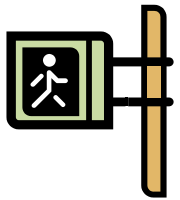




Easing the Rush Hour Crunch



Creative Solutions and Success Stories in Getting Around

Options for Commuters Developing: Grantham Park and Ride, Claremont Bus on Tap

(Valley News excerpt)

By Kristen Fountain

Grantham -- A long-awaited park-and-ride lot next to I-89's Exit 13 in Grantham has been designed and is slated for construction this fall or spring, said a New Hampshire Department of Transportation engineer last week.

Transit advocates see the 52-space lot, in the works for more than six years, as an essential stop for a new commuter bus service that they hope will begin running next year between Claremont and workplaces in Lebanon, Hanover, and Hartford via the highway.

Signs of movement on the Grantham park-and-ride lot have encouraged Community Transportation Services of Claremont to resubmit an application to NH DOT for funding to begin a commuter bus service from Claremont, stopping in Newport, Croydon and Grantham.

The growing popularity of carpooling and commuter bus service is one important way to address rush hour congestion along Route 120 and 12A in Lebanon and Route 10 in Hanover, as well as parking shortages, said Vital Communities' transportation advocate, Greg Nazarov. "Every car that is (in the park-and-ride lots) is one less car not on the road during peak time," he said. (Published 10/3/05)

Upper Valley Rideshare Connects Commuters

A free service provided by Advance Transit, Upper Valley Rideshare makes finding carpool partners easy. Potential commuters can search for partners in their town on UVR's online Rideboard, choosing options like share driving, ride only, or drive only. Also, UVR's Guaranteed Ride Home Program promises a free ride home in the event of an emergency or illness. Carpooling eases congestion and saves you money. And UVR makes carpooling easier than ever before. Visit them at www.uppervalleyrideshare.com

Commuting to a Better Life:

Pressed for time? Stressed out? Let someone else do the driving, and reap the benefits of gaining time each day just for you.

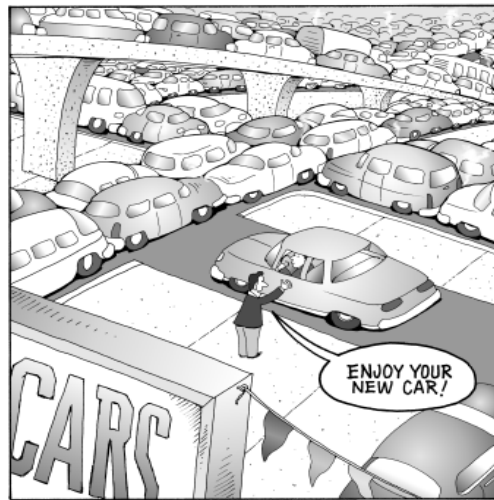
(Excerpt from Commuter's Register Online, March/April 2004)

No matter how you look at it, commuting to and from work takes time—a lot of time actually. In fact, a one-hour commute each way during the bulk of your working years will consume nearly two-and-a-half years of your life. What a waste! Or is it?

Lately, more and more folks are discovering yet another benefit to carpooling and taking public transportation. Not only is leaving your car at home easy on the pocketbook and the environment, but when someone else is doing the driving, you can actually use that time to get things accomplished.

Joe Rapoza, a social work consultant at Aetna, Inc. couldn't agree more. He says he started carpooling a few years ago because of sheer economics. Rapoza estimates he's saving 40 to 60 percent on mileage and wear and tear on his car. His carpooling buddy, Paul, also works at Aetna, so both face a one-hour and fifteen minute commute each way five days a week. They switch off driving during the week, using both cars to more evenly distribute vehicle wear and tear.

The best thing about Rapoza's commute is that while he's in transit he and his buddy Paul are sustaining what's turned out to be a great friendship.



Upper Valley and Its Employers earn EPA's 'Best Workplaces for Commuters' Designation

Dartmouth College in Hanover, NH, Dartmouth Hitchcock Medical Center, Mascoma Savings Bank in Lebanon, NH, and Advance Transit have all been recognized for their support of public transportation and of their employees who use it.

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
E. What is your round trip commute distance to work?		
F. How many days per month do you drive to work?		
Multiply Y, E, and F (Y ___ * E ___ * F ___)		= Z
G. Add what you pay for parking		

Compare your total monthly commute cost to the cost of riding public transportation. Remember that Advance Transit is FREE and that Statecoach 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.

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 pollution - 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 Buses 802 295 1824

www.advancetransit.com

- Free everywhere!
- Bike racks on the bus for easy transport

Rideshare Carpool Matching Service

A free service of Advance Transit

www.uppervallyrideshare.com

- Find other commuters for carpooling
- Guaranteed Ride Home insures your trip home

Stagecoach 802 728 6232

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
- Hoping to extent commuter service to Lebanon

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

In the past year, Advance Transit ridership increased about 12%, the latest in a long trend of increased use. If you don't already ride AT, become part of the next increase!

Advance Transit's Annual Ridership 1994-2005, Adjusted to Calendar Year

