

HOW

TO...

# REDUCE YOUR COMMUTE IMPACT



## SUSTAINABILITY OPPORTUNITY

According to the [U.S. Environmental Protection Agency](#), transportation is the “fastest-growing source of U.S. greenhouse gas emissions, accounting for 47 percent of the net increase in total U.S. emissions since 1990, and is the largest end-use source of CO<sub>2</sub>, which is the most prevalent greenhouse gas.” Choosing a sustainable commute can help reduce these emissions, while improving health and finances. Whether you take [transit](#), [bike](#), [walk](#), [carpool](#), or [vanpool](#), you can reduce the stress from your commute. You can even burn more calories by [walking](#) (including increased walking associated with taking transit) or [biking](#). You might save money by choosing a green commute, and you might be eligible to receive rewards from Stanford. Use the [Commute Cost and Carbon Emissions Calculator](#) to find out how much you could save and see if you are eligible to join Stanford’s [Commute Club](#), which pays up to \$300 per year in [Clean Air Cash](#) or [Carpool Credit](#) and offers [other rewards](#). Stanford’s [Parking & Transportation Services \(P&TS\)](#) office can help you identify sustainable commute modes and resources.

## HERE’S HOW:

### 1) Try Biking

- Safety first! Refer to these [helpful tips for biking](#).
- Plan your route using the [Mid-Peninsula Bicycle Map](#) or [511.org’s Bike Mapper](#).
- [Get ready to roll](#) with the proper equipment.
- Find a [Commute Buddy](#) if you would prefer not to bike alone.
- Prepare yourself for inclement weather by planning ahead to [bike in the rain](#).

### 2) Try Taking Transit

- Plan your route using the [Commute Planning Assistance](#) tool or links on the P&TS [Bay Area Transit](#) page.
- Learn whether you are eligible to receive [free transit passes](#) or purchase transit passes using [pre-tax payroll deduction](#).
- Find a [Commute Buddy](#) to help you navigate the transit systems.
- Use a free [Marguerite shuttle](#) to connect from regional transit to your campus destination.



# HOW TO...

# REDUCE YOUR COMMUTE IMPACT *CONTINUED*

## 3) Try Carpooling

- Find potential carpool partners using Stanford's [ridematching](#) services.
- Save time by using [carpool lanes](#) and "park and ride" lots.
- Save money on [bridge tolls](#) using [FasTrak](#).
- Apply for a [carpool permit](#) if you work on Stanford's main campus.

## 4) Try Vanpooling

- Find out whether there is a [new](#) or [current](#) vanpool between your home and Stanford.
- Learn about Stanford's [vanpool subsidy](#) policy.
- Save time by using [carpool lanes](#) and "park and ride" lots.
- Save money on bridge tolls using [FasTrak](#), or register with [511.org](#) to get [toll-free passage](#) if your vanpool has 11 to 15 passengers.

## 5) Try Walking

- Check out these [helpful tips](#) for walking.
- Plan your route by visiting [Google Maps](#). Select "Get Directions," and choose the walking icon.
- Prepare yourself for inclement weather by planning ahead to [walk in the rain](#).

## 6) Consider Combined Commute Modes

- Remember that you can use any combination of commute modes!
- If the nearest transit station is too far away to walk, learn how to [take your bike on transit](#).
- Consider driving to a [park & ride](#) lot to catch transit or meet your carpool partners.



## 7) What If You Need a Car?

- On a day you do not drive to campus...
- Sign up for [Zipcar at Stanford](#) to use any vehicle in the Stanford Zipcar fleet at reduced hourly rates.
- Get special rates at the [on-campus Enterprise](#) location.
- Enroll in Stanford's [Emergency Ride Home](#) program to ensure you get home if you have a qualified emergency.
- On days you need to drive to campus...
- Purchase [daily parking scratcher](#) permits.
- [Share the ride](#).

## 8) Every Trip Counts

- Rest assured that "every trip counts," so even part-time alternative transportation use benefits you, the environment, and Stanford.

### MORE INFORMATION

#### PARKING AND TRANSPORTATION SERVICES

<http://transportation.stanford.edu>

#### CONTACTS

Commute Club Information: 650.723.9362, [commuteclub@stanford.edu](mailto:commuteclub@stanford.edu)

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