tons of CO2 per year. Each person that rides a bike is helping to save our planet.

2) Cycling Saves You Money!

Car ownership and maintenance fees amount to 17% of your total expenditure. You could save thousands of dollars a year switching to bike riding!

3) Cycling Saves Your Health!

According to the American Heart Association/American College of Sports Medicine, all healthy adults ages 18-65 should be getting at least 30 minutes of moderate intensity activity five days of the week. Biking to work is an easy fix.

4) Cycling is Fun!

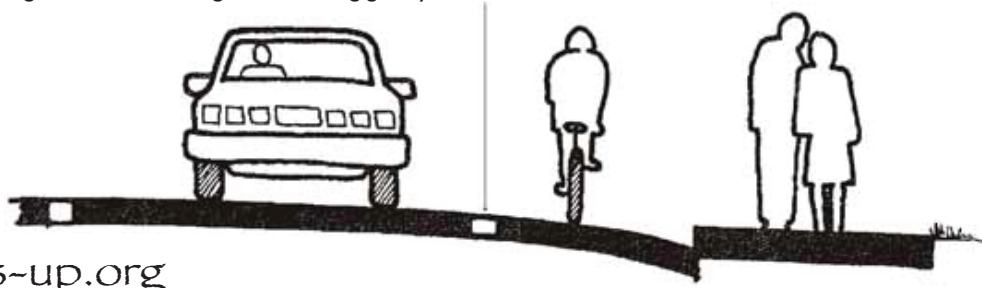
You can enjoy the safety in group bike rides, the joy of sharing a family ride through the park, exploring a new neighborhood (or new country!), or a relaxing ride along the river at sunset. Wherever you ride, ride safe!

5) Cycling is Hope!

As the biking community grows, so does our dream for a better, more sustainable future. Biking unleashes the imagination! Biking gives you freedom!



times-up.org



5 REASONS TO START BIKING!

1) Cycling Saves The Environment!

The average car in the US burns about 650 gallons of gas, producing eight tons of CO2 per year. Each person that rides a bike is helping to save our planet.

2) Cycling Saves You Money!

Car ownership and maintenance fees amount to 17% of your total expenditure. You could save thousands of dollars a year switching to bike riding!

3) Cycling Saves Your Health!

According to the American Heart Association/American College of Sports Medicine, all healthy adults ages 18-65 should be getting at least 30 minutes of moderate intensity activity five days of the week. Biking to work is an easy fix.

4) Cycling is Fun!

You can enjoy the safety in group bike rides, the joy of sharing a family ride through the park, exploring a new neighborhood (or new country!), or a relaxing ride along the river at sunset. Wherever you ride, ride safe!

5) Cycling is Hope!

As the biking community grows, so does our dream for a better, more sustainable future. Biking unleashes the imagination! Biking gives you freedom!



times-up.org

