



Air Quality Briefing Note

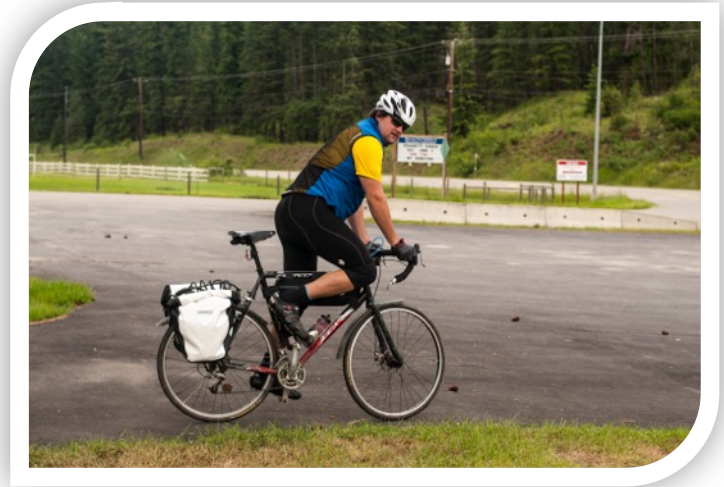
Date: June 8, 2016

Agency: Matthew Beckett, Prince George Resident

Subject: Celebrating Clean Air Day with a Bike Commuting Champion

In recognition of Clean Air Day (June 8, 2016), the Prince George Air Improvement Roundtable (PGAIR) partnered with the Bike to Work Week event in Prince George and asked participants at our celebration station to pledge one or more individual actions for helping make the air in their neighborhood a little bit cleaner. Over 120 clean air actions were pledged by participants - simple things like: "I will walk in to restaurants rather than going through the drive-thru"; "If I must drive, I will avoid idling"; and "I will compost grass clippings and yard waste rather than burn them".

One of those pledge participants and our draw winner was Prince George resident, Matthew Beckett. As it turns out, he had quite a story to share about his 2016 Bike to Work Week experience.



"My bike to work week was quite interesting this year," shares Matthew. "I bike commute year round including most of the winter and love the Bike to Work Week (BTWW) events as it gets many of my work colleagues out riding. I usually make a point of hitting every celebration station as they are quite fun, and to show support for the volunteers and [sponsors]."

"This year I had to be in Kamloops for work on the Tuesday and Wednesday of bike to work week and realized I would be missing out on this fun event. So I booked a couple of days off and decided to take a really long bike commute to work. I spent five days cycling down to Kamloops, covering 543 km."

"The first two days the weather was cool but I had a nice tailwind and covered 124 and 122 km each day. The third day between Williams Lake and 100 Mile house was supposed to be my shortest day at only 90 km but wound up being the toughest due to a persistent head wind. At 100 Mile House I headed east on highway 24, which is a nice ride and climbs to a peak of 1310 meters. It loses 800 meters over ten kilometers heading into Little Fort. Usually

those descents are quite enjoyable but the road was covered in gravel so I had to ride the brakes all the way down.”



“On the last day the weather heated up and I had a nice cruise down to Kamloops on the quiet Highway 5. It remained quiet until about 20 km north of Kamloops where it turns into a four lane highway. Riding through Kamloops to get to the hotel was probably the hardest part of the ride due to the heavy traffic and lack of bike infrastructure. That last 10 km of the ride really made me appreciate the bike lanes and easy going traffic we have in Prince George, as well as the people in town who are continually working to improve our cycling infrastructure.”

“I did catch a ride back on Wednesday evening and was able to hit each of the BTWW celebration stations between Thursday and Sunday. My two kids rode with me to Saturday’s station on the back of a cargo bike, and at three and six years old they both prefer the bike to the car.”

PGAIR would like to congratulate Matthew for his courageous and adventurous efforts, during Bike to Work Week and year-round!

Do you have a story to tell? Email us at info@pgairquality.com to tell us about something you’re doing that helps improve the air we breathe.