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SLO County Air Pollution Control District

Air Quality Awareness Week – Day 5
Be a Savvy Commuter & Enjoy Clean Air

SAN LUIS OBISPO, CALIFORNIA, – Today is the final day of the national Air Quality Awareness Week and the SLO County Air Pollution Control District (APCD) wants residents to “Be Air Aware” during Bike Month with the following savvy commuter tips.

Bike commuting has several benefits, for both the commuter and the environment. Biking reduces air pollution, fuel use, and other traditional commuting costs. Cycling is also good for your heart, muscles, and your waistline. Feeling sluggish? Riding your bike and being active can boost your energy level and decrease fatigue. Studies have also found that on the same urban route, car drivers were exposed to more airborne pollution than cyclists, despite the cyclists’ higher respiration rates.

Tip #5 - The SLO County APCD has developed a helpful flyer to give you some tips and tools every bike commuter needs to feel confident on the road.

- **Dress the part.** Wear a properly fitted bike helmet, bright colors and reflective clothing.
- **Is your bike tuned up?** Check the air in your tires and your brakes to make sure they are working properly.
- **Be seen!** If you are traveling early in the morning or late at night, be sure to have visible lighting on the front and back of your bike.
- **Check the air quality conditions.** The majority of the days on the Central Coast are perfect for cycling, but be air aware, especially on windy spring days when particulate levels rise in the South County or hot summer days when ozone levels are higher.

For the daily air quality forecast via email sign up at APCD website:

<http://www.slocleanair.org/air/AirForecasting.php> Air quality information is also available online at <http://www.slocleanair.org/> or by calling the air quality forecast recording at (805) 781-4390. You can also follow the SLO County APCD on Twitter at @SLOCleanAir!

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