

Get On A Bike

Capital Bikeshare opened in September 2010, and included over 1100 bikes at over 110 stations in Arlington, VA and Washington, DC by June 2011. The bike-sharing network provides its members with an affordable mode of transportation that promotes physical activity and reduces the areas reliance on automobiles. Although the network is unable to provide helmets due to the need for proper sizing, the emphasis that it places on safety is evident in helmet advisories at every station, as well as safety mechanisms built into the bikes themselves. A system that allows users to flag broken bikes for repair ensures that no one attempts to use a malfunctioning bike. The program has been extremely successful, with 330,000 trips in its first 7 months of service, and a lower crash rate than that faced by bicycle owners in the area. It has been estimated that each bike is ridden around 3.5 times per week, for over 3,500 total rides per week. The Bikeshare presents an excellent opportunity for you to utilize active transportation to see more of DC during your time here.



How it Works:

- Purchase a 24 hour (\$5) or 5 day (\$15) membership with a credit card at any kiosk
- Enter your unlocking code at any bike dock to take out a bike
- Ride for up to half an hour for no additional charge
- Return the bike to any kiosk

Hotel	Nearest Bikeshare Station
Washington Convention Center	7 th and M St NW/Convention Center
Capitol Hilton	17 th and K St NW/Farragut Square
Comfort Inn Convention Center Morrison Clark Inn	13 th and New York Ave NW
Donovan House Hamilton Crowne Plaza	14 th and H St NW/MacPherson Square
Embassy Suites Convention Center Grand Hyatt Washington Renaissance Washington, DC	8 th and H St NW
Four Points by Sheraton Marriot Metro Center	12 th and G St NW/Metro Center
Hampton Inn Convention Center Henley Park Hotel	5 th and K St NW
Holiday Inn Central Washington Plaza Westin Washington DC City Center	14 th and Rhode Island Ave NW
The Liaison, an Affinia Hotel Washington Court Hyatt Regency Washington	North Capitol and F St NW
The Madison	15 th and P St NW

The Places you can Go:

Bikeshare stations are located all over DC: they are in some of the city's most popular destinations, including places such as Georgetown that are harder to get to by Metro.

Destination	Nearest Bikeshare Station	Distance from Convention Center	Est. Travel Time ¹
Adams Morgan	Adam's Mill & Columbia Rd NW	2.3 miles	16 min
Capitol Hill	4 th & East Capitol St NE	2.1 miles	14 min
Dupont Circle	Massachusetts Ave & Dupont Circle	1.3 miles	9 min
Eastern Market	Pennsylvania Ave & 7 th St NE	2.8 miles	17 min
Georgetown	C&O Canal & Wisconsin Ave NW	4 miles (trails)	23 min
		3 miles (road)	19 min
H Street	3 rd and H St NE	1.4 miles	8 min
The National Mall	19 th St and Constitution Ave NW	2 miles	13 min
Smithsonian Institutions	12 th and Independence Ave SW	1.3 miles	8 min
U Street	16 th and U St NW	1.7 miles	11 min
The White House	New York Ave & 15 th St NW	1 mile	6 min

Why Bike?

Bicycling as a form of active transportation has a number of important and well-documented health benefits. Active commuting can be as effective as structured workouts for improving overall health², and has been associated with an 11% decrease in risk for cardiovascular disease³. Regular physical activity can reduce risk for other chronic diseases as well, including high blood pressure, stroke, osteoarthritis, cancer, anxiety and diabetes⁴. Just 30 minutes of biking per day can lower women's risk of breast cancer⁵ and improve men's mental health⁶. Today, only 3 in 10 adults meet the daily physical activity recommendations of the CDC⁷. Using bicycling as a form of commuting is a great way to integrate physical activity into your everyday life, and take an additional step towards a healthy lifestyle. In addition, bicycling presents an opportunity to improve the health of those around you by improving the quality of the environment. It would help improve air quality and reduce congestion and near-roadway emissions, which could in turn have a positive impact on asthma prevalence and severity, as well as other chronic respiratory conditions⁸.

¹ Travel times and distances are based off of GoogleMaps biking directions, which highlight the safest known route.

² Dunn, A., et al. 1999. Comparison of lifestyle and structured interventions to increase physical activity and cardiorespiratory fitness: a randomized trial. *JAMA*; 281: 327-34

³ Hamer, M., and Y. Chida. 2007. Active commuting and cardiovascular risk: A meta-analytic review. *Preventive Medicine*; 46: 9-13

⁴ APHA. 2009. At the Intersection of Public Health and Transportation: Promoting Healthy Transportation Policy.

⁵ Luoto, R., et al. 2000. The effect of physical activity on breast cancer risk: A cohort study of 30,548 women. *European Journal of Epidemiology*; 16: 973-80

⁶ Ohta, M., et al. 2007. Effect of the physical activities in leisure time and commuting to work on mental health. *Journal of Occupational Health*; 49: 46-52

⁷ US Department of Health and Human Services. Resources: Physical Activity Facts. <http://www.fitness.gov/resources/factsheet.htm>

⁸ Sydbom, A., Blomberg, A., Parnia, S., Stenfors, N., Sandström, T., Dahlén. 2001. Health effects of diesel exhaust emissions. *European Respiratory Journal*: 17(4):733-746