



401 B Street, Suite 800, San Diego, CA 92101  
Call 511 and say "iCommute" or email [iCommute@sandag.org](mailto:iCommute@sandag.org)  
[511sd.com/iCommute](http://511sd.com/iCommute)



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

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## change the world one commute at a time

By changing your solo commute 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.** Taking an alternate commute just one day a week can cut your carbon footprint by 20 percent.
- **Save time.** Carpools and vanpools cruise by traffic 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 gateway to commute choices in the San Diego region. We'll provide the information, resources, and tools you'll need to leave your solo commute behind.

### TripPlanner

Find the best way to get where you need to go by comparing multiple transportation choices in one place. Transit, carpool, vanpool, walk, bike, and drive alone routes will all appear, along with cost, calories burned, emissions, distance, and time estimates. Any available carpool and vanpool matches will also be displayed. If you find a match, you can send a message to communicate your interest in ridesharing.

### 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. You can be entered to win prizes when you log eight round-trip transit, carpool, vanpool, bike, or walk commutes per month.

## so many ways to get started

### Carpool

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

### Vanpool

If you redesigned your commute to share the ride in a vanpool, what would it look like? A vanpool brings five or more people together to share the costs of getting to and from work in a van or SUV. Vanpool participants generally pay less than \$100 per month.

### Transit

Use TripPlanner to find a transit route. 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. You can save money and help the environment when you GO by BIKE. Through iCommute, you can sign up for a free bike locker or secure bike parking and map out your route.

### Guaranteed Ride Home

Never be stranded — commuters who carpool, vanpool, take transit, walk, or bike to work have a built-in safety net. Enroll in advance, and if you get stuck, we will get you home for free up to three times per year.

## reduce your organization's carbon footprint and help employees

iCommute provides free assistance to San Diego region businesses to establish and implement 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 employer services.

## 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](http://511sd.com/iCommute), call 511 and say "iCommute," or email [iCommute@sandag.org](mailto:iCommute@sandag.org).

