

Barb Angell
Aerojet
Biker



Barb Angell, a Procurement Quality Engineer for Aerojet, has been biking to work an average of 3 times a week for the last three years. To say that Barb likes biking is quite the understatement.

Before moving to the Pacific Northwest, Barb and her husband biked from the Arctic Circle north of Fairbanks to the southern tip of Florida on a tandem bicycle—a trip that took them five and a half months to complete. It is also a tandem that Barb and her husband use for her morning commute. On days Barb bikes in she and her husband bike together. Then her husband bikes back home alone, returning to collect Barb when the day's work is done.

Barb's dedication to biking led her to select a house based on its proximity to biking trails. For her, Aerojet's covered bike parking, shower facilities in multiple buildings, ongoing prize drawings for alternative commuters, annual fitness challenge, and participation in Bike to Work Month are just icing on the cake.

Barb lists many benefits to biking the 8.5 miles to work: Exercise, gas savings, less wear and tear on her car, and the frequent glimpses of eagles and Mount Rainier during her commute. The greatest benefits, she believes, are the physical and mental benefits that come from a quiet ride to and from work. "It clears your mind," she says.

"Give it a try." Barb encourages those considering a biking commute, "Don't think you have to do it every day or every month to make a difference." Barb reminds those on the fence of the joy we all had in our first biking experiences and talks about the amazing improvements in equipment and gear since our first childhood rides. She also mentions that the bike trails have steady traffic so if something goes awry for the new biker, someone will always come along to give you a hand.

Barb's ongoing advocacy for all forms of alternative commuting and the personal example she sets, make her one of 2009's Commute Champions!