

# ENCOURAGE BIKING AND WALKING

Biking and walking is a great alternative to driving your car because it helps reduce greenhouse gas emissions from vehicles. Biking and walking is also fun, great for your health and can save you money! Committing to biking or walking to work, the store or anywhere else can help mitigate climate change. Taking public transportation is also a great option, especially when combined with biking and walking. Getting familiar with local biking and walking routes, tuning up your bike, or biking with a friend or expert cyclist can help reduce your carbon footprint.

## Outcomes

Reduce your carbon footprint by biking and walking more and driving less.

## Audience

Youth (13+), adults, parents and children

## Time

60+ minutes

## Concepts

- Vehicles emit greenhouse gases, so biking and walking is a great alternative to driving.
- Get familiar with local biking and walking routes to encourage more biking and walking.
- Bike or walk with a friend or expert cyclist to help reduce your carbon footprint.

## Supplies

- Bicycle and helmet
- Hardcopies of the Hennepin County Road & Bike Map (see Appendix)
- Tools for tuning up bicycles including a screwdriver or wrench (optional)
- Internet access to the Metro Commuter Challenge at [www.mycommuterchallenge.org](http://www.mycommuterchallenge.org), Nice Ride bike rental at [www.niceridemn.org](http://www.niceridemn.org) or Bike Walk Twin Cities at [www.bikewalktwincities.org](http://www.bikewalktwincities.org) (optional)



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## Procedure

### Bike tune-up party

- If you or someone you know is familiar with basic bicycle maintenance, offer to help others get their bikes out of the garage or basement and onto the road.
- Host a gathering of friends or neighbors in your backyard, alley, or driveway.
- Teach kids what they can do to help.
- Visit a local bike shop for more ideas and resources on basic bike tune ups.

### Map your route

- Request free copies of the Hennepin County Road & Bike Map by calling 612-596-0352, or find it online at [www.hennepin.us](http://www.hennepin.us), search: bike map. Visit Metro Transit at [www.metrotransit.org](http://www.metrotransit.org) or call 612-373-3333 for bus and light rail maps.
- Bring these materials to the next meeting of your group and help people who are unfamiliar with bike trails and public transportation.
- Find options for getting to and from work, school, or other places they frequently drive.
- Visit [www.bikewalktwincities.org](http://www.bikewalktwincities.org) for other resources and ideas.

### Commuter captain

- If you or someone you know is a bike commuter, enlist them to bike with those new to commuting by bike. This can help people be more comfortable with the idea when they have encouragement and support from an experienced cyclist.
- Go over best practices, safety tips and map routes before commuting.

### Bike or walk to \_\_\_\_\_ day

- Organize an event to bike or walk to your organization, school, event, work, etc.
- Coordinate meeting places for people to come together and ask for commitments to increase participation. Invite a bike ambassador who frequently bikes to teach members how to safely ride bikes in traffic.
- Make the event a weekly or monthly occurrence to encourage participants to bike or walk more often.
- Track the number of members who participate and follow up with a survey a few months later to see how many members have continued to bike and walk.

## Discussion questions

- How familiar are you with nearby bike trails and public transportation routes?
- For what trips could you walk, bike or take public transportation?
- Are there any barriers that are stopping you? How could you overcome those barriers? How can you commit to biking to work? What do you need to bring with you so it can be part of your daily routine?
- How could you encourage your family and friends to increase the amount they bike?
- How is biking and walking related to climate change and energy conservation?

## Resources

- Order the Hennepin County Road & Bike Map by calling 612-596-0352, or find it online at [www.hennepin.us](http://www.hennepin.us), search: bike map
- Bike Walk Twin Cities [www.bikewalktwincities.org](http://www.bikewalktwincities.org)
- NiceRide [www.niceridemn.org](http://www.niceridemn.org)
- Transit for Livable Communities [www.tlcmnnesota.org](http://www.tlcmnnesota.org)