



Jonathan Knight, MD, and his daughter, Margot Knight, enjoy cycling together.

As the kids grew up, family vacations revolved around cycling—with destinations ranging from Washington state to Italy. “One time we did RAGBRAI, a ride across the state of Iowa,” says Margot.

“Cycling is the best way to see the country and meet people,” says Dr. Knight, “and having this shared activity has brought our family closer than anything we’ve ever done.” He and his wife, Linda, have cycled many times in the Group Health Seattle to Portland Bicycle Classic, often accompanied by their kids.

Bing Knight, a 22-year-old student at Dartmouth College in New Hampshire, says he gave up cycling during the “awkward high school years,” when wearing Spandex wasn’t considered cool. “But then I joined the cycling team in college, and it’s been a great way to make friends

and explore the back roads of New Hampshire.”

“Cycling is the way I meet people, spend time with my family, and commute,” says Margot. “For me, cycling means financial freedom. I don’t have a monthly car payment, car insurance, gas expenses, or a gym membership. My entire family commutes on bikes, and neither my sister, brother, nor I own a car. We’re all incredibly healthy.”

“Cycling is great fun, and it’s so good for you,” says Dr. Knight. “It helps me get ‘dialed in’ for my intense days at work. It gives me abundant energy, wellness and confidence, sound sleep, and a sense of humor. And sharing a love of cycling with my family is the icing on the cake.” —by Ginny Smith

CYCLING

A family tradition

“Every kid inherits a legacy from their parents—math smarts or a pear-shaped body or heart disease. I inherited a love of cycling,” says 28-year-old Margot Knight, an artist in Seattle. She is the daughter of Jonathan Knight, MD, a Group Health orthopedist at Eastside Hospital & Specialty Center in Redmond.

Margot and her siblings, Bing and Kate, got started cycling on the back of their dad’s tandem bicycle when they were kids. “It was fun, because we didn’t have to worry about shifting gears or navigating,” she says. “Plus, there was always a bakery, a swimming destination, or something else exciting about the ride. That kept us interested.”

Supporting cycling around the state

Group Health doesn’t just talk about healthy lifestyles. We sponsor more than 25 cycling events each year throughout Washington, including:

- Lilac Century Surprise Ride, Spokane, April.
- Group Health Commute Challenge, Seattle area, May.
- Group Health Seattle to Portland Bicycle Classic, July.
- Trailsfest, Spokane, September.
- Group Health MS Society 150 Bike Tour, La Conner, September.

We also sponsor cycling programs in some Seattle-area

elementary schools, bicycle camps for kids, low-cost helmet programs, Team Group Health—a women’s competitive cycling team, and the Group Health Velodrome in King County’s Marymoor Park.

“Group Health and the Marymoor Velodrome Association’s support of the velodrome have renewed interest in track racing—especially since the track got its new surface this past summer,” says Group Health member Bing Knight, an avid cyclist. “I love the community of riders that shows up weekly in the summer to race and chat.”

For details about cycling activities and events, as well as tips about cycling, go to www.cyclingforhealth.org.

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