

360 Portage is the place to bike, even in winter

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They're a tough breed! These Hydro employees are just some of the brave souls who dare ride their bikes throughout the winter. From left to right, **Ed Gawiak** (SAP Support Services), **Dan Prowse** (Export Power Marketing), **Jacqueline Collett** (Reliability & Performance), **Mario Palumbo** (Public Affairs), **Mike Kressock** (Water Resources Engineering), **Denis Dufault** (Infrastructure & Operations), and in front, **Coby Sarna** (Credit & Recovery Services).

According to Bike to the Future's annual Parking Survey Report, 360 Portage Avenue is the number one destination for bikes in Winnipeg, with Manitoba Hydro's head office having more bikes parked there than anywhere else surveyed downtown, including Red River College, the Dental College and the Forks Market.

And, despite having a typical frigid Winnipeg winter this year, Hydro's biking enthusiasts are still riding to work. So, we decided to ask some of our dedicated winter riders why they cycle and what they do to cycle safely in a Winnipeg Winter.

Here were some of their responses:

"It's faster to ride my bike to work. On bad traffic days, my ride home is twice as fast as my daughter's bus or car commute from downtown. It's warmer than taking the bus or sitting in a cold car. It's time efficient as I'm commuting and getting exercise at the same time, and it makes exercise an inherent part of my work day routine so I am guaranteed an hour of exercise every work

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day that I definitely would not get otherwise.” — **Dan Prowse** (Export Power Marketing).

“I like bike riding for the freedom from the bus schedule — my bike is ready when I am. Riding is also very dependable. I know I will be home in time to pick up the kids from school.” — **Bill Hamlin** (Energy Policy & Analysis).

“I have been riding all winter for the past four years, and I intend to continue. I switch to my mountain bike from a road bike for the winter, and I use a studded tire on the front wheel. I also use a headlight and tail light all the time, since I’m riding in the dark a lot more.” — **Luke Rempel** (Customer Systems).

“I stay warm by wearing many layers of clothing, a balaclava and ski goggles — leaving no exposed skin. If I feel it’s necessary, I wear electric socks to keep me feet warm.” — **Denis Dufault** (Infrastructure & Operations).

“I cycle year round because I like the fitness aspect, the reduced environmental footprint, and the fact that it wakes me up; I feel energized when I get to work. I normally get fully dressed and hang out in the house for a bit before I leave. This way I get warm, and it eliminates the initial “chill” of when you step outside on a cold morning.” — **Brent Bencharski** (Hydro Power Planning).

“Winter cycling is a lot more plausible because I can park in a heated, secure area at work, and know that I have a shower and a locker for storing my gear in at work. I’m also part of a group of winter cyclists who discuss routes, or complain about the cold winter that makes the commute a little easier to digest.” — **Dana Feal** (Gas Market Analysis & Admin).

“No secret to staying warm, just ride your butt off and hopefully make it to work before you freeze.” — **Mario Palumbo** (Public Affairs).

Well said Mario.

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