Some firms make it easy to clean the air

COMMUTE

Continued from B1

cling to Scottsdale-based General Dynamics from Tempe for more than 20 years. "If you're in a chain of cars, you're stuck in traffic and you basically follow the leader."

About 3 percent of Valley commuters bike to work. Those who do cite exercise, a break from congestion, avoiding gas prices and getting outdoors as major benefits. At the same time, weather, safety or commute distance can be reasons people may not pedal to work.

In Arizona, workplaces with 50 or more employees are required to offer trip-reduction programs, which can include anything from subsidizing transit costs to doling out random prizes to providing on-site showers for bicyclists.

"We're finding more and more employers are trying to make accommodations for (commuters)," said Betsy Turner, Valley Metro's employer services coordinator who has spearheaded the Valley's "Best Workplaces" program.

Bicyclers commonly aren't guaranteed money incentives, so a crucial component for a successful bike commuter program, participants say, is providing amenities such as shower facilities, lockers and secure bike racks.

At Freescale Semiconductor Inc. in Tempe, where Zelinka and Sanders work, more than 60 employees regularly bike to work. Once they arrive on campus, bicyclists have showers, lockers and locked bike racks at their disposal. As a result, the company found itself on the "Best Workplaces" list for the first time this year.

> *"It makes it real easy to get cleaned up and get changed and things like that."*
>
> **Dave Zelinka**
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> *Referring to the showers, lockers and locked bike racks available at his workplace, Freescale Semiconductor Inc. in Tempe, "Best Workplaces" list for the first time this year*

"It makes it real easy to get cleaned up and get changed and things like that," said Zelinka, 43, who regularly stuffs a backpack with work clothing.

Other employers, like General Dynamics in Scottsdale, offer similar amenities. Officials there report seeing full bike racks many days.

Showers weren't always a luxury for bicyclists.

Jeff Frazier, 47, remembers several years ago when Honeywell's Glendale site didn't have showers, making for an unconventional cleansing.

"That's where you brought the baby wipes and kind of went to the bathroom and cleaned up as best you could," said Frazier, who commutes about 4,800 miles annually from Phoenix.

The company, which has more than 20 regular bike commuters and currently is evaluating its money incentive policy, has since added showers, Frazier said.

Once a week, Zelinka and Sanders bike 24 miles round-trip, taking about 45 minutes each way. Both mountain biking enthusiasts, they say exercise and the open road got them to break out the tandem last spring. Plus, they thrive on crowd support.

"People are very enthusiastic, typically," Sanders, 58, said. "It's really when we're rolling because we're going fast. People cheer us on."

Turner, who keeps tabs on the bicycling community, said it's difficult to say whether overall bike commuting is up. However, most observers agree numbers generally shift upward once the summer heat relents.Experienced riders are likely to commute, especially because the Valley's average, one-way commuting distance is 12 to 14 miles, which can scare novices off, Turner said.

"As far as bringing in new bike riders, I think what we find is ... the new people will come out and ride and say, 'This traffic just scares the pants off me,' " she said.

Other factors that keep potential riders away include lack of bike lanes in some areas and even poor training, observers and bikers say.

"A lot of people know how to balance their bike, but they don't really know how to ride their bike," said Bill Lazenby, co-president of the Coalition of Arizona Bicyclists, a statewide advocacy organization.

Some feel people just ought to experience biking to work, especially in the Valley.

"I don't understand why more people don't give it a try because it's flat," Frazier said. "We're not in San Francisco."

Reach the reporter at mike.walbert@arizona republic.com.

Who's the best?

The following Valley workplaces have been recognized as the "Best Workplaces for Co
country by the Environmental Protection Agency. Forty-five employers join the 2005 l
to 104 over the past two years. Companies are recognized for efforts to provide benefi
employees, including employer-paid transit or vanpool passes, telecommuting, shuttl
stations, carpool matching or compressed work schedules.

Aetna Health Inc.*#
Alaska Airlines, Phoenix Reservation Center.
Alsco Inc.*
AmeriPride Linen and Apparel Services.
Arizona Central Credit Union.*
Arizona Pipeline Co.
Arizona State Savings & Credit Union.*
Arizona State University.*
ATC Phoenix.*
Auto Safety House.
Bank of America.#
Bar-S Foods Co.*
BOC Edwards Kachina.*
Boeing Co., Mesa.#
Bureau of Reclamation, Phoenix-area office.
Carl T. Hayden VA Medical Center.
Central Arizona Project.
Charles Schwab.*#
Choice Hotels International.
City of Avondale.*
City of Chandler.
City of Glendale.
City of Mesa Municipal Complex.*
City of Peoria.
City of Phoenix.
City of Scottsdale.*
City of Tempe.
Coe & Van Loo Consultants Inc.*
Correctional Services Corp.
Desert Mountain Properties.
DFD Cornoyer Hedrick.
DialAmerica Marketing,Inc.*
Discover Financial Services Inc.#
Dolphin Inc.
Drug Enforcement Administration.
East Valley Tribune.
Federated Insurance Co.*
Freescale Semiconductor Inc.*
Gallagher & Kennedy.
General Dynamics.*#
Goodrich AIP/PAZ (Universal Propulsion Co.)
Goodrich AIP/South Phoenix.*
GreenTree Servicing LLC.
Hamilton Sundstrand.
HDR Inc.
HealthSouth Corp.
Hilton Phoenix East/Mesa.*
HMSHost.
Holiday Inn Hotel & Suites.
Holsum Bakery Inc.
I-10 International Trucks Inc.
IBM, Phoenix.*#
Insurers Administrative Corp.
Intel Corp.#
JDA Software.*
Jennings, Strouss & Salmon PLC.
Leggett & Platt Inc.*#
Maricopa Association of Governments.
Maricopa County.*
Markel Southwest Underwriters Inc.
McKesson Specialty.*#
Mesa Airlines.*
Microchip Technology Inc.
Micro-Tronics Inc.
Motorola.*#
National Bank of Arizona.
Northern Trust Bank, N.A.*
Packing Corp. of America, Phoenix.*
Paradise Valley Country Club.
Pearson Government Solutions.*
Phelps Dodge.*#
Philips Semiconductors.
Phoenix Country Day School.
Phoenix First Assembly of God.
Phoenix Memorial Hospital.*
Quarles & Bra
Radisson Hote
North.*
San Marcos R
Sands Motor
State Comper
zona.*
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Scottsdale Ins
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Sources: Envi Protection Ag Metro

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Lottery results

Lottery information is available on the Web at www.arizona lottery.com or by dialing (480) 829-PICK (7425).

Fantasy 5

Monday's results: 03 04 05 22 25; Winner: 0/$50,000 (5 numbers); Second-place pool: 12/$500 (4 numbers); Third-place pool: 475/$5 (3 numbers).
Tuesday's drawing: 07 23 28 34 35. If 10 or fewer players select all five winning numbers, each gets $50,000.

Powerball

Saturday's drawing: 01 07 08 34 45; Powerball: 15; Power Play: 3; Wednesday's jackpot: $340 million

The Pick

Saturday's drawing: 10 19 28 34 37 38; Bonus Ball: 05; Wednesday's jackpot: $1 million

Pick 3

Tuesday's numb
one game for $1
$500. Play 2 ga
up to $250 on e