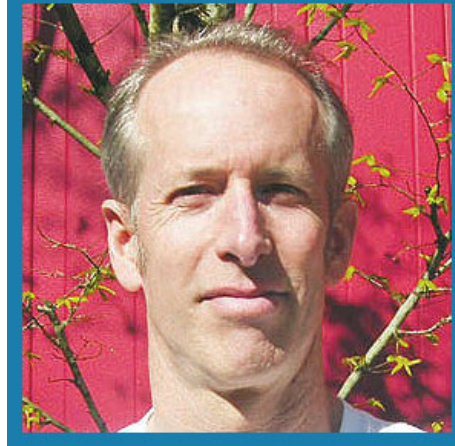


Gary Soliday
Physio-Control
Biker



Gary Soliday, a Senior Design Technician at Physio-Control, has been biking to work three to four times a week for the past 15 years. It's hard not to get excited about biking when you listen to Gary enumerate the benefits of biking to work.

Gary talks about the savings on gas—he usually fills up the family's second car just every 3 weeks. But, he says, it's the other benefits that really get you thinking about the joys of biking: "Every time I leave work it's an adventure. You see things you'd never see and smell things you'd never smell." Gary talks about smelling the soil on his way to work, the rain, or even beer as he bikes past the Redhook Brewery in Woodinville on the way home. He talks about a particular white owl that he and other bikers have seen flying alongside them in the darker days when the days are shortest. The theory is that the owl knows the sound of the bike may scare rodents out of the nearby bushes, so the owl flies alongside in the hopes of an easy snack.

For Gary, the bottom line is that he's not sitting in traffic getting frustrated those 20 miles to and from work. Instead he's doing something enjoyable with his time. The bike racks, bike lockers, and shower facilities at Physio-Control help to make it an easier decision.

Gary's advice to those considering a bike commute are as follows, "You just have to plan your day a bit the night before. Make the commitment ahead of time, and check the weather, pack your clothes, and be ready to go in the morning."

Gary's commitment to biking in all kinds of weather is an inspiration to his colleagues at Physio-Control. The personal example he sets makes him one of 2009's Commute Champions!