

## WHY NOT BIKE TO WORK?

As the sun starts to warm-up our part of the world, we begin to think of more ways to spend time outside. One great opportunity is to join in the celebration of Nation Bike to Work Month during May.

Somehow over the last couple decades we've been convinced that the only way we can transport ourselves from one side of Marshfield to the other is to climb into our 3000 pound steel box and fire up our 200 horse power internal combustion engine. Definite over-kill when all we're trying to do is transport one person a couple miles. We continually do this without ever thinking there may be an alternative. This behavior uses finite fossil fuel resources and causes our jeans to get too snug. So biking once in awhile for our daily commute is a good idea

Most people can think of three or four reasons why they can't bike to work so I'll try to supply you with some reasons to change your habits. Even riding to work once a week is a 20% reduction in the amount of gas you're burning. As we move ever closer to \$4.00 per gallon gasoline, biking can save you money.

Remember that great feeling of freedom you had as a kid when you zoomed down the street on two wheels? You could arrive at your work place with that wonderful mind-set. Biking two miles to work and two miles home will also burn the calories in that can of soda you had at break. So besides feeling great and burning a couple extra calories you're saving the planet and not producing any green house gases. It's a win – win all around.

Please remember to ride like an adult. Wear your helmet. Ride on the right side of the street. Signal your turns. Don't ride on the sidewalk unless you're using training wheels. State law says riding on the sidewalk is for instructional purposes only. Set a good example for future generations.

If you want another opportunity to instruct future generations, the Healthy Lifestyles Coalition and Security Health are having a Bike Rodeo on Sat. May 14 at 10:00 a.m. at the Fairgrounds. Look for future announcements of this event and other Bike to Work promotions in this newspaper. Wisconsin Bike to Work week is June 6 - 10.



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