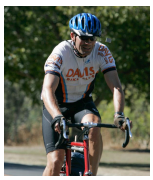
LBL Bike Buddies

Do you find the idea of biking to work appealing, but are not sure how to get started? LBL Bike Buddies are here to help! We use bikes to regularly commute to LBL, and would be happy to share routes and riding tricks with you. Contact one of the volunteers in the list below to get started biking today.

Bike Buddy	Picture	Start location	End location	Comments	I'm willing to share...
David Brown		Oakland Rose Garden	Building 50	I bike up the hill, 7 miles each way.	Tools, pump, route, buddy ride
Brian Gerke		South Berkeley	Building 90	I usually take the shuttle from Berkeley BART. Occasionally I go for a longer morning ride in the hills ending at the Lab	Tools, pump, routes
Scott Young		El Cerrito	Building 90	I ride up the hill or leave my bike at the Bike Station and walk up.	Route, buddy ride
Joe Saba		Walnut Creek	Building 50B/46	I take my bike on BART to the Rockridge station, and bike from there to the lab	Tools, pump, route, buddy ride
Dale Sartor		Piedmont/Crocker Highlands	Building 90 (Rockridge BART)	I ride to the Rockridge BART station in the morning and take the LBNL Shuttle up the Hill. I ride all the way home (I have a good downhill bike!)	Route, Buddy ride, pump
Dula Parkinson		**El Cerrito Plaza**	Building 2	5 miles door to door, I bike up the hill and shower in building 6. Specialized tri-cross.	pump
Annette Greiner		**Northwest Berkeley**	Wang Hall	I bike across town and either put my bike on the shuttle or leave it on the edge of campus. I bike all the way up the hill on occasion.	Patch kit, pump, routes, buddy ride, how-to advice

Leo Rainer		**North Berkeley**	Building 90	I ride up Los Angeles, Spruce, Grizzly/Wildcat and come down Centenial to the Grizzly gate. Yes, it's longer, but it has less traffic, better views, and gives me a nice way to cool down	Tools, pump, maintenance and route advice

If you are an experienced bike commuter and would like to volunteer as a Bike Buddy, please send your information to dave_brown@lbl.gov and I will add you to the list.