

Nominee: Outstanding Commuter (Bicyclist) 2014 Clean Air Campaign Awards

GCC's resident faculty, Professor Jim Daugherty uses experiential learning as a unique way of demonstrating the positive effects of bicycle commuting to the human body and the environment. For many years, Jim has supported TRP activities as a participant, endorser and led by example on how bicycle commuting can promote wellness and clean air.

Although it takes him twice as long to pedal as to drive, he stressed the importance of the 1.5 hour of exercise he gets each day for travelling 12 miles each way through surface streets, secondary streets and multi-use paths. As a result, his resting pulse is now in the high 50's and low 60's, down from 72; and his blood pressure is in the ideal range, down from the mild hypertensive levels he had before.


As a biology professor, he had shown the interrelationship of human activity and the environment. By clocking 2,400 miles per year, he had prevented 1,134 lbs. of gas emissions from polluting the air each year.


His total savings in gas totals to \$1,391 per year. By using an alternative transportation, he was able to lower the wear and tear on his vehicle resulting in lower maintenance cost and insurance payments.


He helped GCC TRP produce the video, *Bicycle Commuting 101* to teach employees and students about bicycle safety and to help them get started. He also offered his classroom as a secure alternative for his students to park their bicycles.


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[Green Efforts] April is a great time to start riding to... Inbox x

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Glendale Community College shared a [post](#) with **Green Efforts** 

 **Glendale Community College:**
April is a great time to start riding to campus, it's Bicycle Month! Jim Daugherty shares his tips about getting started.



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Bike Month, 2014



Spring Semester, 2013

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Earth Day Celebration, 2012