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**Million Mile May Program Wins Clean Air Award**  
*Annual Event Steadily Encouraging More People to Try Bicycling for  
Commutes, Errands and Recreation*

**SACRAMENTO, Calif., May 7, 2008** — Albert Einstein once compared life to riding a bicycle — to keep your balance, you must keep moving.

It's yet another great quote from one of history's smartest men. And here in Sacramento, the Sacramento Area Council of Governments (SACOG) has hit on an idea that taps into bicycling's potential as among the smartest ways individuals can keep our region moving toward a clean air future.

The Million Mile May Program, a challenge to residents throughout the Sacramento region to collectively pedal their way into the seven digits, is this year's winner of the Regional Clean Air Award. Through the collaborative efforts of SACOG and its Outreach Partners, the program registered more than 4,700 cyclists from throughout the region who pedaled a combined 926,683 miles, close to making that million mile goal. That beat the prior year's record significantly with 48 percent more miles recorded.

The Million Mile May Program is among the honorees recognized May 7 at the Clean Air Awards Luncheon at the Sheraton Grand Sacramento. Sponsored by Breathe California of Sacramento-Emigrant Trails, the annual event celebrates May as Clean Air Month and showcases people, businesses, organizations and government agencies taking action to improve air quality in the region. Sacramento's air quality ranks among the

worst in the nation and affects every resident in the area. This event highlights how every individual has the power to help reduce air pollution.

The humble bike is a powerful tool when in the hands of even one person making the decision to bike, rather than ride, to work. That's because 70 percent of the air pollution problem in the Sacramento area — consistently ranked among the top 10 U.S. cities with the worst air quality — originates from vehicle emissions.

Million Mile May in 2007 spared the atmosphere from tons of greenhouse gas emissions, while saving nearly 19,000 gallons of gasoline worth more than \$65,000 dollars.

Commute, recreation and errand miles all counted toward the total number of miles and could be easily tracked on the Web site, which acts as an information center. Individuals could register online, as well as access helpful information and view the daily progress for the region toward the million-mile goal. By using Internet technology SACOG and its Outreach Partners were able to deliver their message, encourage participation to a large audience and reduce their carbon footprint by using online technology to supplement traditional outreach efforts.

The Million Mile May Program is among six Clean Air Champions honored by Breathe California May 7. This year's other Clean Air Champions are:

### **Clean Air Champion for Smart Growth**

#### *9onF in Sacramento*

9onF is Sacramento's newest infill housing project and the first Central City project certified under the Leadership in Energy and Environmental Design Rating System by the U.S. Green Building Council. Located within walking distance of the state government, restaurants, shops and entertainment venues, the homes are designed to reduce energy demand with features such as solar panels, geothermal heating and cooling, tankless water heaters and EnergyStar appliances. The green features extend even further with a Carbon Offset Mortgage Program.

### **Clean Air Champion in Business**

*Gary Federico / Federico Beauty Institute*

Partnering with the Sacramento Municipal Utility District, Gary Federico has maximized energy efficiency at the Federico Beauty Institute by implementing a photovoltaic carport system and a full recycle program for paper and plastics. The institute's use of solar power will reduce CO2 emissions by 165,643 pounds, the equivalent of removing 14 cars from the road every year. Compact fluorescent lights and occupancy sensors have also been installed to save even more energy.

**Clean Air Champion in Government**

*The Natomas Unified School District*

Natomas Unified is a pioneer in innovative energy-saving techniques with biodiesel school buses and buses with particulate traps to reduce emissions. The Safe Routes to School program is promoting walking and bicycling to school and synthetic turf eliminates the need for maintaining playing fields with air-polluting lawn mowers. Recycled building materials, low-emission paints and adhesives, solar lighting and a roof made from plant material are all working to improve air quality and cut energy use.

**Clean Air Champion for Individual or Citizen Group**

*Tony Powers*

As a professional engineer and dedicated bicycle commuter, Tony Powers worked with the City of Folsom building a bicyclist-friendly Lake Natoma Crossing more than 10 years ago. Since then, Powers has inspired people to swap a car for a bike by helping to make bicycling easier and safer across bridges, at intersections and along waterways and also by making regional transit stations more accessible to bicycles.

**Clean Air Champion in Youth Leadership**

*Keelan Shaw-Connelly*

Sacramento Country Day School student Keelan Shaw-Connelly is extensively involved in air quality programs through Breathe California of Sacramento-Emigrant Trails, where she has participated on Breathe's Youth Advisory Board

and with the High School Air Quality Assessment Study. With the latter, she partnered with UC Davis Professor Tom Cahill in a study at her school that compared ultra fine particulate matter from two points five miles apart. The data reflects equal amounts of particulate matter at each point, which they believe will have a national impact. Shaw-Connelly has also organized youth tree plantings and with other students has coordinated activities that promote clean air.

Breathe California of Sacramento-Emigrant Trails promotes cleaner air, healthier lungs and a tobacco-free tomorrow. Originally founded in 1917, the organization that is today Breathe California of Sacramento-Emigrant Trails is an independent non-profit that spends 100 percent of every dollar raised or donated in its home community to improve the health of our region's residents. For more information, call (916) 444-5900, or visit [www.sacbreathe.org](http://www.sacbreathe.org).

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