



DELAWARE DEPARTMENT OF TRANSPORTATION
NEWS RELEASE

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**Aiming for a Goal of 100 Cyclists to Pedal in Delaware Legislators
Bicycle Ride**

Annual Event is a Delaware Tradition

Dover -- The Department of Transportation's (DelDOT) Delaware Bicycle Council is hoping 100 cycling enthusiasts will participate in this year's Delaware Legislators Bicycle Ride to Dover on May 13. The final destination is Legislative Mall in Dover at noon.

"This is my 19th year riding in the Delaware Legislators Ride, but I have been biking for a lot longer than that. The Legislators Ride is an important tradition. Every year, dozens of cyclists throughout the state take a few hours to ride to the capital and remind the Governor and the General Assembly that cyclists and pedestrians should be at the forefront of transportation decisions," Sen. Dave Sokola (D-Newark) said.

The schedule, including stops, is as follows (times are approximate):

Southbound cyclists

7:00 a.m. - Polly Drummond Hill Shopping Center, Newark

Depart 9:30 a.m. - Main Street/Route 299 and Broad Street/Route 71, Middletown

Depart 10:45 a.m. - Clayton Avenue and Main Street, Clayton

Northbound cyclists

7:45 a.m. - Riverwalk parking lot, Union Street and Magnolia Street, Milton

Depart 8:45 a.m. - Superfresh parking lot, U.S. 113 and Route 14, Milford

Depart 11:15 a.m. - Hall's Family Restaurant, North Railroad Avenue, Camden-Wyoming



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The stops will provide the opportunity for riders to catch their breath and for more riders to join the group. Please arrive 30 minutes prior to departure time.

The Legislators Ride began in May 1990, when Rep. Roger Roy led bicycling enthusiasts from the Polly Drummond Hill Shopping Center to the steps of the state capital. The ride, measuring up to 56 miles one-way from Newark, was created in order to attend the signing of the bill that created the Delaware Bicycle Council, a bike advocacy group. Since then, it has become an annual state event to promote bicycling during National Bike Month.

"DelDOT is taking bicycle and pedestrian issues seriously. In honor of National Bike Month and the department's continued commitment to multimodal transportation, Governor Jack Markell signed the Complete Streets policy into effect April 24. This will provide more and more opportunities for DelDOT to improve the state's bike and pedestrian facilities through coordination and collaboration with local governments, community organizations, and bicycle groups," DelDOT Secretary Carolann Wicks said.

The facts support biking as a great transportation option:

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.)

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.)

No registration is needed! Just show up with your bicycle and helmet and get set to ride. The event is rain or shine. Due to the current economic times, there will be no refreshments offered this year.

"Sag" service will still be provided on the route to Dover for those experiencing mechanical problems. Return transportation from Dover to Polly Drummond Hill Shopping Center can be provided for approximately 25 riders on the Biking Blue Hens Bus. To reserve a spot on the return bus or organize your own starting point, call 302-760-BIKE. To get a cue sheet, visit www.deldot.bike.gov.

DeIDOT staffs the Delaware Bicycle Council, whose No. 1 priority is safety and education for cyclists statewide. The Council also advocates for improved bicycle facilities. DeIDOT, 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 DeIDOT's Web site at www.deldot.gov.