

Why is biking an excellent transportation choice during COVID-19?

Riding a bike is a great way to get around town while safely maintaining social distancing from others. Biking has always provided a host of benefits such as strengthening the immune system, improving mental health, and contributing to increased financial savings. These benefits can be even more important during the current pandemic.



Biking's Unique Benefits During COVID-19

1. Biking allows people to get places while social distancing.
2. Biking provides physical activity when gyms and indoor fitness classes are unavailable or class sizes are greatly reduced.
3. Biking helps people get outside of their homes and feel connected to their surroundings and communities.
4. Biking helps people reduce anxiety, depression, and stress hormone levels.
5. Biking allows people to save money they would have otherwise spent on other transportation options.



September Bike to Work Events & Cycle Challenges

Bike to Work Week (September 21-27, 2020) and Bike to Work Day (September 22) are celebrations of cycling that showcase the many benefits of riding to work and encourage more folks to give biking a try. Whether you're working on-site or working remotely, you can still participate in the spirit of biking to work by cycling to places that are equal in distance to your place of work.

You can also consider taking part in two free national cycling challenges in September – Cycle September (www.lovetoride.net/usa) and Great Cycle Challenge (www.greatcyclechallenge.com). Love to Ride's Cycle September challenge is a global competition where individuals and organizations come together to promote the benefits of bike riding. You'll even earn points and can enter drawings for prizes! The Great Cycle Challenge is a national movement where you set personal cycling goals to help fight children's cancer. There's no minimum mileage target; the main objective is to challenge yourself and achieve your personal cycling goals!



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