

# CommuteSmart News

January 2011

GET TO WORK FASTER, CHEAPER AND WITH LESS STRESS

## How to Keep Your New Year's Resolutions



Having a hard time sticking to your New Year's resolutions? Ridesharing might help! Here are five of the most popular resolutions – and how finding an alternative to driving alone can help you stay on track.

- 1. Lose weight/get fit** – In a recent study of commuters in a city after a new rail line was put in place, those who took it lost an average of six pounds. That's because walking to transit stations and between stops burns a whole lot more calories than sitting behind the wheel of a car. If you live close enough to the office, you may even be able to bike or walk the whole way.
- 2. Spend more time with family** – People who travel in carpool lanes save on average 40 minutes a day, which adds up to a lot of quality time.
- 3. Save money/manage debt** – Carpool with just one other person and you'll cut your commuting gas costs in half. People who ride bus or rail in Southern California can save roughly \$9,000 annually in auto costs, according to the American Public Transportation Association.
- 4. Volunteer to help others** – If you'd like to contribute to others, how about doing your part to ease traffic? The more people that rideshare, the better quality of life for all.
- 5. Stop smoking** – OK, so maybe ridesharing can't help you stop smoking cigarettes (although no smoking is allowed on transit, so it may slow you down). Ridesharing can, however, reduce the amount of emissions that come from your tailpipe – up to tons a year.

For help finding a carpool, vanpool or bus/rail route, call "511" to be connected to agencies in your area.



## In Brief

### Drive less – pay less in insurance

Effective as of February, two insurance providers – State Farm and the Automobile Club of Southern California – will offer "pay-as-you-drive" insurance plans that give lower rates to people who put fewer miles on their vehicles. Under the plan, motorists receive a discount if they agree to self-report their odometer readings or plug in a device that automatically records miles driven. Overall savings could range between 1% and 10%. Contact your insurer for details.



### How much do you spend on the commute?

An online calculator will show just how much of your monthly budget is eaten up by the commute – and what you can save if you share the ride. Go to [IE511.org](http://IE511.org) and choose the "rideshare" option.

### Some other great rideshare web sites...

[RideshareThursday.com](http://RideshareThursday.com), [Metro.net](http://Metro.net) (check out their blog, "The Source", and [GoVentura.org](http://GoVentura.org)

