



**my bike,  
my city.**

**NYC**

Eric Adams  
Mayor

NEW YORK CITY  
**DOT**

Ydanis Rodriguez  
Commissioner

**GO SMART NYC**

Travel better.  
Choose smarter.

WOMEN  
**FORWARD**  
NYC

# BIKING MYTHS VS FACTS



**Biking takes too long**



**FACT:**

More than half of peak hour taxi trips would be faster if taken on a bike.



**Riding a bike in NYC is too dangerous**



**FACT:**

Cycling risk is very low and can prolong your life. Cycling commuters have roughly half the risk of developing heart disease.



**My bike will get stolen**



**FACT:**

While an unlocked wheel can be a target, a bike lock can prevent theft. Stolen bikes can be covered by renters insurance.



**I'll get too sweaty**



**FACT:**

Biking takes half the energy of walking and you can bike in regular clothes!



Find events, routes, cycling tips, and more at our website:  
[www.nyc.gov/mybikemycity](http://www.nyc.gov/mybikemycity)

