

**Clark Johnson**  
**Honeywell**  
**Biker**



Despite a demanding, travel-intensive work schedule, Clark manages to bike to work quite frequently from his Woodinville home. Spring through fall, when he's not traveling for business, he averages 4-5 bike commutes a week.

While Clark values exercise, he finds gyms tedious. So now, he makes the greater Seattle area his own outdoor gym. While some people pay for a gym membership, work out 45 minutes to an hour each day, and then drive to work, Clark makes more efficient use of his time. Clark covers his 16-mile round trip commute faster by traveling by bike—AND gets his daily workout in at the same time.

Clark describes biking as a cathartic, meditative experience. "If I don't cycle, I get too uptight. I definitely chill more if I'm riding." Clark values the closer connection to wildlife that comes with the bike commute, and he regularly encounters geese, rabbits, goldfinches, and cranes on his route.

Though Clark recently bought a newer bike, he biked in to work for 20 years on a vintage Raleigh steel bike. He thinks the newer, lighter carbon frame bike makes a significant difference, but he's shown over the last 20 years that a high-end bike isn't required for a quicker, more environmentally friendly commute.

Clark is very conscious of the environment, and he says, "Getting off the roads is the #1 thing that we as Americans can do to help. I think people need to get off the oil." He walks the talk, and that's why Clark is one of this year's Commute Champions!