

**Candace Horton**  
**Concur**  
**Biker**



Candace Horton, a Senior HR Business Partner for Concur in the Millennium Business Park, has been an avid biker for 20 years. For the last 2 years, she's biked in year round from her home on Lake Sammamish to her job in Redmond. She's a great example of all there is to gain from bike commuting if you're willing to get organized.

Candace has a long list of benefits that she gains from her all-weather bike commute: she's lost 15 pounds biking in regularly; she finds she arrives at home more relaxed; she packs herself a healthy lunch as there are few eateries near her business park; and she saves money on gas. There's joy in her voice when she describes silent rides through Marymoor Park, the dewy mornings she's seen deer, and the views of Mount Rainier on clear days. "Those days make up for the rainy days," she says. She also says, "When you bike in to work every day, you can eat a lot more."

All these benefits do require that Candace be very organized. She has a blow-dryer and make-up that she leaves at work, and she drives in on the weekend to drop off professional business attire. Concur does have shower facilities. In the time Candace has worked there, the numbers of bike commuters have grown, and now Concur provides a towel service.

While Candace has biked to work in past jobs, it's been during the last 2 years at Concur that she's tackled all weather biking. "I had a fellow biker explain to me that in the winter, you become a cocoon. Sure you feel the cold air on your face, but your body warmth and the right gear combine to make a protective cocoon no matter what the outside temperature." It was once so cold that her hands actually hurt. The next day, rather than getting in the car, Candace, put some hand-warmers in her son's sub-zero ski gloves and biked in with no problem.

Candace's personal example and her enthusiasm and support of new bikers at Concur make Candace a clear 2009 Commute Champion!