

Meet the Chair of the NIH Bicycle Commuting Club, Dr. Vernon Anderson

Vernon Anderson, Ph.D., is a program director in the Division of Pharmacology, Physiology, and Biological Chemistry in the National Institute of General Medical Sciences. He administers grants in the areas of bioinorganic chemistry, metallo-enzymology, mitochondrial physiology, and other aspects of bioenergetics. Outside of his official duties, he is an avid bike rider, a supporter of bicycle commuting and the chair of the NIH Bicycle Commuting Club.

Vernon started bicycle commuting 40 years ago. His motivations for bicycle commuting include: it is a fun exercise that doesn't require a gym, it has ecological benefits, and it helps him feel young. Vernon has been with the NIH for the past nine years and makes the nine mile commute to work using his bike. He has been a member of the NIH Bicycle Commuting Club since he joined NIH and the chair for the past five years.

The NIH Bicycle Commuting Club ensures that personnel are properly informed of the resources available to bicycle commuters and is a communication channel for likeminded people. There aren't any membership dues and there are no requirements to participate in meetings or functions. All that is required to join the club is to sign up to the club listserv using [this link](#). All e-mails sent to the listserv are reviewed for relevance to ensure that member's inboxes don't get flooded.

Vernon had some advice for employees that are interested in bicycle commuting. Be sure to know your route and have lights. Lights are crucial for rider safety. If you are biking in the winter, make sure to have a hat under your helmet to protect your ears and face and have high quality windproof gloves.

You can join Dr. Anderson and other members of NIH's Bike Club at the D.C. Area Bike to Work Day. This year's event is May 18 and you can learn more in our "[Take Action](#)" article. Visit [NIH Bikes!](#) for more information on the NIH Bicycle Commuting Club including bike facilities, routes and club information.