

Whicycle?

If you live within 10km (40 minutes slow pedaling) of the ANU you might consider cycling because:



Its good for you!
Its good for your community!
It saves you money!

Why not !

* Regular physical activity helps you live longer; reduces chances of heart attack; helps you feel more energetic; to manage your weight better; have a healthier blood cholesterol level; have lower blood pressure; have stronger bones and muscles; recover better from a heart attack (should this have occurred); feel more confident, happy, relaxed and able to sleep better.

* Every cyclist who rides rather than drives their car to and from work for a year is giving Canberra a gift of clean air rather than 60,000 litres of carbon monoxide and 1500 Kg of greenhouse gas. The traffic ANU generates also contributes to the need to build new roads, and the campus itself is running out of space for carparks. A small reduction in demand in peak periods significantly reduces the pressure on existing facilities.



* If you already own a car, not driving for just one day saves you about \$3.68 in fuel, tyres and maintenance, plus \$5.80 in pay parking (permits are 63c and 82c per day for student and staff respectively). Bikes only cost about 13c a day to maintain, and you can always find a free park!

Visit the **transport board** at the University Union internal stairs to see the Canberra bicycle map and the latest news for cyclists.

Health and greenhouse information from Pedal Power ACT, cost of operating vehicles from ANUgreen.

ANU
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Strategies for Sustainability

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