

The Other Benefits of Bicycling

by Peter Flucke
for the Bicycle Federation of Wisconsin

Better health, less pollution, inexpensive transportation, decreased traffic congestion, these are all benefits of bicycling that most people can name. But there are other benefits of bicycling that you may not have thought of.

Here are just a few:

Riding up the corporate ladder

Reliability, perseverance and self-motivation are all traits that employers look for in a good employee. But how can you show your boss that you have the right stuff? Well, if you are a bicycle commuter you probably already are.

People who bicycle to work get noticed. They may receive a little ribbing from their peers about arriving at work on two wheels instead of four, but they may also be gaining points with their higher ups.

When coworkers say things like, “Are you nuts?” or “I could never do that.” listen to what they are really saying. Isn’t it really, “wow is she in shape.”, “Look at this guy, rain or shine he is always on time and he’s riding a bike.” or “Now there is some dedication, riding a bicycle to work, and in the winter too.”

Traits that you demonstrate by riding your bicycle may just ride you into a better job.

Better family life

Finding something to do with the entire family can be very difficult but bicycling fits the bill.

Bicycling as a family has many benefits. When you ride together there are no distractions like phones, televisions or computers to keep you from talking. You must pay close attention and allow for each family member’s strengths and weaknesses – you will get to know each other better.

Riding as a family unit you can teach your children that they can get places quickly, cheaply and without polluting the environment without using a car.

Any difficulties which may occur while on the road, like someone getting hungry, thirsty or tired or needing to repair a flat tire, must be dealt with by everyone – bicycling teaches self-reliance.

Your family will become closer by working together as a team to achieve your family bicycling goals.

Cheep marriage counseling

Between demanding jobs and equally demanding families, our wedded lives have their fair share of stresses. Most couples have to continually fight for quality time together to keep their marriages strong.

One of the best ways to spend quality time together is to go for a bicycle ride. You may only have time for a quick ride during lunch or, if you can find a baby-sitter, an hour ride after dinner but the time and money you spend will be well worth it.

With a little bit of fresh air and exercise and without the pressures of work or having to answer the question, “Why...?”, 20 times in an hour, it is amazing how quickly you can remember all of the reasons why you got married in the first place.

Surely the price of a couple of bikes and a baby-sitter is less than a marriage counselor.

Cure wanderlust

Most of us want to get away from it all now and then and there is no better way to seek out new places and to explore than by bicycle.

The thought of getting away can be daunting. We just don't have the time or the money to get far enough away from our everyday lives to make a difference.

How far would you have to drive your car to get away from it all, and what would it cost? Maybe driving your car isn't the answer. How about taking your bike.

When you travel by bicycle you are exploring the minute you leave your front door. Your best route by bicycle is seldom your best route by car. Thus, you will likely use roads, right in your own neighborhood, that you have never been on before making every corner you turn a new adventure. At bicycle speed you will see, hear and feel things that you have never experienced before.

Bicycling will give you a whole new way of looking at things and may just cure your wanderlust.

Discover the other benefits of bicycling – ride.

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