

WALKING & BIKING

Walking & Biking Basics

The two most common forms of active transportation are walking and biking, but could include any form of human-powered movement. The active commuter is not only being environmentally friendly, they also:



1. Save money on commute costs like gas, vehicle wear and tear, and parking.
2. Get exercise, which greatly improves physical and mental health.
3. Experience the community in a new way and at a new pace, which can be eye-opening and rewarding.

How to Start

ETCs can help their co-workers get started with walking and biking by:

1. Ordering bike maps for Eugene-Springfield.
2. Printing the Mobile Trip Planning Flyer which demonstrates how to use Google to navigate by any transportation mode.
3. Sharing our Walking & Biking Tips and Resources.

Facilitating Walking & Biking

To help make walking and biking easier and more attractive for your co-workers:

1. Help them find a bikepool using GetThereOregon.org or via a lower-tech matching method.
2. Host an event at your worksite for National Bike to Work Day, or initiate recurring events like lunchtime walk 'n' rolls.
3. Ask your employer to invest in biking facilities and consider sponsoring PeaceHealth Rides bike share memberships. Both have the potential of increasing worker productivity and decreasing health care costs over time.



A BIKE FRIENDLY BUSINESS

Mountain Rose Herbs supports employees who cycle with secure bike parking, bike repair kits, lockers, showers, and free bike tune-ups. Learn more about Mountain Rose Herb's commute options program on their employer profile.

Quick Access Links

Events and Campaigns
Talking to Management
Resource Documents
Printable Materials
Employer Spotlight

Carbon and Cost
Calculators
Walking and Biking
Resources
Order Materials

Need Help? Request a Consultation.