

Commute Options Training – Modes

Voiceover Script and Notes

Slide 1:



Notes: _____

Music

Slide 2:



Notes: _____

Here are the main smart transportation modes that will help reduce the drive-alone rate at your worksite: Walking, taking a bus, carpooling, vanpooling, riding a bike, teleworking, working a compressed work week, and riding light rail and the Sounder train. Let's go over these modes!

Slide 3:



Notes: _____

One of the healthiest and cheapest ways to get to work is to use your feet. Get some exercise and arrive at work alert and ready to go.

Things to consider: Are there sidewalks or trails leading to your business? Create route maps to encourage staff to walk to work.

Resource Links:

[- Walking](#)

Slide 4:



Notes: _____

Ride the bus and save on gas, miles and emissions. Check emails, read the newspaper, make your grocery list or even get some sleep.

Things to consider: Are there any buses that come near your business? Create a map and list of buses your coworkers can ride to work.

Resources:

[- Pierce County transit centers.](#)

(Transit centers can be accessed by foot, bike or bus.)

[- Pierce County Park and Rides.](#)

[- King County Park and Rides.](#)

[- Regional Park and Rides.](#)

[- Thurston County Park and Rides.](#)

[- Plan your trip at PierceTransit.org.](#)

[- Get real-time arrivals with OneBusAway.](#)

Slide 5:



Notes: _____

Carpooling is flexible to suit your schedule, saves time and money and allows you to drive in the HOV lane.

Things to consider: Use RideshareOnline.com to find a carpool partner or join someone else's rideshare arrangement. You can also use "Carpoolers Wanted" signs at your workplace to find a rider.

Resources:

[- Carpooling and "Riders Wanted" flyers.](#)

- Carpool parking permits at Park and Rides.

Slide 6:



Notes: _____

A vanpool is a group of 5 to 15 people sharing a van to get to work. A low monthly fare covers fuel, maintenance and insurance. Vans can carry people from other employers.

Things to consider: Work with your HR department to create an employee zip code map and see who could potentially form a vanpool.

Resource Links:

- [- Pierce County vanpool toolbox.](#)
- [- Form a new Pierce County vanpool.](#)
- [- Pierce County vanpool rewards.](#)
- [- Find existing Thurston County vanpools.](#)
- [- Find existing Pierce County vanpools.](#)
- [- Find existing King County vanpools.](#)
- [- Pierce County "Vanpoolers Wanted" Flyer.](#)
- [- Pierce County "Vanpoolers Wanted" Flyer.](#)
- [- Frequently Asked \(Vanpool\) Questions.](#)

Slide 7:



Notes: _____

Bicycling is an excellent choice for the environment, your health and your cash flow.

Things to consider: Are there bike lanes, sidewalks or trails leading to your workplace? Are there bike racks or storage for those who bike to work? Advertise this to staff!

Employees can also bike to a transit center or bring their bike on transit. All Pierce Transit buses have bike racks on the front.

Resource Links:

- [Bikes and Pierce County services.](#)
- [Bikes and King County transit.](#)
- [Bikes and Thurston County services.](#)
- [Ride to work with a bike buddy \(Tacoma employers\).](#)
- [Bike resources \(Tacoma employers\).](#)
- [Pierce County Bike Map.](#)

Slide 8:



Notes: _____

Teleworking helps save space on our roads (and offices) by taking trips off the road, while increasing employee performance and job satisfaction.

Things to consider: Take a look at teleworking policies at other businesses and cooperate with management to promote this sustainable mode.

Resource Links:

- [Teleworking](#)

Slide 9:



Notes: _____

Work a compressed work week of four 10-hour days each week and then enjoy a three-day weekend or work 80 hours in nine days with an extra day off every other week.

Things to consider: Research other compressed work week policies and see if this program would be a good fit for certain positions at your workplace.

Resource Links:

- [Compressed Work Week.](#)

Slide 10:



Notes: _____

Hop on board!

- The Sounder Commuter Train runs between Lakewood and Downtown Seattle.
- The Tacoma Link Light Rail serves 6 stations between the Tacoma Dome Station and Downtown Tacoma.

Things to consider: Is your worksite is a little too far from the train stop? Consider getting a vanshare to complete the trip!

Resource Links:

- [Sounder Commuter Train and Tacoma Link Light Rail.](#)

Slide 11:



Notes: _____

Vanshare bridges the gap for commuters who take the bus or train most of the way to work. If you need help getting from home to the transit station, or from the transit station to work, just connect and go with vanshare.

A group of five or more Pierce County commuters share a van for a low monthly fare.

Resource Links:

- [Pierce County vanshare program.](#)
- [King County vanshare program.](#)

Slide 12-14:

Questions, Contact, Completion form