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Green Events

CALENDAR

EHS June Giveaway: Bike on over to the department of Environmental Health and Sustainability, 2nd floor of Aspen City Hall and pick up a FREE bike seat cover for a rainy day.

FARMERS MARKETS

Carbondale Farmers Market
Wednesdays, Jun - Oct, 10 am - 3 pm
4th and Main St

Aspen Farmers Market
Saturdays, Jun 13 - Oct 10, 8:30 am - 3 pm
Galena and Hopkins

Basalt Farmers Market
Sundays, Jun 14 - Sep 27, 10 am - 2 pm
Midland Spur, downtown

Thu. Jun 4
Ride the 14 with WE-cycle WE-cycle stations around Aspen



GIVE IT A TRY: **Commuting By Bike**

As the weather turns warm and bikes are back on the roads, ZGreen spoke with some folks who use their bicycles to commute to work and gained some inspiration to change our own commutes.

There are many reasons why people choose commuting by bike over driving including the benefit of avoiding irritating traffic, enjoying the breathtaking scenery, getting exercise and connecting with the local environment. Our on-the-road experts gave us some tips to help make the commute safe and comfortable.

To start, don't leave home without these key items:

- Helmet
- Lights (front and back)
- Bell
- Fenders
- Properly inflated tires (and supplies to fix a flat)
- Rain gear/extra layers
- Water bottles/food bar
- Backpack/messenger bag

ZGreen's bike-commute friends shared some stories from their time in the saddle. Look for these community members on the trails during your commute and you might meet a new friend to

Ride the 14 WE-cycle stations around Aspen and win a prize if you have the fastest time.

For more information [click here](#).

Through Jun 13

Garden in a Box

The City of Aspen Water Department is partnering with the Center for ReSource Conservation to provide their gorgeous Garden in a Box. To order, [click here](#). City of Aspen Water customers receive \$25 off when ordering the Native Roots Garden. Gardens will be available for pick up at Field Day at Cozy Point Ranch (see below).

Sat. Jun 13, 9 am - 3 pm

Let's Have a Field Day!

Cozy Point Ranch, Aspen

Join the City of Aspen, Pitkin County and Aspen T.R.E.E. for a day of FREE farm-fresh family fun. Kids' programs, barn tours, local foods and meats, presentations on healthy soils, alternative composting, noxious weeds, and exhibits by local non-profits. For schedule and more info, call Jack Johnson at 970.429.2885 or [click here](#).

Wed. Jun 17, 5 - 7 pm

Aspen Green Drinks Land + Shelter, 301 Hopkins, Ste 211, Aspen

The fun green networking event series is back for 2015! The City of Aspen and Land + Shelter team up to host a FREE, fun event for anyone interested in environmental topics. Light snacks and beverages are provided. For more information [click here](#).

Wed. Jun 17, 5 - 8 pm

Northstar Roaring Fork River Float Roaring Fork River, Wildwood put-in

Roaring Fork Conservancy Staff will give the history of Northstar Open Space, point out wildlife, and discuss restoration along this mild

share your green commute with or create a story of your own to share.

Heather Becker (10 miles per week): Josie, my giant dog, is my copilot on my commutes. I always get plenty of people saying "Good morning" and smiling at Josie and me. I think all the colors on my bike also make people happy. It is so fun to ride, and if it makes others happy, too, that is just fine with me. I rode 44 miles last month and saved around \$11.00 on gas (not including what parking would have cost).

Hillary Seminick (Up to 60 miles a day): I've been bike commuting year-round for over ten years all over the country in all sorts of conditions. It provides me an opportunity to connect with an area in a way that isn't possible on a bus or in the car. I keep bike maintenance stuff, such as tubes, mini pump, tire levers, patch kit, multi-tool and a blueberry muffin Lara Bar stuffed into my handlebar bag. If you can integrate singletrack into your commute, do it!

Kara Silbernagel (60 miles per week): The ride in the morning is absolutely stunning. The mornings I am on the bus and not on my bike, I dream of being on the path, riding through the canyon in the early morning sun. Don't take your work home with you, it is heavy the next morning (literally). I frequently saw a mama bear and her two cubs last fall between Emma and Rock Bottom. For 3 weeks they were a regular staple on my bike ride home.

Nathan Nelson (7 miles per day, all year): I started commuting by bike in 2001 because it was easier, fun, cheaper than driving, and I could avoid traffic. I began commuting through the winter when I realized it was possible, with studded tires, and more convenient than driving or riding a bus. I'm able to ride from town to the AABC through the winter because the parks department removes snow from the trail early and often, which is awesome, so a big thanks to them. By the way, don't forget to lock your bikes in town, it's a good habit, even in Aspen. Ride on.

Scott Miller (88-132 miles per week): It is a great way to combine exercise with an efficient way to get to work. I also enjoy the solitude of being on the Rio Grande trail early in the morning and enjoying the beauty of this valley. Just when I thought I was pretty strong, Hillary Seminick started passing me every night about 17 miles into the ride home. This was after she did a mountain bike trail, and then got on the Rio Grande for the commute home!

Summer is a great time to hop on a bike and explore the many inviting bike commuter options that our valley has to offer. See you out on the trail.

two-hour float. Please bring your own boat and PFD. Arrangements can be made to provide a boat, paddle, and PFD if necessary. Registration is required. Call 970.927.1290 or [click here](#) to register.

**Wed. Jun 24, 7 - 10 am
Bike to Work Day
Celebration**

Paepcke Park, Aspen
Bike over to Paepcke Park to enjoy food, bike safety checks, kids' activities and great prizes. Wear your helmet and receive a special gift! [Click here](#) for more information.

**Wed. Jun 24, 5:30 - 8:00 pm
Birding Basics, A Beginner
Workshop**

ACES Hallam Lake, Aspen
Join ACES Naturalist Rebecca Weiss for a two-part workshop to build your birding skills and head out to a local birding hotspot. \$20 Members, \$30 Non Members. [Click here](#) for more information.

**Mon. Jun 29, 7:30 – 9:15
pm,
Filoha Meadows Firefly &
Rare Orchid Walk
Filoha Meadows Open
Space near Redstone**

The Roaring Fork Conservancy and Pitkin Co. Open Space and Trails sponsor an evening exploration of Filoha Meadows. Discover fireflies, uniquely rare orchids, and thermal wetlands in this very special area that is usually closed to the public. Call 970.927.1290 [click here](#) to register.

ZGreen Programs
LINKS & INFO



WHAT'S IN A NAME: Longtail Bicycles

Freight bicycles, carrier cycles, cargo bikes, or cycle trucks are all variations of human-powered bicycles that enable their riders to transport loads. This month, ZGreen looked into all the different types of bicycles available and names used to describe these unique transportation methods.

These are all bikes with cargo-areas, varying widely, but typically using a flat platform or an open/enclosed box mounted over one or both wheels. While fundamentally similar to recreational bicycles, the frame and drive train on cargo bikes must be specially constructed to handle larger loads.

Cargo bikes have been around for over 200 years, and in fact were once much more commonly used than they are today. By the early 20th century, nearly every American cyclist rode for practical purposes including carting around tools or just about anything that could be sold, eaten or installed. After the widespread adoption of the automobile after World War II, utilitarian applications almost disappeared and bicycle manufacturers in the US began marketing their products to recreation riders.

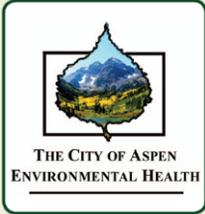
Recently, and in response to people's desires to transport themselves and their cargo in a less polluting, more active, and more socially engaged way, cargo bikes have been making a resurgence.

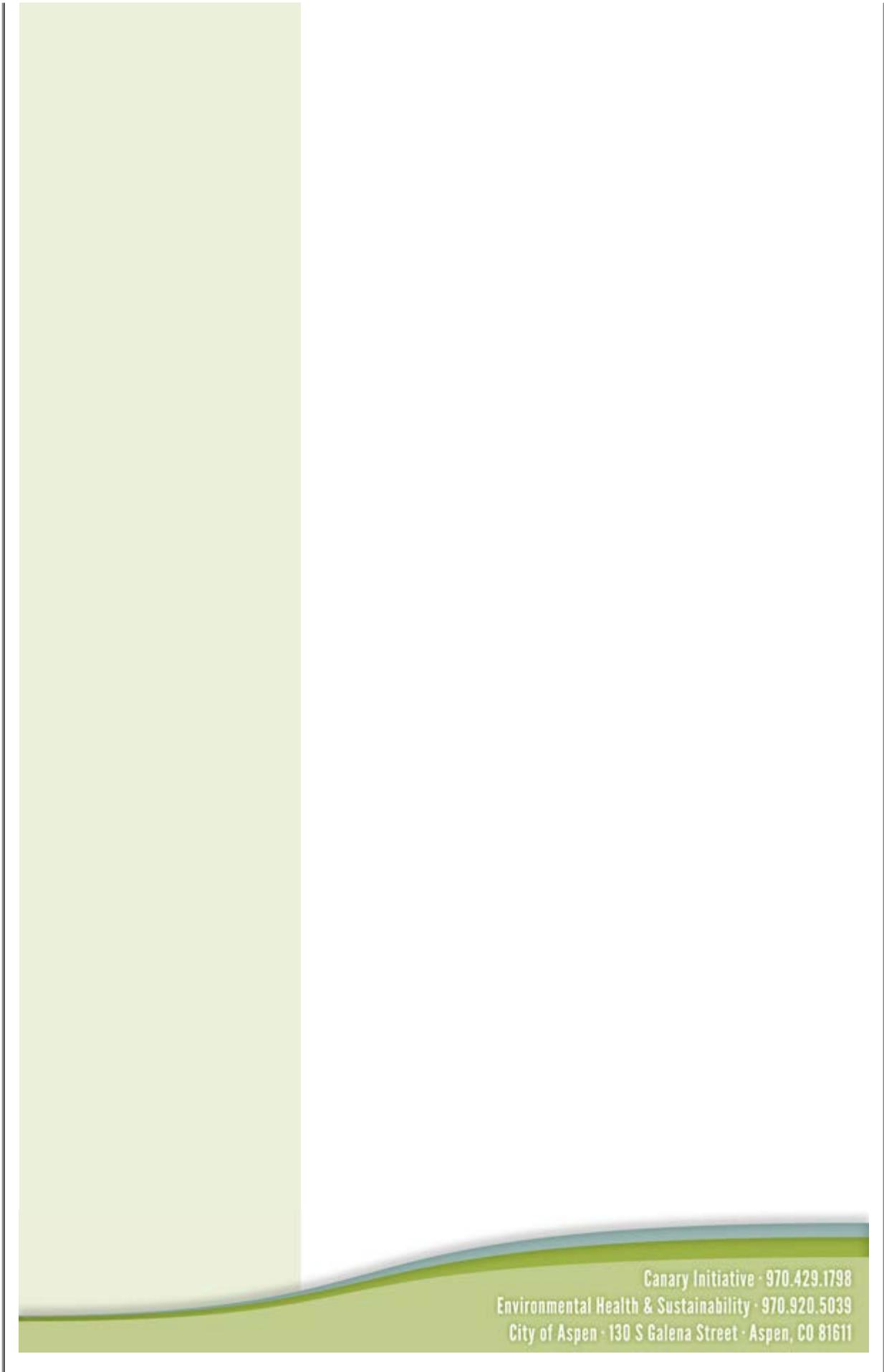
In Portland, Oregon for example, neighbors are helping each other move to a new house or office space with cargo bikes. In New York's Brooklyn neighborhoods, cargo bikes have become the most fashionable means of getting kids to school. Numerous locations around the country have cargo bike curbside recycling and compost pickup programs. Similar examples abound throughout the nation.

Longtail bicycles, such as those designed and manufactured by Xtracycle (pictured above) are one type of modern cargo bike that readers may have seen in and around Aspen. This product is appealing to a wide range of people because it can be attached to almost any normal bicycle, providing the rider with ample cargo capacity for recreational equipment, groceries or whatever they need to transport.



To learn more about the different types of cargo bikes that people are using and their everyday applications, [click here](#).





Canary Initiative - 970.429.1798
Environmental Health & Sustainability - 970.920.5039
City of Aspen - 130 S Galena Street - Aspen, CO 81611

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