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## **AUTHOR AND CROSS-COUNTRY BICYCLIST RIDES AROUND THE SF BAY TO PROMOTE CONSERVATION AND THE HEALTH BENEFITS OF BEING IN NATURE**

### ***From April 6th to 11th, 2024, Dorian Anderson Shares the Story of How Birding Helped Him Find Sobriety and Raises Money for a Local Environmental Nonprofit***

An avid birder since childhood, Dorian Anderson abandoned his hobby at 15 to focus on a scientific career while simultaneously struggling with substance abuse. He earned a degree in molecular embryology at Harvard, and earned his doctorate in Developmental Genetics and Molecular Cell Biology at New York University. While working as a postdoctoral fellow, Dorian decided to leave the “rat race” of academia and return to birding. Ten years ago, he embarked on his Biking for Birds project, the first North American Big Year completed entirely by bicycle, and biked 17,830 miles and observed 618 bird species while raising funds for bird habitat conservation.

Since then, Dorian, a Bay Area resident, has transitioned to a professional life as a birding guide, writer, and public speaker and captured the story of his journey to sobriety in his new book, “*Birding Under the Influence: Cycling Across America in Search of Birds and Recovery*” (Chelsea Green Publishing).

To support the San Francisco Bay Bird Observatory (SFBBO), a 40-plus-year nonprofit based in Milpitas that studies and protects birds and habitats, Dorian is doing a Circa Bay Ride, “*Healthy Bay, Healthy Communities,*” around the San Francisco Bay to promote the ways nature helps keep people thriving. He’s also leading three free bird walks for the public in San Mateo, Palo Alto, and Fremont April 6th and 7th at the start of his bay-circa journey and will share nightly blog posts that recount his daily adventures during the ride and encourage others to enjoy the health benefits of being in nature.

SFBBO invites the public to follow Dorian’s example in April (Earth Day month!) by getting outside to improve their own health, volunteering with us to protect Bay Area biodiversity, and sharing their own stories about the positive impacts of being in nature with us.

*SFBBO is a nonprofit with the mission to promote sustainability in the Bay Area and beyond by engaging communities in avian science, habitat conservation, and education. Learn how to get involved at [www.sfbbo.org](http://www.sfbbo.org). Contact Dorian for interviews at [thespeckledhatchback@gmail.com](mailto:thespeckledhatchback@gmail.com).*

