

NEWS RELEASE

For Immediate Release

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Eagle Scout project is new bike shelter for SEARHC

SITKA, July 5, 2007 — There's a new covered bike shelter at the SouthEast Alaska Regional Health Consortium (SEARHC) Mt. Edgecumbe Hospital, courtesy of an Eagle Scout service project by Jonathan Kreiss-Tomkins.

"I thought constructing a bike shelter would really come full circle, with the community interest in cycling, SEARHC's need for a shelter and my own personal interest in cycling," said Kreiss-Tomkins, a 2007 graduate of Sitka High School whose mother, Dr. Connie Kreiss, works at Mt. Edgecumbe Hospital. "It was something I thought everyone could appreciate and find helpful."

With the new covered shelter, Mt. Edgecumbe Hospital employees will have a dry place to store their bicycles if they decide to ride to work. Once a rack is installed in the middle, the shelter should protect about 10 bikes from the elements.

One of the requirements for earning the rank of Eagle Scout, the highest rank in Boy Scouts, is the completion of a service project. Two other ranks — Star and Life — also require participation in service projects, but an added requirement for the Eagle Scout rank is planning and supervising others who help complete the project.

Kreiss-Tomkins designed the shelter and supervised the crew that built it using materials purchased by the SEARHC Employee Wellness Team. The shelter is built on a skid, so it can be moved, and a lean-to may be added to the back for overflow bike parking. Kreiss-Tomkins said the shelter was designed to accommodate two five-foot racks and bikes also can hang from the wall studs, so it should be possible to fit more than 10 bikes in the shelter. He said businesses wanting to build a similar shelter for their employees can contact him by e-mail at jonathan.s.kt@gmail.com for copies of his plans, and the shelter's cost is about \$1,000.

Lisa Sadleir-Hart, Community and Employee Wellness Coordinator for SEARHC Health Promotion, said the new shelter will help SEARHC employees who want to get healthier by cycling to work. "Biking to and from work is a great way to build in one's physical activity each day, as well as to relieve stress and reduce carbon emissions," she said.

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