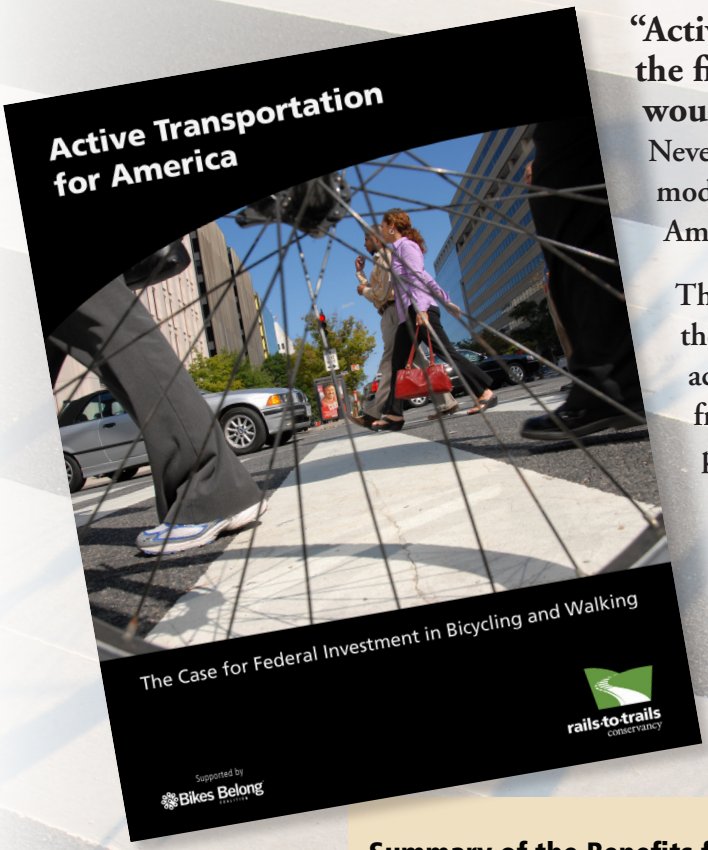
Active Transportation is the missing piece in our transportation system.



"Active Transportation for America" quantifies for the first time the profound benefits our nation would see with increased walking and bicycling.

Never before has the case been made so clearly that relatively modest federal investment in bicycling and walking can save Americans tens of billions of dollars each year.

The report pulls success stories from communities across the country that are actively engaged in improving their active transportation networks. These stories come from community case statements that are part of their participation in Rails-to-Trails Conservancy's 2010 Campaign for Active Transportation.

For more about the report, including access to case-making graphs, summaries and opportunities to take action, visit the report Web site:

www.railstotrails.org/ATFA

For more information, contact: Thomas Gotschi (thomas@railstotrails.org)

Summary of the Benefits from Bicycling and Walking Quantified in this Report

- This report provides quantitative assessments and an overall estimation of the monetary value of the benefits of current and future bicycling and walking in the United States.
- The main premise of the analysis is that short trips of three miles or less, which currently make for about half of all trips taken in the United States, can, to some extent, be shifted from driving to bicycling and walking.

Benefits from bicycling and walking are quantified in the areas:

- transportation
- oil dependence
- climate change
- public health

Benefits are quantified for:

- the Status Quo (9.6 percent mode share)
- a Modest Scenario (13 percent mode share)
- a Substantial Scenario (25 percent mode share)

The Status Quo is exclusively based on direct benefits from short bicycling and walking trips. The future Modest and Substantial scenarios also include secondary benefits from increasing the bicycling and walking mode share.

Factor of Interest	Status Quo	Modest Scenario	Substantial Scenario
Avoided driving (billion miles per year)	23	69	199
Fuel savings (billion gallons per year)	1.4	3.8	10.3
CO_2 emission reductions (million tons per year)	12	33	91
Physical activity (average daily minutes per person)	3	5	9
Monetary value of the above benefits ($ billion per year)	4.1	10.4	65.9

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Active Transportation Trivia

Bicycling and Walking in Numbers

Stunning transportation facts that have legs

First steps…

- One-quarter of all trips people take in the United States are within a mile, or about a 20-minute walk, and half of all trips taken are within three miles, or a 20-minute bike ride. Yet for the vast majority—78 percent—of these shortest trips, people are using their cars.
- One-third of all Americans are not able to drive, either because they're too old, too young, too poor, or because they suffer from some form of disability.

But, already…

- 10 percent of all trips in the U.S. are taken by walking or bicycling.
- More than 100 million Americans own a bicycle.

You get what you pay for…

- There is a strong correlation between investments and levels of active transportation. Such investments yield results regardless of climate, hills, city size or other external factors. In fact, some of the most successful bicycling cities, such as Portland, Ore., Minneapolis and San Francisco, have challenging weather or topography.
- The federal government invests only about $1.50 in walking and bicycling per resident each year, and we have the lowest mode share for active transportation—as in, the fewest number of people using walking or bicycling for regular transportation—of all western countries.
- Since its beginning, the interstate highway system has cost approximately $5 trillion to build and maintain. Over the same time, federal investments in bicycling and walking amounted to less than a tenth of a percent of this amount.
- For the cost of one mile of a four-lane urban freeway ($50 million), you can build approximately 1,000 miles of bike lanes and bicycle boulevards, or more than 150 miles of trails.
- U.S. cities that have invested in bicycle infrastructure see increases in bicycling from year to year of 10 percent and more, and in some cases as high as 30 to 100 percent.
- Benefits from bicycling and walking far outweigh the cost of upfront investments in infrastructure and programs—in many cases, with benefits-to-cost ratios of 5 to 1 or more.

Active transportation can make a difference…

- In 2001, walking and bicycling accounted for 23 billion miles traveled, worth billions of dollars in fuel savings alone.
- In 2008, skyrocketing gas prices and the worst recession in decades reduced driving by about 90 billion miles, and as a result, vehicle congestion by about 30 percent.
- Modest improvements for active transportation could avoid 70 billion miles driven; more substantial changes could save as many as 200 billion miles driven.
- Improvements in active transportation could reduce greenhouse gas emissions from private vehicles by 3 to 8 percent, and these reductions would produce significant net savings of several hundred dollars per ton of CO_2.

Investments in walking and biking make economical sense…

- Portland's 300 miles of bikeways cost $57 million, and the city plans to invest another $100 million over the coming years. By 2040, these investments will have yielded $1.2 billion in net benefits from fuel and health-care savings alone.
- On a national scale, increased active transportation could yield an estimated annual benefit of $10 to $66 billion for the United States.

For more information contact Thomas Gotschi, Ph.D., Director of Research at Rails-to-Trails Conservancy (thomas@railstotrails.org).

Rails-to-Trails Conservancy is a national nonprofit with more than 100,000 members and supporters.

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