



PRINCETON

bicycle master plan

Accessible for Everyone!

Bicycling is more than recreation. It is a means of getting to work, going to school, running errands, and seeing friends, particularly for those that:

- > Cannot afford / choose not to own a car
- > Are too young to drive
- > Are unable to drive due to disability or other issue
- > Prefer not to drive

- In most communities, **20%-40% of the population does not drive**
- Providing safe bicycle facilities **promotes equity** within a community
- Nearly **50% of all trips are 3 miles or less**, and 28% are 1 mile or less

Bicycling is more affordable:



Annual Cost:

\$100-\$300
(annualized over 10 yrs)

\$7,700

(medium sedan, 2008 AAA data)

Cost /Mile:

\$0.05-\$0.15
(VTPI study)

\$0.575

(2015 IRS mileage rate)



Good for the Environment!



Bicycling provides a greener, more sustainable alternative to driving

- Shifts from driving to biking can reduce:
 - > Vehicle miles travelled and congestion
 - > Fuel Consumption
 - > Emissions of CO₂, CO, NO_x, VOCs

- More CO₂ is emitted by the United States' transportation sector than any other nation's entire economy, except China
- Biking is the most energy efficient form of transportation, getting the energy equivalent of **1,000 miles per gallon**
- Small changes can have a significant impact. In 2008, the number miles driven in the US dropped 3%, while **congestion dropped 30%**

Good for Health!

Bicycling for transportation integrates more physical activity into everyday life. This can lead to decreased rates of obesity, diabetes, heart disease, high blood pressure, and other ailments.

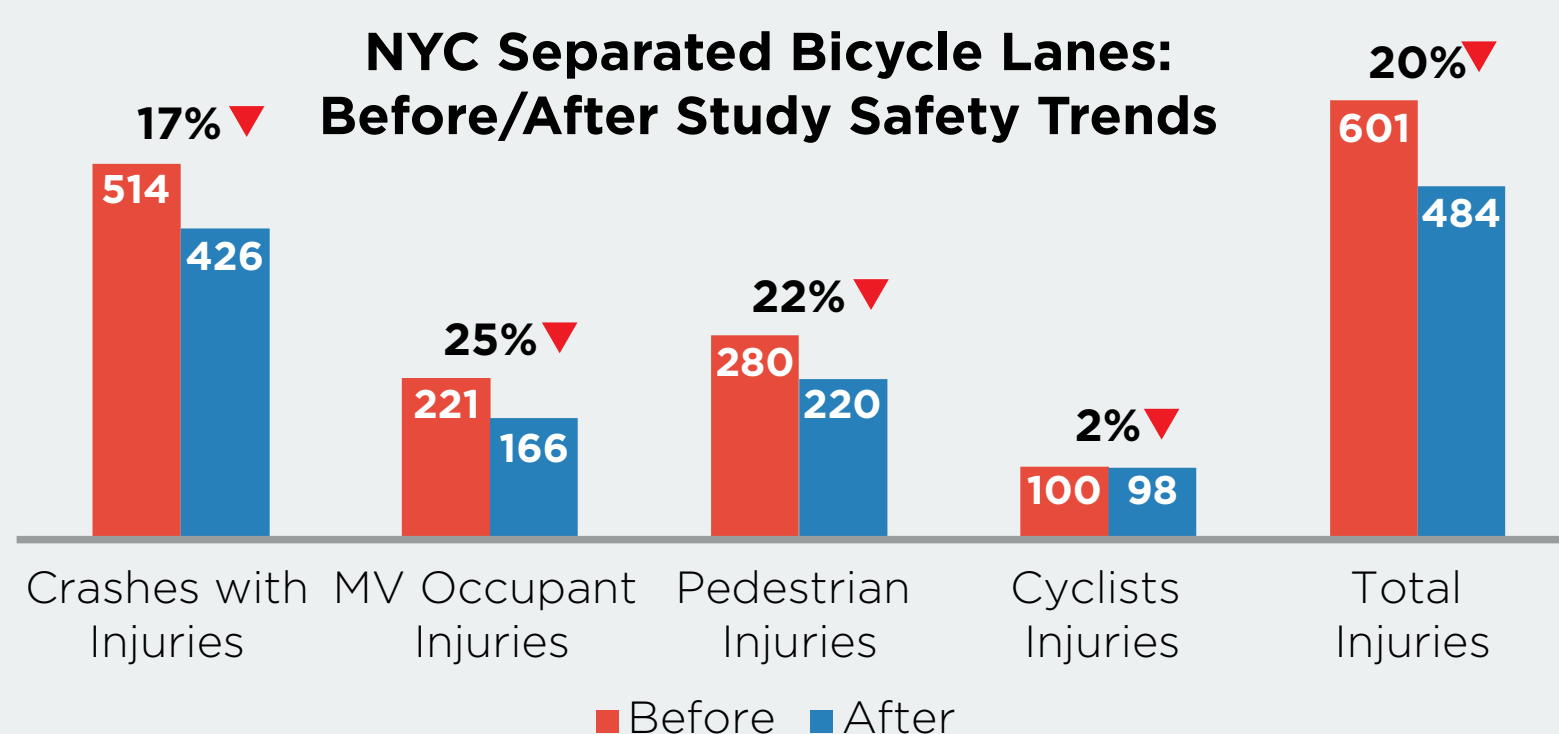
- Adolescents who participate in bicycling, in-line skating, or skateboarding more than four times a week are **48% less likely to be overweight as adults**

- Active commuting that incorporates bicycling and walking is associated with an overall **11% reduction in cardiovascular risk**
- Portland's 40-year investment in bicycle facilities (\$138M-\$605M) has provided **\$388M-\$594M in healthcare savings** (in addition to fuel and infrastructure savings)

- A one percent decrease in the use of automobiles can decrease obesity by 0.4%.
- Children who walk or bike to school have been found to be more attentive, better able to concentrate, and have mental alertness that is **one-half school year more advanced** than their counterparts



Safer for all Road Users!



Bicycle facilities provide an element of traffic calming, reducing vehicles speeds and creating safer streets for pedestrians, bikes, and cars

- Bicycle lanes facilitate **predictable behavior and movements** between bicyclists and motorists, decreasing the likelihood of a crash

- There is a **demonstrated safety in numbers**. As bicyclists become more common on the roadway, crash rates decrease.
- Per mile and per capita traffic fatality rates (across all travel modes) decline as more trips are made by walking or biking

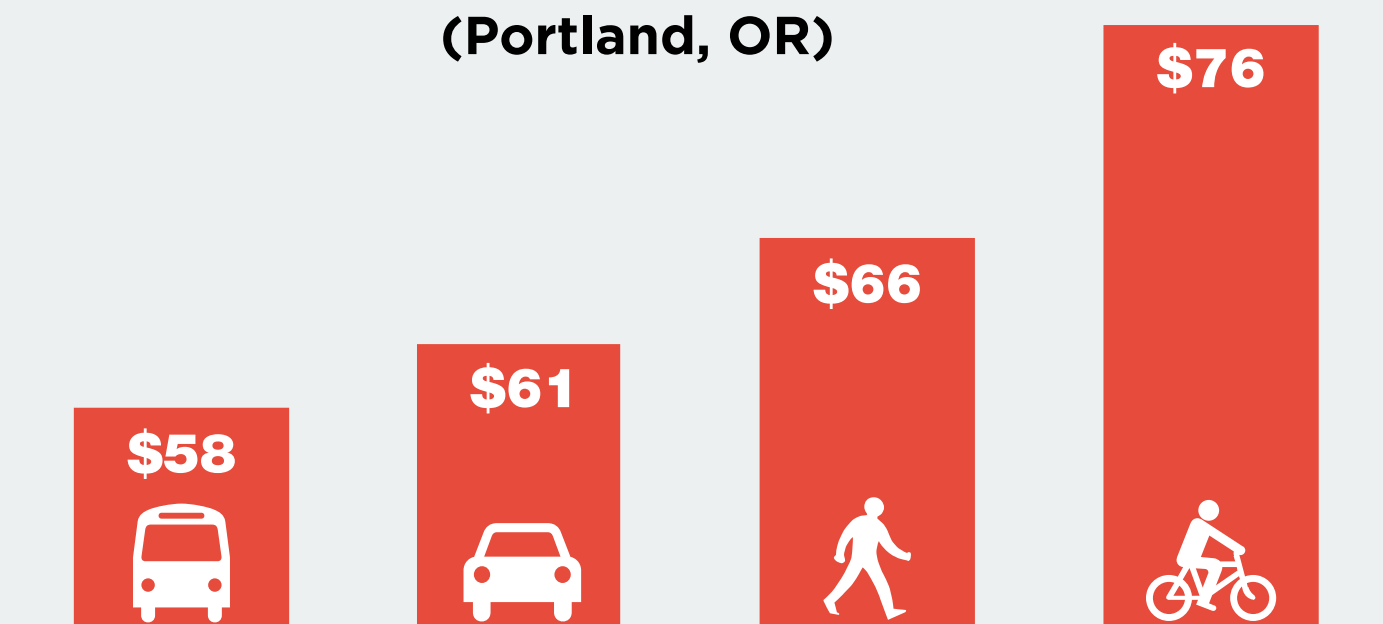
Good for Business!

Improved bicycle access has been shown to have a variety of positive economic impacts, including on local businesses, tourism, employee productivity, and property values

- Bicyclists are **more likely to shop locally**, which is extremely beneficial to the economic strength and financial stability of a community

- While cyclists tend to spend less per trip than drivers, they also tend to make more frequent trips, pumping **more money into the local economy over time**

Average Monthly Expenditures by Mode (Portland, OR)



Promotes an Active and Vibrant Community!



A more inviting environment for bicycling enhances opportunities for people to participate in the social, cultural, and economic life of the community

- Biking provides more opportunities for spontaneous social interaction, meeting friends and neighbors around town

- Demographic and economic trends are increasing the demand for biking, making active communities more attractive to current and prospective residents, visitors, businesses, and employers