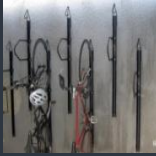
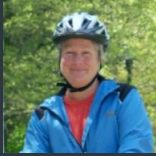


Around Campus



Partners

& Perks

Green Team

The folks behind popular events like the Earth Day Vendor Fair & the campus push for reuse, recycling & composting. Anyone can get involved.

www.ohsu.edu/greenteam

Dr. John Mayberry & Red Hoffman, ND

Health & Science. That's the whole reason we're here, right? OHSU researchers applied health science to a study of bike injuries this past year. Their results highlighted the need for good urban infrastructure & route planning that takes road condition into account. Their paper won the John M. Templeton, JR., MD Injury Prevention Paper Competition.

The full study & accompanying news report can be found at www.bikeportland.org.

Healthy Steps

Coworkers bummed they don't get a perk for walking to work? Have em check out:

ozone.ohsu.edu/hr/healthysteps

Think First

\$5 bike helmet? Free light? Thought that might get your attention.

www.ohsu.edu/thinkfirst

Around Town

AAA member discount for employees. Plus & Premier includes **roadside bike assistance**.

Waterfront Bicycles gives a 15% discount on all new gear, repairs rentals for OHSU badgeholders.

Bike Commute Challenge riders earn a 10% discount at bike shops around the region.

Short Term Promos have recently included Nike, Adidas, & more. Check **Staff News** for the latest.

Fall 2010



Biking OHSU

this issue

- OHSU's New Bike Site **P.1**
- BCC 2010 Recap **P.2**
- Perks **P.3**
- Seasonal Roundup **P.4**



We won! (Sorta.)

2010 Bike Commute Challenge

results are in. OHSU's All Star team biked the **most miles of any team**, beating out all the region's universities, public agencies, hospitals, Columbia Sportswear and, yep, our friends over at **Nike**. Intel pulled a respectable 2nd place for overall miles.

Only catch? There's no **team mileage award** (yet).

Despite this milestone, OHSU had 26 registered teams this year. So next year, should be we break it down by department or further combine our forces? The debate is on.

Incentive Program gets an upgrade.

Fall 2010 marks the transition of OHSU's popular **Bike Incentive Program to the web**.

OHSU employees and students have been paid to bike to work going on five years. In that time, the number of bikes on campus has grown exponentially. Now, more than 9% of OHSU commuters report their primary mode as biking. Even in a community like Portland, that's a powerful statistic—30% higher than the rate of biking city-wide.

As the program's ranks have grown, so has the need to innovate. Register with the new program to learn more about the nuts & bolts. Visit the "About the Program" page and, as always, feedback is welcome.

Transportation & Parking

3310 SW US Veterans Hospital Rd
Portland, OR 97239-2941
503-494-8283
Mail Code: PP22A
bike@ohsu.edu
www.ohsu.edu/bike



A Peek at the New Web Site

Explore the site. Review progress, stories and contacts.

Each day, log your trip here. Trip details can be modified at any time.

A wide array of stats are updated with each new trip.

Real time biking news, events, perks and alerts on road closures, theft, bad weather and more.

The gateway to the public site, which will remain as a one-stop for information on facilities, way finding, repair and more. The public site includes other transportation modes, such as the tram and how to get OHSU's super discount transit pass.

OHSU BIKE PROGRAM

Welcome Back, John!

TRIP LOG FOR JUNE 17, 2010

I rode round trip miles

My destination was

Also went by

Need help? [LOG IT](#)

YOUR TRIP STATS

Completed monthly, the figures below reflect your data through last month.

Total miles logged.....	458
Total calories burned.....	1,157
Total fuel savings.....	\$395
Total CO2 saved.....	\$200
Average miles per trip.....	1,265 lbs
Total trips logged.....	895
Trips to next incentive.....	32,09
Trips to next incentive.....	38

PROGRAM STATS

Stats Compiled monthly; the figures below reflect data collected through last month.

Enrolled riders.....	458
Total miles logged.....	89,251
Total CO2 saved.....	954 lbs
Average miles per trip.....	29
Total trips logged.....	35,452
Riders logging 10+ miles per day.....	12,985

2010 ECC BIKE COMMUTE CHALLENGE

A Tale of Two Websites

OHSU will now have two bike sites: the Public Site & the Members Site. Think of the Members site as your personalized space for trip logs & news relevant to daily commuters. Since the Members site sits behind OHSU's security firewall, the Public Site will operate at the place for resources that both Members and visitors (some of whom may be thinking about making OHSU their new place of school or work) can visit freely. The Public Site is also the gateway for new members. Look for a major facelift to the public site in the coming weeks.



Members Only™ Jacket not included



Zen & the Art of Bike Buckets

Tim Brown, in the Parking Office, is an avid bike commuter. He saw the bike buckets used by a few other cyclists on campus and thought to make one by scratch. Using a few dollars worth of supplies from a hardware store and a reused mayo container from Food & Nutrition, Tim had a bucket of his own in less than 20 minutes.

The buckets are a light weight, cheap, weatherproof option for hauling heavier items (and make a great bin to stash a change of clothes when no locker is near). A quick search online will clue you in on how to build your own.