



## ***NEWS FROM***

### **OAKLAND PUBLIC WORKS AGENCY**

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### **City of Oakland Celebrates Its 14<sup>th</sup> Annual Bike to Work Day Everyone Invited to Enjoy the No-Pollute Commute with Pancakes, Prizes and Valet Bike Parking**

**Oakland, CA** — Global warming. Rising gas prices. Gridlock. Increasing incidences of obesity and asthma. Over 40,000 Americans killed in car crashes each and every year. Vanishing open space. What do these problems have in common? You can be part of their solutions by choosing the healthy, fun, cheap and emissions-free commute: bicycling!

Join hundreds of bike commuters – and at least five Oakland City Council members – taking part in the **No-Pollute Commute** on **Thursday, May 17, 2007, 7:00-9:00 a.m.** Those biking to the City's 14<sup>th</sup> annual Bike to Work Day celebration at City Hall in downtown Oakland will enjoy:

- Pancake breakfast (7-9 a.m.), courtesy of Palapas Taco Bar and Tully's Coffee
- Club One Day Pass for showers
- All-day valet bike parking, courtesy of East Bay Bicycle Coalition (7:00 a.m.-6:00 p.m.)
- Bike mini tune-ups, courtesy of Bay Area Bikes
- Canvas bag with goodies and bicycling/transit info
- Raffle with prizes donated by local businesses (bring reusable cup, plate or cutlery and be entered into a special prize drawing)
- Tables with information about low-impact commuting, bicycle-friendly projects, sustainable transportation and land use, and AC Transit bus bike rack demonstrations
- Press conference including Bike Commuter of the Year Award and prize announcements (8:30 a.m.)

At the 8:30 a.m. press conference and prize raffle, Council President Ignacio De La Fuente will welcome attendees and Council members will draw the winning numbers for the raffle prizes, including an **Oakland A's Season Ticket Package for Two** (donated by Council President Ignacio De La Fuente) and an overnight stay at Oakland's **Bates House Bed and Breakfast**. Oakland resident Lisa Lestishock will accept her award as this year's Alameda County Bike Commuter of the Year.

Bike to Work Day is part of the City of Oakland's efforts to promote cycling, reduce traffic congestion, improve air quality and public health, encourage tourism and fight global warming. (For more information on the Benefits of Bicycling, see attachment.)

For more information about Oakland's Bike to Work Day celebration and other Oakland Bike Month activities, please visit [www.oaklandpw.com/btwd](http://www.oaklandpw.com/btwd).

# BENEFITS OF BICYCLING

## **Transportation**

Bicycles are ideal transportation for shorter trips within urban areas. In the United States, 40% of all trips are under two miles in length. In Oakland, 85% of residents live within two miles of a BART station. This two-mile distance equates to an easy 12-minute bicycle ride.

## **Sustainability**

Bicycling is the most energy efficient form of transportation and it has no emissions. In Oakland, motor vehicles are responsible for 47% of Oakland's greenhouse gas emissions. By extending human-powered travel beyond walking distance, bicycles are especially effective for linking neighborhoods to major transit stations and thereby eliminating short, high-polluting car trips.

## **Public Health**

Bicycling is healthy transportation. Over 40% of the leading causes of death in Oakland—including heart disease, cancer, stroke, and Type 2 diabetes—are related to physical inactivity. Bicycling for recreation is an aerobic and low-impact form of exercise. Bicycling for transportation is an ideal means for integrating physical activity into daily life.

## **Equity**

Bicycling is an inexpensive and broadly accessible form of transportation. The average annual cost of operating a car is \$5,000 to \$12,000 versus \$120 per year for operating a bicycle. Bicycling is affordable transportation for the urban poor who—because of the correlation between wealth and race in the United States—are disproportionately people of color.

## **Quality of Life**

Bicycling is a means for improving the livability of Oakland's neighborhoods. Bicycle improvements are mutually reinforcing with traffic calming efforts on residential streets. Bicycling helps connect residents with their community by exposing them to sights, sounds, and social interactions that are otherwise muted by traffic.

