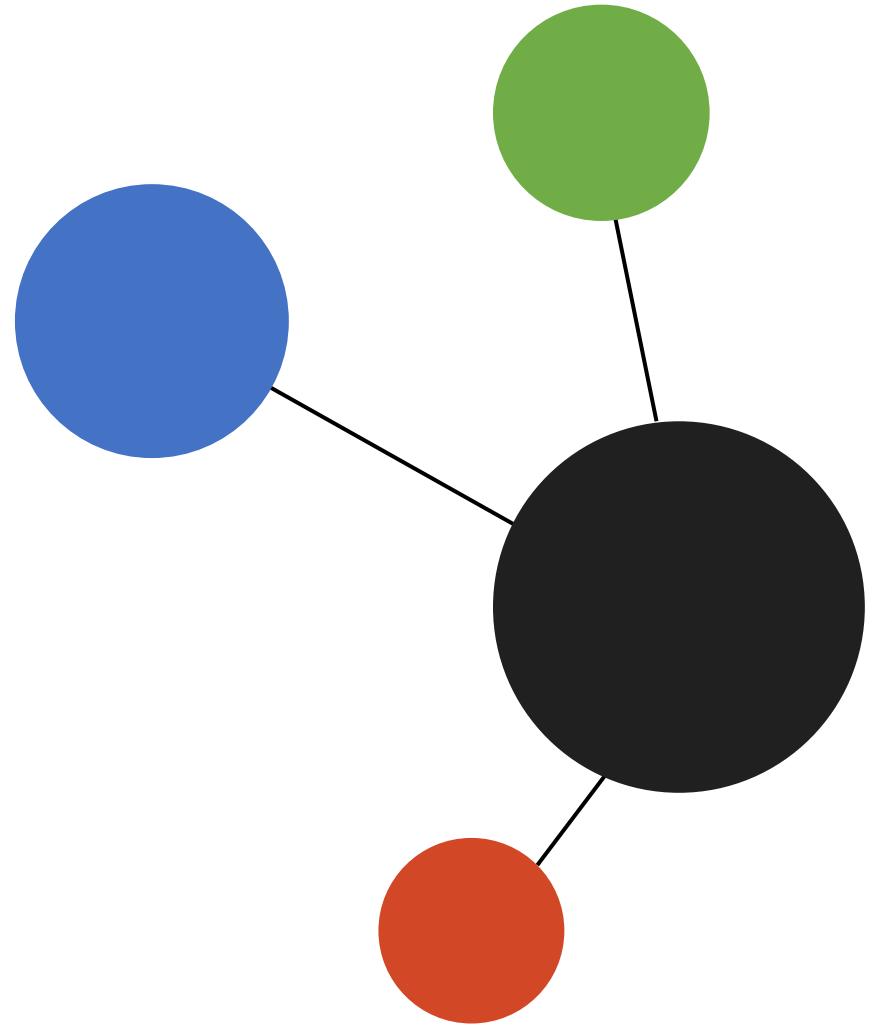
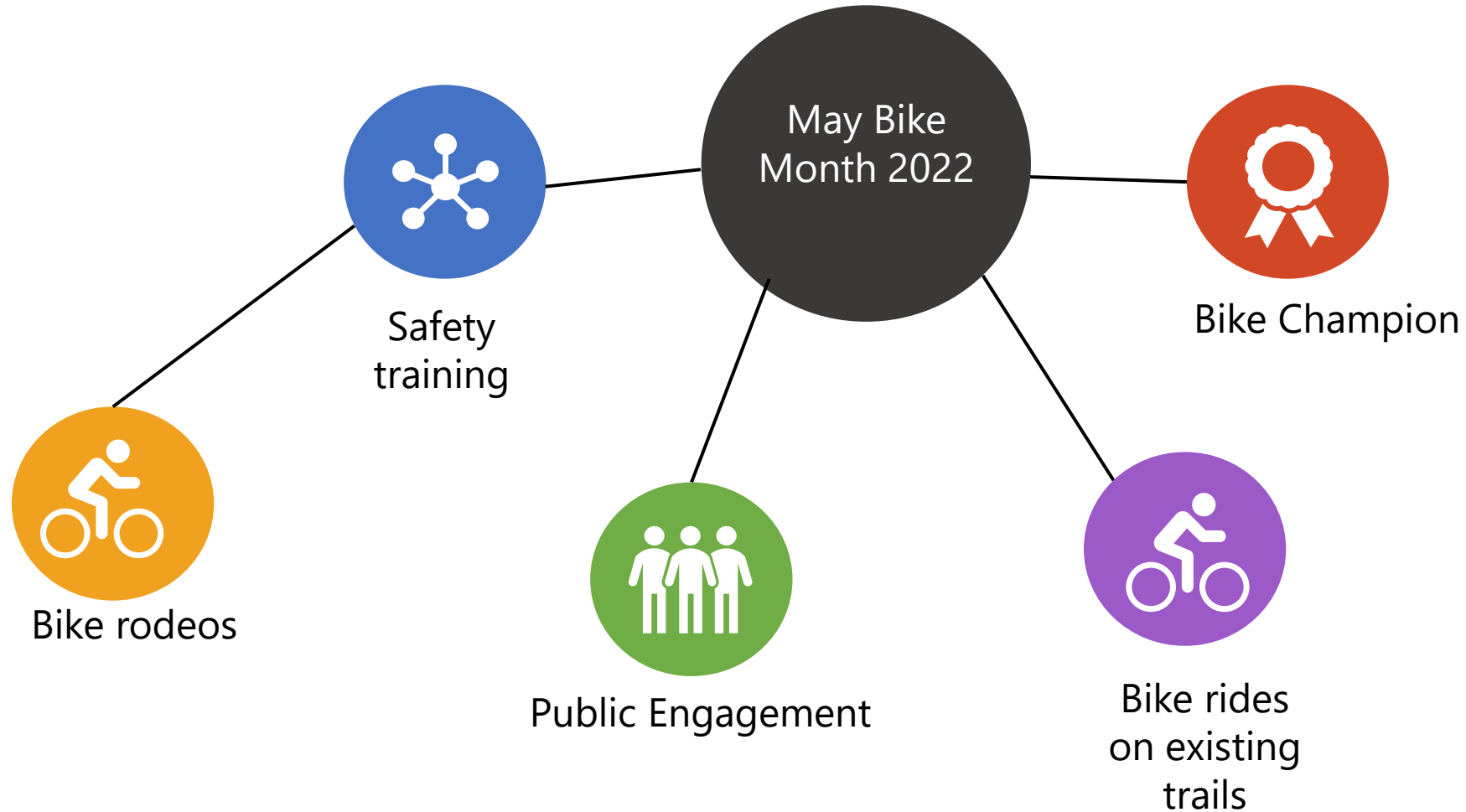


Successful ideas for May 2022 Bike Month

Fun, creative ideas from across the nation



May 2022 Bike Month



Bike Rides on Existing Trails in Tulare County

Bike to Work Day
Friday May 20, 2022
(see next slide for more details)

Bike to School
Day(s)

- Student aid/teacher led bike rides
- Bike storage
- Refreshments
- Goody bags
- Free helmet fittings/giveaways
- Free bike tune-ups

Bike with the Mayor/ Council
Member / bicycle police escort

Printout of all active and
current bicycle trails

National Bike to
Work Day
Energizer Stations

- Free bike t-shirts
 - Commute bags
 - Water/Gatorade
- [Bike East Bay](#)

Commute
Challenges

- Virtual badges
- Log your trips
- Weekly prize drawings
- Employer challenges

[SACOG](#) and
[MayisBikeMonth](#)

Printable/interactive maps:
Examples –
[Colorado](#)



Existing Class I Bike Trails in Tulare County (initial list)

Santa Fe Trail, Tulare (4.5 miles)

Santa Fe Trail, Visalia (2.5 miles)

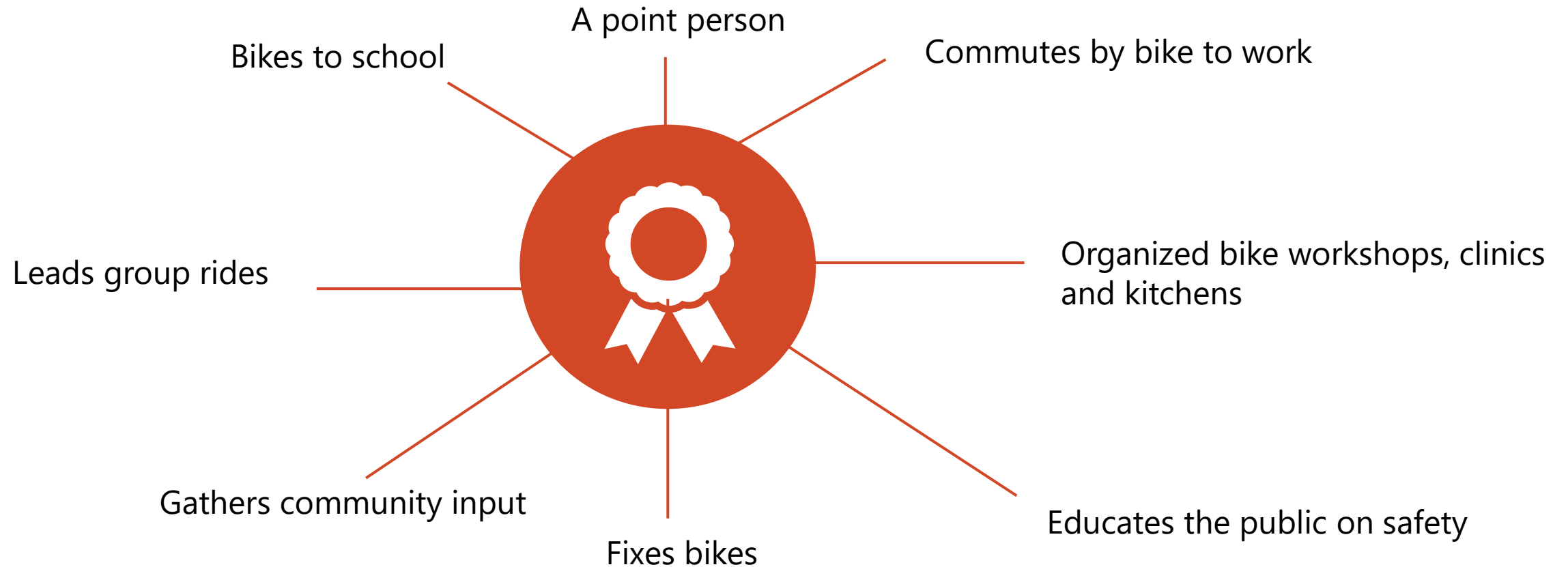
St. John's River, Visalia (4 miles)

Henderson Avenue, Porterville (1 mile)

Packwood Creek Trail, Visalia

Mill Creek Trail, Visalia

Bike Champion



Public Engagement

[Bike lane clean up
Houston, Texas](#)

Swag/ giveaways/ prizes

Log Bike Miles
[Sacramento, CA](#)

[Commuter Tracker App](#)



[The Woodlands, Texas](#)

[Bike Rack Mural](#)
Raleigh, NC

Bicycle Swapmeet – buy, sell or swap bicycles, parts and gear
[Bicycle Coalition of Maine](#)



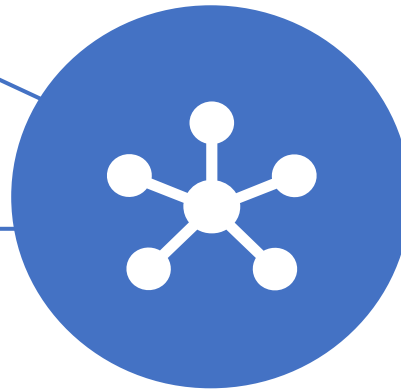
Safety Training

Bike rodeos

[Tule River Bike Rodeo](#)

Bike ambassadors

[Fort Collins, Colorado](#)



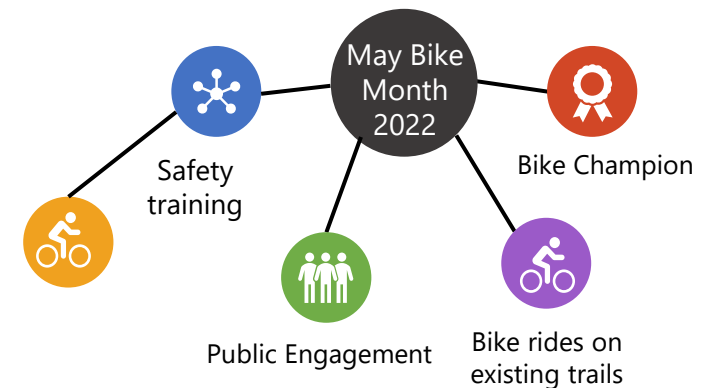
Bike fair to tune up bikes and fix flat tires led by [university students Wilwaukee, WI](#)



Caltrans spotlight – May is Bike Month



[Caltrans News Flash #197 - May Is National Bike Month | Caltrans](#)



What's the message we want to spread?

Anyone can be a cyclist

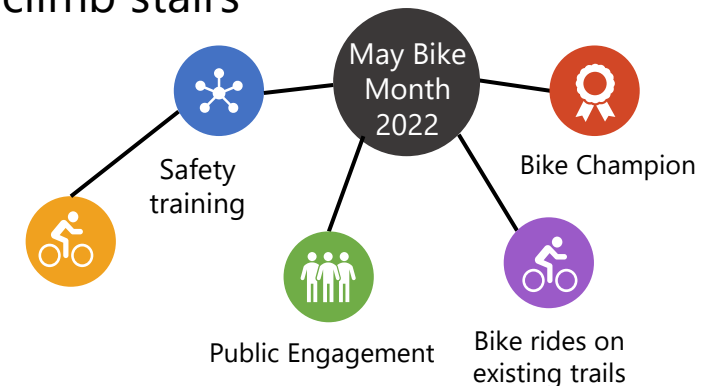
We're providing a special boost this month with organized bike rides, safety trainings and bike tune-ups to encourage non-bicycle users and the interested by concerned population an opportunity to experience biking on the streets of Tulare County.

We understand some streets may be bumpy, roads may be windy, but together, if we ride, the bumps and dips may not be as big of a hurdle as one may make out to be.

Every day is bike day !Cada día es día para bicicletas! (Bike Week | Semana de Bicicletas)

Good for your heart, muscles and it may improve how you walk, balance and climb stairs

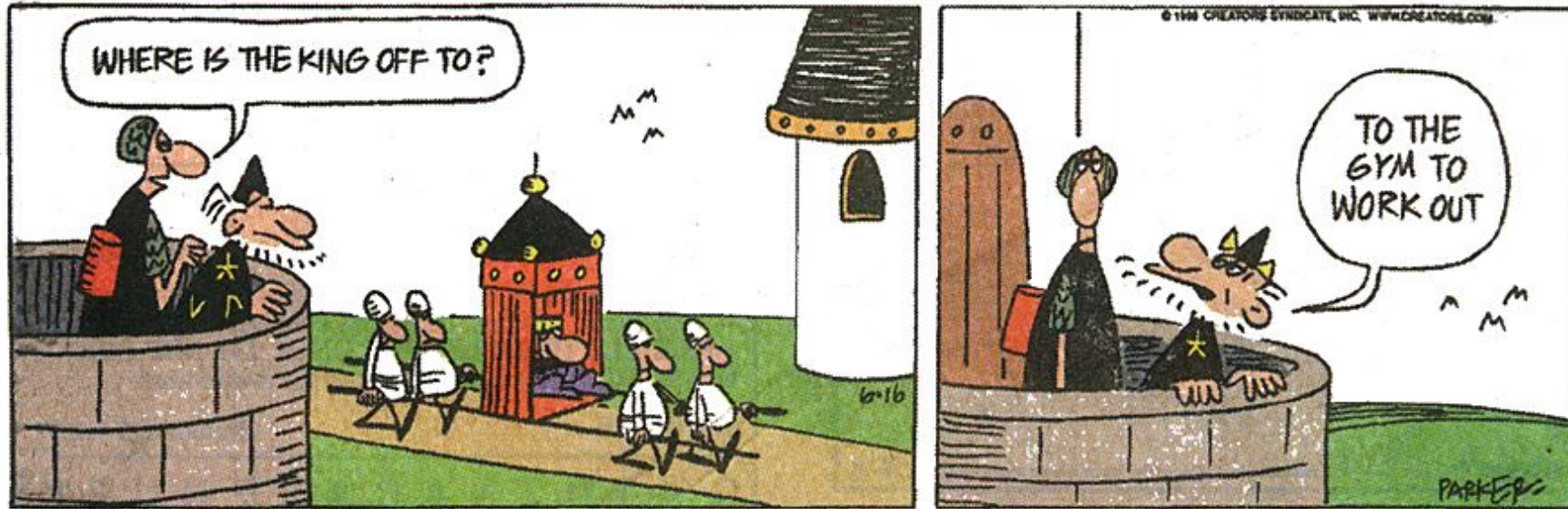
- [Harvard Health](#)



Why Bicycling is Important

Personal Fitness and Public Health

Wizard of Id/Johnny Hart and Grant Parker



Why Bicycling is Important

Recent Studies:

“An investigation into the relationship between age and physiological function in highly active older adults”^A

Authors: Ross D. Pollock¹, Scott Carter¹, Cristiana P. Velloso¹, Niharika A. Duggal², Janet M. Lord², Norman R. Lazarus¹ and Stephen D. R. Harridge¹

- Published in 2014. The scientists measured a broad range of the cyclists' physical and cognitive abilities and compared them to those of sedentary older people and much younger men and women. The cyclists proved to have reflexes, memories, balance and metabolic profiles that more closely resembled those of 30-year-olds than of the sedentary older group.
- The researchers turned to muscle tissue that already had been biopsied from the legs of 90 of the riders. They wanted to compare various markers of muscle health and function across the riders' age span. If the muscles of riders in their 70s resembled those of riders in their 50s, the scientists reasoned, then their physical activity most likely had altered and slowed the supposedly “normal” arc of muscular decline.
- At the same time, other scientists delved into the riders' immune systems, drawing blood from them, as well as from a group of sedentary older people and another of healthy young adults. The two sets of scientists then dove into their data and both concluded that older cyclists are not like most of the rest of us. They are healthier. They are, biologically, younger.

A New York Times, By GRETCHEN REYNOLDS, MARCH 14, 2018

¹ Centre of Human and Aerospace Physiological Sciences, King's College London, UK

² MRC-ARUK Centre for Musculoskeletal Ageing Research, University of Birmingham, UK

Economic Benefits of Bicycling

- Today bicycling manufacturing is a \$6 billion **national industry**.
- The nation's 60 million annual recreational bicyclists spend \$46.9 billion on meals, transportation, lodging, gifts and entertainment.
- One study estimates that the spill---over effects of all bicycling--related activities could be as large as \$133 billion, supporting 1.1 million jobs and generating \$17.7 billion in
- federal, state, and local taxes

Source: League of American Bicyclists and the Alliance for Biking & Walking.

School Area Congestion



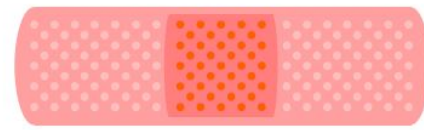
How Bicycling Helps Congestion

Help In reducing Congestion

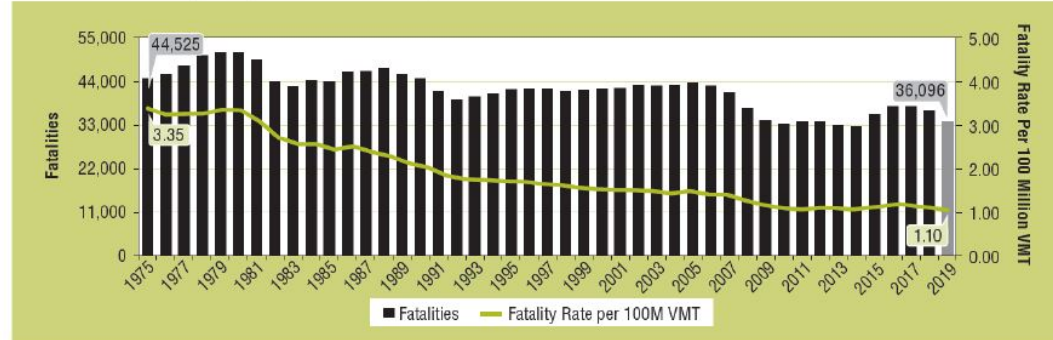


- Bikes use less roadway space than cars
 - 2400 bikes/hr/ 1.5 meter (5 feet)
 - 2200 cars/hr/3 meters (10 –foot lane)
- Biking (& walking) provides access to schools from within neighborhoods- removing vehicles from collectors and arterials
- Biking is faster to transit than walking
 - reduces door-to-door travel time
 - increases catchment area of transit
- Biking (or not driving) once per week is the equivalent of increasing roadway capacity by twenty percent

Safety

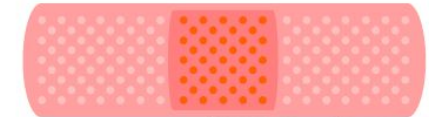


Fatalities and Fatality Rate per 100 Million VMT, 1975-2019



Sources: FARS 1975-2018 Final File, 2019 ARF; 1975-2018 VMT – FHWA's Annual Highway Statistics; 2019 VMT – FHWA's September 2020 TVT

Safety



- Reduced auto travel would reduce deaths & injuries due to auto collisions



Cost: to the Individual & Society

Costs to Individuals

- 56 cents per mile to operate an automobile
- 8 cents per mile to operate a bicycle
- 2 cents per mile to walk

Costs to Society

- Cost to maintain freeways, roadways, signals, CHP;
- Other costs are covered under public health and environmental degradation

Time Efficiency

- Bicycling is competitive with local bus: 10-12 mph
- Bicycling provides door-to-door access
- Competitive travel time for trips < 2 miles
 - Particularly if parking is in a parking garage
- Travel time similar to the car in congested corridors
- Bicycling - faster access to transit than walking

Ways to Get Involved

- Join the Active Transportation Advisory Committee which meets the third Thursday of every month at 8:30AM ([ATAC](#))
- Volunteer at a Bike Rodeo



Resources/Guides

National Bike Month Guide – The League of American Bicyclist

https://bikeleague.org/sites/default/files/Bike_Month_Guide_2017.pdf

May is Bike Month

<https://mayisbikemonth.com/#/pages/mibm-resources>

