

**Fred Smith**  
**Physio-Control**  
**Biker**



Fred Smith has been biking to work 4-5 days a week, 30 miles round trip, for the last 22 years. He built his own bike, and over the last 22 years, he's replaced the frame a half dozen times. Fred describes his bike as retro, and sets a great example: You don't have to make a major investment in a high-end bike to start a 22-year record of safe biking.

Fred initially started biking to work because he was an avid cyclist and liked the idea of the efficient use of time: getting his daily workout and getting to work at the same time. At this point, it's such a normal part of his life that he can't imagine doing it any other way.

Fred has a long list of benefits that come with the biking commute: great exercise, cost savings, feeling good, weight management (he's known co-workers who've lost 40 pounds with no change in diet due to consistent biking), fitness, and being more attuned to the environment and the changing seasons.

Fred has actually biked frequently as time has gone by: "I used to not ride all-year round. I used to ride 8-9 months a year. As I got older, it became more difficult to resume biking after taking 3-4 months off during the winter."

Fred's advice to people considering biking is the following: work through the psychological doubt that suggests you can't do it, get the right gear, find the best route, and the rest is easy. Once you're committed, it's not as hard as you think.

Fred's example of dedication and support for colleagues who want to try out bike commuting make him a 2008 Commute Champion!