

# ON THE GO

## News for Your Employees

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## Let's Get Rolling—It's Bike Month



May is National Bike Month. There's plenty in store to help Southern Californians discover the joys of two-wheeled travel—whether to work, along a winding trail, or simply on a jaunt to run local errands.

Here's what's happening...

### Throughout Southern California

MetroLink has plenty in store for cyclists, including:

- Starting May 3, pledge to participate in Bike Month at [metrolinktrains.com](http://metrolinktrains.com) for a chance to win an electric bike.
- Cyclists can ride free on MetroLink during Bike Week,

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## How's Telework Going? We Want to Know!



The Coronavirus pandemic has drastically changed how people work—and that includes *where* they

work. As an ETC, you've most likely had a pivotal role in helping non-essential workers make the shift to at-home work. You may be working offsite yourself, whether full time or occasionally.

As people start to transition back to the office, it's still not "business as usual"—and it may never again be.

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## 5 Safety Tips for Biking During COVID

Riding a bike allows you to get where you need to go while also practicing social distancing. A few safety tips for riding safely during the pandemic...

1. Use sanitizing wipes to clean your bike before and after riding—and wash your hands when you get home.
2. Gear up with a helmet, gloves and face mask. Be visible with front and rear lights.
3. Enjoy the fresh air and remember to greet others from a safe distance (at least 6 feet).
4. Traffic conditions may be lighter these days, but still obey the speed limit. The severity of injury increases with speed.
5. Avoid popular or busy bike paths or shared paths when possible.



## Here's Who's Riding MetroLink...

Three in four people currently riding MetroLink identify themselves as essential workers, according to a [recent survey of riders](#).

This is an increase of 4% from MetroLink's April 2020 customer survey. Nearly 30%



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## Bike Month

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which starts May 17, when they bring a bike onboard.

- Throughout the month, Metrolink will invite cyclists to hit the trails using specially curated bike-friendly itineraries, all accessible via train.
- Metrolink will host a virtual workshop for riders to learn about bike safety while using public transit.

### In Los Angeles County

Metro will recognize Bike Month with special promotions throughout May, including during Bike Week, May 17-23. Look for updates and promo codes for discounts at [metro.net/bikemonth](https://metro.net/bikemonth), as well as on [Facebook](#) and [Twitter](#).

### • Virtual Biking Classes

Metro will host free, online classes to teach riders basics for commuting by bike such as choosing the right bike, mapping a route and fixing a flat tire.



### • Metro Bike Share Discounts

During Bike Month, a 30-Day Bike Share Pass is \$1 when purchasing online or via the app.

You can ride a Metro Bike free on May 23, which is Ride Anywhere Day.

### • Metro Bike Hub

Throughout May, One-Year Passes to Metro Bike Hub are \$20 (regularly \$60). Bike Hubs offer secure bike parking 24/7 at five Metro Rail stations including El Monte, Hollywood/Vine, Union Station, Culver City and Willowbrook Rosa Park.



### In Orange County

Orange County Transportation Authority (OCTA) has proclaimed May “Bike Everywhere Month.”

This 31-Day Challenge encourages people to bike every day—or as often as you can. Each day, OCTA is issuing a special challenge, such as “bike on your lunch break” or “bike for 5 miles.”

When you pledge to participate, you’ll have a chance to win prizes, including a Trek FX 2 Disc Bike or a Saris Bones 2-Bike Bike Rack.

To make the pledge and get a peek at all the daily challenges, visit [octa.net/BikeEverywhereMonth](https://octa.net/BikeEverywhereMonth).

The more days you bike, the more chances you have to win.



### In Ventura County

Ride your bike during Ventura County’s Bike Week, May 17-21, for a chance to win one of several \$250 Visa gift cards. Make the pledge at [goventura.org](https://goventura.org).



**MAY IS  
NATIONAL  
BIKE MONTH!**



## A Whole New Ballgame



Baseball is back—of course, with limited capacity games due to the Coronavirus pandemic. Here are the transit options to get to the games available this year:

### The Dodger Stadium Express

**Metro's Dodger Stadium Express** is offering modified service from Union Station and Harbor Gateway Transit Center to the ballpark for every home game.

Bus frequency is slightly reduced due to limited fan attendance. Service from Union Station may be adjusted as the season goes on based on real-time ridership numbers. Service from Harbor Gateway departs every 30 minutes.

Rides are free with a game ticket. Riders must wear a face mask while on board and while waiting to board.

Before heading to the ballpark, make sure to read up on the update [fan safety guidelines](#).



### Traveling to Angels Stadium

The Angels Express train is not operating this year. However, there are other public transit options to get you to and from the games, including regular service on **Metrolink trains**. (It's only \$10 to ride all day Saturdays or Sundays for adults, and **kids ride free**.)

**OC Bus** offers service to the ARTIC Station in Anaheim, where it is a short walk to Angels Stadium.



## What's Needed for Better Biking and Walking?

What do you think is needed to make it better to walk or ride a bike where you live and work? Caltrans is conducting an online survey—allowing people to pinpoint on a map the areas that need improvement.

Please weigh in! Then forward the link to your employees so they can provide feedback—whether it's what's needed in local bike facilities as well as access to public transit stops.

Your input will be considered when developing future projects.

The survey is available in English and Spanish through May 15 at [survey.catplan.org](https://survey.catplan.org).

For more information about the Caltrans Active Transportation Plans, visit [catplan.org](https://catplan.org).



## Who's Riding Metrolink

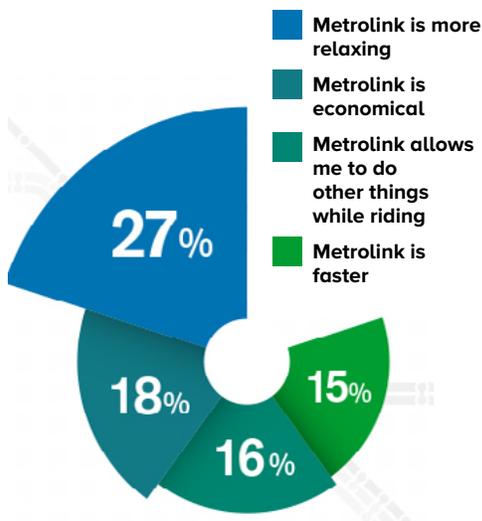
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of these essential workers are in the healthcare industry.

### Why Are People Riding Metrolink These Days?

Metrolink asked riders why they chose the train over driving. Their reasons:

- 27% said because it's relaxing
- 18% because it's more economical
- 16% because it allows for other activities en route, such as reading, getting work done or winding down after a day at work
- 15% because it can be faster than driving in rush hour traffic



### Thumbs Up for Health and Safety Practices

The survey also asked riders to rate Metrolink's cleaning and safety efforts in response to the pandemic, and 85% rated them "excellent" or "good" (on a 5-point scale).

## Teleworking

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### Would you be willing to share any telework tips, experiences and challenges you've had with other ETCs?

While there are telework experts out there, nobody can really help an ETC navigate this new world of telework like another ETC with them in the trenches. What's worked? What hasn't? How do you keep at-home workers in the communication loop?

If you'd be willing to offer a few minutes to chat with *On the Go's* editor about how telework is going at your worksite, we'd love to hear from you.

### You don't need to be a telework pro—we'd just like to share ETC to ETC how companies are coping.

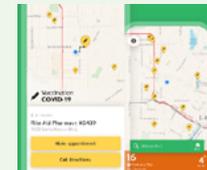
Please email Editor Jill Smolinski at [jillsmolinski1@gmail.com](mailto:jillsmolinski1@gmail.com) with a phone number where you can be reached. If you just have a suggestion for other ETCs, or a quick point about what has been working for you, just jotting it in a quick email would also be welcome. Thanks for all you do to support telework and commute options in Southern California.

**As a special thanks, all ETCs that respond will be entered into a drawing for a chance to win a \$50 gift card.**



# LOS ANGELES

## Transit App Now Displays Vaccine Locations



Looking for where you can get vaccinated against COVID-19? Metro's official

app, Transit, can help.

Metro riders use Transit to track their bus or train. Now they'll also see yellow pins in the app showing where they can get vaccinated—including at local pharmacies—thanks to regularly updated information directly from the county's public health department.

Riders can tap on the yellow pins to make an appointment and get transit directions to their vaccination location.

Find out more at Metro's blog at [thesource.metro.net](http://thesource.metro.net).

## Metro Increases Bus Service



As another step in a goal to restore regular bus service by September of this year, Metro last month **increased bus trips on dozens of lines**. The added trips will allow riders to better maintain social distancing as they return to riding the bus.

For updated transit scheduling, use the **Transit app** or the trip-planning tool at [metro.net](http://metro.net).

## COUNTY

# ORANGE COUNTY

### Join Metro's ETC Task Force & Be Heard

Metro Shared Mobility is forming an ETC task force to exchange ideas and get input that will help employers “drive the change” in a new way of working and commuting.

Topics will include:

- Moving forward in a post-pandemic environment
- Shifting how we market ridesharing to employees
- Traveling safely on public transit
- Overcome employee commuting barriers and fears to ridesharing and telework
- Offering more worker flexibility and teleworking options
- All aspects of improving how people work and get to work in Los Angeles County & more

Meetings will be held monthly (or as often as task force members want) via Zoom, and—as safety protocols allow—in person.

If you're interested in participating or finding out more, please email [SharedMobility@metro.net](mailto:SharedMobility@metro.net) and use the subject line “ETC Task Force.”



### Important News for OC Bus Riders

Due to the Stay-at-Home Order issued last year, OC Bus reduced service due to lowered ridership. It has been gradually restoring routes



to meet increasing demand as more people begin to return to work.

Currently, OC Bus service is approximately 70% of what it was prior to the pandemic. Orange County Transportation Authority (OCTA) recently sought public input on what changes to make during the next planned schedule change in June, as well as beyond.

For more information and to view proposed changes for June, visit [octa.net](http://octa.net).

### Updates on I-5 Improvements, Construction

OCTA is continuing work to make improvements on the I-5 Freeway as it widens 6.5 miles between SR-73 and El Toro Road.

The project is now under construction and is expected to be completed in 2025.

In addition to adding one regular lane in some sections, the project will:

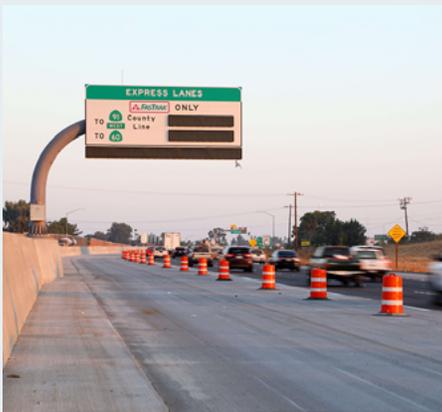
- Extend the second carpool lane in both directions between Alicia Parkway and El Toro road to improve the flow of traffic
- Widen sidewalks and add bike lanes
- Convert carpool lanes to continuous access, allowing drivers to enter or exit at any point along the route

For more information and to sign up for construction and project updates, visit [octa.net](http://octa.net).



# RIVERSIDE/ SAN BERNARDINO COUNTY

## Express Lanes Open on the I-15



Riverside County's 15 Express Lanes are now open, giving motorists a convenient new way to travel. The new toll lanes extend 15 miles from Route 60 to Cajalco Road in Corona.

The I-5 Express Lanes connect to the 91 Express Lanes. This allows for seamless travel between Riverside and Orange counties in these lanes.

During the initial months of operation, carpools of three or more people can ride in the I-15 Express Lanes for free. After that, they can ride at half price. A transponder set to "3" is required.

Get details at [riversideexpress.com](http://riversideexpress.com).

## Free Vaccination Shuttle in Ontario and San Bernardino

Omnitrans is offering **two free shuttle services** to make COVID-19 vaccines available to residents who might otherwise face transportation obstacles.

The shuttles will serve two of the county's largest vaccination sites: the Ontario Convention Center and Arroyo Valley High School in San Bernardino.



Please note: Shuttle connections from transit centers to vaccination sites are free. Customers may be asked for proof of vaccination appointment (printed or on phone).

To schedule a vaccine at these locations, visit [SBCovid19.com](http://SBCovid19.com).

Masks are required on all public transit.

## Riverside Transit Service Changes



The Riverside Transit Agency (RTA) has released a schedule change that goes in effect on May 9.

Affected routes include 1, 15, 16, 18, 19, 21, 40, 204, 205, 206 and 208.

Changes to the schedule may impact connections to rail and other transit providers. RTA will continue to operate on a reduced schedule during the Coronavirus pandemic.

Visit [riversidetransit.com](http://riversidetransit.com) for more information.

# VENTURA COUNTY

## New Weekend Service on the VC Line

Starting May 29, Metrolink will begin weekend service on its Ventura County line.

The new Saturday service will depart out of Moorpark with plans to extend train service to Ventura-East.

For more information and train schedules, visit [metrolinktrains.com](http://metrolinktrains.com).

## A Few Handy Facts About the Freeway Service Patrol

If you should have a problem while driving along portions of the 101 or 118 freeways during rush hour, Ventura County's **Freeway Service Patrol (FSP)** will come to your rescue. A few things to know:

- The FSP program reduces traffic congestion by quickly clearing vehicles and other obstructions. For each minute a stalled vehicle is in a lane, it takes four minutes for traffic to return to the original flow condition.
- Services are free of charge.
- You can get a range of help, from changing flat tires to adding a gallon of gas to clearing a damaged vehicle.
- The program operates weekdays during rush hour.
- During operating hours, call CHP Dispatch at 805.477.4174. For freeway emergencies outside of these hours, dial 911.



# CALENDAR

## Events

**May is Bike Month.** Get details about Southern California happenings starting on page 1 of this issue of *On the Go*.

**Metro offers free virtual biking classes.** Coming up: May 15, "Bicycling 101: Navigating Union Station," and offered in Spanish on May 22. Sign up at [metro.net/bikemonth](http://metro.net/bikemonth).

**The 35th Annual ACT International Conference** is Aug. 1-4 at Walt Disney World Resort in Lake Buena Vista, FL. Due to the uncertainty of the times, ACT has adopted more lenient cancelation and refund policies. Get details and register at [conference.actweb.org](http://conference.actweb.org).

## Network Opportunities

*Please note: Due to COVID-19 concerns, network meetings may be canceled or conducted via online platform—please contact organizers for more information. Burbank TMO serves businesses in Downtown and Media District areas; call 818.953.7788, [bronwen@btmo.org](mailto:bronwen@btmo.org).*

**Century City TMO** serves businesses in the Century City area; call Linda Paradise Lyles, 310.453.1714, [linda@cctmo.org](mailto:linda@cctmo.org).

**Compass at Playa Vista** meets regularly; call Aaron Gaul, 310.929.5946, [aaron@playavistacompass.com](http://playavistacompass.com).

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**Go Glendale** meets regularly; call 818.543.7641. IE Commuter offers bi-annual marketing workshops for ETCs in the Inland Empire; call 1.866.RIDESHARE (866.743.3742).

**Irvine Spectrum TMA** meets regularly; call 949.727.4273, [email steve@ spectrumotion.com](mailto:email_steve@spectrumotion.com).

**Orange County Network** meets regularly; email [sharetheride@octa.net](mailto:sharetheride@octa.net).

**Pasadena TMA** meets regularly; contact Talin Shahbazian at [tshahbazian@ cityofpasadena.net](mailto:tshahbazian@cityofpasadena.net).

**Santa Monica TMO** meets regularly; contact Puja Thomas Patel, 424.330.4298.

**Torrance Transportation Network** meets regularly; call Kim Fuentes at 310.784.7902.

## Training

**Metro Rideshare/Shared Mobility offers free ETC Briefings** where Los Angeles area employers can learn about the transportation survey process. Until further notice, briefings are being offered online only. To sign up, send an email to [SharedMobility@metro.net](mailto:SharedMobility@metro.net); you will be sent a link with a password to log into the meeting. If you can't make that meeting, email Metro to set up a one-on-one virtual meeting. Upcoming ETC Briefings are May 11 and June 15, 9:30-11:30 a.m.; contact Metro for information on how to participate on these dates.

**South Coast Air Quality Management District (AQMD) offers two-day ETC training** via Zoom for \$189.73. The next scheduled sessions are May 4 and 6, May 18 and 20, June 8 and 10 and June 22 and 24. For more information, contact the South Coast AQMD's training program at [etctraining@aqmd.gov](mailto:etctraining@aqmd.gov) or visit [aqmd.gov](http://aqmd.gov).



## ON THE GO

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For subscription information or to change your **ON THE GO** e-mail address, contact your representative at the rideshare office nearest you.

### Riverside/San Bernardino Rideshare Program

IE Commuter Business: 1.866.RIDESHARE (866.743.3742)

Twitter: [@IECommuter](https://twitter.com/IECommuter), [@TheRCTC](https://twitter.com/TheRCTC), [@goSBCTA](https://twitter.com/goSBCTA)  
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Instagram: [@iecommuter](https://instagram.com/iecommuter), [@therctc](https://instagram.com/therctc), [@gosbcta](https://instagram.com/gosbcta)  
Blog: <http://www.rctc.org/the-point/>

### Metro Regional Rideshare/Shared Mobility

One Gateway Plaza  
MS 99-19-06

Los Angeles, CA 90012-2952

Business: 213.922.2811

[SharedMobility@metro.net](mailto:SharedMobility@metro.net)

<http://thesource.metro.net/>

Twitter: [@MetroLosAngeles](https://twitter.com/MetroLosAngeles)

Facebook: [LosAngelesMetro](https://facebook.com/LosAngelesMetro)

### Ventura County Transportation Commission Commuter Services

751 E. Daily Dr., Ste. 420

Camarillo, CA 93010

Business: 951.352.8006

[goventura.org/rideshare](http://goventura.org/rideshare)

Twitter: [@GoVCTC](https://twitter.com/GoVCTC)

Facebook: [GoVCTC](https://facebook.com/GoVCTC)

Instagram: [@goVCTC](https://instagram.com/goVCTC)

### OCTA Share the Ride Programs

550 S. Main St., Orange, CA 92868

Mailing address:

PO Box 14184, Orange, CA 92863

Business: 714.636.RIDE option 4

Twitter: [@GoOCTA](https://twitter.com/GoOCTA)

Facebook: [OCTASharetheRide](https://facebook.com/OCTASharetheRide)

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Los Angeles/Orange/Ventura counties

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