

Bike/Walk Midland: Bicycle Commuting

Few people would describe driving to work as the best part of their day. Those who are driving a car to work have an alternative that can significantly reduce their waste of gasoline, time, and patience. Bicycle commuting is a less expensive, more environmentally friendly, much healthier, and more enjoyable way to get to work.

There are many who have chosen to rethink their daily commute and are riding their bikes to work instead. These bike commuters are traveling on peaceful low traffic parallel streets while getting healthy exercise every day on their way to and from work. They arrive at work refreshed and de-stressed instead of needing a cup of coffee to "start their engine" each morning. Bike commuters are not adding to pollution or traffic congestion, and they appreciate the money they save, which typically is in the range of \$0.40 per mile. And that doesn't count the health benefits and associated avoided medical costs. Just as important, bike commuters are just finding the trip to work to be more fun.

At least some motorists are wishing that they could use bicycle transportation instead, and they can. No special bicycle is needed, and only a little preparation is required. Using Midland's developing network of designated bike routes, bike lanes, and paths, route planning is straightforward. Watching the weather and choosing clothing appropriately deals with nearly anything the climate might throw at you. Understanding a few key principles of vehicular cycling allows you to navigate Midland's low-traffic streets in safety and comfort.

The Internet has huge resources for bike commuters, including www.kenkifer.com and www.bikeleague.org. May is National Bike to Work Month, May 17-21 is National Bike to Work week, and May 21 is National Bike to Work day. For more information on Midland bike commuting: www.midlandcommute.com

For more information: www.midland-mi.org/government/departments/planning/Planning/planninghome.htm