

# Believe in Kinetic Energy

by Laura MacPherson

We would like to support a local initiative that encourages easy, radically efficient, viable, sustainable transportation, not to mention FUN!!! We would LOVE for you to join us! All you have to do is B.I.K.E. - 'Believe in Kinetic Energy'!

Walking, biking, rollerblading, scootering, skateboarding, unicycling, wagon-hauling, strolling and wheel-chairing are all forms of ACTIVE TRANSPORTATION involving the energy of motion. None of these options require a fuel up! Did you know ACTIVE TRANSPORTATION is a totally non-polluting way of humanizing our community while at the same time preventing the accumulation of greenhouse gasses?

By reducing vehicle impact on our planet we can improve our health and the sustainability of our communities, what's more -we're saving money!

Fact: The cost of an average bike trip is one cent per mile - compared to 34 cents per mile for a car!!

If each motor trip was switched to biking or walking we could avoid releasing many harmful gasses into our air. Take for example the greater Charlottetown area in July. If everyone walked or biked to work once a week the environment could be spared up to 1 800 000g of carbon dioxide, not to mention the hydrocarbons and nitrogen oxides!

Fact: Forty percent of all car trips are 2 miles or shorter. More than a quarter (of these trips) are less than a mile!

These trips are perfect for bikes! So why is our use of cars increasing? It would seem we have been culturally ingrained to be dependent on our automobiles. Is it because our fast-paced life-styles make our vehicles indispensable? Why not depend on advantageous, flexible and efficient means of transportation?

Fact: According to the Northwest Environment Watch, bicycling is the most energy-efficient form of travel possible. Pound for pound, a person on a bicycle expends less energy than any creature or machine that is covering an equal distance.

Furthermore, its fun! Spring thaw will be here before we know it! It's a great time to start thinking about transportation

issues and getting your bikes tuned up for the summer. It's up to everyone of us to take responsibility for our actions that influence our neighborhoods - all we have to do is make a commitment.

By leaving our cars parked a few days a week we contribute to the sustainability of our communities! Parking our cars allows us the freedoms to enjoy the

benefits of physical activity, save money, as well as doing our part to reduce climate change. We would like to cultivate sustainable behaviors - Why not join us?

If YOU are interested in joining local bikers in bike pooling or the discovery of new transportation methods or if you have any questions, comments or concerns about biking issues in your community

please drop us a line [BIKEcollective@yahoo.ca](mailto:BIKEcollective@yahoo.ca). Begin to see ACTIVE TRANSPORTATION modes in all their glory - as a viable commute option that eases congestion and reduces air pollution!



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