

Bob Seifert
Avocent
Biker



Bob has been biking to work 4 days a week since 1998, no matter what the temperature or weather.

Bob expects to save enough money on gas to be able to buy a new high-end bike this year. Money savings is just one of the benefits Bob gets from pedaling to work rather than driving. The number one benefits he cites is his health (he's lost 8 pounds over the last 10 years, while most of us have been gaining).

Bob lists some frequently heard benefits of biking to work like the benefit to the environment--getting another car off the road--and the sheer fun of biking, but he also lists some great benefits we don't hear as often. Bob says he's calmer, more alert, and more focused at work after biking in. He also says that when it's time to sleep, he's out as soon as his head hits the pillow.

Bob used satellite photos to plan his route. He developed a route that avoided 116th, a street with no shoulder, no bike lane and heavy traffic. To make his all-weather commute possible, Bob has invested in rain gear and has gone through a few sets of full fenders. Bob uses the on-site shower at Avocent, so he can be ready for work in suit and tie after his 5.5 mile commute to work. Due to heavy traffic between work and home, Bob's commute by bike takes the same time as his commute by car.

Bob was diagnosed with diabetes over 40 years ago. A few years ago, he experienced kidney failure related to the diabetes and required a kidney transplant. Once he had fully recovered, Bob was back on his bike, powering up the steep hill that lies between work and home. Bob wanted to acknowledge his co-worker Fred Mundy; it was Fred who was the donor of the kidney that saved Bob's life.

Bob has continued his all-weather biking, 4 days a week, post recovery. He sets an example for us all and is an inspiring 2008 Commute Champion.