

# Bike to Work



## Biking to Work is a Real Adventure

Alan Levine, Instructional Technologist at the Maricopa Community Colleges District

Office, has been biking to work twice a week for the past nine years. His motivation for this daily endeavor is inspired by the benefits of better health, peace of mind and economic gain. "I can exercise, reflect, and think through projects while riding," said Levine.

He starts his adventure around 6:30 a.m. Levine's first half mile cruises through the residential streets of his Scottsdale neighborhood and down into Indian Bend Wash. Next, he hits the street to ride gently uphill, just enough to downshift one gear, until he intersects the Arizona Canal which provides some great, "off-the-crazy-streets" riding.

He then makes his way toward Papago Park. During this stretch of his commute, Levine enjoys the sights of the riotous blooming of cacti and plants such as the yellow flowers of Palo Verde and brittlebush, the orange globe mallow, and lusty red flowers dangling from Ocotillo. Continuing on his way, he finally approaches the copper glass building of Maricopa that concludes his adventure until his return home.

Levine has been a regular cyclist and has no plans to stop. He aspires to do more long distance touring and continue participation in bike fundraising events. Alan Levine's alternate mode of transportation not only benefits him but also cuts down on traffic congestion and reduces air pollution.

Did you know that in Maricopa County there are 1,345 miles of bike lanes; which include multi-use, paved multi-use, bike lanes and bike routes on streets?

Visit MCCCD's Trip Reduction Program website for great resources on bicycling and other alternate modes of transportation at: [www.dist.maricopa.edu/trip/](http://www.dist.maricopa.edu/trip/).