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In this Issue:

Metro Monthly Green Tips: May 2013

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May is National Bike Month so try riding your bike for short trips. This month's green tips are bike themed and will continue to help you achieve a more sustainable and healthy lifestyle.

1. Cycling is one of the easiest ways to exercise

You can ride a bicycle almost anywhere, at any time of the year, and without spending a fortune. Many people are put off doing certain sports because of the high level of skill that seems to be required, or perhaps because they can't commit to a team sport due to time pressures. Most of us know how to cycle and once you have learned you don't forget. All you need is a bike, a half an hour here or there when it suits, and a bit of confidence. Everyone can ride a bike – it is a lifetime activity.

2. Bicycling reduces roadway congestion

Bicycling can help to reduce roadway congestion. Many streets and highways carry more traffic than they were designed to handle, resulting in gridlock, wasted time and energy, pollution, and driver frustration. Bicycling requires significantly less space per traveler than driving. Roadway improvements to accommodate bicyclists can also enhance safety for motorists.

3. Can you save a trip?

Many of the trips that Americans make every day are short enough to be accomplished on a bicycle. Most trips are five miles or less. In the last decade, there has been a doubling of all bicycle trips (includes home-work trips) and an 11% decrease in driving in the six-county SCAG region (2012 RTP/SCS). New and innovative bicycle facilities are making it easier to bicycle for transportation.

4. Know the rules of the road

Bicyclists have the same rights and responsibilities as a car driver. Over the summer, Metro is offering free bike skills workshops at beginning and intermediate levels to teach on road riding skills. Each participant will receive a free helmet and front and back lights. Sign up early by contacting ghazarianr@metro.net, checking Metro's website www.metro.net/bikes and [Facebook.com/bikemetro](https://www.facebook.com/bikemetro)

By implementing these bicycle focused steps into your monthly routine you'll help in building a more sustainable future!

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