

# Bike commuting

*This action was featured in June 2011.*

On National Bike to Work Day on May 21, 2011, close to a dozen riders bikepooled from Friendship to Downtown. The group ranged from those just breaking in their bike seats to Bike Pittsburgh's Executive Director Scott Bricker. What some of us found out, and what many already know, is that commuting this way can lift up your spirits as well as tone up your muscles while you take in the sights and some fresh air before work. Riding with another person or in a group is also less intimidating, more fun, and safer, since you're more visible to drivers.

## Commuting and communing with nature

Biking to work has a tremendous impact on your global warming pollution. Substituting your traffic-congested drive with a nice bike commute on one of Pittsburgh's trails just one day a week could save you **335 gallons of gas** per year! Find great biking resources from our pals at BikePittsburgh:

[Pittsburgh bike map](#)

[Bike to Work Guide](#)

[Join a bikepool](#)

CO2 savings per year:    **1200 pounds** (when bike commuting one day per week)  
                                     **6510 pounds** (when bike commuting five days per week)

