



October 2018 Commuters of the Month

Grant Baumgardner & Bryan Keating

“ We have several reasons why we started biking and carpooling. We wanted to get exercise, reduce our carbon footprint, and save money. We also get some satisfaction out of doing things unconventionally.

You get to talk to a friend on the way to and from work, and if you're biking, you get a workout at the same time. Another benefit is a more disciplined schedule – there's accountability built into our routine that keeps us arriving to and leaving work on time.

Biking with a co-worker gives us motivation to ride when we'd maybe rather sleep in. We keep each other accountable to a schedule, and help keep each other safer on the road. It's easier to see two bikers than one.

Biking really doesn't take us much more time than driving, especially with construction-related traffic, and we have found that we are as fast as the bus too. **We also feel much more awake and alert at work after bike commuting.**

Think beyond Google Maps, because it doesn't always find the best bike routes. For example, our morning route uses the trails by the chain of lakes, and even though it adds two miles, it adds zero minutes, because there are almost no stops – plus it's a safer, more enjoyable route, with better scenery.

Don't be afraid to get creative. Bryan has been known to ride a kick scooter to the bus to cut down on walking time. Biking to the bus stop can be a great option in the event of unexpected weather.

The most important advice for trying new modes of transportation is to find a friend to try them with. It's much easier and more fun to try something new with someone to talk to and hold you accountable.

**GRANT BAUMGARDNER
and BRYAN KEATING
work together at
Thermo King in
Bloomington.**

**The coworkers bike
together about three
times a week and carpool
the other two days.**

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