

ENVIRONMENTAL PROJECTS

Green Tip: *Walk. Bike. Ride.*

Why Promote Walking, Bicycling, and Riding the bus?

It's an easy way for you to participate and help take the first step towards changing our community's culture and creating an environment that is more inviting for everyone, young and old. Here are some reasons to support greener transportation options:



To enhance the health of kids and adults -increased physical activity can combat a host of health problems facing people today.

To improve air quality and the environment - Replacing car trips with walking, bicycling, or taking the bus can help reduce air pollution.

To create safer routes for walking and bicycling - Sidewalks, education programs and traffic calming measures are some of the ways to improve conditions.

Resources

[iWalk](http://iwalksonoma.org) – Inspires people to begin walking regularly to improve their health. Find walking groups, events, maps, and more at (iwalksonoma.org).

[Safe Routes to School](http://sonomasaferroutes.org) - encourages walking and biking to school through education and incentives, addresses safety concerns, educates the public, and explores ways to create safer routes to school (sonomasaferroutes.org)

[Sonoma County Bicycle Coalition](http://bikesonoma.org) - promotes the bicycle for transportation and recreation and works to improve road conditions for all cyclists (bikesonoma.org).

[Santa Rosa CityBus](http://srcity.org/citybus) - Offers a Free travel training program, **[Learn to Ride CityBus](http://srcity.org/citybus)**, and a trip reduction incentive program, **[Santa Rosa Free Ride](http://srcity.org/citybus)** (srcity.org/citybus).

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