

## The Region 7 Regional Office Celebrates 2010 Bike to Work Day

It could have been much worse, but not much better. The weather in May can be unpredictable, but U.S. Fish and Wildlife Service Regional Office employees were greeted with a glorious sunny morning to celebrate the national 2010 Bike to Work Day.

In an effort to reduce our carbon footprint, Regional Director Geoff Haskett rode his bike to work and invited all Regional Office employees to do the same. All in all, 18 bikers chose to ride to work on May 21st. The Municipality of Anchorage set up several bike stations where riders were able to stop and grab a drink or a bite to eat, and received a t-shirt for their participation in the 2010 event. Tracy Fischbach of Refuges organized the Region 7 team, and 20 people signed up. The regular bike commuters like Assistant Regional Director Todd Logan and Amber O'Brien of Office of Subsistence Management convinced others to sign up and try it for a day. Others, like Judy Jacobs of Wildlife and Sport Fish Restoration chose to bike to work all week. Kevin Painter of Visitor Services rode his bike all the way from Eagle River, more than 20 miles!

By taking one car off the road for one day's average commute, you can save an average estimated 26 lbs of CO<sub>2</sub>. And, not only is biking to work good for the environment, it's significantly cheaper. Studies show that the average car owner spends about \$10,000 each year on car-related expenses. A bike's upkeep is minimal in comparison. And lastly, studies also show that the average person loses 13 pounds of body weight during their first year of commuting by bike. All in all, commuting by bike is good for the environment and good for you too! Stay tuned for more information as the Region implements additional strategies to become carbon neutral.



Just a few of the Region 7 employees who rode their bikes to work on May 21, 2010. Pictured: Helen Armstrong (Office of Subsistence Management), Judy Jacobs (Wildlife and Sport Fish Restoration), Susan Alexander (Alaska National Wildlife Refuge System), Regional Director Geoff Haskett, Assistant Regional Director Todd Logan, Christie VandenDries (Budget and Administration), Kevin Painter (Alaska National Wildlife Refuge System), Tom Kron (Office of Subsistence Management).