

CommuteSmart News

August 2010

GET TO WORK FASTER, CHEAPER AND WITH LESS STRESS

Tired of Traffic? Call 511



Whether you're stuck in traffic and need an alternate route – or want to find a bus that'll take you where you need to go – 511 has the help you need.

511 is an automated toll-free phone line and Internet service that provides 24/7 on-demand updates on Southern California traffic, transit routing, carpool/vanpool matching, and more.

Just dial 511 from a cellphone or landline. You'll automatically be

connected with 511 service in the area where you're traveling. (See Sidebar, right, for out-of-area help, or if 511 doesn't work from your phone.)

Choose from voice-responsive prompts or – if you prefer – just tell 511 what you want to know, like "traffic on the 405" or "find a Park & Ride lot." 511 will get you the answers you need or guide you to the right resource.

Prefer to get your transportation information online? Visit 511 on the web at go511.com or ie511.org where in addition to traffic, bus/rail, carpool and vanpool assistance, you can also access driving directions, interactive maps of freeway traffic conditions (including travel speeds on both carpool lanes and regular use lanes), toll road information and more.

511 is a service of Metro, Orange County Transportation Authority, Riverside County Transportation Commission, San Bernardino Associated Governments and Ventura County Transportation Commission in cooperation with Caltrans and CHP.

It Really Is Light Rail



If you need an incentive to switch from driving alone to riding public transit, how about the chance to drop a couple pounds? Researchers looked at the introduction of a rail line in Charlotte, N.C. and found that after a year commuters who took it regularly to work were more than six pounds lighter than people who drove. Walking between home, transit stations and work "could add an extra mile a day for the average rider," says the study's co-author. "Over the course of a year, that mile a day will translate into substantial loss of weight."



How to Access 511

Los Angeles/Orange/Ventura Counties

- **Dial 511** for travel/traffic info when in these areas
- **Dial 1.877.22Go511** for LA/Orange/Ventura info when out of the area or if you're having trouble reaching 511 from your phone
- **Visit go511.com** on the web

Riverside/San Bernardino Counties

- **Dial 511** for travel/traffic info when in these areas
- **Dial 1.877.MylE511** for Inland Empire info when out of the area or if you're having trouble reaching 511 from your phone
- **Visit ie511.org** on the web

