

# Biking and Walking.

## Traffic solutions, zero emissions.

**F**or those who can do it, biking and walking can be the “ultimate” commutes because they provide health benefits that contribute to less stressed employees and a transportation mode that is emission-free. Biking and walking can be combined with a transit trip for those who don’t live close to the office. Bicycles are permitted on MARTA rail, and all bus systems in metro Atlanta have racks to carry bikes.

With the influx of condominiums in Midtown, walking to work is a real option for many. Approximately 30 percent of all commute trips to Midtown are ten miles or less. Many of these trips could be made by bicycle. In fact, trips of less than five miles can often be taken faster by bicycle.

Employees who walk or bike to work arrive to the office refreshed and stress free.



### Why promote biking and walking?

- Improve employee health – lower health care costs and reduce absenteeism
- Employees arrive to work refreshed and stress-free
- Reduce your company’s parking needs
- Improve air quality: a ten-mile round-trip commute by bicycle keeps about ten pounds of pollutants out of the air we breathe
- Help save employees money

### How to encourage biking and walking commuters:

- Install bike parking that is accessible, visible, and secure
- Install showers and lockers in your building, or provide discounted membership to nearby gym to make the switch from “cyclist” to “professional” an easy transition

- Provide an incentive to cyclists and walkers (e.g., bike maintenance allowance, monthly prize drawings)
- Promote the MTS incentive for biking and walking commuters: \$10 monthly e-gift certificates to employees who log at least 20 walk or bike one-way trips per month online at your company’s Commuter Rewards web site
- Encourage more walking trips during the workday as part of a work-life balance plan
- Provide bicycle maps to employees (MTS can provide)
- Host a Confident City Cycling class at your worksite (offered through the Atlanta Bicycle Campaign)