

CommuteSmart News

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GET TO WORK FASTER, CHEAPER AND WITH LESS STRESS

3 Reasons You Say You Can't Bike to Work (And Why You May Be Wrong)



If you don't bike to work because you "can't," you may be missing out on a great way to burn calories, get fit and save money on your commute. Here, we offer solutions to the most common reasons people say they can't bike to work.

1. "I live too far from the office." If you live farther than five miles, it probably is too far to bike the whole way—but maybe you could bike to a nearby bus stop or transit station. Nearly all Southland buses are equipped with bike racks, and Metro Rail and Metrolink allow bikes on board.

2. "My route to work isn't safe for cycling." For experienced cyclists, the route they ride is rarely the same one they'd drive. Mapping sites such as mapmyride.com and bikemetro.com may be able to help you find a bike-friendly route with bike lanes, wide streets and flat roads.

3. "I'm too out of shape." This may actually be one of the best reasons to give bike commuting a try! Start slow with a bike/transit mix rather than going for a marathon ride to work. You also don't have to bike every day to reap the benefits.

For more information on bicycle commute resources in your area, visit go511.com in Los Angeles/Orange/Ventura and IE511.org in the Inland Empire.

Are More Jamzillas On the Way?

Freeway construction is one of those good news/bad news things. Projects that widen freeways and/or add carpool lanes will help alleviate traffic congestion in the long run. Unfortunately, it can be a mess in the meantime.

Two construction projects just starting: on the I-5 in Orange County to build carpool lanes between San Juan Capistrano and San Clemente and on SR-23/US 101 in Ventura County to widen the interchange.

While closures might not be as severe as the recent Jamzilla on the 405 Freeway, they are to be expected, say officials. "We recommend people carpool to reduce the number of cars on the road, or find a transit alternative," says Alan Holmes with Ventura County Transportation Commission.

For project updates and alerts on the I-5 project, visit octa.net; for the SR-23/US101 project, visit dot.ca.gov/dist07.



Transit News

Fast Bus Route from the Valley to Downtown

Foothill now offers one-stop service to Los Angeles on its Line 495, which picks up at the Industry Park & Ride and drops off at key downtown LA locations, foothilltransit.org.



New Buses on Metro

Metro last month debuted the first of 550 New Flyer buses. Metro will soon not only have a fleet that's younger, but also one that is 100% low-floor to make buses ADA-compliant and as safe as possible, metro.net.



Metrolink Installing New Safety Feature

Metrolink announced it has started using Positive Train Control (PTC) on some of its trains. PTC is GPS-based technology that prevents train-to-train collisions, over-speed derailments and may even bring trains to a safe stop in the event of a natural disaster. Rollouts of PTC are expected to be service-wide by end of 2015, metrolinktrains.com.

