

Tales from the Commute:

# A Survey and Toolkit of Alternative Commute Solutions

JUNE 30, 2013

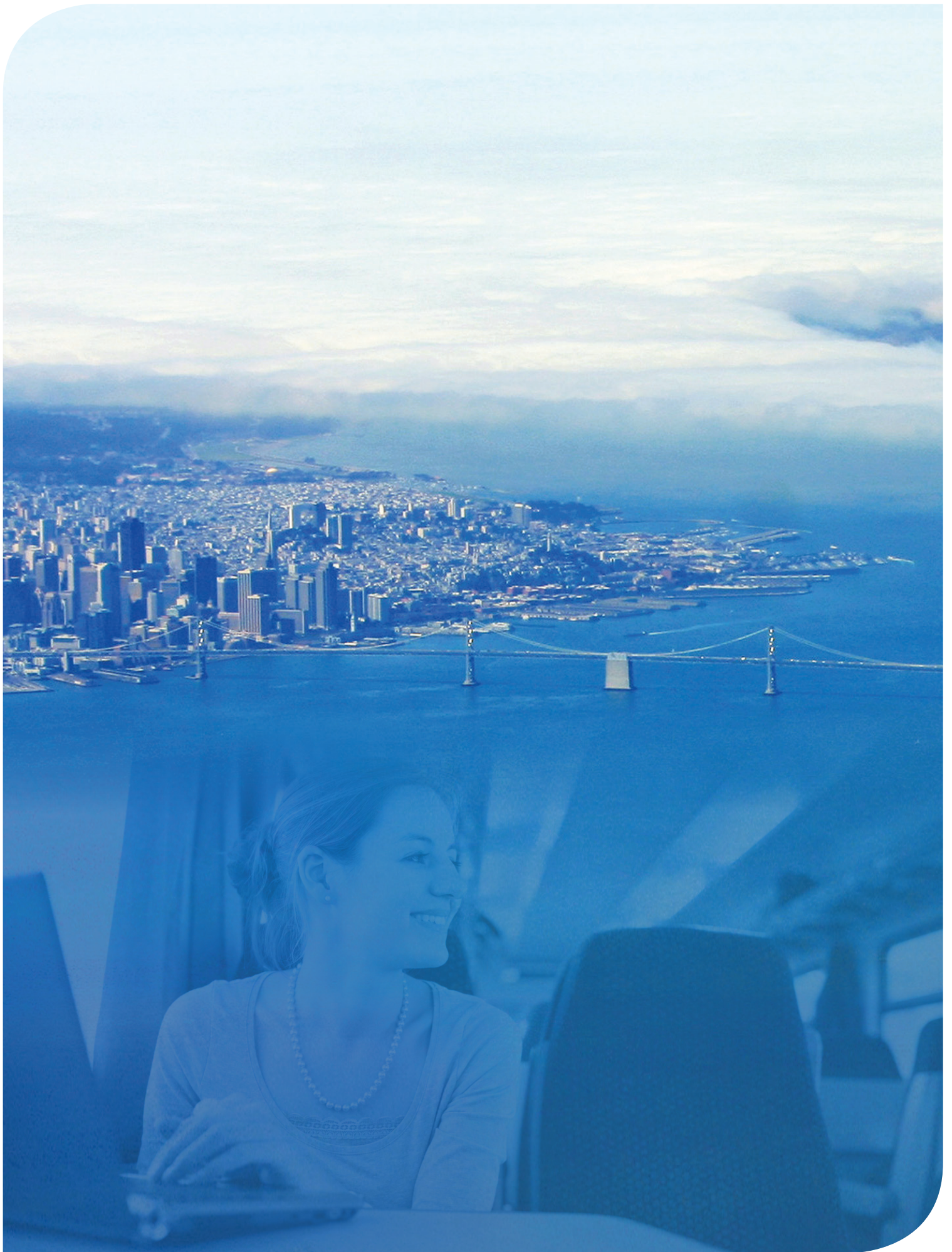


BAY AREA  
AIR QUALITY  
MANAGEMENT  
DISTRICT



Moffett Park Business Group  
BUILDING A SUSTAINABLE COMMUNITY





# Tales from the Commute: A Survey and Toolkit of Alternative Commute Solutions

## Welcome!

Welcome to the Tales from the Commute. This resource is designed to help you encourage your employees to try alternatives to driving alone to work.

### Why encourage employees to try an alternative?

Both employers and employees experience benefits when employees use alternative commute solutions. Employees describe a range of benefits from health to financial savings. Employers benefit when employees are less stressed, more productive, healthier, and have positive moral.

Pollution from cars makes up approximately 40 percent of the air pollution in the Bay Area; encouraging alternatives to driving alone can go a long way toward helping the environment and improving Bay Area air quality.

### Who developed the toolkit?

The survey and toolkit were developed as a project of the Santa Clara County Spare the Air Resource Team. The Team is made up of individuals from local business, non-profit and government communities, and is charged with developing projects that improve local air quality.

### What does it include?

The toolkit includes results of the survey, links to first-person stories, links to resources, and some ideas on how to encourage alternatives to driving to work alone.

We invite you to explore the kit and give an idea or two a try.

Sincerely,

The Santa Clara County Spare the Air Resource Team



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# Tales from the Commute: A Survey and Toolkit of Alternative Commute Solutions

## Executive Summary

### Purpose of the Survey

The purpose of the “Tales from the Commute: A Survey and Toolkit of Alternative Commute Solutions” project is to assess the value of commute alternatives in the daily lives of employees. It offers useful information to encourage alternative commuting incentives among Bay Area employers (e.g., carpooling, guaranteed ride home, tax-free commuter benefits, and employer-sponsored shuttles from transit hubs).

### Description of the Survey

Approximately 1275 Bay Area commuters took the Tales from the Commute Survey between April 2012 and June 2012. The survey was distributed by the Santa Clara County Resource Team members, employer networks and transportation demand management (TDM) representatives. The survey is meant to provide insight and information to employers, about the benefits of alternative commute options—both to the individual and the employer.

Of survey respondents, 78.4% reported using an alternative mode of transportation to get to work (i.e. public transit, carpool, vanpool, bicycling) at least one day per week. Those respondents were asked questions regarding how they feel about their commute, what initiated a shift from driving alone to trying alternative commuting and what kinds of work and leisure activities they engage in when they use alternatives to driving alone.

Nearly three quarters (74%) of survey respondents expressed that using alternative modes of transportation in their weekly commute increased the amount of leisure/relaxation time they have at their discretion. More than a third (34.2%) of the alternative transportation commuters reported engaging in work activities while commuting.

### About the Santa Clara County Spare the Air Resource Team

The Santa Clara County Spare the Air Resource Team is a project of the Bay Area Air Quality Management District. The Air District supports Spare the Air Resource Teams throughout the Bay Area that work to improve air quality in the region. The Team has worked to help employers reduce air pollution and commute-based traffic congestion for many years. Visit [www.sparetheair.org](http://www.sparetheair.org) for more information on Spare the Air Resource Teams in the Bay Area or contact Stephanie Anderson at 510-763-2500, ext. 1 or at [sanderson@communityfocus.org](mailto:sanderson@communityfocus.org) with any questions.

## **How to use this data**

The purpose of the “Tales from the Commute: A Survey and Toolkit of Alternative Commute Solutions” project is to provide a general overview of the benefits of, and reasons for, using alternative modes of transportation for commuting to work.

This survey is not meant to be representative of the entire Bay Area or indicative of all Bay Area commuters, but to provide an overview of the many ways alternative transportation can benefit the employees as well as their employers.

The following toolkit provides information for Bay Area employers and employees on the “why” and “how” alternative modes of transportation can be useful in the workplace. The toolkit also features personal testimonials from commuters and links to additional resources.

## **Employer Benefits**

Employers who encourage alternative commuting choices send a positive message to their workforce which can lead to:

- ✦ Improved employee morale
- ✦ Increased employee productivity
- ✦ Recruitment and retention of the best employees
- ✦ Reduced parking and office space needs

## **Employee Benefits**

Employees choosing alternatives to drive-alone commuting can:

- ✦ Gain flexibility for a better work / life balance
- ✦ Reduce the stress of driving to and from work
- ✦ Reduce the wear and tear on their vehicles
- ✦ Save money on fuel and tolls

## **Regional Benefits**

Alternative commute options positively impact the entire region with:

- ✦ A better quality of life
- ✦ A cleaner, healthier environment
- ✦ Reduced traffic, especially during rush hours



### **Key findings from Tales from the Commute**

**78.4%** of respondents use an alternative to driving alone to work (e.g., public transit, carpool, vanpool, bicycling) at least one day per week. (Please note that the following observations exclude respondents who only drive alone.)

**73.7%** say that using alternatives to driving alone in their weekly commute increases the amount of leisure de-stress time they have at their discretion in daily life.

**42.3%** feel that using alternative modes of transportation in their weekly commute increases the amount of time they have to get work done.

**Subsidies (27.6%)** were the most frequently cited reasons for shifting from driving alone to alternative commute modes. This is followed by free transit pass (14.6%), saving money (9.1%), pre-tax transit benefit (8.8%), bike lockers and showers (7.9%), guaranteed ride home program (7.8%), bicycle benefit (6.0%), reduce stress (5.3%), shuttle from transit (4.5%), the environment (3.1%), health (2.8%), preferential parking for carpools/vanpools (2.2%), faster commute (1.9%) and electric vehicle charging stations (1.2%).

**34.2%** engage in work activities during their commutes.

**56.8%** engage in leisure activities while they use alternatives to driving alone.

# How to Use this Survey and Toolkit

## Learn About Local Resources

Increase your knowledge of local resources (see page 23). Commit to familiarizing yourself with five resources from this list. You can try focusing on one daily or delving into all 5 now. If you decide to focus on one daily, do the following:

Go the resource link page, copy the list and paste it into your calendar at a time that works for you. Repeat the calendar item every day for one week. Each day when the calendar items pops up, pick a URL and quickly review the offerings on the organization's website. Once you have looked at the URL, share the information with your co-workers. Ask co-workers if they have heard of the organization and share what you have learned.

## Use the Tales from the Commute YouTube Channel in Employee Emails

Use the Tales from the Commute YouTube links<sup>1</sup> to the first-person stories on key environmental days to invite your employees to try an alternative to driving alone. Benefits: Listening to real people describe how and why they enjoy an alternative to driving alone can be inspiring. The stories are all under 2 minutes. Here is the [link](#).



### Example 1: Earth Day Email

How green is your commute? Carpool? Vanpool? Bike? Public transit?

Celebrate Earth Day by giving a present to the Earth! Choose a way to get to work other than driving alone. Each time you don't drive alone you're giving a gift to the Earth.

Here are some inspiring stories from people who have made the switch from driving alone.

### Example 2: Bike to Work Day

Tired of traffic? Gas prices too high? Want more time for exercise?



Silicon Valley Bicycle Coalition (SVBC) invites commuters to leave their cars at home and join the tens of thousands of their fellow Bay Area residents in biking to work on the second Thursday of May. To help you along the way, SVBC oversees a huge network of Energizer Stations throughout Santa Clara and San Mateo Counties – stops along popular routes where cyclists can get a snack, an official Bike to Work Day bag, other goodies, and a heaping dose of encouragement.





Save the date for a morning of fun: the second Thursday of May. Leave the car at home, dust off the bike, and enjoy your commute. Listen to how one car commuter tried biking to work on Bike to Work Day and is still doing it after 8 years!

**Example 3: Kickoff to Summer Spare the Air**

Spare the Air! During the summer cut back on any activities that contribute to air pollution.

Ground level ozone can become a health problem in the Bay Area during the warm summer months. The summer Spare the Air program lets you know when air quality is forecasted to be unhealthy. There are a number of ways you can cut back on pollutants: don't use oil-based paints, gasoline-powered lawn mowers, or household aerosol products such as cleaning products and hair spray. But the single biggest step you can take to help improve air quality is reducing driving! See how others changed their commutes here.



*Sign up for Spare the Air alerts<sup>2</sup> and stay informed.*

**Example 4: Kick-off to the Great Race for Clean Air**

Join the Great Race for Clean Air and help Spare the Air in the Bay Area!

This friendly competition between Bay Area employers determines who will reign as the company with the best Bay Area Commuters! When you use commute alternatives such as transit, carpooling, vanpooling, walking and bicycling, your company gets credit for reducing pollution and improving air quality, and you are eligible to win prizes! Participation is easy. Just register and log your commute. At the conclusion of the Great Race, the company with the highest CO2 Savings and highest average of "clean commute days" logged per participant will be recognized as the winner.



To find out more about The Great Race for Clean Air, visit the Spare the Air web page at [www.sparetheair.org](http://www.sparetheair.org). Check out these alternative commuters testimonials on YouTube!

<sup>1</sup> Tales from the Commute YouTube channel: <http://www.youtube.com/playlist?list=PLfCd9B>

<sup>2</sup> Spare the Air alerts: <http://www.sparetheair.org/Stay-Informed/Subscribe-and-Share.aspx>

## Create a Story Sharing Contest in your Company

Can stories drive behavior change? Create your own story sharing contest with your employees and see what you learn!



**Step 1:** Reach out to two other committees or departments to collaborate/co-sponsor with your department. For example, partner with your green team and Environmental Safety Department. Share the [Tales from the Commute YouTube channel](#)<sup>1</sup> to help them see what a short video could look like.

**Step 2:** Determine whether you can offer an incentive prize. Draft an invitation email to encourage participation. Ask employees to share a brief video telling what commute alternative (transit, biking, walking, carpooling, vanpooling, they are using, how they got started, what they like about it, and what they would recommend to others thinking about trying an alternative commute.

**Step 3:** Create an internal company webpage or a YouTube page for employees to post their story.



**Step 4:** Acknowledge and share videos and resources with your employees.

## Schedule a Free Consultation with 511 Rideshare!

Schedule a free 511 Rideshare consultation. 511 is the Bay Area's premier source for transportation information by web and phone, offering free services for employers. Seasoned staff consult with employers regarding transportation programs that can save money, make employees happier, improve productivity, and help create greener worksites. A 511 Employer Services Representative can assist you with worksite events, surveys, density maps, relocation assistance, and can help your employees find carpools or vanpools to commute to work. All it takes is a quick call or e-mail to get started.

**Northwest (Mountain View, Palo Alto, Sunnyvale)**

LaShawn Martin

[martin@rideshare.511.org](mailto:martin@rideshare.511.org)

510-273-3610

**Central, Northeast and Moffett Park**

Linda Furnas

[furnas@rideshare.511.org](mailto:furnas@rideshare.511.org)

408-321-5948

*Thank you for trying an idea. Let us know how it goes!*

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<sup>1</sup> Tales from the Commute YouTube channel: <http://www.youtube.com/playlist?list=PLfCd9B>

# Next Steps

Ready to take the next step toward setting up employee commute programs at your worksite? Help is available!

## Carpooling

The Bay Area 511 program is a comprehensive resource for carpool and vanpool matching. Employees can call 511 or visit 511.org to get a list of potential matches to share a ride to work. 511 can also send a representative to your worksite to explain the program to employees. They can staff a table at a benefits, health/wellness, or eco fairs. This service can be arranged at no charge to the employer. There are also private companies that offer customized services for a fee.

## Guaranteed Ride Home

Many counties offer programs that can cover all of your employees in case they are in need of a quick ride home in an emergency. Service can include a car rental or taxi. Program costs and payment structure vary by county.

San Mateo: [www.commute.org](http://www.commute.org)

Alameda County: <http://grh.alamedactc.org/>

San Francisco City and County: <http://www.sfenvironment.org/transportation/sustainable-commuting-programs/emergency-ride-home>

Contra Costa County: <http://511contracosta.org/guaranteed-ride-home/>

Marin County: <http://www.marinerh.org/>

Santa Clara (only Ace Rail): <http://www.acerail.com/Home.aspx>



## Tax Free Commuter Benefits

Pre-tax commute benefits save employees on all federal, state, and FICA taxes, and employers save on all payroll taxes--much like retirement or Section 125 plans. They are easy to administer and are popular with both large and small employers. A list of companies that can administer the benefit can be found at <http://www.sfenvironment.org/download/commuter-programs-vendor-directory>.

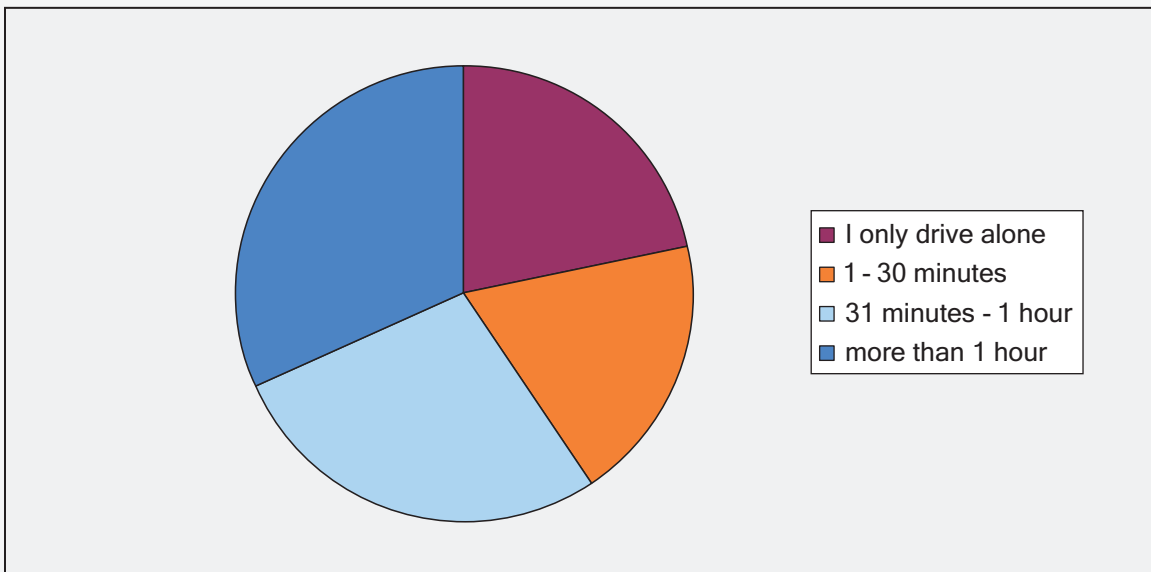
## Employer sponsored shuttles from transit hubs

Shuttles are a good option for larger companies that have campuses away from transit hubs. Smaller employers can also pool together to contract with a shuttle provider. Shuttle services are a great way to increase transit ridership and free up on-site parking. 511 can refer you to vendors who offer these services.

# Appendix 1: Data

**How long is your round trip commute if/when you use an alternative to driving alone?**

Answer Options	Response Percent	Response Count
I only drive alone	21.6%	271
1 - 30 minutes	19.0%	238
31 minutes - 1 hour	27.6%	346
more than 1 hour	31.8%	398
	<i>answered question</i>	1253
	<i>skipped question</i>	6

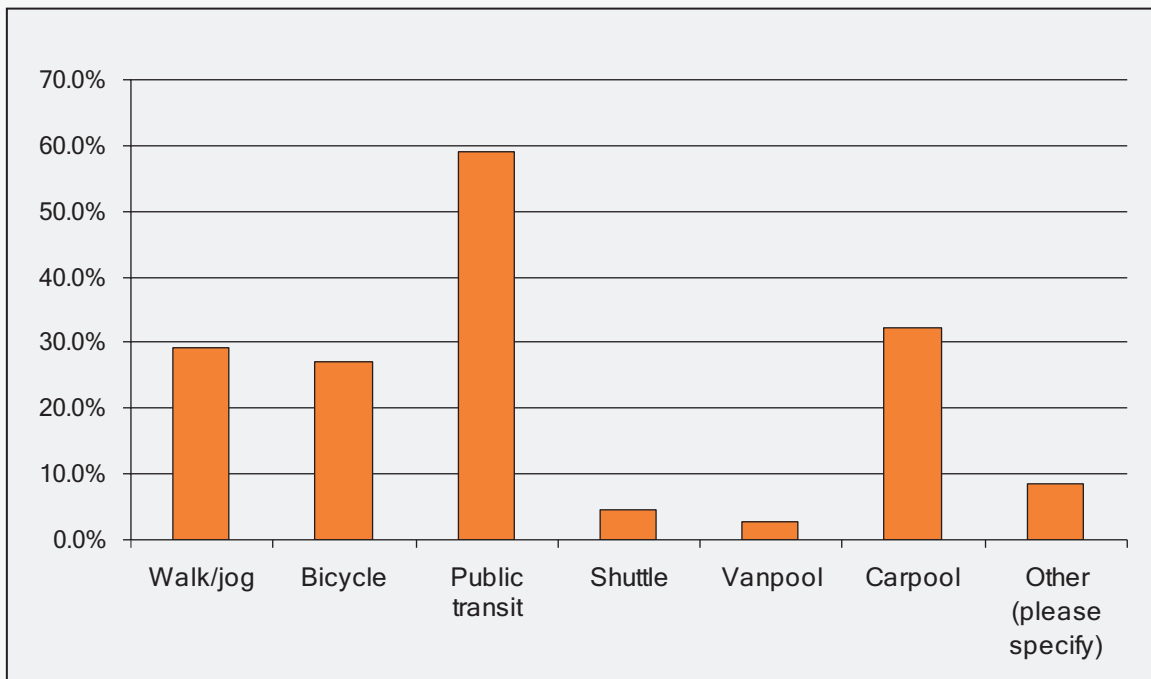


Note: Of all survey respondents, 21.6% only drive alone. These 271 individuals were directed to the final page of the survey; they were not asked detailed questions about their alternative commuting, as they indicated they do not engage in alternative commuting.

Conclusion: Of those respondents who do engage in alternative commuting, over half of them (75.7%) spend more than 30 minutes per round trip commute.

Please select all modes of transportation you use when you don't drive alone.

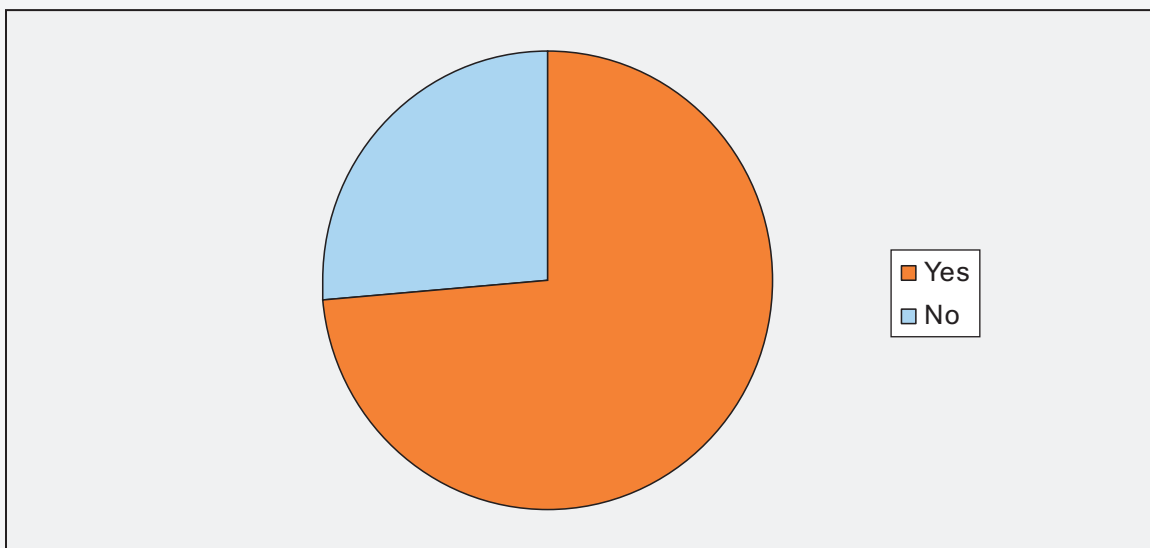
Answer Options	Response Percent	Response Count
Walk/jog	29.3%	275
Bicycle	27.1%	254
Public transit	58.9%	552
Shuttle	4.5%	42
Vanpool	2.8%	26
Carpool	32.3%	303
Other (please specify)	8.4%	79
<i>answered question</i>		<b>937</b>
<i>skipped question</i>		<b>322</b>



Conclusions: Over half of the respondents who use alternative commute modes are using public transit (58.9%). The second most utilized mode is carpooling (32.3%).

**Do you feel that using alternatives to driving alone in your weekly commute increases the amount of leisure/de-stress time you have at your discretion in daily life?**

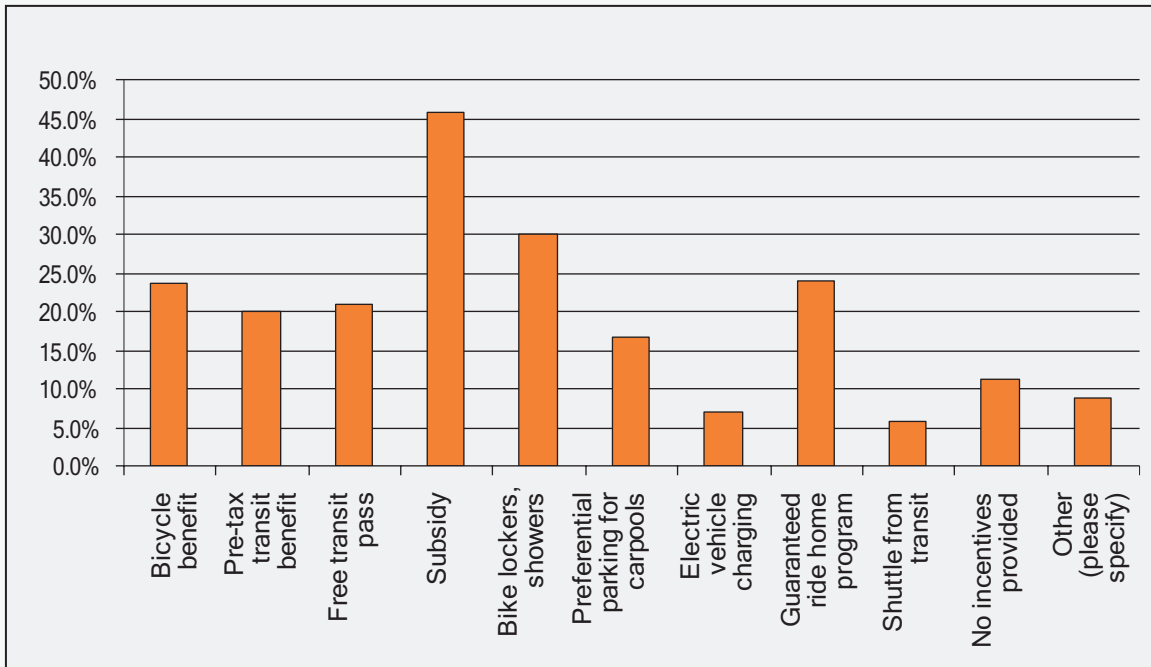
Answer Options	Response Percent	Response Count
Yes	73.7%	657
No	26.3%	234
<i>answered question</i>		891
<i>skipped question</i>		368



Conclusions: Approximately seventy-four percent of alternative transit commuters say that using alternatives to driving alone in their weekly commute increases the amount of leisure/de-stress time they have at their discretion.

**Does your employer provide any of the following commute incentives to encourage alternative commute modes?**

Answer Options	Response Percent	Response Count
Bicycle benefit	23.5%	220
Pre-tax transit benefit	19.9%	186
Free transit pass	20.9%	196
Subsidy	45.9%	430
Bike lockers, showers	29.9%	280
Preferential parking for carpools and vanpools	16.8%	157
Electric vehicle charging stations	7.0%	66
Guaranteed ride home program	23.8%	223
Shuttle from transit	5.8%	54
No incentives provided	11.1%	104
Other (please specify)	8.9%	83
<i>answered question</i>		<b>937</b>
<i>skipped question</i>		<b>322</b>

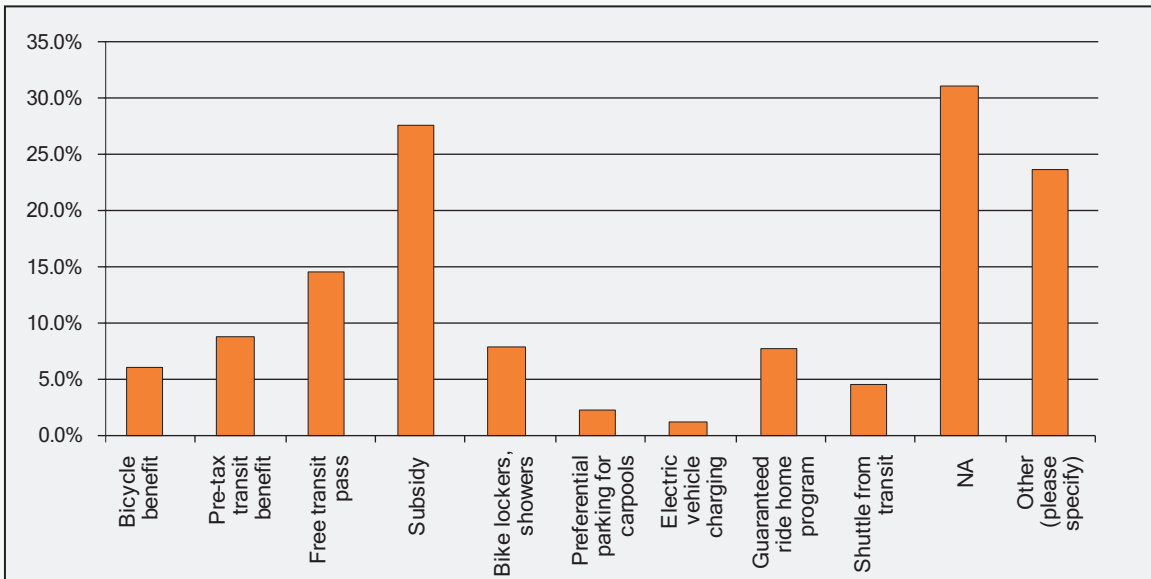


Conclusions: Of the respondents who use alternative commute modes, 45.9% report that their employer provides a subsidy incentive. Of the respondents who use alternative commute modes, 11% report that their employer provides no incentives.

## Which of these, if any, influenced your shift away from driving alone?

Answer Options	Response Percent	Response Count
Bicycle benefit	6.0%	56
Pre-tax transit benefit	8.8%	82
Free transit pass	14.6%	137
Subsidy	27.6%	259
Bike lockers, showers	7.9%	74
Preferential parking for carpools and vanpools	2.2%	21
Electric vehicle charging stations	1.2%	11
Guaranteed ride home program	7.8%	73
Shuttle from transit	4.5%	42
NA	31.1%	291
Other (please specify)	23.6%	221
<i>answered question</i>		937
<i>skipped question</i>		322

Other answers:			
Environment	23	Traffic / time savings	14
Money / financial savings	73	Stress / health benefits	49
Availability / convenience / infrastructural support	27		

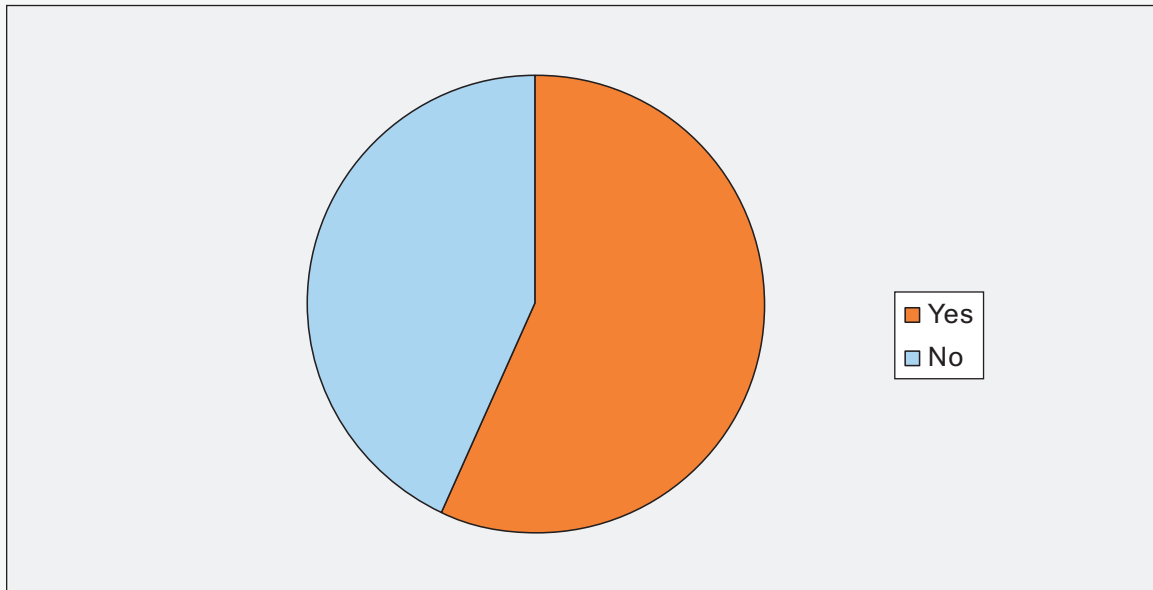


Conclusions: More than twenty-seven percent of those who use alternative commute modes noted that subsidies influenced a shift away from driving alone. About fifteen percent noted that free transit passes influenced a shift away from driving alone.



### Do you engage in leisure activities at any time during your weekly commute?

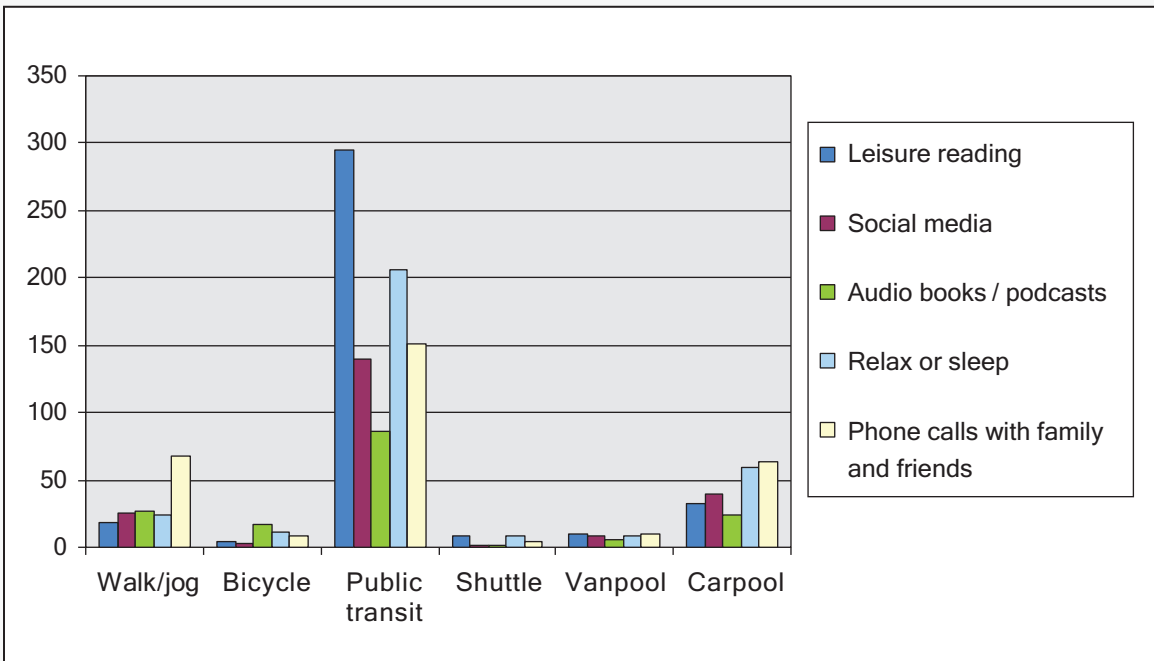
Answer Options	Response Percent	Response Count
Yes	56.8%	521
No	43.2%	397
<i>answered question</i>		<b>918</b>
<i>skipped question</i>		<b>341</b>



Conclusions: Approximately fifty-seven percent of respondents who use alternative modes of transit engage in leisure activities during their commutes.

## What kinds of leisure activities do you engage in during your weekly commute?

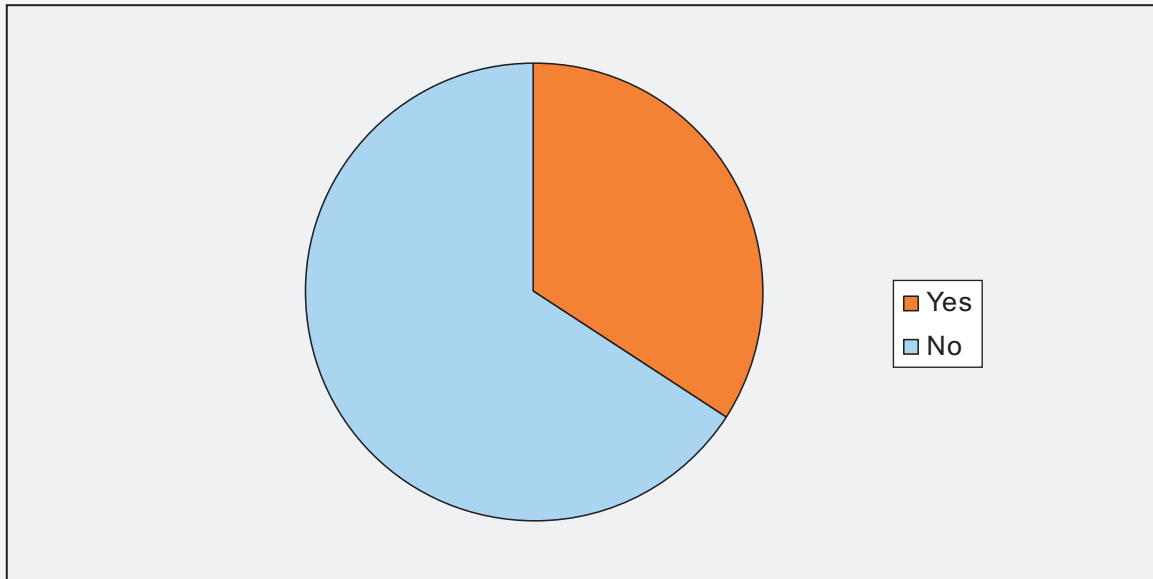
Answer Options	Walk/jog	Bicycle	Public transit	Shuttle	Vanpool	Carpool	Response Count	
Leisure reading	18	4	295	8	10	33	338	
Social media	25	3	140	1	8	40	193	
Audio books / podcasts	27	17	86	2	6	24	132	
Relax or sleep	24	11	206	8	9	59	282	
Phone calls with family and friends	68	9	151	4	10	63	259	
Other (please specify)							117	
							<i>answered question</i>	509
							<i>skipped question</i>	750



Conclusions: Of leisure activities engaged in while using an alternative commute, leisure reading was the most frequently reported followed by relaxing or sleeping phone calls with family and friends and using social media among others.

### Do you engage in work activities at any time during your weekly commute?

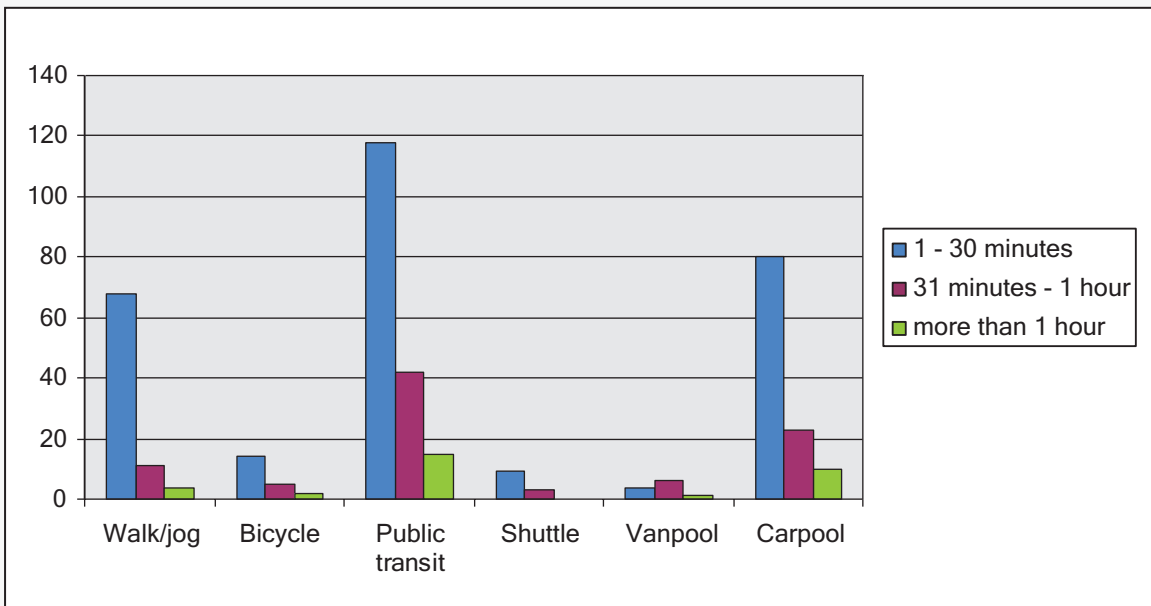
Answer Options	Response Percent	Response Count
Yes	34.2%	320
No	65.8%	617
<i>answered question</i>		<b>937</b>
<i>skipped question</i>		<b>322</b>



Conclusions: Approximately thirty-four percent of respondents who use alternative modes of transit engage in work activities during their commutes.

Indicate approximately how much time you spend on work activities for each alternative mode you use over the course of one round trip commute.

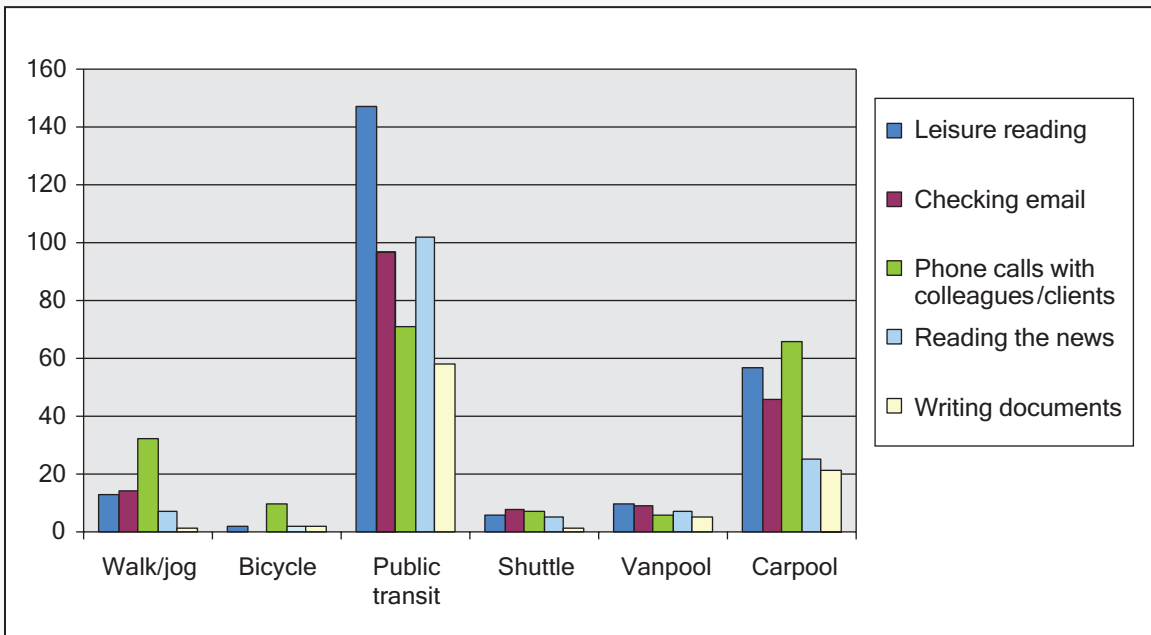
Answer Options	Walk/jog	Bicycle	Public transit	Shuttle	Vanpool	Carpool	Response Count
1 - 30 minutes	68	14	118	9	4	80	238
31 minutes - 1 hour	11	5	42	3	6	23	78
more than 1 hour	4	2	15	0	1	10	26
<i>answered question</i>							306
<i>skipped question</i>							953



Conclusions: Approximately eight percent of respondents who reported engaging in work activities during their alternative commute spend more than an hour on work activities.

Indicate the type(s) of work activities you engage in while commuting for each mode you use.

Answer Options	Walk/jog	Bicycle	Public transit	Shuttle	Vanpool	Carpool	Response Count
Reading documents	13	2	147	6	10	57	211
Checking email	14	0	97	8	9	48	149
Phone calls with colleagues/clients	32	10	71	7	6	66	155
Reading the news	7	2	102	5	7	25	134
Writing documents	1	2	58	1	5	21	82
Other (please specify)							44
<i>answered question</i>							306
<i>skipped question</i>							953



Conclusions: Of work activities engaged in while using an alternative commute, reading documents was the most frequently reported (69%), followed by phone calls with colleagues/clients (50.7%), checking work email (48.7%), reading the news (43.8%), writing documents (26.8%), and 'other' (14.4%).

# Appendix 2: Respondent Quotes & Responses

## Monetary Benefits

Survey respondents reported saving money too. Over one hundred respondents reported saving between \$20 and \$800 per month. The average savings was \$169.60 per month.

## Reasons not to drive alone

Respondents named subsidies most frequently (27.6%) among the motivations behind their shift from driving alone to alternative commute modes. This is followed by free transit pass (14.6%), saving money (9.1%), pre-tax transit benefit (8.8%), bike lockers and showers (7.9%), guaranteed ride home program (7.8%), bicycle benefit (6.0%), reduce stress (5.3%), shuttle from transit (4.5%), the environment (3.1%), health (2.8%), preferential parking for carpools/vanpools (2.2%), faster commute (1.9%) and electric vehicle charging stations (1.2%).

The following are quotes from respondents listing other reasons why they shifted from driving alone to alternative commute modes:

- ♦ Wanting to decrease my ecological footprint. Not having to drive reduces stress.
- ♦ Train is faster, cheaper and less hassle than driving



- ✦ How good I feel when I exercise rather than commute any other way
- ✦ Ability to use the time in transit for reading & relaxing
- ✦ When I take CalTrain it is to relax and not worry about traffic
- ✦ BART is convenient
- ✦ Taking my bike and the train is more enjoyable than driving
- ✦ The benefit of saving money by sharing the costs with others
- ✦ Saving money on gas and car usage
- ✦ High price of gas and tolls, environmental impact
- ✦ Saving gas (plus more time spent together) by commuting with my partner
- ✦ Avoidance of parking tickets, hunting for parking spaces

### **Leisure Activities While Commuting**

Of leisure activities engaged in while commuting, leisure reading was the most frequently reported (66.4%), followed by relaxing or sleeping (55.4%), phone calls with family and friends (50.9%), and using social media (37.9%), among others.

The following are some of the other ways respondents use their time while commuting by alternative transit modes:

- ✦ Small sewing/needlework projects
- ✦ German lessons
- ✦ Sudoku
- ✦ I'm writing a novel--nearly all of it composed on BART!

### **Work Activities While Commuting**

Of work activities engaged in while commuting, reading documents was the most frequently reported (69%), followed by phone calls with colleagues/clients (50.7%), checking work email (48.7%), and reading the news (43.8%), among others.

# Appendix 3: Commuter Stories

## **SUHAS ORGANIZES A VANPOOL.**

Living (in Santa Clara, CA) approximately 30 miles from my workplace (Redwood City, CA), the one thing that I disliked the most was the stress that built up when I drove alone and spent close to 2 hours on the road. With the vanpool I now spend less than 1.5 hours on the road—all of which is stress-free. I'm fresh and charged up when I reach my office.



I love that that by being in a vanpool I'm helping save our environment and reduce our dependence on oil. Also, I enjoy the camaraderie on the vans. As an added bonus I save loads of money and enjoy the flexibility that it provides me. I have also used the van on weekends for outings with friends and family. With all these benefits, I now coordinate three 14-seat vans helping more than 42 other riders enjoy similar benefits.

*[Watch Suhas tell his story.](#)*<sup>1</sup>

## **SANDIE ORGANIZES A CARPOOL.**



I live in Daly City and work in Redwood City. I've always preferred to drive alone so I could come and go as I please but when gas prices went on the rise and I realized how often I needed to pay for vehicle maintenance, I decided to try carpooling. I knew of others who lived nearby who also worked in Redwood City and initiated a conversation about sharing the drive.

The County provides a small supplement to use this commute alternative. While this is very nice, it was not a deciding factor. Knowing I'm helping the environment by choosing this commute method is extremely important to me.

My carpool colleagues and I take turns driving. I look forward to the weeks I don't drive. I find I'm less stressed when I arrive home and my family appreciates that!

I soon learned that my concern about coming and going as I please was unfounded. My carpool group agrees to allow one another to use the car during the day when the need arises.



Carpooling has been life changing for me. My stress level has decreased dramatically, I'm saving money on vehicle wear and tear and gas, I enjoy having someone to talk to on the ride, and love catching up on sleep! I also enjoy the beautiful scenery driving along 280—such a nice little luxury!

I've been carpooling for 6 years and would never go back to solo driving. I carpool so the Earth and I can live longer.

*Watch Sandie tell her story.*<sup>1</sup>

### **MARIANA TAKES ADVANTAGE OF HER EMPLOYERS TRANSIT SUBSIDY.**



When I first started working for San Mateo County I would wake up already stressed out - thinking about the traffic I faced driving to and from work. I tried leaving earlier and earlier, hoping I could avoid the traffic, but I never seemed to escape it. The hour and twenty minutes I spent driving about 38 miles was brutal. My shoulders felt tense at night and my dentist cautioned me about grinding my teeth!

I attended an orientation about the commute alternative program at my workplace. They showed a video in which people talked about how much better their life was thanks to this program. My employer offered a transit subsidy of up to \$75 and I decided it was time to take advantage. I began taking Caltrain to and from work every day. My commute time has been cut in half. My stress level has dropped significantly! I have time to watch my favorite TV series, read, or catch up with friends. I also get some exercise walking to and from the station, which is a real perk. Plus, I save money on gas and wear and tear on my car - this really adds up! Taking public transit took a little planning but once I got in the groove, it was easy. I will NEVER go back to sitting in traffic. No thanks!

*Watch Mariana tell her story.*<sup>1</sup>

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<sup>1</sup> Stories are available at Tales from the Commute YouTube channel: <http://www.youtube.com/playlist?list=PLfCd9B>

## CRAIG BIKES TO WORK.



In 2004 I took the commuter challenge and now I bike to work daily! I've saved \$20,000 and lost 15 lbs, all while enjoying beautiful scenery and making great friends. I work for the USDA Forest Service, in Vallejo. Back when I drove to work it was 45 minutes round trip. Then I went jogging once I got home for another 45 minutes. On Bike to Work Day 2004 I tried riding my bike to work and it wasn't nearly as difficult as I thought it would be! I realized that by riding my bike to work I eliminated the need to exercise when I got home. My commute time via cycling is equivalent to the time I was spending driving and working out - this hasn't added to my schedule load at all.

When I want a little extra exercise I take interesting detours on the way home. My new commute has opened the door to a whole new world of bicycling and new friends. I also save a lot of money. I used the [Bike Commuter Calculator](#)<sup>2</sup> and discovered I have saved over \$20,000 by biking to work! In 2009 I was awarded Bicycle Commuter of the Year for Solano County by [Solano-Napa Commuter Information](#).<sup>3</sup> While the recognition is nice, the best part of cycling to work is that I feel great -- I have lost over 15 pounds and made new friends. If you can, I highly recommend cycling to work.

*[Watch](#) Craig tell his story.*<sup>1</sup>

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<sup>2</sup> Bike Commuter Calculator: <http://www.youcanbikethere.com/bike-commute-calculator>

<sup>3</sup> Solano-Napa Commuter Information: <http://www.commuterinfo.net/>

# Appendix 4: Links to Resources

Association for Commuter Transportation (ACT): <https://www.netforum.avectra.com/eweb/DynamicPage.aspx?Site=ACT1&WebCode=NorthernCalifornia>

Best Workplaces for Commuters: <http://www.bestworkplaces.org/>

List of commuter benefit vendors: <http://www.sfenvironment.org/download/commuter-programs-vendor-directory>

Spare the Air Commute tips: <http://www.stacommuetips.org/>

Spare the Air Employer Program: <http://www.employerssparetheair.org>

Spare the Air sign-up: <http://www.sparetheair.org/Stay-Informed/Subscribe-and-Share.aspx>

Transit and Trails: <http://transitandtrails.org/>

## RIDESHARE

511 Rideshare: <http://rideshare.511.org/employers/contact.aspx>

Avego: <http://www.avego.com/>

Bauer's Intelligent Transportation: <http://www.bauersit.com/>

Enterprise Rideshare: <http://www.enterpriserideshare.com/vanpool/en/AboutUs.html>

RideJoy: <http://ridejoy.com/>

RidePal Routes: <http://ridepal.com/index.php5>

VPSI: <http://www.vpsiinc.com/home/index.asp?OID=261>

Zimride: <http://www.zimride.com/>

## CAR SHARE

City Car Share: <https://www.citycarshare.org/>

Getaround: [www.getaround.com](http://www.getaround.com)

DriveNow: <https://us.drive-now.com>

iCars: <http://www.icars.cc/>

Just Share It: <http://www.justshareit.com>

RelayRides: <https://relayrides.com/>

U Car Share: <https://www.ucarshare.com>

Wheelz: <http://www.wheelz.com/>

Zipcar: <http://www.zipcar.com/>

## TRANSIT AGENCIES

AC Transit: <http://www.actransit.org/>

ACE Train: <http://www.acerail.com>

Shuttles: [http://www.transitunlimited.org/ACE\\_shuttles](http://www.transitunlimited.org/ACE_shuttles)

Angel Island/ Tiburon Ferry: <http://www.angelislandferry.com/>

BART: <http://www.bart.gov/>  
Shuttles: <http://transit.511.org/providers/bartshuttles.aspx>  
Blue and Gold Fleet: <http://www.blueandgoldfleet.com/>  
Caltrain: <http://www.caltrain.com/>  
Shuttles: <http://www.caltrain.com/schedules/shuttles.html>  
Capitol Corridor Intercity Rail: <http://www.capitolcorridor.org/>  
Cloverdale Transit: <http://www.cloverdale.net/index.aspx?NID=267>  
County Connection: <http://cccta.org/>  
Dumbarton Express: <http://dumbartonexpress.com>  
Fairfield and Suisun Transit (FAST): <http://www.fasttransit.org/>  
Golden Gate Transit: <http://www.goldengate.org/>  
Healdsburg In-City Transit: <http://www.ci.healdsburg.ca.us/index.aspx?page=195>  
Hornblower Alcatraz Ferry: <http://www.alcatrazcruises.com/>  
Marin Transit: <http://www.marintransit.org/>  
Muni: <http://www.sfmta.com/cms/home/sfmta.php>  
Petaluma Transit: <http://cityofpetaluma.net/pubworks/transit-sub.html>  
Rio Vista Delta Breeze: <http://www.riovistacity.com/transit/>  
SamTrans: <http://www.samtrans.com/>  
Santa Clara VTA: <http://www.vta.org/>  
Santa Rosa CityBus: <http://ci.santa-rosa.ca.us/departments/transit/citybus/pages/default.aspx>  
Sonoma County Transit: <http://www.sctransit.com/>  
Sonoma-Marín Area Rail Transit: <http://main.sonomamarintrain.org/get-smart/>  
Tri-Delta Transit: <http://www.trideltatransit.com/>  
Union City Transit: <http://www.ci.union-city.ca.us/transit.html>  
Vacaville City Coach: <http://www.citycoach.com/>  
VINE (Napa County): <http://www.ridethevine.com/vine>  
WestCAT: <http://www.westcat.org/>  
Wheels (LAVTA): <http://www.wheelsbus.com/>

## **BICYCLE RESOURCES**

511 BikeMapper: <http://bicycling.511.org/>  
Bikely: <http://www.bikely.com/>  
East Bay Bicycle Coalition: <http://www.ebbc.org/>  
Marin County Bicycle Coalition: <http://www.marinbike.org/Index.shtml>  
Napa County Bicycle Coalition: <http://www.napabike.org/>  
San Francisco Bicycle Coalition: <http://www.sfbike.org/>  
SFMTA's Bicycle program: <http://www.sfmta.com/cms/bhome/homebikes.htm>  
Silicon Valley Bicycle Coalition: <http://bikesiliconvalley.org/group/santa-clara>  
Sonoma County Bicycle Coalition: <http://www.bikesonoma.org/>