Spring is around the corner and we are excited to share news about Valley Bike Month, transit service changes, contests at ShareTheRide.com, stories of inspiration and more. Welcome to the Spring 2019 TC Kit!

You may have noticed that we omitted the traditional cover letter and instead, combined its information here. More importantly, we have developed this newsletter and the remaining contents to promote the Travel Reduction Program (TRP) and to help gain participation.

Use the material to freshen bulletin boards, incorporate into emails and company messages and always feel free to contact your Commute Solutions coordinator at 602.262.RIDE (7433) for assistance.

APRIL IS VALLEY BIKE MONTH!

It’s Springtime in the Valley of the Sun. It’s picture perfect when it comes to spending time outdoors. It’s also the perfect time to explore the Valley on two wheels, combine with transit for longer trips and improve your health and air quality while you’re at it!

Enclosed is information about Valleywide events to attend with family and friends.

- Pledge to participate at ShareTheRide.com and you will be entered to win one of two $50 Landis Cyclery gift cards.
- Register and track any bike trip to earn points and enter contests.
- Join the Team Challenge and compete with other teams and win great prizes.

Need more reasons to get excited and get involved? Check out this year’s Valley Bike Month artwork, designed by local artist, Lucretia Torva. At many of the Valley Bike Month events, there will be t-shirts up for grabs, along with other great giveaways!
BIKING IS A WAY OF LIFE

For Larry Gardner, riding a conventional and an e-bike is a way of life. “I’ve biked to work for 11 years, beginning in Oregon, where I used to reside.” Larry describes the commute in the Valley as much easier. “I use multi-use trails, mostly along the SR-51.”

Being far removed from traffic during Larry’s ride is his favorite part of the commute. “Other benefits include reducing my carbon footprint, having peace of mind that I am doing my part to contribute to cleaner air and saving money,” he boasts. “I also enjoy meeting others along the way. Though it is a quiet commute, I occasionally stop and talk with other cyclists.”

Larry also discusses the need for being prepared. “I’ve encountered a flat tire during my ride. Thankfully, I keep tools with me, such as Slime tube sealant. When necessary, I can catch a bus to complete my trip and address the bike repair later.” Larry also recommends knowing the bike laws, having a rear view mirror and adequate lighting for night rides.

With a little preparation and reverence for safety, you can also hop on a bike and enjoy a quiet commute.

PRACTICE WHAT YOU TEACH

Most people agree that teachers carry a special aura – a selflessness and exemplary way about them. Emma Farrell is no exception – she is an English teacher at Ironwood High School and bicycle commuter.

“I’ve been cycling to and from work for about three years,” Emma explains. “I ride right into campus and park my bike in the classroom. This shows students that biking is a feasible commute mode and opens up dialogue about how to ride when there are questions.” Emma is motivated by setting an example. “I am also motivated to ride because it makes me feel self-reliant and it challenges me.”

Emma’s tips for those interested in biking to work or school include planning ahead. “I drive in to work one day with spare clothes for the rest of the work days,” she explains. “I can change when I arrive should I get sweaty or want to ride in athletic gear.” Emma also advises to research your route and try once outside of the work day to alleviate pressure. “I researched my route and found there are canals to take, which enable me to avoid traffic,” she adds.

Emma is encouraging, resourceful and leads by example – perfect fit for a bicyclist and teacher!
TRANSIT SERVICE CHANGES OCCUR IN APRIL AND MAY 2019.

Valley Metro and City of Phoenix service changes occur twice per year to support an effective regional transit system. Public input was requested from October 29–November 30, 2018 on proposed service changes that will take effect in April and May.

Below are the service adjustments. A new transit book will be available in print and to download at valleymetro.org in early April.

### ROUTES AND SCHEDULE CHANGES FOR APRIL

- **Route 62—Hardy Dr**: Modified route at Tempe Marketplace to serve Smith Rd and University Dr area.
- **Route 106—Peoria Ave**: Extended second to last weekday eastbound trip to 99th Ave.
- **Peoria On The Go (POGO) Circulator**: New circulator service in north Peoria running weekdays every 30 minutes.
- **Rapid Routes SR51, I-10E, I-10W, I-17**: Frequency improvements.
- **South Mountain East (SME) Rapid**: Current freight train detour is now permanent. No longer serving 24th St and Washington/Jefferson.
- **ZOOM North and ZOOM South**: Added Sunday service to match current Saturday service level.
- **Route 685—Ajo/Gila Bend to Phoenix**: Added one morning trip and eliminated one afternoon trip.

**Valley Metro Rail**:

In Phoenix, new station added at 50th St/Washington in April 2019.

### ROUTES AND SCHEDULE CHANGES FOR MAY

- **Route 62—Broadway Rd**: Modified route to serve new light rail end of line at Gilbert Rd/Main St, instead of Sycamore/Main St. To be instituted when Gilbert Road Extension begins operation in May 2019.
- **Tempe FLASH**: Modified route to serve new activity centers near ASU campus. To be instituted after ASU Spring 2019 semester.

**Valley Metro Rail**:

In Mesa, stations added at Stapley/Main St and Gilbert Rd/Main St in May 2019.

### 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 online at valleymetro.org/commute-solutions and choose Materials Order Form.

### GET SOCIAL WITH US!

Valley Metro’s Commute Solutions team and its trip-matching site, ShareTheRide.com, have a Facebook page. Join us for transit updates, alternative mode tips, contests and inspiration at Facebook.com/ShareTheRideandSave.
INTRO TO TRP COURSE ONLINE

Valley Metro offers a training course for new transportation coordinators (TCs) anytime online. The class provides an overview of the Travel Reduction Program (TRP) and keys to success. The course now has updated content, allows users to easily complete an individual lesson and access training from any device. For details and to register, visit valleymetro.org, choose Commute Solutions > Resource Library > TRP Training. Once completed, other courses may be taken.

What TCs have to say about the Intro to TRP training course:

“It was very informative. I took the course on my phone, so I could use my bluetooth for my hearing aids.”

Mary H.
Bourgade Catholic High School

“I thought it was very user friendly, especially since I was new to the whole subject! It was thorough and kept my spot when I had to stop and come back to it.”

Samantha D.
Stitch Fix

BUY YOUR TRANSIT PASS BEFORE YOU BOARD

Save time when you buy your pass before boarding the bus or light rail. There are 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:

BLOG AT SHARETHERIDE.COM

We write a blog twice per month to connect readers with resources to better their commute, improve health, save money and much more. Topics have included walking benefits, back to school savings on transit fares, e-tools for trip planning, summer ozone and winter pollution info, electric vehicles and a look at Valley Metro’s Mobility Center. Visit ShareTheRide.com and select Blog.