

Concordia College Awarded Bike-Friendly Status



Concordia's "COBBikes" in action

Campus bike library = key to success

There's a new way to get around at Concordia College in Moorhead, MN. A fleet of 14 "COBBikes" allows students, staff, and faculty to use healthy and sustainable pedal power to travel across campus and around the community.

Concordia student Derek Ludwig '18 enjoys the change brought by the COBBikes. "I think it's cool that no matter who you are on campus, you can still ride a bike. I like seeing my professors and peers in class riding around on bikes on their way to class. I think COBBikes is a cool way to give people a chance to enjoy bike riding and also encourages other people to do so!"

The COBBikes are just one step the college has taken to encourage biking, an effort involving several Concordia College offices and departments. The sustainability office hired a bike intern to assist with maintenance and promotion, the facilities management team replaced older bike racks with more secure designs, and the campus bookstore sells tire patch kits and bike locks.

In 2015, after pursuing Bicycle-Friendly University Status and receiving an honorable mention, the college organized bike safety classes and increased support of campus bike events. In 2016, with the help of Austin Hauf, MN GreenCorps member serving with PartnerSHIP 4 Health, Concordia once again

completed the application process, this time securing Bicycle-Friendly University status at the bronze level.

Designation given by the League of American Bicyclists

The Bicycle-Friendly University award is part of the League of American Bicyclists' Bike Friendly America program, which recognizes communities, businesses, and universities that have taken steps to support and promote bicycling.

According to Sustainability Coordinator Samantha Westrate, "Concordia College feels that it is important to encourage biking for several reasons, not only to promote carbon emission-free transportation, but also to encourage physical wellness. By improving our support for biking in the FM area, we can showcase to students and the community how easy it is to commute around town on bike. We don't always have to hop in our cars to run our errands or meet downtown."

Biking is a great way to integrate physical activity into daily living. Even moderate cycling provides an aerobic workout that engages leg, abdominal, arm, and shoulder muscles. It's also easier on joints than running, making it a great choice for people of all ages.

While it can be difficult for college students to be physically active and have access to transportation, bike-friendly efforts like the COBBikes make it easier for students to both get around and stay healthy.

For more information about the BFU award, please visit <http://bikeleague.org/university>

November 2016
Concordia College
901 8th St. S. Moorhead, MN

CONTACT INFORMATION:
Austin Hauf, LCI #5229
MN GreenCorps member
PartnerSHIP 4 Health
218-299-7839
austin.hauf@co.clay.mn.us

