



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

Call 511 and say "iCommute" or email iCommute@sandag.org

511sd.com/iCommute



**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 commute even one day a week, you can save money, save the planet, and save yourself a lot of headaches.

- **Save time.** Carpools and vanpools cruise by traffic by using the carpool lanes.
- **Save the planet.** Choosing an alternate commute just one day a week can cut your carbon footprint by 20 percent.
- **Save money.** Ridesharing and public transit cost a lot less than driving alone.
- **Stay healthy.** Biking or walking to work will keep you in shape and ease stress.
- **Reduce stress.** Nothing raises blood pressure like bumper-to-bumper traffic. Let someone else do the driving or avoid traffic in the carpool lanes or by biking.
- **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 can help you get started

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

Carpool

Carpooling is a fast and easy way to reduce your commute costs by 50 percent or more, avoid traffic, and reduce stress. Visit 511sd.com/iCommute for a free trip planning widget, or information about ridesharing apps like Waze Carpool, uberPOOL, or Lyft Shared that can help pair you with a carpool heading in your direction.

Vanpool

A vanpool provides a comfortable, cost-effective, and convenient way for groups of five or more people to share the ride to work in van or SUV. Vanpool participants generally pay less than \$100 per month, while military personnel and federal employees commute for little to no cost!

Transit

Ease congestion on our roadways, save money on gas, and help reduce greenhouse gas emissions. Learn about your transit options or plan a trip at 511sd.com/iCommute.

GO by BIKE

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 request 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 employers in the San Diego region, 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 any of these programs, which are managed by the San Diego Association of Governments (SANDAG), visit 511sd.com/iCommute, call 511 and say "iCommute," or email iCommute@sandag.org.

