

***Healthy Ride offers 500 bikes to help local residents and visitors take advantage of a healthier way to get around Pittsburgh.***

Healthy Ride is a new bike sharing system in Pittsburgh that has 500 bikes available at [50 stations throughout the city](#), from Oakland, to downtown, to South Side, facilitating point-to-point transportation. The system launched in May and already has had 7,000 new users renting bikes to commute from one location to another or to just go for a ride through the city.

The program, sponsored by Highmark and Allegheny Health System, is receiving a great deal of endorsement. Orthopaedic surgeon James Sferra, MD, Director of the Division of Foot and Ankle Surgery in the Department of Orthopaedic Surgery at Allegheny Health Network said, "Cycling is terrific holistic exercise that improves muscle tone, builds strength and stamina, improves cardiovascular fitness and promotes mobility of the hips, knees and ankles without straining the joints."

Pittsburgh visitors and residents are able to register for free through [Healthy Ride's website](#), any of the walk-up kiosks, the customer service phone number or the mobile app. The system offers a low-cost model for completing short trips by bicycle as well as monthly memberships for those customers who prefer unlimited short trips. The bikes have adjustable seats, step through frames and easy gearing to make them comfortable for all users.

"Highmark's support of Healthy Ride is an extension of our commitment to improving the health and well-being of those living in and around Pittsburgh," said Dan Onorato, executive vice president, Highmark Health. "This program will provide people with the opportunity to incorporate more physical activity into their daily lives, while making it easier to get around the city."

Healthy Ride is operated by Pittsburgh Bike Share, a 501(c)3 charitable organization created to operate the program. All 50 kiosks in the first phase of the Healthy Ride system are located on city streets, sidewalks, curbsides and in plazas.

"This unique collaboration is an example of the great things that can be accomplished when government and community organizations join together with a common goal," said Mayor William Peduto. "Healthy Ride is good for residents, commuters, students and tourists and will strengthen our standing as one of our nation's most livable cities."

"Healthy Ride will give residents and visitors to our city a practical, usable option for their everyday transportation," said David White, executive director, Pittsburgh Bike Share. "With this launch, we are joining the company of more than 500 cities worldwide with thriving bike share programs."

Successful American systems include Capital Bikeshare in Washington, D.C., Boston's Hubway, Minneapolis' Nice Ride, Chicago's Divvy, Bay Area Bike Share and New York's Citi Bike.