



May, 2023

Greenable Topic

Bicycling

What should I know?

⇒ May is National Bike Month! Bike month was established in 1956 and showcases the many benefits of bicycling. Biking is great low impact exercise and a wonderful way to [promote effective cardiovascular activities](#). Biking is also an excellent way to run errands and get to and from work, all by using and producing zero carbon emissions!

⇒ Those who bike as a form of transportation often frequent local businesses and feel more connected with their local community. Every pedal you take might help a local business!

Why is it important?

⇒ Cycling has a range of benefits for our environment, physical health, and mental wellbeing. Cycling promotes mindfulness, combats anxiety, and can reduce your levels of cortisol, the 'stress hormone'. In addition to these positive health benefits, engaging in bicycle riding instead of using an automobile can [help reduce unwanted greenhouse emissions](#) from tail pipes!

⇒ The FREE Woodbridge Bike Share Program helps to enhance access to bicycling by addressing transportation inequities.

How can I get involved?

⇒ The FREE Woodbridge Bike Share program is currently active at eight different locations within the Township! Bikes are free to rent from dawn to dusk as long as the rider returns the bike within 12 hours and damage free. To rent a bike, users have to download the On Bike Share App from the Apple or Android stores.

⇒ Learn more about where to rent a bike and how to ride a bike using the Woodbridge Bike Share program by clicking [HERE](#).

Reminders!

⇒ Join the Safe Passing Law Awareness [Campaign](#) during Bike Month! Drivers in New Jersey are required to approach and pass cyclists with "due caution." "Due caution" means both slowing down and giving the other user plenty of space when passing.

⇒ Biking instead of driving reduces the dependency on carbon-emitting vehicles and helps to protect air quality! Learn more [HERE](#)!