

Bike Commute Programs at the Workplace

BENEFITS TO EMPLOYERS

- Parking demand reduction
- Potential for health care cost reduction
- Decreased absenteeism and turnover
- Increased productivity
- Minimal operating costs
- Tax benefits

BENEFITS TO EMPLOYEES

- Savings in gasoline
- Savings on vehicle insurance
- Preferential parking for bicycles
- Better health potential
- Reduced commuting stress
- Less vehicle “wear & tear”

BENEFITS TO THE QUALITY OF THE ENVIRONMENT

- Improvement in air quality
- Reduction in ground level ozone
- Reduction in traffic congestion
- Reduction in number of trips and trip distance

Why Implement a Bicycle Commute Program?

Benefits to Employers:

- **Employee Health.** Bicycle commuting enables office workers to fit regular exercise into their busy, but often sedentary, work routines. People who exercise, including those who do it on the way to work, are healthier and more energetic. This translates to employer cost savings: greater productivity, less sick leave time, fewer workman's compensation claims, and lower overall health care costs.
- **Employee Morale.** Employees who arrive at work by bicycle are more alert and relaxed, having exercised during their commute. They avoid the stress of driving through rush-hour congestion and delays, and don't need to worry about finding parking. Bicycle commuters will recognize and appreciate employer support for their transportation and exercise mode.
- **Reduced Traffic Congestion.** Bicycling enhances the transportation system upon which all businesses depend. Increasing the number of trips made by bicycle expands the carrying capacity of our existing infrastructure, and lessens the demand for costly roadway expansions. Cyclists can easily maneuver through and around snarled traffic, covering short distances in equal or less time than car drivers, and arriving at work on time more often.
- **Zero Pollution.** Bicycles are 100% non-polluting since they are powered by people and not fossil fuels. Every trip made by a bike instead of a car reduces the burden of low-level ozone, nitrous oxides, carbon dioxide, soot and noise on our environment and our health. Since short (0-5 miles) car-trips are the most polluting type of trip, encouraging employees who live within five miles of work to commute by bicycle can make a huge difference in everyone's quality of life.
- **Good Corporate Citizenship.** Support for bicycle commuting promotes your company's public image as a community-oriented and environmentally responsible employer. It says to the public that your company is concerned about pollution, traffic congestion, energy use, overall public health, and the well-being of your employees.

Is a Bicycle Commute Program Right for Your Company?

If you can answer “yes” to one or more of the following questions, then promoting bicycle commuting at your business is probably worth the effort. Keep in mind that if an employee bicycle commutes only one day of the work week, they decrease their automobile use by 20%!

- Does your company support innovative ideas that improve employee health, well being, and morale?
- Is your company situated in a bike-friendly land-use environment?
- Is automobile access to your work site congested?
- Are a prescribed or limited number of parking spaces available for your company?
- Do any of your employees currently bicycle for transportation or recreation?
- Are any of your employees interested in a physically fit, active lifestyle?
- Are there people in your company who are concerned about the environment?
- Do you have employees who live within five miles of work?

All types of commuters tend to select their travel mode based on things like travel time, convenience, and the need for trips during the day. For distances of less than five miles, the bicycle is a very practical alternative. Additionally, employees who care about maintaining or improving physical condition, protecting the environment or saving money, or who already bicycle for recreation are often willing to bicycle commute from ten or more miles away.

People who exercise regularly have 14% lower claims against their medical insurance, spend 30% fewer days in the hospital, and have 41% fewer claims greater than \$5,000, according to a 1988 Corporate Wellness Study commissioned by the City of San Jose Dept. of Recreation.