

Sustainable Saint Spotlight:

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>>>Transportation Quad

What kind of bike do you have? Where did you get it/how long have you had it?

When I first started, I had a steel-frame Huffy hybrid mountain bike - one of the last that were still made in America. About five years ago, I switched to a commuter style bike. This past spring, I bought a 12-year old Gary Fisher trail bike at the Campus Safety on-line bike auction. That's definitely the best bike I've owned. The auction was a great way to get it at a good price.

How have you kept track of all of your mileage over the years?

In 2000, I started keeping track on paper calendars and around 2003, I created an Excel spreadsheet to log my bike commutes to campus. I had biked to campus about a dozen times each summer since 1995. But when I started keeping track of my trips, it encouraged me to ride more often and set higher goals. I'm not a year-round biker, but I still log significant mileage. Due to the weather and darkness, my riding season is usually from spring break to fall break.

Why do you choose to bike to AQ?

Bike commuting is a triple win activity. It's good for your physical health, the financial costs per mile are much less than driving, and it's

better for the environment. I live only three miles from campus, but there are so many stoplights and signs on the route that it takes 12 - 15 minutes to drive. I can usually bike it in about 18 -20 minutes. That's like getting 40 minutes of moderate activity in a day that only takes 15 minutes of additional time. Students see other students biking to campus all the time, but I'm not sure they realize how many staff and faculty often ride or walk to campus.

Do you feel Aquinas is a bike friendly place?

I think AQ has more bike racks than any other campus in the area, and we're located close to two major east-west bike lanes to downtown and beyond. Grand Rapids has greatly improved its standing as a bike friendly city in the past two decades, and I hope that continues. We also have some great bikes shops nearby for service and some active groups in the city. I volunteered at the Gran Fondo this past June and that was an awesome event.

In Grand Rapids what is your favorite place to bike?

Close to campus, a ride around Reeds Lake is always great and you can end up at Jersey Junction for ice cream. You can also get a little bit of trail riding in through Hodepyl Woods between Robinson Road and Reeds Lake Boulevard. The White Pine Trail from the Whitecaps ballpark up through Rockford is pretty this time of year for a longer ride.

What tips do you have for people who might want to bike more or are intimidated to get started?

Start by just not mindlessly using your car to go anywhere and everywhere. A two minute car ride to grab two items from the store or a cup of coffee with a friend could be a great five minute bike ride.