



**DELAWARE DEPARTMENT OF TRANSPORTATION**  
**NEWS RELEASE**

DelDOT Public Relations / 800-652-5600 or 302-760-2080 / dot-public-relations@state.de.us / www.deldot.gov

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**May 7, 2009**

**Bike to Work Day: Friday, May 15**

*Encouraging green transportation*

**Dover --** The Department of Transportation (DelDOT) Delaware Bicycle Council encourages cyclists to participate in Bike to Work day Friday, May 15. Along with TMA Delaware and Ride Share Delaware, DelDOT reminds riders that cycling is healthy for the environment and body, and saves gas money!

Workplaces that register for Bike to Work Day will receive bicycle maps, safety information, and T-shirts (limited availability). To register, visit TMA Delaware's Web site at [www.tmadelaware.org](http://www.tmadelaware.org) or Ride Share Delaware at [www.ridesharedelaware.org](http://www.ridesharedelaware.org). The event is rain or shine.

The facts support biking to work:

Almost 90 percent of all trips are made in personal vehicles. More than 40 percent of these are solo. Less than one out of seven trips use transit, a bicycle, or are on foot. (According to [Italladdsup.gov](http://Italladdsup.gov).)

With nearly half of all trips less than 3 miles, biking - which is perfect for short trips - saves gas money, and reduces air pollution and traffic congestion. (According to a Federal Highway Administration 2006 report.)

To promote healthy lifestyles and combat the rising trend of obesity and inactivity in the United States, the Center for Disease Control and Prevention (CDC) recommends getting 30 minutes of moderate physical activity at least five days per week. This can happen in a number of ways: walking or biking to work, running errands on foot instead of by car, or taking a quick bike ride or stroll through a park. The CDC's emphasis is less on grueling workouts at the gym, and more on encouraging Americans to be active during their everyday lives.



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According to the trends for overweight and obese Americans, youth today are the first generation predicted not to outlive their parents. (According to a National Institute on Aging 2005 report.)

DelDOT staffs the Delaware Bicycle Council, whose No. 1 priority is safety and education for cyclists statewide. The Council also advocates for improved bicycle facilities. DelDOT, in coordination with the Delaware Bicycle Council, has put bike-friendly rumble strips on Route 1, added trails at Blue Ball Properties in Brandywine, works with developers to provide bicycle facilities along road frontages, teaches bicycle safety to children, and develops bicycle and pedestrian plans for local communities.

For more information, visit DelDOT's Web site at [www.deldot.gov](http://www.deldot.gov).