VALLEY BIKE MONTH

Join Valley Metro and our partners as we celebrate Valley Bike Month in April. Begin by taking a pledge in March and you’ll be entered to win one of two $50 Landis Cyclery gift cards. Track your bike trips at ShareTheRide.com, enter contests with great prizes and enjoy Valleywide events for family, friends and coworkers. There will also be a Team Challenge for groups of 5-20 bicyclists to compete with other teams for great prizes!

Bicycling benefits include better health, stress relief, reduced pollution and traffic congestion, and saving money on gas and vehicle wear. Plus, the weather in spring is perfect for riding! Get familiar with park-and-ride lots that offer lockers or take your bike on board the bus or light rail for longer trips.

There are many areas to explore when it comes to biking. Valley Bike Month is the perfect time to do it. Learn more about activities and opportunities here.

Valley Bike Month artwork by Michael Faulkner, @mfaulkaz

TRANSIT SERVICE CHANGES OCCUR IN APRIL

Valley Metro service changes occur in April and October each year to better support Valley communities, businesses and residents. The next service changes will occur on April 23, 2018. Preview them here and use our online tools to plan your trip.
BICYCLING BY NECESSITY VS. BICYCLING BY CHOICE

For some, bicycling is an outlet for relieving stress or a vehicle to explore and be adventurous. For others, bicycling may be their only means of transportation to school or work and is a lifeline.

Meet one Valley bicyclist, Laurent Kounouho, a 2017 Clean Air Campaign Award finalist for the category Outstanding Commuter – Bicyclist or Walker. Laurent values bicycling for health and fitness, as well as a commute solution. Laurent is Senior Manager of Compliance and Control at American Express in North Phoenix and has biked to work on most days for nearly five years.

“Biking was part of my childhood,” explained Laurent. “As a child, I lived in a small village in Africa and biked with friends often. As I moved on to middle school, we were required to bike to another village about 15 miles away to attend school for the week, returning home for the weekend.” This presented a way of life that required commitment, time management and safety awareness – skills that Laurent would continue to hone as an adult.

“I attended college in China, where it is more common to bike than drive a car. Again, I was surrounded by the norm and it was part of my life,” Laurent recalled. “Transitioning to the United States provided different opportunities and more choices. However, I stuck with bicycling as my choice mode,” Laurent smiled. He described his favorite benefits of bicycling, “I enjoy freedom to cruise at my own speed, low impact exercise and find it easy to ride.”

When asked how to get started, Laurent smiled and advised, “Just start! Be safe, explore new routes when you can and include family, as I do with my son.” These benefits can impact all riders. Take it from Laurent and “just start!”

GRID BIKE SHARE

Grid Bike Share recently celebrated three years and now includes a network in Scottsdale! Rent Grid bikes for short trips or to extend your transit trip. Grid bikes are not intended to take on board the bus or light rail, however, the network of bike stations makes it easy and affordable to connect around the Valley. Learn how the program works here.
GET SOCIAL WITH US!
Like and follow ShareTheRide on Facebook. Your news feed will bloom with tips for reducing pollution, transit project updates, contest details, inspiration and much more!

MATERIALS ORDER FORM
Transportation Coordinators (TCS) can help increase awareness and encourage employees and driving-age students to use alternative modes of transportation by placing brochures, maps and Ride Guides in high-traffic areas, such as a lunch room or lobby. Order your materials here. Consult your Commute Solutions coordinator for assistance.

CONGRATULATIONS TO TRP EMPLOYERS WHO REACHED 60% TARGET
Valley Metro and the Maricopa County TRP congratulate and recognize the TRP employers who have recently met or exceeded their drive-alone rate and/or miles traveled goals at one or more worksites. Click here for a list of the TRP employers who achieved the 60% drive-alone target.

TRANSPORTATION COORDINATOR (TC) WEBINARS AND BONUS GAME CHANGERS
TC webinars provide a great channel for Travel Reduction Program (TRP) updates. We encourage you to attend, ask questions and share the recorded version with employees. For a schedule of TC webinars, click here.

ATTEND A GAME CHANGER WEBINAR
The Commute Solutions team has recently launched a series of bonus webinars called Game Changer webinars. These will be held on occasion and announced via email.

On December 13, 2017, Valley Metro and guest Park Howell hosted a webinar and in-person workshop to discuss the process and impact of effective storytelling. View the recording and gain valuable insight to incorporate storytelling here.

INTRO TO TRP COURSE ONLINE
Valley Metro offers a free course for new TCs anytime online. The class provides an overview of the TRP and keys to success. For details and to register, click here. Once completed, other courses may be taken.

BUY YOUR TRANSIT PASS BEFORE YOU BOARD
Save time when you buy your pass before boarding the bus or light rail. There are more than 800 locations Valleywide where you can purchase your pass. For a complete list of retail locations, along with the types of passes available and store hours, visit valleymetro.org.

VALLEY METRO RETAILERS INCLUDE:

Sponsored by the Arizona Department of Environmental Quality, Maricopa Association of Governments, Maricopa County Air Quality Department and Valley Metro.