



For Immediate Release

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Gear Up for National Bike to Work Week Trailblazers challenge mayors to pedal May 13-19

Daphne, Alabama (April 26, 2019) – National Bike to Work Week, May 13-19, is an occasion for every physically able worker to try commuting by bicycle.

Alan Samry rides from home to his job at The Fairhope Public Library a couple times a week when the weather is nice. He does it for fresh air and time to clear his mind on the ride home, he says.

Cathy Hudson, a teacher at Fairhope Elementary School, rides to work only in good weather now, but she rode every day for two years when her husband and teenagers needed the family cars for work and early swim practice, respectively.

“I had a Schwinn with baskets on the back for all my stuff. I was in the best shape ever,” Hudson says.

Mary Hopkins Chamblin, vice president of the Baldwin County Trailblazers, knows a great deal about commuting by bike. For about 10 years, she and her husband, Gabe, biked from Fairhope to Spanish Fort, where they both work at his dental practice. They didn’t take the shortest route, either, so the 17-mile trip could take an hour.

“Biking to work is a way to get your exercise on a work day, and it’s mentally and physically energizing,” says Mary Hopkins Chamblin. “The nicest part for us was taking a creative route home in the afternoon, sometimes 25 or 30 miles.”

In honor of Bike to Work Week, the Baldwin County Trailblazers has issued a friendly challenge to all mayors in Baldwin County to pedal to work at least one day during that week.

“The Trailblazers are hoping that a mayor who bikes to work will inspire others to try it,” Chamblin says.

Nationally, the percentage of bike commuters varies widely by community, but the trend is growing.

Hudson knows of at least one other teacher who arrives by bike because she observed Hudson doing so.

“It’s a good motivator for school kids, too,” she says. “They come up and say, ‘Mrs. Hudson, I saw you riding your bike to school this morning.’ Someday it won’t be an unusual sight at all.”

The Baldwin County Trailblazers is a nonprofit organization dedicated to enhancing the quality of life in Baldwin County by making active transportation and healthy recreation accessible and safe. For more information, see TheTrailblazers.org.

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