

**Fred Motteler**  
**Universal Avionics**  
**Biker**



Since Fred was a grad student at the U of W, Fred's been regularly commuting to school and work by bike. That's 25 years of bike commuting.

When Fred first started biking as a student, he chose it for economic reasons. His #1 motivation today is health and fitness. Fred says, "Being active and getting some moderate aerobic exercise on a regular basis long term is incredibly beneficial." Fred says as he gets older, the need to stay active becomes more important. He runs competitively and biking is good cross-training. He was the 1<sup>st</sup> place finisher in the 2008 Mercer Island Half Marathon in the over 50 age division.

Fred comes from a whole family of bikers. His wife and high-school-aged son both bike to work and school each day. When they looked for a new home in Woodinville, they agreed that whatever house they bought, one criterion was that it had to be close to the Sammamish River trail. They were successful in their search.

Since Fred bikes year round, he's frequently biking at night when safety considerations are even more important. The whole family is equipped with what Fred calls "those obnoxious flashing dual headlights." They also sport bright yellow reflective jackets and wear bright bike clothes.

Fred's advice to people considering biking is this: Start in the summer, pick a nice day, map out your route with safety in mind—not necessarily the shortest route. Fred is one of this year's commute champions for two reasons: his 25-year-long dedication to biking in all seasons and his willingness to help colleagues with advice on extreme weather gear, bicycle maintenance, and best possible route.