

Cyclists and Citizenship: More cycling equals better Quality of Life

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MOVE2009 - World Congress on Active Cities: Sport,
Health and Citizenship



ECF – The European Voice of Cyclists for 25+ years

- Cycling advocacy at European level
- 60 member organizations in 36 countries
- Based in Brussels
- European projects
- Annual Velo-city® Conference

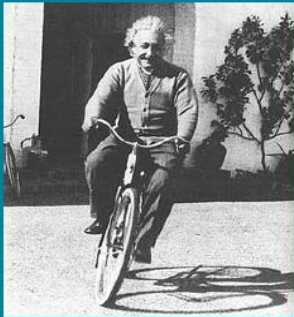


ECF networks



Scientists for Cycling

The ECF network of cycling friendly scientists



"Life is like riding a bicycle.
To keep your balance
you must keep moving"
Albert Einstein

www.ecf.com



Cities for Cyclists

The ECF network of bicycle friendly cities



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EuroVelo


The European cycle route network



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ECF partner in the European projects


EUROPEAN CYCLISTS' FEDERATION


Presto


Promoting cycling for everyone as a daily transport mode



www.ecf.com

ECF is partner in Presto




EUROPEAN CYCLISTS' FEDERATION

The European Voice of Cyclists for 25+ years



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SRAM


EUROPEAN CYCLISTS' FEDERATION

Life Cycle

keep on cycling



www.ecf.com

ECF is partner in Life Cycle

supported by: 



More cycling = better Quality of Life

That's is a fact !



More cycling = better Quality of Life

You don't believe us ?

Believe them !



Gehl

Penalosa



Why people cycle ?



Cycling as a system



People

Infrastructure

Vehicle



Cycling as a system ... infrastructure

NETWORKS

Cycling streets
Off- and on carriageway bicycle lanes
Junctions with(-out) traffic lights
Junctions with traffic lights
Roundabouts
Counter-flow cycling
Grade of separation
Traffic calming
Cycling in pedestrian areas



PARKING

Bicycle parking plan
Neighborhood parking
Parking in the city centre

INTERCHANGES

Interchange bicycle stations
Cycling on bus lanes
Bicycle transport in train, bus, metro



Cycling as a system ... good bicycles !

A good bicycle when and where you want it !

PERSONAL BICYCLES
for different target groups and
purposes:

- City bikes
- Folding bikes
- Transport bikes
- children bikes
- Electric Bikes (Pedelecs)
 - Trekking bikes
 - Mountain bikes

.....



**BICYCLE SHOPS,
SERVICE CENTERS,
MAINTAINENCE
CONTRACTS**

COMPANY BIKES

**PUBLIC BICYCLE
SHARING SYSTEMS**



Cycling as a system ... promotion !

AWARENESS

Cycling events and festivals
Public information displays
Test rides

INFORMATION

Cycling maps and guides
Bicycle information centre



TRAINING

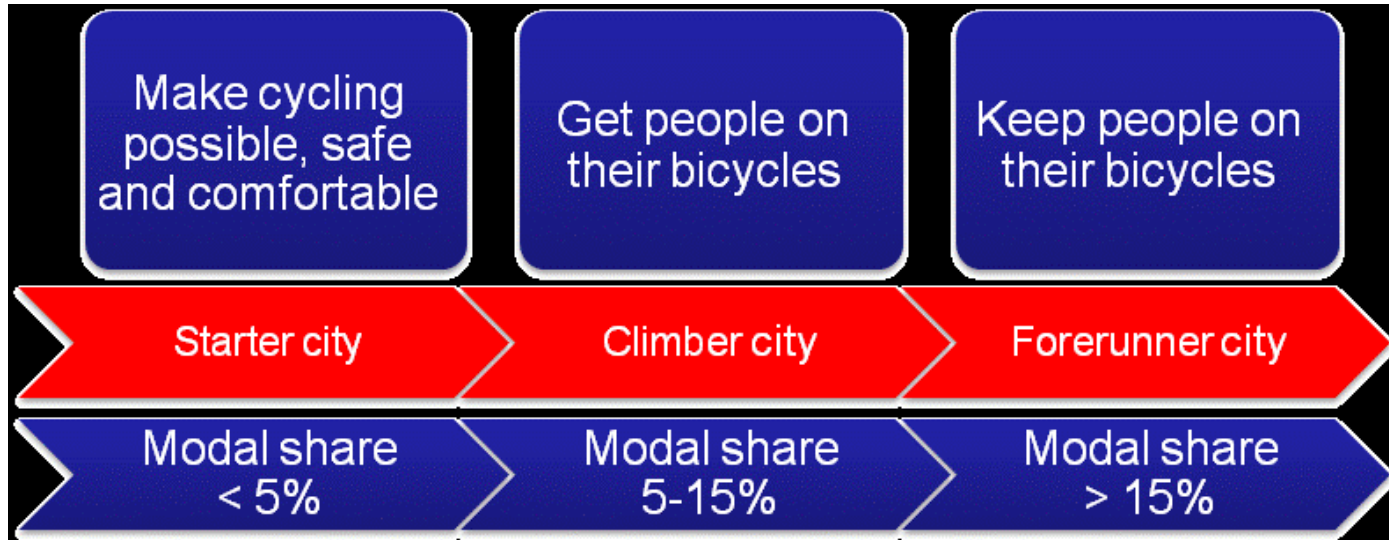
Training activities
Safe cycling campaigns

PROMOTION

Targeted campaigns
Promotion campaigns



Where and how to start ?



Source: Presto

But every city can be a cycling city !



Walk the talk with ...

- Leadership
- Political will
- Doers in public sector
- Public engagement
- Sense of urgency

(source: Gil Penalosa at Move2009)



Join Velo-city conferences –
Gil Penalosa got inspired by the
Barcelona 1997 edition ...

Get inspired by the next one ...

VELO-CITY GLOBAL 2010

DIFFERENT GEARS, SAME DESTINATION

COPENHAGEN, JUNE 22 - 25



1980 Bremen	1997 Barcelona
1984 London	1999 Graz/ Maribor
1987 Groningen	2000 Amsterdam (Vélo M.)
1989 Copenhagen	2001 Glasgow/ Edinburgh
1991 Milano	2003 Paris
1992 Montreal (Vélo M.)	2005 Dublin
1993 Nottingham	2007 Munich
1995 Basel	2009 Brussels

