

# Get Involved!

## **Bicycle and Pedestrian Safety Commission**

If you're interested in getting more involved in bicycling issues, consider coming to a Bicycle and Pedestrian Safety Commission meeting. This group advocates for safer bike facilities throughout Bloomington. Contact the Public Works Department for more details: (812) 349-3410 or visit their website at:

[www.bloomington.in.gov](http://www.bloomington.in.gov)

## **Education Classes**

Whether you're an absolute beginner, or just looking to become more confident riding in traffic, City staff offer several opportunities each year to improve your bike riding skills. Contact the Planning Department for more details, (812) 349-3423, or to find out more, visit:

[www.bloomington.in.gov/bike](http://www.bloomington.in.gov/bike)



*The League Cycling Instructor teaches the League of American Bicyclists' curriculum to Bloomington residents.*

## **Bloomington Community Bicycle Project**

The Bike Project offers bike maintenance workshops and classes, and opens its doors to the public for access to tools and equipment. You can earn a bike by volunteering at the shop. The Bike Project also sells used bikes. Find out more at:

[www.bloomington.in.us/~bikeproj](http://www.bloomington.in.us/~bikeproj)

## **Bloomington Bicycle Club**

The Bloomington Bicycle Club is a non-profit organization dedicated to promoting bicycling in Monroe County and the surrounding area. The BBC sponsors a variety of rides throughout the year.

[www.bloomingtonbicycleclub.org](http://www.bloomingtonbicycleclub.org)

## **City of Bloomington Planning Department**

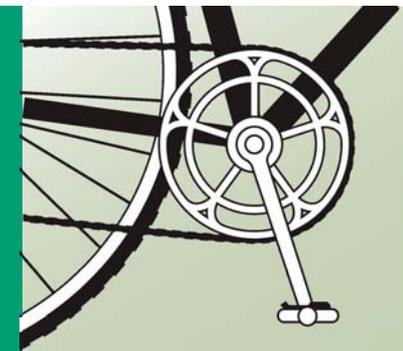
401 N. Morton St., Suite 160

Bloomington, IN 47404

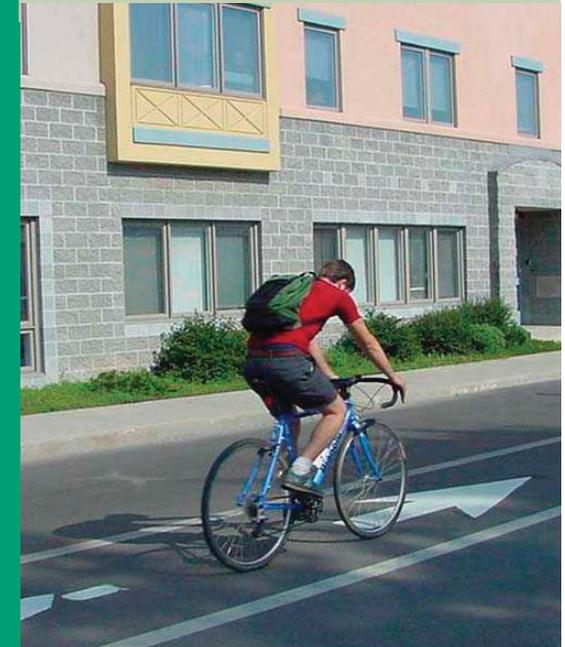
phone: (812)349-3423

e-mail: [planning@bloomington.in.gov](mailto:planning@bloomington.in.gov)

[www.bloomington.in.gov/planning](http://www.bloomington.in.gov/planning)



# Bicycling in Bloomington



# Why Should You Commute by Bike?



## *Green Factor*

Using a bike for your commute could reduce your gas consumption by 75 gallons annually.

Commuting by bike instead of a car for just three days a week would reduce your CO2 emissions by about 900 pounds each year: that's almost enough to fill an Olympic size swimming pool each year.

## *Fun Factor*

The most important reason to ride your bike is that it's FUN! First-time bike commuters often report that their ride to and from work or school is the best part of their day.

## *Cash Factor*

The total annual cost of car ownership ranges from \$5,000 to \$12,000. Riding your bike frees up money that would have gone to pay for gas and other vehicle expenses, and allows you to invest that money in your home or education, or put back into your local economy.

## *Health Factor*

An average person riding a bike at a moderate pace for 5 miles/day, 3 days/week would lose more than 10 pounds in their first year of commuting.

Roughly 9% of U.S. health care expenditures are directly related to obesity and physical inactivity. Incorporating cycling into your daily routine is a convenient and fun way to meet recommended exercise guidelines.

A sedentary lifestyle increases the risk of developing diabetes, hypertension, colon cancer, depression, obesity, and weak muscles and bones.

Physically active people require fewer hospital stays and physician visits and use less medication than physically inactive people.

## *Resources*

### **Local Bike Shops**

Bloomington is fortunate to have three excellent bike shops, each conveniently located downtown:

**Bicycle Garage, Inc.**

[www.bikegarage.com](http://www.bikegarage.com)

**Bikesmiths**

[www.bikesmiths.net](http://www.bikesmiths.net)

**Revolution Bike & Bean**

[www.revolutionbikeandbean.com](http://www.revolutionbikeandbean.com)

### **Bloomington Transit**

Did you know that all Bloomington Transit buses include bike racks on the front? This is very convenient if you prefer to ride your bike in one direction and take the bus in the other. For more information, visit:

[www.bloomington.in.gov/bike](http://www.bloomington.in.gov/bike)

[www.bloomingtontransit.com/Bike](http://www.bloomingtontransit.com/Bike)

### **Bloomington Bike Map**

The Bloomington Bike Map is a great resource for finding convenient routes around town. It's available at local bike shops and in the office of the Bloomington Planning Department.