



**getting to work
doesn't have to be hard work**

511sd.com/iCommute



change the world one commute at a time

By changing your solo commuting habit just one day a week, you can save money, save the planet, and save yourself a lot of headaches.

- **Save money.** Going green will save you some green. Ridesharing and public transit cost a lot less than driving alone.
- **Reduce stress.** Nothing raises blood pressure like bumper-to-bumper traffic. Hop on transit, or get in the carpool lanes.
- **Save the planet.** Alternative commuting just one day a week can cut your carbon footprint by 20 percent.
- **Save time.** Carpools and vanpools cruise by traffic jams by using the carpool lanes.
- **Stay healthy.** Biking or walking to work will keep you in shape and ease stress.
- **Cut maintenance costs.** Less driving reduces wear and tear on your car.
- **Recapture some time.** Work, relax, or catch up on reading — while somebody else does the driving.

iCommute has the tools you need

iCommute is your easy and secure gateway to commute choices in the San Diego region. We'll provide the information, resources, and tools you'll need to leave behind your solo commute.

RideMatcher

With RideMatcher, your carpool, vanpool, biking, or walking partner is just a click away. RideMatcher is a secure, confidential online database connecting thousands of commuters looking for carpool, vanpool, biking, or walking partners — matching up friends, neighbors, and co-workers who live, work, and commute in the same communities.

TripTracker

Log your trips, track your savings, get more green! TripTracker will allow you to log any

type of alternative commute and instantly see your cost savings and the benefit to the environment compared to driving alone.

Guaranteed Ride Home

Never be stranded. With the Guaranteed Ride Home program, commuters who carpool, vanpool, take a Premium or Express Bus, ride the COASTER, walk, or bike to work three or more times a week have a built-in safety net. Enroll in advance, and if you get stuck, we will get you home with just a \$3 co-pay.

so many ways to get started

Carpool

Carpooling is a fast and easy way to reduce your commuting costs by 50 percent or more, avoid traffic, and reduce stress. Use our RideMatcher tool to find a carpool partner online for free.

Vanpool

If two heads are better than one, then just imagine what seven can do! Vanpools are a comfortable, cost-effective, and convenient way for groups of seven to 15 people to share the ride to work — and iCommute will give your vanpool a \$400-a-month subsidy.

Public Transit

We can help find the best public transportation option for you. Ease congestion on our roadways, save money on gas, and help reduce greenhouse gas emissions.

Bike to Work

San Diego is one of the best places in the country to commute on two wheels, which can save you money and help the environment. Through iCommute, you can sign up for a free bike locker, find a cycling partner, and map out your route.

SchoolPool

SchoolPool is a free, secure carpool matching service for parents dropping off and picking up their children at school. You can even find bike buddies and walking school bus partners. Connect with other parents in your neighborhood and share the responsibility of getting your children to and from school.

Telework

Teleworking — working from home — avoids rush-hour driving, saves time, reduces stress, and increases job satisfaction and productivity.

reduce your company's carbon footprint and help your employees

iCommute provides free assistance to San Diego regional businesses in establishing and implementing customized employee commuter benefit programs. Lower costs, increase productivity and morale, and demonstrate social and environmental responsibility. For more information, contact iCommute and ask for an employer representative.

contact us

For more information on all of these programs, which are managed by the San Diego Association of Governments (SANDAG), visit 511sd.com/iCommute, call 511 toll-free and say "iCommute," or e-mail iCommute@sandag.org.





401 B Street, Suite 800, San Diego, CA 92101

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