

**Lucidio Mayer Kuhn Filho**  
**Microsoft**  
**Biker**



Lucidio has been biking to work nearly every day for the last 8 years. He started biking to Microsoft when he lived 3 miles away, so his wife could have the use of the car. He kept biking because he loved not having to deal with traffic or look for parking. The days that he “got to” use the car, he felt disappointed.

When he and his wife moved to the Sammamish Plateau, he continued to bike the 22 miles round trip come rain or come shine. Over the last 8 years, Lucidio has helped lost drivers and stalled automobilists. He has biked alongside a running deer. He’s been within 2 meters of a bald eagle. He has watched a pair of bald eagles raise an eaglet through adolescence to adulthood. He says every day is a different experience. “What do people who drive alone have to say about their commutes?” he asks, “I saw a tail light that was very peculiar today?”

No matter what the weather, Lucidio finds that the average bike trip or car commute is 40 minutes to the plateau, so he’s getting a workout without adding time to his day. “When I moved to this country from Brazil, I wore pants with a 36-inch waist. Now my waist size is 30.”

Lucidio’s enthusiasm for and promotion of biking to work makes him one of this year’s Commute Champions.