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FOR IMMEDIATE RELEASE

Metro Bus Operator Cycles to Work Daily in Preparation for May 20, 'Bike to Work' Day

- Alfred Portillo enjoys contrast between simple bike, sophisticated bus.

Every Day Metro Bus operator Alfred Portillo drives one of the most sophisticated buses in the world carrying thousand of people to work, school, medical appointments and personal errands, but to get to work Alfred relies on the most energy efficient and environmentally friendly vehicle on earth, his bicycle.

Alfred likes to drive his huge 40-foot, 15-ton bus, fueled with Compressed Natural Gas (CNG), but he also enjoys riding his bike to work early mornings when he can be alone with himself.

"I want to stay young as much as possible and my morning bike ride allows me to keep my body strong and healthy," said the youthful 53-year-old bus operator. Alfred begins his bike journey to downtown Los Angeles from Montebello around 3:15 a.m. for a trip that takes approximately 45 minutes.

Long before Bike to Work Day was promoted to lure the public from their cars and trucks, Alfred had been bicycling day after day. He likes to wake up early on weekdays and ride on Whittier Boulevard. "There is not much traffic, it's me, my bicycle and the stars. I feel like I'm flying, " said the father of three boys and one girl.

"I don't worry about a car, gasoline or parking. I save a lot of money on insurance," he says. "That's what other people should be doing. It's less stress, more friendly, you can lose more weight, all bicyclists are really cool!"

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EDITORS NOTE: Metro Media Relations has b-roll of Alfred Portillo riding his bike from his home at Montebello, all the way down to Division 1 at Sixth and Central at downtown L.A. at 3:15 a.m. If you would like to do a story on 'Bike To Work Day' and need the b-roll and would like to schedule an interview with Alfred Portillo, please call José Ubaldo @ (213) 922-3087.

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