



# Bicycle Commuting @ Longwood

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## Brief History of Bicycling at Longwood

Longwood and the Farmville community have been investing in important infrastructure and resources to enhance bicycling capacity for over a decade. Opened in 2008, the *High Bridge Trail*, a 31-mile scenic trail that traverses state parks and historical landmarks, is one of Virginia's official bike trails. The trail has become one of the central attractions to Prince Edward County and a source of identity and quality of life for the entire community.



Beginning in 2015 the Longwood University Student Government Association (SGA) provided funds to launch a bike share program called **Longwood Bikes!** The program which started with 24 bicycles and has expanded to 44 bicycles today, allows all Longwood students to rent cruiser bikes (along with a lock and helmet) for **FREE** for 30-days from the Fitness Center.<sup>2</sup>

- The style of these bikes are perfect for exploring on and off campus locations or heading out to see the High Bridge Trail.
- The bikes are kept fine tuned by bicycle mechanics at the Fitness Center.



*The Longwood Bikes! bike share program (Cruiser bike pictured) is one of many ways that Longwood is working to enhance the use of Bicycles on and off campus.*

In 2016, eleven attractive bicycle parking hoops were installed in downtown Farmville as part of a \$2,500 grant award from the Farmville Downtown SOUP awards thanks to Dr. Charles Repp of Longwood's philosophy department who wrote the proposal.<sup>3</sup>



The Longwood / Farmville community is relatively flat and shopping, parks and entertainment are all nearby! These features combined with formal bike paths like the High Bridge trail have given our community the distinction of having the **3<sup>rd</sup> highest bikeability score**, by the web service Walk Score, of all 4-year public higher education institutions in Virginia, with a score of 67<sup>4</sup>. Our community is just 3 points away from obtaining a Very Bikeable Score (70 or above, more on this later). Longwood is becoming a very bike friendly place!

## Benefits of Bicycling to Health

While many of the health benefits of bicycling seem obvious, recent years have gathered even greater evidence of the benefits that **time spent out of doors** has to our overall mental, physical and social functioning. Engagement in outdoor activities have been shown to decrease stress and anxiety, and to increase a sense of well-being and cognitive functioning in college students, with benefits obtained from as little as 10-20 minutes of activity<sup>5</sup>. The physical benefits of cycling such as improvements to blood pressure, heart rate and respiratory functioning are significant and well studied.<sup>6,7</sup> Time out of doors also reduces density strains on campus buildings thereby reducing Covid-19 transmission risks. And alternative transportation solutions that incorporate walking or biking outdoors can reduce transmission risks from public transportation like the FAB<sup>8</sup>. Increasing our activity on bicycles and other outdoor activities in 2020-2021 will have multiple upstream and cost-effective benefits to community wellness and risk minimization.

# Become a Longwood Bicycle Ambassador today

## Benefits of Bike Commuting

Bicycle commuting has numerous community benefits.

- Reduces carbon emissions, and air pollution associated with single occupancy vehicles.
- The risks of contracting or spreading COVID-19 are much lower while riding a bicycle alone or in a socially distanced group, when compared to commuting via multi passenger carpool or riding the FAB.



Group bike commutes create safety in numbers, but requires extra caution in social distancing and face masks.

## IMPORTANT CONSIDERATIONS

- Don't ride in large groups unless 6ft social distancing and face masks are used.
- To reduce congestion of narrow sidewalks on the interior of the campus please **park commuter bikes on racks located on the outer perimeter of campus** (see MAPS).
- If more LU students bike commute coupled with filling out the 2020 Census form, it's possible our community bikability rating could increase to a Very Bikable rating (score of 70+).

## Bicycle Registration

Bike registration **IS FREE** and lasts for 4 years. By registering your bike you demonstrate demand for bicycle infrastructure on campus, deter theft, and increase recovery.



Bicycle registration is required for all bikes on Longwood Campus.

Bike registration also improves communication within the Longwood bicycle community. To register your bicycle **make an appointment** with Campus Police & bring your bicycle to their office on the 1<sup>st</sup> floor of Dorrill Hall. **Call** 434-395-2091 **E-mail** hinesbw@longwood.edu

## For more information

Longwood Bikes!  
Gus Hemmer, Associate Director of Campus Recreation  
hemmergw@longwood.edu

Bicycle Commuting  
Jesse Schraeder, Assistant Director Residential and Commuter Life  
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## Bicycle Resources and Interactive MAP



Longwood currently has

- \* 184 bicycle parking spaces
- \* 25 individual bike racks



2 Shower/Changing Facilities

- \* Jarman
- \* Fitness Center



1 NEW Covered Parking Rack  
32 spaces @ Moss/John's dorm  
To be installed October 2020



<http://shorturl.at/qGRSX>



Or use your camera phone to quickly access the Map. QR code link stickers are also placed on all bike racks.

## Bicycle Policies to follow

The best way to build a responsible community of bicycle enthusiasts is to insure everyone is aware and commits to the basic bicycle etiquettes and policies.



**Helmets** are required by the City of Farmville when riding a bicycle within City limits.<sup>9</sup>



After dark, state law requires a **front headlamp** and **rear red taillight**.<sup>1</sup>



**Locking** your bike is an important security measure. Protect your bike. Invest in a lock.



Bicycle parking is only allowed at bike racks & designated areas. Buildings, lobbies, stairwells, trees and access ramps are prohibited.<sup>10</sup>

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