



Course Objective: Live the future you want, today.

**Sustainability:** Most bicycles consist of less than 30 pounds of metal and plastic. While there is a modest initial carbon footprint to gather the materials, produce a bicycle and deliver it to a users, after that the carbon footprint virtually disappears. It pales in comparison to the carbon and poison footprints associated with all aspects of the manufacturing, delivery, operation and disposal of a motor vehicle.

**Health:** In addition to a bicycle benefiting a user's physical and mental health, it leaves a cleaner and quieter environment for the local community. As an alternative to motor vehicles, bicycling also results in cleaner land, air and water in ALL the places throughout the world where fossil fuels are extracted and transported and consumed.

**Ethics:** All humanitarian teachings we know include the principal *do no harm*. This extends to the environment, with no exceptions made for transportation and travel choices. People of faith – Buddhist, Christian, Hindu, Jewish, Moslem, native

religions and other major religions – all have in their sacred teachings the preservation of creation. Being a bicyclist makes you a part of a growing international movement demonstrating a commitment to a better future.

**Economics:** Personal economics are clearly improved when motor vehicle trips can be substituted by bicycle trips. Foregoing payments for a car, insurance, gas and maintenance, quickly translates into more money for education, savings and fun! The economy of the nation will improve as well if we reduce our bill for foreign oil and reduce the drain on the national treasury connected with securing foreign sources of oil. This shift away from oil consumption might affect the bottom line of the auto industry in the short-term, but it has proved to be a dynamic industry, which can redesign its product and retrain its work force for the new green economy.

**Safety:** Good bicyclists have few accidents. They follow the same guidelines as good drivers: be predictable, follow the rules of the road, signal your intentions, and drive according to conditions. Bicyclists need to educate motorists to respect the rights of all street users (some driver will have to learn what their brakes are for) and yours will be a safer community for everyone, and for you as bicyclist.

**Engineering:** "Complete streets" – streets that are safe for all users require the participation of politicians, civil servants and all citizens. We need to elect politician with the right priorities, as well as the skill (and will) to make, fund and implement good policy. We need to hire government planners, engineers and managers who

have the training, knowledge and skills to implement complete streets projects need to be in appropriate positions in the government. We need citizens to elect good politicians (and staying engaged with them to see that they follow up on their campaign platforms), push the civil servants to excellence, and use bicycle facilities when they are implemented.

**Leadership:** Bicyclists are leaders on climate, design, safety and development issues in their communities and world. You can start or join a club, forum or organization in your school, community, county or state as a means of gaining leadership experience that can help you stand out.

**Coolness:** Politicians and celebrities like to be photographed bicycling because it is so in. And, it is a way to see the world.

**Versatility:** With simple adjustments is clothing and the addition of fenders and lights it is a year-round activity.

On your bike!

For more resources go to [www.ibike.org](http://www.ibike.org), the Web site of the International Bicycle Fund.

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