

## NIH Gets Bike to Work Day Award; Bike Club Does Trail Maintenance

Officials from the Metropolitan Washington Council of Governments and the Washington Area Bicyclists Association on June 25 honored NIH Bicycle Commuter Club members with the award for regional employer with the highest employee Bike to Work Day participation.

NIH had 324 employees, contractors and volunteers who registered at one of three Bike to Work Day pit stops: Bldg. 1, Rockledge and Executive Blvd. Many other NIH'ers attended other WABA pit stops and identified NIH as their employer during registration. NIHBCC's awards are on display in the NIH Fitness Center.

Several members of the club also devoted the evening of June 15 to their first trail maintenance work date of the summer. Starting at the intersection of Beach Drive and Cedar Lane, the group pruned overgrowth and shoveled mud to clean up the sidewalk over Rock Creek, the path under the Beltway and the paved path that winds behind the Elmhirst Park neighborhood and reconnects with Cedar just before Rockville Pike.

Since many NIH employees use the area, the club hopes to adopt the section of road and trail to formalize its efforts to protect and maintain clean, safe and pleasant cycling venues.

NIHBCC will hold more work dates in areas near campus one Friday each month through the fall: July 20, Aug. 17, Sept. 21 and Oct. 19.



**Above:**  
Frequent summer rains flood the Cedar Lane path with debris and mud, which can leave less pavement accessible for cyclists, pedestrians and joggers. NIMH's Ellen Condon and NCI's Bill DeGraff shovel mud back to the edge of the path.

**Right:**  
Condon uses a power saw to trim plants overhanging a Cedar Lane bike path.

**Below:**  
NIH Bicycle Commuter Club President Angela Atwood-Moore (c) recently accepted an award from the Washington Area Bicyclist Association for NIH's participation in Bike to Work Day. Joining her are (from l) Glen Harrison, safety education and program coordinator for WABA; Nicholas Ramfos, director of Commuter Connections at the metro Council of Governments (COG); Travis Covington, COG intern; and Douglas Franklin, COG marketing specialist. Ramfos said COG is "very proud" to present NIH with the award; Harrison noted that WABA "appreciates NIH's support and enthusiasm" for bike commuting.

PHOTOS: MICHAEL SPENCER

