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Tom Trombley, a Senior Marketing Manager for AT&T, first discovered the benefits of biking when participating in Team in Training for the Leukemia and Lymphoma Society. He decided he would try biking to work even though he lived 27 miles away. Three years later, he's biking the 54-mile round trip 3-4 days a week when the weather is good. He's promoting bike commuting at AT&T and coordinating multiple "Bike to Work Month" teams that last year covered 6,072 miles in one month--miles that might have been traveled in single occupancy vehicles.

When he first started out, Tom was a little fearful of the distance he needed to cover and wondered if there were days when he'd simply be too tired to make the 54-mile trip. While those instances are rare, he now knows that between AT&T's vanpools and Sound Transit buses, all equipped with bike racks, that doesn't need to be a concern.

When asked about the benefits of leaving his car at home that often, Tom talks about the conditioning it provides for long distance events later in the summer, both on and off road. Another interesting benefit is AT&T's biking community, which Tom considers to be a great source for networking. Tom attributes relationships established with AT&T bikers from different divisions as contributing to his eventual transfer into Marketing and earning his promotion.

Tom's advice to new bikers is the following: "If you can get past the first few weeks, it gets easier. Your body may initially be tired, but once the body gets shocked into shape, it'll be much easier." He also suggests riding with a group and taking turns drafting behind one another. You can decrease the amount of energy you have to expend by upwards of 30% by drafting behind another biker.

Tom is a one-man cheerleader encouraging colleagues to bike into work. One colleague said, "You almost forget you're also saving carbon emissions, gas money, and your health!" Tom is clearly a 2009 Commute Champion.