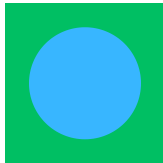


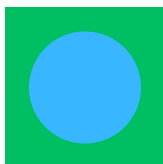


# Bike Lane Implementation: Astoria



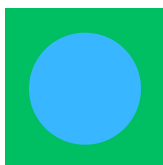
## Background

Astoria's 31st Street corridor has experienced high levels of traffic violence, with 185 injuries and two fatalities between 2020 and 2024. Protected bike lanes have contributed to historic declines in traffic deaths across NYC. Linking high traffic corridors with bike lanes would ease traffic flow and contribute to safer streets. Improving cycling safety also supports physical activity, reducing chronic disease risks documented by NYC DOHMH and NYSDOH (New York City Department of Health and Mental Hygiene, New York State Department of Health).



## Policy Recommendation

New York City should implement a connected network of protected bike lanes in Astoria, prioritizing parking-protected lanes along 31st Street and connecting with 31st Avenue and 20th Avenue. Additional steps include speed management and safety education to support adoption. This adoption will also be supported by the installation of additional bus lanes, barrier initiatives, and data monitoring.



## Risk Factors Attributed to Astoria

The core risk factors in Astoria include heavy traffic volumes, speeding, limited protected infrastructure, and long-standing inequalities in transportation investment. Without safe continuous routes, cyclists are pushed into dangerous interactions with fast-moving vehicles or resort to riding on sidewalks, creating further conflict. Many residents rely on walking and biking for daily travel, yet the urban design forces them into unsafe circumstances. Only about half of New Yorkers meet recommended physical activity guidelines, a gap that environmental design improvements can

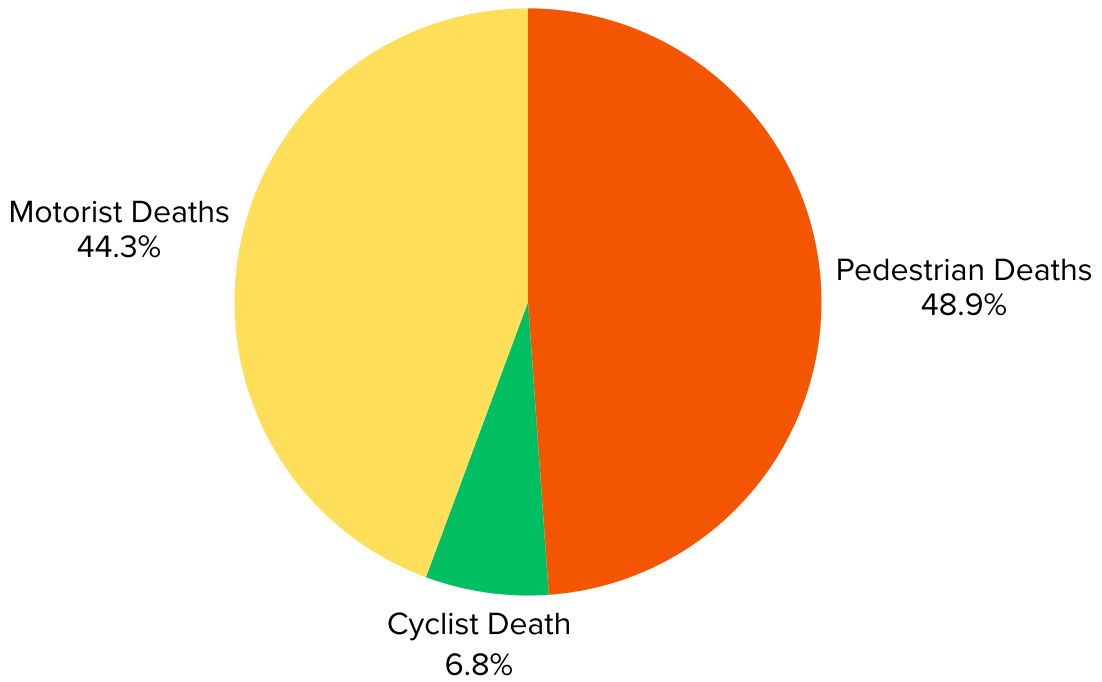
significantly narrow. Protected bike lanes address all these risks through physical separation, reduced vehicle speed, and predictable intersections.

sources: NYC DOT, NYC DOHMH, WHO, CDC, ACS

| Risks                                       | Alternatives  |
|---|---|
| Speeding on Streets                         | Adding Bike Lanes will reduce car lanes minimizing vehicle speeding rates.  |
| Limited Protected Infrastructure            | Roads currently lack infrastructure that protects pedestrians and cyclists. Including such protections will increase safety for motorists, pedestrians, and cyclists. |
| Longstanding Inequalities in Transportation | Moving forward with this plan, roadways can be cleared for additional Bus Lanes and Bus stops, addressing inequalities of transportation in many neighborhoods.       |

## Crash Data

Protected bike lanes make streets safer for everyone. The Federal Highway Administration finds they can cut crashes by up to 50% by separating cyclists from traffic and slowing turning vehicles. The New York Department of Transportation reports that streets with protected lanes see fewer pedestrian injuries and reduced traffic harm. By organizing movement and reducing speeding, protected lanes lower the risk of deadly conflicts between drivers, cyclists, and people walking. In short, protected bike lanes create quieter, more predictable streets that prevent deaths across all travel modes.



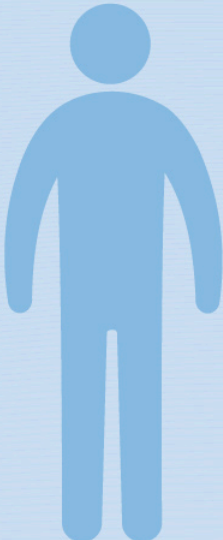
Source: NY Personal Injury Attorneys Blog, 2022


## Additional Health Benefits

Installing bike lanes provides significant health benefits beyond injury prevention. By creating safe, low-stress spaces for cycling, these lanes encourage routine physical activity, which reduces the risk of heart disease, hypertension, diabetes, and obesity (CDC, 2015). The NYC Department of Health reports that safer streets increase active transportation, improving cardiovascular fitness and lowering rates of chronic disease. Protected lanes also reduce exposure to traffic pollution by calming vehicle speeds and decreasing stop-and-go traffic, which improves local air quality (WHO, 2018).

### Health Benefits of Physical Activity

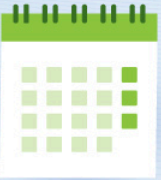
#### FOR ADULTS





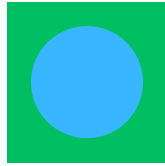
**IMMEDIATE**

A single bout of moderate-to vigorous physical activity provides immediate benefits for your health.



**LONG-TERM**

Regular physical activity provides important health benefits for chronic disease prevention.



## Source Material

NYC Department of Health and Mental Hygiene. *Bicycling in New York City*.

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NYC Department of Transportation. *Vision Zero: Traffic Deaths Reached Lowest Level in Recorded History During the First Six Months of 2025*.

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Transportation Alternatives & Families for Safe Streets. *Analyzing the First Ten Years of Vision Zero*.

QNS. *State Supreme Court Issues Temporary Injunction Preventing DOT from Installing Protected Bike Lanes on 31st Street in Astoria* (2025).