

12% of American
children's trips to sports
activities are made by
bike

More than 70 percent of
all U.S. children age five
to 14 ride a bicycle

In one generation, the percentage of American children who walk or bike to school has dropped from 50% to 15%.

35% of Dutch adolescents cycle to school on most days, and nearly 50% bike or walk.

Bicycling is the most popular outdoor activity for American youth. In 2008, Americans ages 6 to 17 went on 1.15 billion bicycling outings.

Urban adolescents cycle
or walk to regular
activities more often than
rural adolescents.

65.6 million people in
urban areas could benefit
from Safe Routes to
School programs

California schools showed
that Safe Routes to School
infrastructure improvements
increased biking and
walking by up to 200%

Youths who cycle or walk to school are more likely to cycle or walk to other activities.

Children who begin biking or walking to school at an early age are more likely to stay at a healthy weight

Almost 1 in 5 American
4-year-olds is obese.

70% of obese 10 to
13year-olds become
obese adults.

Less than a third of high schoolers attend daily physical education classes.

In 9th grade, 39% of students do; by 12th grade, only 18% do.

Children who ride a bike two or more times a week are less likely to be overweight.

Regular exercise reduces depression and improves self-esteem in overweight children.

Adolescents who participate in bicycling more than four times a week are 48% less likely to be overweight as adults.

Primary school-aged boys
who cycle to school get
more overall physical activity
than those who are driven to
school.

Adolescents who bike or walk to school watch less TV and are less likely to smoke than their peers who are driven to school.

Youth who bike or walk to school have less excess weight and body fat than those who take a bus, car, or motorcycle.

Students who regularly bike
or walk to school
accumulate 3% more
minutes of moderate-to-
vigorous physical activity per
weekday, or about an
additional 24 minutes/day.

Best Practices in Youth Cycling Programs

Mike Eubank - Valmont Bike Park / Boulder Junior Cycling

Mary Boulanger - National Interscholastic Cycling ASSOC.

Julie Childers - Trips for Kids, DC Metro

David Secunda - Avid 4 Adventure

VALMONT • BIKEPARK

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Boulder's Premier Cycling Park

Boulder Junior Cycling

is an advanced mountain
bike coaching and training
program designed to help
young athletes compete
successfully in the sport of
cycling



Bike Club Middle Cross

MCX is a Bike Club Program for middle-school youth of all riding levels who want to ride their bike. MCX is free after school rides and clinics to learn skills. Student practice at events and races to

