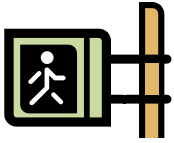




# Easing the Rush Hour Crunch



# Crunch

Creative Solutions and Success Stories in Getting Around

Spring 2006

## TMA Transit Map Hot Off the Press

Three years in the making, the Transportation Management Association's new map, in brochure form, shows all Upper Valley bus routes on one map for the first time ever! It includes a large regional map and a large detail

routes in and around Hanover, Lebanon, and White River Junction as well as transit provider contact information. You may be able to obtain one through your employer or local Chamber of Commerce, or at the headquarters office of the transit bus company you patronize. But if not, please contact the Vital Communities office at 802-291-9100 x110 or swing by to see us on the 2nd floor of the railroad station at White River Junction Monday through Friday - individual maps are \$1, with lower rates for bulk purchases.

## Test Drive a Carpool

The Upper Valley has a wonderful fixed-route transit bus service. But if your employer isn't located on a transit route, or your commute begins in the hinterlands each morning and taking the bus would be impractical, you might still be able to develop a carpool with one or more of your colleagues -- or

with someone who works nearby! Recently, the UVTMA helped a major Upper Valley employer survey its employees about their commuting habits. As you might expect, most people drive to work by themselves. But

the number of people who expressed interest in a carpool was astonishing! With gasoline prices more expensive than a year ago, carpooling can be a great way to save money and have a more enjoyable daily commute at the same time.

## A Car Free Ride to Work *Roanoke Times Excerpt*

They are the office oddballs, the transportation equivalent of geeks with slide rules or pocket protectors. They arrive each morning in form-fitting shorts or tights, helmets, flashing lights and sometimes a bright orange reflective vest.

John Leftwich of Hanging Rock is one of them. Leftwich, 44, said for him bicycle commuting is the only way to go. Ten years ago, he weighed around 240, at 6 feet tall. He sat around a lot and often felt like hell. "It dawned on me, 'Dang, I'm kind of out of shape,'" Leftwich recalled. He joined a gym, but wasn't much of a gym rat. He biked to the gym a few times, and enjoyed the ride so much that he quit - the gym, that is. He's been bicycling to work ever since, 25 miles a day round-trip. Today, he's 50 pounds lighter and feels great.

Neal Jamison is another bike commuter. Jamison, 37, is a runner. But the running began to intrude on the time he could spend with his wife and their 7-year-old son.

"I was having trouble finding time to exercise..." said Jamison, "Riding to and from work would be the best way to work some exercise in while minimizing the time I spend away

from my family."

A chief benefit is how his ride home melts away the workday stress. "When I walk out that door with my bicycle, no matter how bad the day has been, it's not a bad day, he said. "Even if it's raining outside, I'd rather be biking in the rain than sitting upstairs in the office ... and when I get home I'm just in a totally different frame of mind."

Betsy Henderson starts two days each week with a 5 a.m. visit to the Roanoke Athletic Club. But her workouts don't end when she leaves the club. After she gets home and readies herself for work, she hops on her bike and rides 4 miles from her Roanoke County home to Hidden Valley Middle School, where she teaches physical education all day. Henderson, 52, says her her 15-minute bike jaunt is hardly a workout. But she finds a lot of value in the longer route she takes on the way home.

"The value is in not driving home, where there are plenty of excuses not to go for a ride," she said. "If I ride the bike to school, then I have to ride it home."

# Calculate Your Cost of Commuting

A. How much does gas cost per gallon?	
B. How many miles per gallon does your car average?	
Divide A by B (A ___ / B ___)	= X
C. What is the cost per mile for financing, insurance, depreciation, maintenance, and taxes?	\$.56 (average as reported by AAA)
Add C to X (C \$.56 + X ___)	= Y
D. What is your round trip commute distance to work in miles?	
E. How many days per month do you drive to work?	
Multiply Y, D, and E (Y ___ * D ___ * E ___)	= Z
F. Add what you pay for parking	
TOTAL MONTHLY COST (F + Z)	\$

Compare your total monthly commute cost to the cost of riding public transportation. Remember that Advance Transit is FREE and that Stagecoach and Connecticut River Transit have reasonable fares.

# How Much Do You Pollute the Upper Valley? Calculate it.

How many miles do you drive daily?	= X
A. Hydrocarbons produced (X ___ /217)	lbs.
B. Nitrogen Oxides produced (X ___ /222)	lbs.
C. Carbon Monoxide produced (X ___ /30)	lbs.
D. Total Daily Pollution (A ___ + B ___ + C ___)	lbs.

VS.

Total Daily Pollution of a Carpool (D ___ / the number of people in your carpool)	lbs.
Total Daily Pollution of a Vanpool (D ___ / number of van riders)	lbs.
Total Daily Pollution of an Advance Transit bus (X ___ /95)	lbs.

Source: UV Rideshare

There's a big difference!  
Riding public transportation makes the air we all breathe cleaner. It's not just the 'other guy' who worsens air quality - you contribute to it as an individual.



# Local Focus: Transportation Options in Our Region

We're blessed to live in one of the most beautiful areas in the country. However, it isn't always the easiest region to get around without a car. Fortunately, there are many alternative means of transportation, from buses, carpools, and trains to bikes and your own two feet. Read on!

**Advance Transit** 802-295-1824  
www.advancetransit.com  
- Free everywhere!  
- Bike racks on the bus for easy transport

**Rideshare Carpool Matching Service** 802-295-1824  
A free service of Advance Transit  
www.uppervallyrideshare.com  
- Find other commuters for carpooling  
- Guaranteed Ride Home ensures your trip home

**Stagecoach** 802-728-3773  
www.stagecoach-rides.org  
- Buses serve I-91 from White River to Bradford  
- Buses also serve I-89 corridor to Randolph

**Connecticut River Transit** 802-885-5165  
www.crtransit.org  
- Connects Hanover, Lebanon, and White River Junction to Springfield along I-91

**Community Transportation Services** 603-863-0003  
www.communityalliance.net  
- Serving Newport, Claremont, and Sunapee  
- Hopes to extend commuter service to DHMC

**Amtrak** 1-800-USA-RAIL  
www.amtrak.com

**Vermont Transit** 1-800-552-8737  
www.vermonttransit.com

**Dartmouth Coach** 1-800-637-0123  
www.concordtrailways/dartmouth\_coach.htm

# Advance Transit Ridership Rising

Advance Transit ridership increased 14.3% last year, the latest in a long trend of increased use.

