



# Sustainable Transportation News

WWU Sustainable Transportation

<http://www.wvu.edu/transportation>

Winter 2010

WWU supports the use of alternatives to driving alone to work by providing information, assistance, and incentives through the Sustainable Transportation Office. If you want to ride the bus, bike, walk or carpool to work, but aren't sure how to get started, please contact us. We believe in the personal, institutional, regional and global advantages of reducing the amount of driving we do. It is our pleasure to serve the campus community.



## Connecting Commuting to Health

Feeling like you don't have time to exercise? You're not alone: in a recent survey 47% of U.S. workers said that work demands are preventing them from leading a healthier life. "Get more exercise" is at the top of most lists of resolutions. But many stumble on the road to better health, due to time pressures, difficulty in starting a new habit or simply bad weather. There is a simple solution: active transportation.

Active transportation is simply walking or biking as a means for getting places, rather than purely for exercise. For most people, allowing a little more time for getting places makes it possible to fit some physical activity into a busy life. Even trips too long to bike or walk can involve physical activity in the form of a walk to or from a bus stop.

Studies have linked active transportation to a number of health benefits including: an overall 11% reduction in cardiovascular risk, a lower risk of breast cancer for women, better mental health in men, low blood pressure in women and low hypertension in both genders. (continued on next page)

## Spring Bus Pass News

Spring Faculty/Staff Viking Xpress bus passes go on sale March 1, 2010. Employee cost is \$23; payroll deduction is available to most WWU employees. Spring quarter passes are valid Sunday, March 28th through Saturday, June 19th.

**WTA**  
3/28/10-6/19/10

**SPRING**  
STAFF & FACULTY PASSES

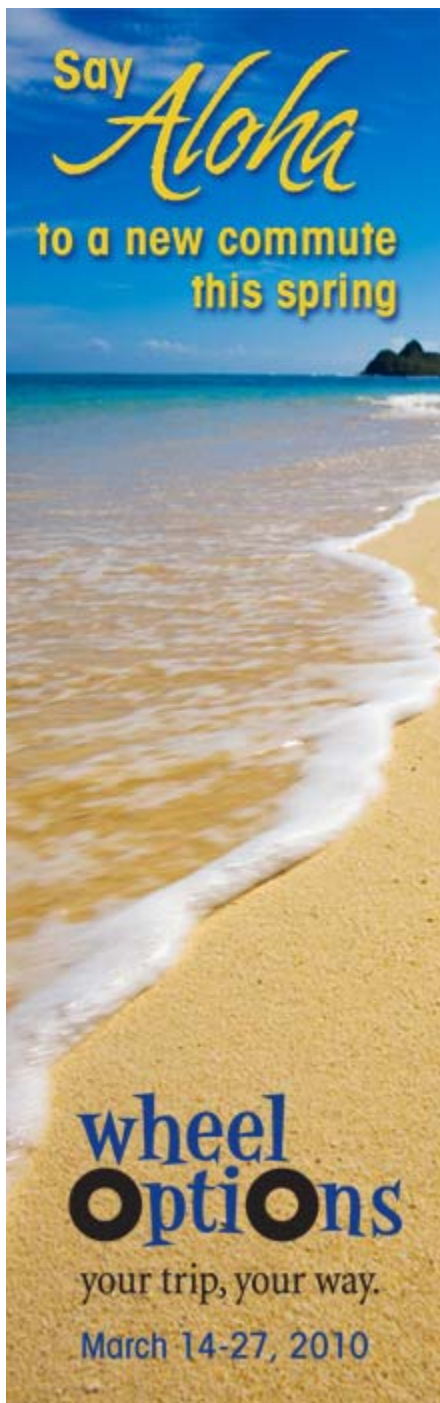
**WESTERN**  
WASHINGTON UNIVERSITY



## EverybodyBIKE Classes

Get the tips and secrets that make bicycling safe, comfortable and fun for getting around town. Learn communication and positioning skills that make traffic or trail riding easy and stress-free.

The next session is Wednesday, March 24, 6-7:45pm. Space is limited, advance registration required. For more information or to register, call 360-671-BIKE (2453) or e-mail [info@everybodyBIKE.com](mailto:info@everybodyBIKE.com)



## Exercise your Wheel Options March 14-27

Say Aloha to a new commute this spring and you could win a trip for two to Hawaii, including airfare, lodging and ground transportation. Design your own vacation on Oahu, Maui, Kauai or the big island of Hawaii. Swim, snorkel and hike or just lie on the beach with a tropical drink.

Participate in Wheel Options **March 14-27** and you'll be eligible to win the grand prize or one of [many other great prizes](#).

To participate in Wheel Options all you need to do is walk, bike, share a ride or ride the bus to work two or more days between March 14-27, then enter online at [www.WheelOptions.org](http://www.WheelOptions.org).

Are you already logging your work trips at [www.WhatcomSmartTrips.org](http://www.WhatcomSmartTrips.org)? You'll be automatically entered for Wheel Options prizes!

Carol Berry, your Employee Transportation Coordinator, can help you find the commute that's right for you. She can answer questions about bus schedules, find carpool partners or map out a walking or biking route. Contact Carol at x7960 or [transportation@wwu.edu](mailto:transportation@wwu.edu).

## Connecting Commuting to Health

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Commuting physical activity, independent of leisure time physical activity, is associated with a healthier level of most of the cardiovascular risk factors (e.g., HDL cholesterol, LDL cholesterol and triglycerides).

Lifestyle physical activity [like biking for transportation] is as effective as a structured exercise program in improving physical activity, cardio-respiratory fitness, and blood pressure in previously sedentary healthy adults.

About 11% of WWU faculty and staff live close enough to walk to campus (one mile or less), about 49% live close enough to bike (3 miles or less), and about 72% live within 1/2 mile of a bus stop.

If you would like to learn more about how to add physical activity to your commute, contact Carol Berry or Wendy Crandall at x7960 or [transportation@wwu.edu](mailto:transportation@wwu.edu).

Source: Bikes Belong Health Statistics <http://www.bikesbelong.org>

For more about wellness at WWU see [www.wwu.edu/employeehealth](http://www.wwu.edu/employeehealth)

## Smart Commuter of the Month

Do you walk, bike, carpool or ride the bus to WWU? If you do, you could win \$25 in [Munch Money](#) in Sustainable Transportation's monthly smart commuter drawing. Simply make at least five "smart trips" to work per month and log your trips at [www.whatcomsmarttrips.org](http://www.whatcomsmarttrips.org). You will be entered in the WWU drawing as well as the [Whatcom Smart Trips](#) monthly \$250 cash prize drawing. Keep it up for three months and you'll be entered in their \$1000 quarterly cash prize drawing.

Congratulations to fall quarter Munch Money winners: Cheryl Daniels, Dave Lowe and Geoff Landis!

## Try the bus on us

Ready to try bus commuting? Ask us for a free ride coupon. WTA has provided us with a limited number of coupons to encourage employees to try their service.

One month free bus passes are available for new bus commuters. These passes are available only to employees at some Whatcom county worksites, including WWU, and are limited to one per employee.

For more information about commuting by bus, including a personalized trip plan for your commute, contact Carol Berry or Wendy Crandall at x7960 or [transportation@wwu.edu](mailto:transportation@wwu.edu).