

**Department of Environmental Quality
Air Quality Division**

**Smart Commute 2009
3rd Place Winner
Large Company Category**

The Air Quality Division won third place in the smart commute large company challenge this year. But for most of the participants, carpooling, walking, or biking is a way of life—its part of their normal weekly routine. Working for air quality, we all know we are helping to improve the environment by reducing pollution. But many also smart commute to save money, and to get exercise as well.

For me personally, I live close enough to bike to work. Every year, after the cold winter breaks in Michigan, I start getting a nervous excitement. Soon, I will be biking to work again. While I love to bike ride, I am always a little anxious at first. Those Spring mornings can be rather frosty. Plus, it does take more preparation even though travel time is about the same—packing work cloths, checking bike equipment, etc. And of course, Lansing isn't the most bike friendly city so I always say a little prayer for travel safety.



Then I make my first ride of the season and all my anxiety is gone! The cool, refreshing air and the quiet, peaceful morning clears my mind for the day ahead. By the time I get to work I am alive and invigorated—who needs coffee to wake up?!

At the end of the day, I am looking forward to my ride home. While there is usually more traffic and congestion, I still enjoy the time to get my heart pumping and unwind after a stressful day. One of the great benefits of biking to work is I fill my exercise requirements (at least 30 minutes of exercise most days of the week) getting to places I needed to go anyway!

By the time winter comes, I am begrudging putting my biking gear away. After all, I helped reduce air pollution, saved a lot of gas money, and feel great with all the exercise. What is not to love about smart commuting?

Submitted by:
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