

Alex Brown
Astronics
Biker



Alex Brown has been biking to work 6 days a week for the last year, and as a result he won the most days commuted to work in the 2007 Tour de Redmond.

Alex doesn't ride just any bike. He rides a recumbent bike that he built himself combining a 26-inch diamond-frame touring bike in the back, with a 20-inch BMX bike in the front, connected with a piece of exhaust pipe.

When Alex started biking to work years ago, he lived in Kenmore and worked in Maltby. He noticed that his hands would get numb riding a mountain bike 20 miles round trip. He designed his own bike so he wouldn't experience this problem. "It's a \$1200 bike that cost me \$200 to build," Alex says. He's logged over 1600 miles on the wooden seat of this custom bike.

Alex lists many benefits to biking rather than driving. He cites the Japanese theory that doing calisthenics in the morning improves your work. It gets your cardio-vascular system running, brain turned on and functioning before you get to work. Plus I'm maintaining 150 pounds even though I am 50 years old."

Other benefits Alex cites are the daily exercise he gets without having to carve out additional time to go to the gym, savings on fuel, he says it gives him time to think, and most importantly—it's totally fun!

His dedication to biking to work is so high that when he first started at Astronics, he chose his apartment based on the fact that it was within biking distance. This commitment to alternative commuting makes Alex Brown one of 2008's Commute Champions!