

CommuteSmart News

July 2012

GET TO WORK FASTER, CHEAPER AND WITH LESS STRESS

Don't Let Traffic Ruin Your Summer Fun

Take rail or bus to your favorite summer activities and get there cheaper and without the hassle of driving and parking.

Headed to the beach? Metrolink beach trains debut July 7, operating between Oceanside and San Bernardino. Details are at Metrolinktrains.com, or call 1.800.371.LINK.

Riverside Transit Agency will operate its Beach Bus through Sept. 2. Route 202 runs between Temecula and Oceanside for \$3 each way or free with valid Metrolink pass; go to RiversideTransit.com.

Summer also means baseball, and sports fans can get to games on public transit, avoiding the usual glut of traffic so they're sure to see the opening pitch.

The Metrolink Angels Express is \$7 round-trip; go to Octa.net for schedules.

Dodger Stadium Express bus service is free from Union station to Dodger home games; find out more at Metro.net.



Is Your Commute Unhealthy?



If you're spending an hour or more a day commuting, you could be robbing yourself of a healthier lifestyle. According to new research from Brown University, long-distance commuters on average get 30% less time for sleep, 16% for exercise, 6% to eat with family and 4% to prepare food—all healthy behaviors cheated in favor of sitting in traffic.

Overall, an hour round-trip commute equals a 6% decrease in health-related activities. Two hours is a 12% decrease.

This is especially a problem in Southern California, where Census data shows that commuters spend on average about 58 minutes a day getting to and from work.

"Long commutes may siphon time that could otherwise be spent on healthy activities," says researcher Thomas J. Christian. "Where possible, consider coping strategies to save time such as telecommuting, active commuting modes (walking or cycling), or even parking a bit farther away for some additional physical activity."

Before you protest that a shorter commute could just mean more time for TV, researchers found that TV watching actually *decreased* the longer your commute.

For help finding commute alternatives, call 511 or visit Go511.com or IE511.org.



Visit Culver City by Rail



Metro's Expo Line now services Culver City, completing the first phase of the rail line that will eventually extend to Santa Monica. The Expo Line currently runs 8.6 miles—between downtown Los Angeles and Culver City—with 12 stations, two of which are shared with the Metro Blue Line. For maps and schedules, go to Metro.net/expo.

