

## 2023-J157

Senate Resolution No. 157

BY: Senator PARKER

MEMORIALIZING Governor Kathy Hochul to proclaim  
May 19, 2023, 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 Kathy Hochul to proclaim May 19, 2023, as Bike to  
Work Day in the State of New York, in conjunction with the observance of  
National Bike Month; and

WHEREAS, May is National Bike Month, sponsored by the League of  
American Bicyclists and celebrated in communities coast to coast; and

WHEREAS, Established in 1956, National Bike Month is a chance to  
showcase the many benefits of bicycling and to encourage more people to  
give it a try; 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 2013, the number of bicycle commuters in the United States grew by more than 62%; and

WHEREAS, Among the 51 largest U.S. cities, 43 host Bike to Work Day events; 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 Kathy Hochul to proclaim May 19, 2023, 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 transmitted to The Honorable Kathy Hochul, Governor of the State of New York.