



WWU Sustainable Transportation

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

Winter 2011

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.

Theatre Professors Say Biking Has a Role to Play in Health



Encouraging students to start a lifetime biking habit is the goal of the RiMa Green 500 Theatre Scholarship, privately funded by Theatre Department faculty members Maureen O'Reilly and Rich Brown since 2009. "In theatre, we teach about the importance of health for actors" said Brown. "You can't be sick if you have to do a show, and biking is a great way to stay healthy."

Maureen has been biking to campus since 1991; Rich started biking in Eugene, OR and continued when he arrived at Western. Both bike to campus every day, regardless of wind and rain, and take the bus or walk only when roads are icy. "I've been biking since before there were bike lanes" says O'Reilly with a grin.

Scholarship recipients are selected based on three criteria (1) number of "petroleum free" trips to campus logged at www.whatcomsmarttrips.org; (2) dedication to the [Theatre department](#) – leadership, roles played, designs realized, scripts produced, etc. and (3) GPA. The scholarship has benefitted four theatre students so far. In the first year, three students received RiMa Green awards – their combined distance bicycled exceeded 1500 miles! To learn more about the benefits of active transportation, see www.whatcomsmarttrips.org. By logging smart trips to work, school, errands and leisure, you can be eligible for discounts, cash prizes and other rewards.

Smart Commuter of the Month

Do you walk, bike, carpool or ride the bus to WWU? If you do, you could win a \$25 Bookstore gift certificate 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. 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 Smart Commuter winners: Margaret Fast, Frank Haulgren and Patricia Ashby!

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 selected 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.

Picture your commute and win!

Combine creativity with your commute by bike, foot, bus or carpool and win! Our winter quarter "Picture Your Commute" contest is open to students, faculty, and staff who submit photos of their walk, bike, bus or carpool commute during winter quarter 2011.

Submissions will be accepted from January 10th – March 18th, 2011. Winners will be announced the week of March 21. To apply, fill out the entry form at <http://www.wvu.edu/transportation/picture> then submit your photo via email.

Prizes: Faculty & Staff: One winner will be selected by random drawing and will receive a \$25 AS bookstore gift card. **Students:** Eight winners will be selected by random drawing and will receive a \$25 AS bookstore gift card. One "people's choice" winner will receive a \$50 AS bookstore gift card. All student entries will be published on the WST Facebook page. The entry with the most "likes" will be the people's choice winner.

Contest Rules:

Entrants must be current students, faculty, or staff with a valid Western ID number. Entrants grant Western Washington University, Western Student Transportation and WWU Sustainable Transportation a non-exclusive license to display, distribute, and reproduce the work of the entrant in any media for any educational, promotional, or publicity purposes. Entrants must own the copyright on all photos entered. Entrants must agree to all contest terms & conditions.

For full contest details, conditions and entry form, see <http://www.wvu.edu/transportation/picture>.



Timeless Wisdom ...

Did you know that choosing to walk, bike, or bus instead of driving alone can make you healthy, wealthy and wise?

Whether you walk to the bus stop, bike home from work, or commute entirely by foot, an active commute can **improve your health**. Experts recommend a minimum of 30-45 minutes of daily physical activity. Why not make your commuting time count?

Leaving the car at home can **reduce your commuting costs** and improve your personal balance sheet. Fewer fill-ups and less wear and tear on your vehicle are just two ways you can save.

Not driving frees your mind to think creatively, and physical activity actually **boosts your brain's effectiveness**. Many employees tell us that their walk or bike ride to work or home is the best thinking time of the day.

For tips and techniques to help you get started walking, biking or taking the bus, contact Carol, Kay or Wendy at x7960 or transportation@wwu.edu or see <https://www.whatcomsmarttrips.org/content/help.aspx>

Walk, Bike, Bus or Carpool Your Way to the Big Apple March 13-26

The Wheel Options spring campaign will be giving away a trip for two to New York as the grand prize! Participate in Wheel Options by choosing not to drive alone to work at least twice during March 13-26, and you'll be eligible for fantastic prizes including a trip to New York!

To participate in Wheel Options just walk, bike, share a ride or ride the bus to work two or more days between March 13-26, 2011 then enter your trips to work online at www.WheelOptions.org. Already logging your work trips at www.WhatcomSmartTrips.org? You'll be automatically entered for Wheel Options prizes!

The Sustainable Transportation office can help you find the commute that's right for you. We can answer questions about bus schedules, find carpool partners or map out a walking or biking route. Contact Carol, Kay or Wendy at x7960 or transportation@wwu.edu.