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FOR IMMEDIATE RELEASE

Ride a Bike in April to Honor the Planet
Burn calories, not fossil fuel

Fairhope, Ala (April 9, 2019) – To recognize Earth Day, April 22, challenge yourself all month to choose walking or biking - instead of driving – whenever possible.

When you leave your vehicle at home, and use your own power to travel to work, school, or shopping, you get fresh air and exercise, a mood boost and long-term physical benefits. Equally important, you reduce emissions, sparing the atmosphere 19 pounds of CO₂ for every gallon of fuel you don't burn, according to the EPA.

“It's a win-win for cleaner air and better health,” said Jennifer Vestal, president of the Baldwin County Trailblazers. “That's an important reason why the Trailblazers advocate for improved access to safe biking and walking opportunities in the County, which are integral to quality of life here.”

Earth Day is an annual event, first celebrated in 1970 to inspire awareness of and appreciation for protecting the environment.

The Baldwin County Trailblazers is a nonprofit organization dedicated to enhancing the quality of life in Baldwin County by making active transportation and healthy recreation accessible and safe. For more information, see TheTrailblazers.org.

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