

**BMTS Article Digest**  
**October - November 2022**

BMTS Pedestrian & Bicycle Advisory Committee Members:

The following is a compilation of articles that may be of interest to BMTS Pedestrian & Bicycle Advisory Committee members. This and past digests can also be accessed from the Pedestrian & Bicycle Advisory Committee page at <http://bmtsonline.com/about/committees>.

*Sights you get to enjoy while walking!*

---

## **Pedestrian & Bicycle Information Center (PBIC) Messenger e-Newsletter**

Go to <http://www.pedbikelinfo.org/newsroom/newsletters.cfm>.

Subscribe to the new monthly PBIC Messenger. Send news for future issues to editorial team member [Linda Tracy](#).

## **FREE Webinars**

Go to <https://www.pedbikelinfo.org/webinars/>.

---

### **Come out and play in Broome County**

Go All Out Broome County is your simple guide to hundreds of places and thousands of acres in your own backyard or just down the road. Easily locate hidden gems and local favorites then map your next outdoor adventure in Broome County. Go to [www.GoAllOutBroome.com](http://www.GoAllOutBroome.com).



See the Two Rivers Greenway Pedestrian & Bicycle Monthly Counting Reports at  
<http://bmtsonline.com/data/bikeped-counts>.



## Bicyclist & Pedestrian Counts



Endicott Police say charges are pending for the driver of a car that hit a Union Endicott student Friday evening, October 21, as the student was attempting to cross East Main Street in a cross walk.

Village Police say an officer, located in a stationary position, was monitoring traffic in the area of the high school at 5:27 p.m. and saw the student activate the warning lights in the cross walk before being hit by the vehicle.

Bob Joseph/WNBF News



A news release from the Police Department says the student was walking across the street to the high school to attend the football game scheduled for that evening.

The student was transported by ambulance to Wilson Memorial Regional Medical Center in Johnson City with serious injuries. The patient was then transferred to Syracuse for further treatment

Police say the teen was at first hospitalized in critical condition but is now said to be in stable condition at Upstate University Medical Center in Syracuse and is recovering.

Authorities have provided no further information concerning the collision, including the name of the driver, type of vehicle or speed at the time of the crash. The police have only said their investigation is continuing and charges against the driver are pending.

Likewise, official information concerning the victim also has been unavailable. Other than saying the person hit by the vehicle is a Union Endicott student, authorities have not commented on the teen's identity, age, sex or what grade at the school they are enrolled.

Again, the investigation is continuing. Anyone with additional information can contact the Endicott police.

A photograph showing a white police SUV parked on a city street. In the background, there is a large brick building, likely a high school, and some autumn-colored trees. The text "AGGRESSIVE ENFORCEMENT AFTER UNION-ENDICOTT STUDENT HIT BY CAR" is overlaid on the bottom left of the image.

AGGRESSIVE ENFORCEMENT AFTER UNION-ENDICOTT STUDENT HIT BY CAR

Photo: Bob Joseph/WNBF News



Bob Joseph | Published: October 28, 2022

Endicott police officers are conducting high-visibility speed enforcement operations near Union-Endicott High School following after another pedestrian was struck by a vehicle.

A student was critically injured in the most recent incident which occurred around 5:15 p.m. October 21. Authorities said the student was hit while in a crosswalk in front of the school on East Main Street.

For years, students, teachers and crossing guards have complained that motorists frequently race past the school during the morning and afternoon hours.

Pedestrians crossing East Main Street in front of Union-Endicott High School on October 27, 2022.  
(Photo: Bob Joseph/WNBF News)

State Department of Transportation workers installed "20 mph" speed limit signs in the area near the high school.

Three days after the signs were put in place, a veteran crossing guard was seriously hurt when she was struck by a car while on duty.



A school speed limit sign on East Main Street in Endicott. (Photo: Bob Joseph/WNBF News)

In last week's incident, the student who was hit while heading to a high school football game sustained head trauma and other injuries.

Union-Endicott school superintendent Nicole Wolfe on Friday said "the district is not able to release any information" at the request of the student's family.

Wolfe said in an email: "Students and staff are sending cards and other well wishes to the student."

Police have said charges are pending against the driver of the vehicle, whose name has not been released.

Despite stepped-up speed enforcement near the school, village police officers say many drivers continue to travel through the area well above the 20 mph limit.

---



## Pedestrian struck by vehicle cause of traffic issue on Front Street, police reveal



(WBNG)

By [WBNG Staff](#)

Published: Oct. 21, 2022 at 1:46 PM EDT

BINGHAMTON (WBNG) -- The Binghamton Police Department revealed details into a crash that occurred near Prospect and Front streets Thursday around 4:30 p.m.

According to Binghamton

Police Detectives, a pedestrian was struck by a car. Police were unable to comment on the severity of injuries that the person who was struck sustained. The victim was taken to the hospital.

Wednesday afternoon, police directed traffic and the roads were closed as crews worked at the scene.

The cause of the crash is under investigation.

---



# Pedestrian killed by vehicle near Franks Pizzeria and Italian Restaurant

(WBNG)

By [WBNG Staff](#)

Published: Oct. 17, 2022 at 11:08 AM EDT|Updated: 1 hour ago

MAINE (WBNG) -- The Broome County Sheriff's Office has identified the man killed by a car in the area of Frank's Restaurant in the Town of Maine Friday evening as 78-year-old John Meehan of Binghamton.

The sheriff's office said it responded to Route 26 around 9:30 p.m. for a report of a car and pedestrian crash. Bystanders were performing CPR on Meehan when officers arrived, the sheriff's office noted.

The office said Meehan was walking across Route 26 when walked directly in front of a vehicle heading north on the road. Meehan suffered blunt force trauma to his head. He was taken to Wilson Medical Center where he was pronounced dead.

Authorities said the driver of the vehicle that struck Meehan, according to witnesses, was not traveling at an excessive speed. The driver did not appear to be intoxicated and the vehicle did not have a defect, the sheriff's office said. The office also noted that the area does not have any lights and there are no crosswalks where the crash occurred.

The driver, as of Monday morning, is not facing any tickets or charges.

State Route 26 was closed for three hours as crews worked the scene.

---

# FATAL CRASH

## BINGHAMTON MAN KILLED CROSSING RT. 26 IN TOWN OF MAINE

Kathy Whyte | Published: October 17, 2022

Credit: WIBX / TSM

Broome County Sheriff's officials say a Binghamton man is dead after being hit by a vehicle while he was walking across Route 26 in the Town of Maine at around 9:22 p.m. Friday, October 14.

According to a news release from the Sheriff's Office, 78-year-old John Meehan was walking in an easterly direction across the busy roadway when he entered the northbound lane, directly into the path of a 2017 Nissan 370Z, driven by 77-year-old Bernard Allen of Endicott.

The authorities say Meehan suffered blunt force trauma to the head and was transported to Wilson Memorial Regional Medical Center in Johnson City where he was pronounced dead.

Sheriff's officials say Route 26 was closed for approximately three hours.

Several accounts indicate Meehan was a regular customer of a popular restaurant located in the area of 2633 Route 26 and was believed to have been crossing the road to go to the business.

The news release from the Sheriff's office reports the accident reconstruction team and detective division had responded to the scene for the investigation.

Authorities say the driver of the car was not driving at excessive speed nor exhibited any signs of impairment. No defects were found to the man's vehicle.

The posted speed limit in the area, according to the official account is 35 miles an hour and authorities say the roadway is unlit. There are no crosswalks in the area,

There have been no traffic tickets nor charges filed in associated with the incident.

---

[Press and Sun-Bulletin](#) | [Page A01](#)  
Tuesday, 18 October 2022

## **Well-known eye doctor dies after being struck by car**

**Jeff Smith**

Binghamton Press & Sun Bulletin USA TODAY NETWORK

Dr. John Meehan, a longtime Binghamton ophthalmologist, was struck and killed Friday night by a car traveling on State Route 26 near Frank's Italian Restaurant in the town of Maine.

Police determined that Meehan was walking in an easterly direction across State Route 26 when he entered the northbound lane and walked directly in front of a vehicle that was traveling northbound, according to Broome County Sheriff's Office Captain Kathleen Newcomb.

Meehan, 78, was already being assisted by bystanders when police arrived at the scene at about 9:22 p.m. Friday.

The car, a 2017 Nissan 370Z, was operated by a 77-year-old Endicott man, police said.

Meehan suffered blunt force trauma to his head. He was transported to Wilson Medical Center where he was pronounced dead. Newcomb said State Route 26 was closed to traffic for about three hours. Members of the Broome County Sheriff's Office accident reconstruction team and a detective responded to the scene for further investigation.

Witnesses at the scene reported that the driver was not traveling at an excessive speed, according to police. He also did not exhibit any signs of being impaired. The posted speed limit is 35 miles per hour, Newcomb said. There is no crosswalk where the accident occurred and no traffic tickets or charges had been filed as of Monday.

On Facebook, many have posted their thoughts on Meehan's death and his impact on the community.

"Such a great guy. He will be so missed," one commenter said. "Such a horrible tragedy."

---

# New lights, added paths: What to know about Binghamton's Memorial Bridge project

**Emily Barnes**

October 17, 2022 | Binghamton Press & Sun-Bulletin

Local business owners and cyclists are welcoming proposed changes including new lighting and added pedestrian and bike lanes along the Memorial Bridge connecting Binghamton's West Side neighborhood to downtown.

Concept renderings [released by the city](#) at the end of September from Bergmann, a Binghamton architecture, engineering and planning firm, depict several changes aimed to improve safety and beautify the almost century-old bridge, which stretches over the Chenango River and connects Riverside and North Shore drives near Confluence Park.

"Our goal as a city should not be building infrastructure that allows people to move the quickest through it," said Binghamton Mayor Jared Kraham, "but building infrastructure that benefits people who live here, who work here, who are raising families, who are walking to and from downtown or living in our neighborhoods."

## High pedestrian, bike, vehicle traffic prompts change

According to the Binghamton Metropolitan Transportation Study (BMTS) agency, an average of 14,500 cars cross over the bridge each day, with more than 100 pedestrians using the intersection at Washington Street and North Shore Drive during peak travel hours.



The bridge is also used by cyclists, but members of the Southern Tier Bicycle Club said it can be difficult to ride across safely.

"Your attention is divided with the potholes and the traffic," said STBC president Mark Goodwin. The proposed lane additions, he believes, "will take care of both of those."

Kraham said when the city's engineering department approached him about including necessary improvements to the worn bridge in the 2023 budget, he felt it was an opportunity to seek out a more dynamic change to increase pedestrian safety.

"We identify it as a place where it connects downtown and the West Side, our most populous neighborhood with our center of commercial art, entertainment, dining destinations," Kraham said. "So it's really important that we fix this bridge."

## **What are the proposed Memorial Bridge changes?**



The current renderings provided by the city show the creation of separate spaces for vehicles, pedestrians and cyclists traveling across the Memorial Bridge.

A two-way cycle track, which BMTS executive director Jennifer Yonkoski says would be the first in the area, has been proposed, and would create "physically separated cycle tracks that allow bicycle movement in both directions on one side of the road."

Single traffic lanes are shown in the city's renderings, but final traffic patterns have not yet been determined.

The changes, Goodwin says, will brighten up the area and become a nice place for people to relax. And because bicyclists tend to travel faster than pedestrians, Goodwin feels the proposed separation of bicycle and pedestrian paths is also a good idea for both parties.

## Bridge upgrades part of complete streets approach



A set of stairs connects the bridge with the Roberson Museum and Science Center property, which sits on the West Side end of the Memorial Bridge. The museum's planetarium dome can be seen from the structure.

Michael Grasso, Roberson's executive director, said gateway-style projects improve

quality of life in a community.

"Having the bridge be more pedestrian friendly, I think, makes the city more walkable," Grasso said. "It gives it a more neighborhood feel, a greater sense of community, which are all things that the museum is hoping to build."

The overall changes also align with the [complete streets policy](#) the city adopted in 2016, focused on planning projects enabling safe street access for motorists, cyclists and pedestrians.

## How long will construction take?

Currently, the project is being approved as part of the 2023 budget process. The city will look to hire a local team of civil and traffic engineers and landscape architecture professionals early next year to provide the final design.

The selected design firm will spend a year designing the new bridge layout, seeking the community's input, and the project will be ready to bid out in spring 2024, with a target completion date of fall 2024.

## How much will the Memorial Bridge project cost?

An exact project cost has yet to be announced.

Funding for the project is included in a \$400,000 lump sum amount from the city's capital budget, which will be used for multiple projects.

## Will the bridge be closed during construction?

Kraham said the goal is to keep the bridge open during the construction phase.

"We want downtown, the neighborhood business district, to have really walkable streets because it makes it easier for families to access businesses, it beautifies the area," Kraham said. "And when we make that complete streets investment, it yields results and makes people want to shop there, want to live in these neighborhoods."

---

## Bird Pulls Scooters from Small and Mid-Sized Markets

*Almost a year after going public, the micromobility operator suggested market conditions and a lack of supportive regulatory frameworks in some locations were insurmountable.*

Published Oct. 19, 2022



Courtesy of Bird

Micromobility company Bird will cease operations in numerous unspecified small and mid-sized markets in the U.S., citing issues preventing economic viability in some regions, according to a company blog Tuesday.

The company, which operates shared scooters and bike programs in hundreds of cities around the world, will also fully exit Germany, Sweden and Norway, as well as some other markets across Europe, the Middle East and Africa.

The company cited conditions in some markets that are inadequate “to build an economically viable business,” and placed blame in some cases on “the lack of a robust regulatory framework.”

Bird “conducted a thorough review of our portfolio of cities to determine whether or not they possess the regulatory framework necessary to facilitate the development of an innovative, competitive, self-sustaining micromobility industry,” the blog stated. “It has become clear that some markets lack such a framework, resulting in an oversupply of vehicles that has led to overcrowded streets and a high but frequently rotating number of competitors.”

That analysis led the company to “make a clear distinction between markets where we see a near-term path to fully self-sustainable operations, and those which appear to be longer-term, riskier investments.”

“We believe that focusing our business on a near-term path to self-sustainability best positions Bird to deliver on this mission in the long run,” the company concluded.

Many micromobility operations rolled out their vehicles in cities years ago with limited regulation, but many cities have since implemented parameters and restrictions around operations. At the Micromobility World conference at the start of the year, former CEO and remaining Chairman Travis VanderZanden called on cities to invest more heavily in bike and scooter infrastructure.

In May 2021, Bird announced it would go public by merging with a special purpose acquisition company, or SPAC, in a deal that valued Bird at \$2.3 billion. Bird stock began trading on the New York Stock Exchange last November at \$8.40 per share. Since May, it’s traded at under a dollar. Profitability has largely been elusive for operators in the micromobility sector.

In 2021, Bird’s revenues exceeded \$205 million, more than doubling over the prior year. The net loss for the year was approximately \$196 million, versus about \$208 million in 2020.

Bird wrote that the market changes will “unfortunately also have an impact on some of our employees and contractors in Europe, as well as on supporting teams in the U.S.” TechCrunch reported in June that Bird was laying off 23% of its staff. Other industry layoffs this year include at Superpedestrian, Spin and Voi.

Earlier this month, the company announced a series of leadership changes, appointing existing Bird leaders as its new chief executive and technology officers. Bird’s new chief

financial officer joins the company from Archer Aviation, a company that went public last year specializing in electric vertical takeoff and landing, or eVTOL, aircraft.

---



## Denver Starts Next Round of E-bike Rebates

by: [Evan Kruegel](#)

Posted: Apr 22, 2022 / 06:30 PM MDT

DENVER (KDVR) — Beginning at 8 a.m. on July 11, Denver residents can receive a sizeable voucher towards the purchase of a new e-bike or cargo bike.

All Denver residents will be eligible for a \$400 rebate off a qualifying electric bike, with an additional \$500 rebate (\$900 total) off the purchase of an e-cargo bike. Income-qualified residents can qualify for a \$1,200 instant rebate.

At Denver's FattE Bikes, chief visionary officer Kenny Fischer said the response has been quick.

"All I've been hearing is the phone," Fischer said. "When does it go live, how can I get it? Can I get in line?" It's amazing."

Electric bikes, or e-bikes, have risen in popularity in recent years as an eco-friendly form of transportation. But with costs ranging from \$2,000-\$10,000, reaching low and middle-income families has been a struggle.

Emily Kleinfelter put down a deposit for a FattE Bike Friday, saying the Denver voucher made it possible.

"The rebate was definitely a game changer," she said. "I mean, happy Earth Day to us, right?"

Kleinfelter uses a traditional bike to get around Denver and said she rarely uses her car anymore.

"I'm going to put some baskets on this, maybe another rack or two, and this is going to end up replacing my car for me," she said.

### How to get an e-bike voucher in Denver

At FattE Bikes, Kenny Fischer said their bikes start at around \$2,000, with various customization options pushing those prices higher.

Fischer is offering an extra \$100 off to celebrate and hopes the voucher will allow Denverites who might otherwise not think about e-bikes to get in on the action.

"An income-qualified individual can get our \$2,800 cargo bike for \$1,000," Fischer said. "It's insane."

Denver residents [can apply for a voucher here](#). Once you have your voucher, simply bring it to your bike purchase for an instant rebate.

The program is being paid for through Denver's Climate Protection Fund, which voters approved in 2020.

The 0.25% sales tax is estimated to raise up to \$40 million a year for projects dedicated to eliminating greenhouse gas emissions and air pollution.

---



## Explore Upstate New York scenery on a rail bike!



Rail Explorers Cooperstown (WBNG)

By [Ashley Soriano](#)

Published: Oct. 24, 2022 at 7:10 PM EDT | Updated: 14 hours ago

MILFORD (WBNG) -- All aboard! The Cooperstown Rail Explorers is welcoming families to take part in a unique experience -- exploring the beautiful scenery of Upstate New York on a rail bike.

The rail bikes, which come in two and four-seaters, are pedal powered rail vehicles equipped with a custom built electric motor. All rail bikes can be coupled together so larger groups can stay together.

"It's very family friendly. All ages can do this," said Assistant Division Manager Travis Simpson. "There's an electric motor on the back and it'll help you out just like an e-bike. It makes it an effortless pedal, so you don't have to worry about a workout. You can just sit back and enjoy the views."

This is the second season the Rail Explorers Cooperstown Division is open to the public. It offers a variety of tours, one being the “Milford Track,” which is a two and a half hour long, 12 mile round-trip.

Rail Explorers also offers a shorter option called the “Charlotte Valley Fireside Tour,” which is a two hour, eight mile trip that includes a campfire.

Both tours stop for a break at the halfway point. Guests are encouraged to bring snacks and light refreshments.

“Some people are hesitant to start off, but by the end of it everybody is smiling, everyone is happy, they have a good time and the babies are asleep sometimes on the way back -- so it’s a nice relaxing ride,” said Simpson.

The rail bike season runs from May through the end of October, so there’s still some time to hop on the track and enjoy the fall foliage season.

The Tandem Explorer (two-seats) is \$95 and the Quad Explorer (four seats) is \$175. Rail Explorers Cooperstown Division is located at 136 E. Main Street, Milford, NY 13807.

More information on how to book a rail bike can be found [here](#) or by contacting (877) 833-8588.

---



Published in **Forge**



[Clive Thompson](#)

Mar 4, 202

## **The Restorative Joy of Cycling Feel like crap? Get on a bike**



“København” by [d26b73](#)

Today I stumbled upon [this gentleman's post on Tik Tok](#) — where he describes how cycling has made him happier.

It's a lovely video, so you should [check out the original ...](#)



... but for the record, this is what he says:

*Hey, I just want to say that if you're an adult, and you're kind of like, "Hey, you know, I'm doing everything right in my life, but I just don't — I don't feel good, like something's missing" ...*

*I just want to propose that the thing that's missing is riding a bike.*

*I got back into riding a bike like a year ago — and it is, like, the single greatest boon to my mental health, probably in my entire life.*

*There are not a lot of problems in my life that I can think my way out of. But I've yet to find one that I can't bike my way out of.*

*So it's just — yeah, maybe get a bike. Go for a spin.*

I could not more strongly agree.

I love this guy's video, because it describes something I've often felt but had never quite said out loud to myself:

Cycling is amazing for my state of mind.

1. As I blogged about last year, [COVID-19 turned me into a regular urban cyclist](#). In the first months of the pandemic — when vaccines weren't available, and we weren't totally sure how transmissible the coronavirus was — I didn't

want to get on the subway here in NYC, nor take rideshares. So I started cycling all over the place. Any destination, any errand, I'd hop on my bike.

2. After a few months of that, I got positively addicted. Officially, I told myself that cycling was great because it was i) a handy way to navigate NYC, ii) awfully fast, iii) super low-polluting, and — best of all — iv) amazing exercise for an otherwise sedentary writer who spends his days planted in front of his laptop like bracket fungi. If you asked me why I cycled, I gave you practical reasons.
3. But the truth is, what kept me cycling was something much more intangible. It *lifted my spirits*.
4. If I were worried? A brisk ride would part the clouds. If I felt pissy, it'd expel the yellow bile. If I were blocked or stuck on a piece of work — or uncertain about a decision? A ride brought blessed clarity. I'd return home knowing exactly what to do.

So: What is it about cycling that did such amazing things for my peace of mind?

I've been thinking about it, and thus I have *thoughts*.

### The usual “exercise is good for you” science

“Cycling in Bordeaux”, by [Carlos](#)

[ZGZ](#)

Let's get the science out way first. Cycling is vigorous exercise, [and buckets of research has found a strong correlation between improved mental health and exercise](#). Granted, we don't know for sure that it's *causal*. But it kind of stands to reason: Cycling gets your heart pumping, which improves blood- and oxygen-flow to your brain and triggers your body's self-regulation mechanisms. A sound mind in a sound body, old chap.



of

There aren't a ton of studies specifically probing whether cycling improves mental health. But there are a few suggestive findings: This study that found [people who cycled to work had better mental health](#); another small one found cycling [reduced the presence of the stress hormone cortisol](#); yet another discovered that cycling for half an hour improved performance [on a mental tests \(of memory, reasoning, and planning\)](#).

But honestly, I'm less interested in the raw science here. What intrigues me is what I and other cyclists notice about our spirits, as we pedal away madly.

Specifically....

### **You see the world vividly and up close**

Cycling really brings my senses alive. I see more. As [I half-joked in my previous blog entry on this subject](#), it's probably because urban cycling is always faintly dangerous, so you can't drift off and zone out. You gotta be alert.

The upshot is, when I'm cycling the whole world becomes high-res. As I whiz around NYC I ...

*... see the city with uniquely granular detail you get while biking, gliding past soaring prewar buildings, lunar potholes, a blizzard of fashion on the sidewalks, street vendors hawking candied peanuts, delivery trucks bedecked with graffiti. [snip] Cycling in New York makes the scenery pop.*

Most people find that when they go for a walk, they absorb the street-scene better than when they race by in a car. Obviously! But cycling is, for me, the perfect sensual midpoint between the two. You get the visual banquet of walking, but because you're going faster you get a bigger, longer feast — miles and miles of busy streets, in technicolor close-up.

When I arrive home, I feel like I've microdosed the pure essence of urban life. I've been *in* the world. I suspect this is why cycling is so good at getting me out of my head.



"Cycling", by [Tejvan Pettinger](#)

## You feel like you've got superpowers

I recently cycled up to midtown Manhattan to have lunch with a friend. It was eight miles in, eight miles back.

When you take a bike for a reasonably significant ride, it feels like a superpower. You look at the distance on Google Maps and think, “whoa, I did *that*? ”

Exercise always feels nice, of course, whether it’s playing a game of pickup football or going for a run. But when you cycle for a practical purpose — i.e. for transportation, to get from point A to point B — there’s an additional thrill. It gives you a radical sense of self-reliance. Travelling such long distances entirely under your own steam, distances that easily rival the ones that typically require a car or a train, has a promethean quality. You feel like a minor demigod.

This became even more true when I and my son started doing 100-mile long “century” rides a year and a half ago. We don’t go fast; we mosey along, taking about 11 hours on our bog-standard, heavy hybrid bicycles. Yet when we arrive at our destination it feels electric.

After you’ve traveled a serious distance on a bike, it’s hard to feel down on yourself.

## It removes stress and uncertainty from urban travel

This is probably specific to living in NYC, but: Cycling removes a lot of the frustrations of commuting around town.

In New York, if you’re taking a car or the subway, you’re always slightly nervous that something will screw up and you’ll be late. I mean, *maybe* you’ll be lucky? But then when you least expect it, wham: You run into a thick knot of traffic, or an implacably mysterious subway delay — and now you’re a ball of stress, sitting in your car fuming,

or trapped in a tunnel underground flipping out. This indeterminacy haunts all urban commuting.

But cycling? It's all good, man. There is no traffic that can slow you down. The moment you put your butt on the saddle, you know *precisely* when you're going to arrive.

This is philosophically kind of deep when you think about it. Part of what makes cycling so appealing is that it is highly *meritocratic*. Effort = distance, in a completely linear fashion. This feeds the soul.

Now, I don't want to *overstate* the restorative effects of cycling!

It's clearly useful for lifting one's mood if you're otherwise healthy, and merely facing normal funks and malaise. If you're living with clinical depression it's a different problem altogether, requiring careful medical attention. Cycling's wonderful, but it is not a substitute for treatment.

For everyday mental health, though? Pedal away. Back in 1885, the bicycle was enjoying its first serious boom in popularity, and Sir Arthur Conan Doyle — the guy who invented Sherlock Holmes — [wrote an article for Scientific American](#) about something he'd noticed in the saddle:

“When the spirits are low, when the day appears dark, when work becomes monotonous, when hope hardly seems worth having, just mount a bicycle and go out for a spin down the road, without a thought on anything but the ride you are taking.”

Still true today.

---