

## What is alternative transportation?

Alternative transportation is the use of transportation other than a single-occupancy vehicle.

**Carpool with others.** Carpooling saves \$\$\$ on gas, reduces wear and tear on your car, and provides social opportunities.

**Ride the bus.** Check out the bus schedule. Is there a bus stop near your home? If so, hop on board! Reduced fares are available for first-time riders.

**Try the vanpool.** If you don't live near a bus stop, you may be able to catch the vanpool at a location close to your home. Reduced fares are available for first-time riders.

**Bike or walk to work.** What better way to get your daily workout than to ride or walk to work?

## Guaranteed Ride Home

Alternative transportation riders are eligible for the Guaranteed Ride Home Program. You can be assured of a ride home from work when situations beyond your control prohibit you from returning via alternative transportation.

The Guaranteed Ride Home Program covers *carpool*, *bike*, *bus*, and *vanpool* riders. You must sign up with Commuteride to take advantage of Guaranteed Ride Home.

## Did you know?

**May in Motion** is an annual Treasure Valley alternative transportation event sponsored by Commuteride. Every year, during the month of May, companies and state and federal agencies in the Treasure Valley make a special effort to encourage their employees to use alternative transportation instead of driving a single occupancy vehicle to work.

At an awards ceremony in June, companies and agencies are recognized for their participation. Platinum, Gold, Silver, and Bronze are the levels of awards. DEQ has been awarded the highest recognition — Platinum — every year since the program began in 2006.



DEQ's May in Motion award for 2012

## For More Information

### DEQ Employee Transportation

**Coordinator:** Janet Trumbull at 373-0198 or [janet.trumbull@deq.idaho.gov](mailto:janet.trumbull@deq.idaho.gov)

**Commuteride:** 345-7665  
[www.commuteride.com/alttrans/](http://www.commuteride.com/alttrans/)

**Valley Ride:** 345-7433  
[www.valleyride.org](http://www.valleyride.org)

# Alternative Transportation: See what you're missing!



**Your choice of transportation greatly impacts the environment in which you live.**



Idaho Department of Environmental Quality  
[www.deq.idaho.gov](http://www.deq.idaho.gov)



## What are the benefits of alternative transportation?

### Reduces Stress

Avoid traffic jams, congestion, accidents, and other stressful delays by using alternative transportation.

### Saves Money

Save on auto insurance, parking, gas, maintenance, and wear and tear on your personal vehicle.

### Reduces Environmental Impacts

Depending on the length of commute and type of vehicle, a typical car can emit up to 1 pound of toxic air pollutants and 24 pounds of CO<sub>2</sub> per day. Use alternative transportation to improve the quality of life for everyone by reducing emissions and protecting air quality.



A typical household spends nearly 20% of its income on driving costs, more than it spends on food.



### Facts about Carpooling

If you are interested in joining an existing carpool, go to [www.I-way.org/RideShare](http://www.I-way.org/RideShare).

### Facts about Vanpooling

The Commuteride program provides comfortable vans that offer riders a stress-free commute. The first month is FREE on existing routes (on a space-available basis).

Vanpool commuters who are full-time monthly riders, with no late payments, may qualify for a \$10 per month rebate awarded quarterly. Check with the vanpool staff if you have questions. Contact Commuteride (345-7665) to learn more.\*

### Facts about the Bus

Bus routes are available in Ada County, Canyon County, and the intercounty area. To get bus maps and route information, contact Valley Ride at 345-7433 or at [www.valleyride.org](http://www.valleyride.org).\*

\* Transi-Cheks are offered to encourage commuters to try the vanpool or the bus. Transi-Cheks reward users by subsidizing \$20 each month for up to three consecutive months.

### Facts about Walking

Regular walking helps control weight, tone up the body's muscles, and avoid aching joints and potential bone problems such as osteoporosis.



Nine billion gallons of fuel are wasted in traffic congestion each year, 800 times the amount spilled by the Exxon Valdez.

### Facts about Bicycling

Riding a bike to work is a smart commuting option. Here are some compelling reasons to bike to work:

- ✓ **Fast:** Biking is often faster than driving in traffic.
- ✓ **Healthy:** Enjoy a workout every morning and evening at your own pace.
- ✓ **Economical:** Save on gas and car repairs.
- ✓ **Ecological:** Bikes emit no exhaust fumes, oil spills, or leaking fuel. A bike is a truly green machine.
- ✓ **Easy on the Roads:** Bicycles are much lighter than cars and help avoid costly road repairs paid for by taxpayers.
- ✓ **Friendly:** Cycling helps build community spirit, restores neighborliness, and helps support local businesses.
- ✓ **Convenient:** Bike racks are usually available at most businesses throughout the Treasure Valley, even when parking spaces are hard to find or don't exist.

