

## 2015-K510

LEGISLATIVE RESOLUTION memorializing Governor Andrew M. Cuomo to proclaim May 16, 2015, as Bike to Work Day in the State of New York

WHEREAS, It is the custom of this Legislative Body to recognize official days that are set aside to increase awareness of issues that affect the lives of citizens of New York State; and

WHEREAS, Attendant to such concern, and in full accord with its long-standing traditions, it is the sense of this Legislative Body to memorialize Governor Andrew M. Cuomo to proclaim May 16, 2015, as Bike to Work Day in the State of New York, in conjunction with the observance of National Bike Month; and

WHEREAS, National Bike Month includes an ever-expanding diversity of events in communities nationwide but the biggest day of the month is Bike to Work Day; and

WHEREAS, The mission of National Bike Month is to support a safe and healthy transportation alternative that is paramount to achieving sustainability and enhancing the quality of life in New York State; and

WHEREAS, For more than a century, the bicycle has been an important part of the lives of most Americans; today, millions of Americans engage in bicycling as an environmentally sound form of transportation, an excellent form of fitness, and quality family recreation; and

WHEREAS, Biking is an efficient and fun way to get the exercise you need, without having to find extra time to work out; and

WHEREAS, Biking is green; it reduces your carbon footprint, reduces traffic congestion and can save you money; when bicycling is substituted for short auto trips, 3.6 pounds of pollutants per mile are not emitted into the atmosphere, and 10 bikes can park in the space used by a single motor vehicle; and

WHEREAS, More than half of our nation's population lives within five

miles of their workplace, making bicycling a feasible and fun way to get to work; with increased interest in healthy, sustainable and economic transportation options, it is not surprising that, from 2000 to 2011, the number of bicycle commuters in the United States grew by more than 47 percent; and

WHEREAS, Among the 51 largest U.S. cities, 43 hosted Bike to Work Day events in 2010; many people who participate in Bike to Work Day as first-time commuters, become regular bike commuters; and

WHEREAS, Biking is healthy; active employees are more alert, take fewer sick days, and are more productive; and

WHEREAS, Bicycle commuters get to work on time more often and are happier and more productive; 80% of people who switch from sedentary commuting to cycling improve their heart, lungs and blood vessels greatly in 6-8 weeks; and

WHEREAS, Furthermore, over 66% of the adult United States population is overweight and 32% of our nation is obese, costing America \$68 billion in health care and personal costs annually; and

WHEREAS, Medical research has proven that a minimum of 30 minutes of moderate physical activity three days a week can reduce the incidence of heart disease, obesity, diabetes and hypertension and improve mental health and cardio-vascular fitness; and

WHEREAS, Biking is fun and biking to work builds morale, encourages camaraderie, and is a great way to get active in your community; and

WHEREAS, It is essential that there be greater public awareness of the benefits to bicycling, and all New Yorkers are urged to bike to work, or try cycling for fun, for fitness, even for transportation; now, therefore, be it

RESOLVED, That this Legislative Body pause in its deliberations to memorialize Governor Andrew M. Cuomo to proclaim May 16, 2015, as Bike to Work Day in the State of New York; and be it further

RESOLVED, That a copy of this Resolution, suitably engrossed, be tran-

mitted to The Honorable Andrew M. Cuomo, Governor of the State of New York.