



# Clean Commute Chronicle

July 2009

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## Sparrow Campuses throughout Greater Lansing Become Clean Commute Business Partners

We are pleased to announce that Sparrow Hospital has become an official business partner of CATA's Clean Commute Options Program. Sparrow recently set-up an employer-based clean commuting program at their locations for all Sparrow employees!

**Clean Commute helps State of MI Employees**

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Sparrow Personal Assistants (S.P.A.) program helps their employees manage their work/home life balance. SPA is proud to be able to offer this *free* Clean Commute Options program to Sparrow staff to help all Sparrow employees with their commuting experiences traveling from home to work. By choosing a clean commute option such as riding the bus, biking, carpooling, vanpooling, or walking, people can experience cost savings related to fuel, parking, and vehicle maintenance. In addition, there are health benefits from living a more active lifestyle and reduced stress from the daily toll of dealing with traffic and weather conditions.

**1000+ Registrants!**

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Sparrow employees who sign up for carpooling or vanpooling may also be able to benefit from the Emergency Ride Home ("ERH") services that are offered to all those registered with Clean Commute Options, who share the ride at least three days per week.

**Open Carpools & Vanpools**

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The Clean Commute Program Coordinator will be available to all Sparrow employees: **July 8: Sparrow Hospital in front of Concierge Services from 7am-1pm.**

**July 9: St. Lawrence Campus in the F.M.S. Conference Room from 10am- 1pm.**

**July 15: Clinton Memorial Hospital in Conference Room A from 10am-1pm.**

**July 20: Sparrow Hospital in front of Concierge Services from 7am-1pm.**



**Don't forget the Clean Commute Challenge Sept. 14-18, 2009!**

For more information, talk with your SPA representatives. You may also call Clean Commute Options at 393-7433 or email [cleancommute@cata.org](mailto:cleancommute@cata.org).

## Clean Commute & MichiVan Ease State Employees Commuting Woes

For State of Michigan employees looking for different transportation options, CATA's Clean Commute Program and MichiVan Commuter Vanpools are teaming up with the Greater Lansing Region's state offices, to assist employees with their commuting choices. Information will be available regarding bus routes, carpools, vanpooling, bicycling, emergency ride home benefits, and more! All State of Michigan employees who stop by can sign-up to receive matches that will work best for their commuting needs.

Come visit Clean Commute & MichiVan representatives in downtown Lansing, and the State Secondary Complex.

July 28: Capitol Complex between the Mason and Williams state buildings from 11:00 a.m.-3:00 p.m.

August 5: State Secondary Complex in Dimondale from 11:00 a.m.- 3:00 p.m.

For more information, contact CATA's Clean Commute Options program at 517-393-7433 or email [cleancommute@cata.org](mailto:cleancommute@cata.org). You may also visit our website at [www.cata.org](http://www.cata.org) or view our Facebook Page.



## Clean Commute Celebrates over 1000 Registrations



CATA's Clean Commute Options program is proud to announce that over 1,000 commuters have registered for the program since its inception in February, 2006. We are excited to say that over 1,000 people from our community, as well as others from around Michigan, have chosen to ride the bus, bike, carpool or vanpool to their office or school in the Greater Lansing Area.

This past year has marked significant growth, with over 500 new people registering since our first newsletter came out in September 2008. We especially would like to thank all of our individual commuters, MichiVan Vanpool Service, and our many business & community partners who have helped to spread the word about the program and the benefits associated with choosing a commute alternative at least one day per week. Because of all of your encouragement to family, friends, co-workers, and others, the program continues to help more people find a commute match that works best for them.

As the number of registered commuters continues to increase, so will the number of people who are successful in finding the perfect carpool, vanpool, or bicycling matches. Visit CATA's website at [www.cata.org](http://www.cata.org) for more information. You may also contact the Program Coordinator at any time to receive updated searches or to update your information.

We thank all of you for contributing to a cleaner commute and a cleaner community, because *it all adds up to cleaner air!*

### Featured Commuter of the Month

What can make a long commute better, no matter which route you choose to travel? This month's featured commuter believes that by sharing the ride, your daily commute may become more interesting and it will seem to go by much quicker.

Craig travels everyday from Southfield to the downtown Lansing area via I-96, with 13 people who all contribute to a much more enjoyable commuting ride. With the best of weather and light construction, Craig's daily commute can take a little over an hour each way. While this may make for a long and grueling travel schedule, this vanpooling troupe has had some interesting adventures along the way.

"One of our most unique commuting trips was our encounter with a kamikaze hawk. We were returning from Lansing, when a hawk dove straight down into the van windshield! There was no time to react. The windshield immediately shattered! Our driver remained in control and made sure that everyone was ok.

Luckily, no one (except the hawk) was hurt in this incident." states Craig.

So when you are on the road traveling from Lansing to the Southfield, Novi, or Ann Arbor areas; remember to keep your eyes peeled for accidents, deer running across the road, and watch the skies for incoming kamikaze hawks!

With Craig's long-trek commute, he is thankful for the savings in money and gas that vanpooling affords him. He is also especially grateful for the Emergency Ride Home ("ERH") service.

"This program is an excellent way to help the environment, save money, and meet some very nice people. If you have to make the commute, make it enjoyable," Craig advises.



## Contact Us

### Clean Commute Options

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### Other Alternative Transportation Providers

**CATA:** 517-394-1000

**MichiVan:** 800-VAN-RIDE

**EATRAN:** 517-543-3040

**Clinton Transit:** 800-800-5938

**TCBA:** [www.biketcba.org](http://www.biketcba.org)

## Tips for Safer Bicycling



We can all use a few reminders on how to be safer cyclists to make Michigan roadways less dangerous for all transportation modes. Look on [www.michigan.gov](http://www.michigan.gov) for more information.

**HELMETS:** Always wear a bicycle helmet when riding. Most fatalities and serious injuries to cyclists are the result of head injuries.

**RIDING:** Ride as near to the right side of the road as practical, staying in bike lanes where possible, and avoid riding on sidewalks as they can potentially pose a higher risk for accidents when motorists and others aren't looking for you. Don't show off by stunting or weaving in and out of traffic.

**VISIBILITY:** Wear bright clothing when riding at dusk or dark. Use a white light in front and a red reflector on the rear of your bicycle. Added reflective material on your clothing and bike is recommended when night riding is necessary. A flag can also be useful on rural roads to increase visibility.

**INTERSECTIONS:** Always be alert at intersections for traffic. Left turns by cyclists and right turns by motorists are the biggest problems faced by cyclists.

**LAWS:** Obey all traffic signs and signals the same as if you were a motorist. This includes stop signs, traffic signals, one-way streets, etc. A lack of adherence to the traffic laws can cause a bad reputation for cyclists.

**RIGHT-OF-WAY:** Rules regarding "right-of-way" that apply to motor vehicles, also apply to bikes. Always give pedestrians the right-of-way.

**PARKED CARS:** Watch for parked cars pulling into traffic or entering the street from drive-ways. Also look for car doors opening. Do not weave between parked vehicles.

### Carpools Looking for More Riders

- Ann Arbor-Lansing
- Ann Arbor-East Lansing/MSU
- Brighton-MSU
- Charlotte-Lansing
- Corunna/Bancroft-Lansing
- Durand/Corunna-Lansing
- Durand/Perry-MSU
- Jackson-Lansing
- Eaton Rapids-Lansing
- Eaton Rapids-East Lansing/MSU
- Jackson-East Lansing
- Kalamazoo/Battle Creek-Lansing
- Lowell/Ada-Lansing
- Novi-Lansing
- Owosso-East Lansing/MSU
- Owosso-Lansing
- Portland/Eagle-West Lansing
- Portland/Ionia/Eagle-MSU
- Spring Arbor/Jackson-Lansing

### Vanpools Looking for More Riders

- Ann Arbor-Lansing
- Brighton-Lansing
- Canton-Lansing
- Grand Rapids-Lansing
- Highland/Novi/Brighton-Lansing
- Howell-Lansing
- Ionia/Saranac-Lansing
- Jackson-Lansing
- Lapeer-Flint-Lansing
- Lennon/Flint-Lansing
- Milford/Southfield-Lansing
- Southfield-Lansing

Contact Clean Commute Options by calling (517) 393-7433 or email [cleancommute@cata.org](mailto:cleancommute@cata.org) for more information on how to join.