

---

**From:** CommuteInfo [commuteinfo@spcregion.org]  
**Sent:** Wednesday, July 05, 2017 10:01 AM  
**To:** commuteinfo  
**Subject:** CommuteInfo Connections - July 2017

# CommuteInfo Connections

July 2017

---

## Consider Biking to Work



As you commute to work, have you ever noticed a cyclist and thought, I can do that? Or does the thought cross your mind, it would be cool biking to work and home from the office and avoiding all the vehicle traffic and backups? Then you think, bike commuting is "green," saves gas money, and would help me stay fit, healthy and burn extra calories.

*There is never a better time to start biking than now!* There are lots of people already commuting to work and school on their bicycles, why not you? Plus you are in luck, there are a number of resources to help you get started.

- CommuteInfo helps beginners and people new to commuting by bike by providing a list of experienced bicycling commuters who are willing to guide others. Those experienced bicyclists will act as a resource to help you plan your commute or learn about locker/rack locations and other biking amenities. You can even sign up now to find your bike match: [Sign Up Now](#).
- The region has various bike shops where you can buy gear and learn more about biking.
- Some transit operators around the region even make biking and riding the bus easy by providing bike racks on the buses. Check with your [local transit operator](#) to learn more.
- If you live or work in Pittsburgh, [Healthy Ride](#) is a bike rental system. Perfect for commuting, you simply take a bike from station to station.

Learn more about PA biking laws, safety, commuting tips, and so much more [here](#).

# Keep Riding!

## Summertime is Here - And So Are Air Quality Action Days

Summertime is here and the phrase "Air Quality Action Days" may be a common headline you have heard in the news. There are plenty of steps we can take to help improve our air quality this summer.

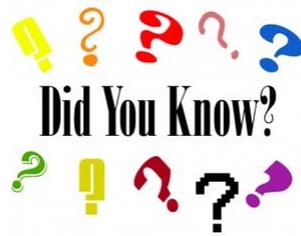
Listed below are a few tips for air quality action days to get around without making so many trips by car:

- Take a bus, Incline, or the "T."
- Share a ride - join, a carpool or vanpool.
- Try biking or walking to your destination. It's also healthy for you!
- Work from home by telecommuting. Spend those commuting hours with your family instead.



If using your car is necessary on a high air quality action day please remember:

- Avoid turning your car on and off multiple times by grouping errands into one trip.
- Save refueling until the end of the day.
- Do not "top off" the tank.



You can learn more about Air Quality Action Days and sign up for greater Pittsburgh daily email weather and air quality alerts [here](#).

## Outreach & Events

Interested in having CommuteInfo at your community/employee event or meeting, or if you would like additional information, please contact us at [commuteinfo@spcregion.org](mailto:commuteinfo@spcregion.org).





Operating a customer-focused full service commuting options resource center, running the region's vanpool and carpool programs, and facilitating the forum for coordinating regional ridesharing efforts--SPC's CommuteInfo Program is the regional one stop shop for ridesharing services.



The Southwestern Pennsylvania Commission (SPC) hereby gives public notice that it is the policy of the Commission to assure full compliance with Title VI of the Civil Rights Act of 1964, the Civil Rights Restoration Act of 1987, Executive Order 12898 on Environmental Justice, and related statutes and regulations in all programs and activities. Title VI and other related statutes require that no person in the United States of America shall, on the grounds of race, color, sex, national origin, age, or disability, be excluded from the participation in, be denied the benefits of, or be otherwise subjected to discrimination under any program or activity for which SPC receives federal financial assistance. Any person who believes they have been aggrieved by an unlawful discriminatory practice by SPC under Title VI has a right to file a formal complaint with the Commission. Any such complaint must be in writing and filed with SPC's Title VI Coordinator within one hundred eighty (180) days following the date of the alleged discriminatory occurrence. For more information, or to obtain a Title VI Discrimination Complaint Form, please see our website at: [www.spreregion.org](http://www.spreregion.org) or call 412-391-5590.

CommuteInfo  
Southwestern PA Commission  
Two Chatham Center - Suite 500 | 112 Washington Place  
Pittsburgh, PA 15219