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FOR IMMEDIATE RELEASE

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**Diversity of Bicycle Commuters Proves
Anyone Can Bike To Work**
May 17 Marks the 12th annual WRQ Bike to Work Day

KING and SNOHOMISH COUNTY, WASH – Bicycle commuters are working to create a better community through bicycling. Seven thousand residents will bike to work Friday, May 17th to celebrate the 12th annual WRQ Bike to Work Day. An event of Cascade Bicycle Club, sponsored by Seattle-based software developer WRQ, WRQ Bike to Work Day is one of the nation's largest bicycle commuting events, coinciding with National Bike to Work Day. WRQ Bike to Work Day helps raise awareness of bicycle commuting benefits, including increasing physical fitness, reducing stress, saving money, reducing traffic congestion, and simply having fun. On Friday, May 17, 36 WRQ Commuter Stations will support bicycle commuters from 6:00 to 9:00 AM in neighborhoods throughout King, Kitsap and Snohomish Counties.

The diversity of today's bicycle commuters and their personal stories underscore the fact that bicycle commuting is a great option for everyone. "I encourage employees to explore alternative transportation choices; bicycle commuting can help alleviate some of the stress from our fast-paced [technology] industry" says Doug Walker, CEO of WRQ. However, young technology professionals aren't the only ones trading in their car keys for a bicycle helmet. Boomers and older adults have discovered the healthy benefits of bicycle commuting; older adults are more healthy and active than ever before. "Age is just a number, and old is only an attitude," said AARP State Director Jo Senters. "Many of the physical limitations blamed on aging are not an inevitable part of life."

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The profiles which follow show how today's workforce, from administrative assistants to engineers to CEOs, keep in shape, save time, reduce traffic congestion and pollution, and more, through bicycle commuting.

BIKING TO WORK IS FOR ANYONE

Name: Halstead Harrison
Profession: Professor
Years Bicycle Commuting: 33
Age: 71

Halstead's commute from Mercer Island to University of Washington adds 2,500 miles per year on his bicycle. He notices the difference in the gas bills for his car, and draws a connection between exercise and mental equilibrium: "it's supposed to be fun: recreation, not religion."

Name: Tod Jones
Profession: Senior Editor
Bicycle Commuting: Two - three days per week; combination bus/carpool/bike
Age: 42
After donating his car to charity, Tod bikes, takes the bus or carpools between Capitol Hill and Issaquah. When the weather is bad, or he's just too tired to ride the 35 mile round trip, Tod will combine a bike ride with a bus commute.

Name: Laura Hoey
Profession: Manager
Bicycle Commuting: Once per week
Age: 38

In the fall, when she is not training for bicycle touring, Laura Hoey commutes almost daily. In the spring, when she is bike training 200-250 miles per week, Laura still manages to bike 17.5 miles to work once per week. Last year, Laura gives bicycle commuting much of the credit for her losing 80 pounds!

Name: Paul Wantzelius
Profession: Electronic Design Engineer
Bicycle Commuting: Five days per week
Age: 52

Paul's commute has varied since 1971, but his frequency has remained the same: daily. His current commute distance to Boeing is 21 miles each way. Paul drives to work when the roads are snow or ice covered, and occasionally for after-work appointments.

Name: Micah Remley
Profession: Marketing Analyst
Bicycle Commuting: Daily; combination vanpool/bicycle

Age: 26

Micah rides about 2 miles in the morning to meet a vanpool of other SAFECO employees, and put his bike on the bike rack on the van. In the afternoon, Micah rides home from Redmond to Seattle via the Sammamish and Burke-Gilman trails, a 1-way riding distance of about 25 miles.

Name: Anders Ekstromer

Profession: Massage Practitioner

Bicycle Commuting: Twice per week

Age: 59

A native of Sweden, Anders says even though the physical demands of massage are challenging, he still manages to cycle five miles from Lake City to his Northgate practice.

Name: Stephen Smith

Profession: Entrepreneur

Bicycle Commuting: Varies

Age: 42

As owner of Clean Slate Productions, Stephen operates his own television production business. Whenever possible, Steve transports to locations all of his equipment - including cameras, tripod and sound gear - with a trailer.

Name: Katey Bean

Profession: Marketing Writer

Bicycle Commuting: Daily; combination bus/bike

Age: 31

Sometimes a family can add complexities to a daily commute. However, it does not stop Katey Bean from biking to work for exercise. Katey's husband drops their children off at day care, Katey bikes to work; then, she bikes to her son's school and takes the Metro home with him and her bike on Metro's racks, teaching her kids about alternative transportation in the process.

Name: Cheryl Bissett

Profession: Administrative Assistant

Bicycle Commuting: Four days per week

Age: 57

Cheryl Bissett, bicycles eleven miles to UW's Statistics Department because she dislikes driving in gridlock and it helps her stay in shape.

Name: Doug Walker

Profession: CEO

Bicycle Commuting: Daily

Age: 51

Doug Walker, co-founder and CEO of WRQ, Inc., commutes almost 10 miles to work each day on his bike. An avid outdoorsman, Doug is committed to biking to work and is an advocate for alternative transportation choices for his 550 employees.

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Commuter Stations throughout King and Snohomish counties will provide bicycling maps, prizes, small repairs, WRQ Bike To Work Day T-shirts, water bottles, and more. Hundreds of cyclists will also enjoy the “Celebration Ride” with local dignitaries and celebrities starting at 7:30 AM from the *Seattle Center* to a rally at 8:00 AM at *Westlake Plaza on 5th Ave.* At the rally, commuters will enjoy food, drinks, fun and camaraderie. For the stations nearest you, cycling tips, more commuter profiles, and other resources, visit www.biketoworkday.org or www.cascade.org.

This free community event is made possible by contributions from sponsors including: the AARP, Adobe, Bicycle Alliance of Washington, Boeing, City of Everett, City of Seattle, Clif Bar, Community Transit, Greater Redmond Transportation Management Association, King County Metro, 710 NewsRadio KIRO, Nantucket Nectars, Specialized, the University of Washington, and WRQ.

About WRQ

WRQ provides integration software and services for host-intensive environments. For 21 years, we’ve been helping our customers access and integrate information to transform the way they do business. With more than 26,000 customers representing eight million users worldwide, we are one of the top software companies in the U.S. We sell our award-winning Reflection and Verastream products directly and through a global network of business partners.

About Cascade Bicycle Club

Cascade Bicycle Club is the nation’s largest bicycle club with over 4,200 members in Greater Seattle. Cascade produces eight annual events, including three marquee events: *Seattle International Bicycle Expo*, *Bike to Work Day* and *Seattle To Portland Bicycle Classic*. CBC promotes bicycling for transportation, recreation and health - providing over 1,000 recreational rides annually. Cascade is a non-profit organization, directed by a board of nine elected volunteer directors and seven professional staff. The Cascade Bicycle Club Education Foundation, a 501(c3) organization, promotes bicycling safety and skills throughout Washington State.

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