

ON THE GO

News for Your Employees

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Get in Gear for Bike Month



May is National Bike Month, and your Southern California transportation agencies have plenty in store to help your employees discover the joys of commuting by bike—including e-bikes. Here's what's happening...

Throughout Southern California
Cyclists can ride Metrolink for free on May 21 when they bring their bike on board. Bikes are allowed on all train cars, and Metrolink also features special Bike Cars designed to accommodate more bikes.

In Los Angeles County
Metro is helping bike commuters gear up and go with prizes and free rides on Bike Share and transit.

Win Prizes: Employees who commute by bike have a chance to win prizes including a commuter bicycle, a folding bicycle, tune-ups, helmets, gift cards and more.

To qualify for the prize drawing, commuters simply log onto [ridematch.info](#), set up a profile and then track their bicycle commute trips throughout May. The more often they bike to work, the more chances they have to win.

Free Rides: On May 21, Bike to Work Day in Los Angeles, get a free 30-minute Bike Share ride—both standard bikes and e-bikes. Sign up at any kiosk, online or in the app and use the code 052126.

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Too Far to Bike to Work? Take Your Bike On Board

Combining biking with transit can make bike commuting accessible to more people. Instead of biking all the way to the office, they only need to ride as far as their nearby train station or bus stop, then bring their bike on board.

Nearly all Southern California buses feature bike racks, and some stations provide bike parking or secure storage lockers.

Rules and amenities vary by transit provider so consult your local agency. Here are some resources to get you started:



Foothill Transit

Foothill Transit offers helpful videos (in English and Spanish) to demonstrate [how to load bikes onto buses](#).

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Bike Month

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Rides will also be free on Metro Bus and Rail for the day for *all* riders. Train turnstiles will be unlocked, and bus drivers won't be collecting fares.

Help Spread the Word: Metro offers an online toolkit to help you promote Bike Month at your worksite. It includes graphics, email templates, posters and more. To download it, [click here](#).

More Info: metro.net/bikemonth.

In Orange County

Orange County Transportation Authority (OCTA) is encouraging commuters to look at their commute "from a new angle" and give bicycling a try.



Bike Rally and Ride: Meet up with other cyclists on May 13 at 7:30 a.m. at the Orange Metrolink Station for a rally with free t-shirts, refreshments and speakers who'll inspire the crowd and outline helpful bike resources. Attendees will also have a chance to win a Pace 4 Step Through Avention e-bike, along with other prizes. After the rally, enjoy a group ride to OCTA headquarters on Main Street.

Win Prizes: **Pledge to commute by bike** at least once during Bike Month to qualify to win a Soltera 2.5 Avention e-bike.

More Info: octa.net/bikemonth.

In Riverside/San Bernardino Counties

Bike Month is a good time to remind employees that riding a bike to work may help them earn special incentives through IE Commuter.



Get in the Spotlight: Bike commuters who log their trips may qualify to win a monthly prize valued at \$100 with IE Commuter's **Rideshare Spotlight**.

Earn Incentives: Commuters who are new to ridesharing—which includes bicycling—can earn **incentives of \$5/Day** for the first three months.

A Free Ride Home in an Emergency: If your company participates in the **Guaranteed Ride Home** program, an employee who bikes to work can be reimbursed for the cost of a ride if they need to get home due to emergency.

More Info: IECommuter.org/bike.

In Ventura County

Biking is big in Ventura County, and Ventura County Transportation Commission (VCTC) is aiming to help people find their best biking options throughout May.



Win Prizes: Make the pledge at goventura.org/pledge, and bike during Bike Month for a chance to win a bike cruiser, tune-ups and gift cards.

Bike Resources: VCTC offers a **regional bike map** to help riders find a bike-friendly route.

More Info: goventura.org/bike.



Take Your Bike On Board

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Metro

Bikes can be loaded onto Metro bus bike racks and brought onto trains if space is available. (Metro Bike Share bikes are not allowed on Metro buses or trains.) Foldable bikes may be brought on board buses, but tandem, 3-wheeled or fuel-powered bikes are not allowed.

Find details on rules, Bike Share, bike racks and lockers, and a [how-to video](#) and other resources at [metro.net](#).

Metrolink

Bikes are allowed on all trains, stowed in designated areas only. Metrolink also features special Bike Cars designed to accommodate more bikes. E-bikes are allowed but must meet safety and size requirements.

OC Bus

Most OCTA buses have a bike rack on the front that can carry three bikes at a time, available on a first-come, first-served basis. If the rack is full, bikes are not permitted inside buses, except for the last trip of the day.

OCTA offers [rules and regulations for cyclists](#), a [Bikeways Guide](#), [safety tips](#) and a fun video to teach the rules of [e-bike safety](#).

Omnitrans

With bike racks available on Omnitrans fixed-route buses and OmniGo buses, you can bring your bike along for the ride and there is no extra charge. For rules and restrictions, including for e-bikes, visit [omnitrans.org](#).

Riverside Transit Agency (RTA)

RTA buses feature bike racks on all fixed-route buses including CommuterLink Express and RapidLink. Find out more at [riversidetransit.org](#).

Ventura County

Most **VCTC buses** have both front-mounted bicycle racks and undercarriage luggage compartments. Find out where to bike in Ventura County, get safety tips and e-bike rules and find bike repair stations and bike resources at [goventura.org](#).

Thank You to the Southern California Bike Month Sponsors:

Los Angeles County

Budget Pro Bicycles
LA CICLA Bicycle Shop
Pasadena Cyclery
Pat's 605 Cyclery
Temple City Bike Shop
The Bike Shop Santa Monica

Orange County

Aventon
Spectrumotion

Ventura County

Newbury Park Bike Shop
Ventura Cycling Center

Tips for Saving Money on Gas

Tired of paying too much at the pumps? While gas prices are approaching all-time highs, there are a few ways to spend a little less:



Use a gas station app. Smartphone apps, such as those from AAA or [GasBuddy](#), can show you the lowest gas prices near you. The Google Maps and Waze apps also offer gas price information.

Save money based on how you pay. Some stations offer a lower price if you pay with cash. Another option is to pay with a cash-back credit card. Even if the credit card price is higher than paying cash, the reward could make using the credit card a better deal.

Lighten up. An extra 100 pounds in your vehicle could reduce your mpg by up to 2%. The exception: If that “extra weight” is a

carpool partner who is either pitching in on gas or trading off driving days.

Make fewer trips. Bundle errands and appointments so you don't have to make multiple trips. You'll not only drive fewer miles, but you'll be starting an already warm, more fuel-efficient engine.

Leave the car at home. Whenever you can, opt to walk, bike, carpool, vanpool or ride transit instead of driving. Visit [ridematch.info](#) or [IECommuter.org](#) to generate a list of potential carpool partners, get transit routing and more.

LOS ANGELES COUNTY

RE-Introducing...Metro Bike Share for Business



Metro Bike Share offers convenient 24/7, year-round access to a fleet of bicycles—including e-bikes—for short trips in Downtown LA, Central LA, Hollywood, North Hollywood and on the Westside.

Now with the new and improved **Bike Share for Business (B4B)** program, your employees have more options when purchasing Metro Bike Share passes at a discounted price.

With B4B, a 30-Day Pass is only \$10 (vs. \$17) and a 365-Day Pass is \$89 (vs. \$150). Rentals are free for the first 30 minutes and \$1.75 per 30 minutes thereafter.

To offer this discount to your employees, simply **contact Metro** to register. Once set up and verified, your employees will be able to purchase a Metro Bike Share pass directly online. Employees must set up an account to pay for any costs, both for the discounted pass as well as any usage fees.

The program is designed to work alongside existing commuter benefits programs. You can offer Metro Bike Share as a monthly or annual transportation benefit—whether you simply pass along the discount to employees or reimburse them for all or a portion of costs.

(Please note: All fares, passes and discounts are subject to change per Metro Bike Share requirements and guidelines.)

Find out more at bikeshare.metro.net.

Metro Rail Extension to Beverly Hills Opening This Month

The first section of the D (Purple) Line Extension will open on May 8. The 3.9-mile corridor includes three new stations along Wilshire Boulevard, serving Los Angeles' Miracle Mile district to La Cienega Boulevard in Beverly Hills.

This will be the first time that rail transit has ever reached Wilshire Boulevard west of Western Avenue, currently the end of the D Line.

Travel times between Union Station in downtown L.A. and the Wilshire/La Cienega station will be about 20 minutes.

Giving Older Adults the Tools for Riding Transit



The annual Older Adult Transportation Expo is May 15, 9 a.m. – 2 p.m. at the Pasadena Convention Center. The event is free and features panels, workshops, demonstrations and more.

Attendees will learn about reduced fares, how to ride public transit, destinations accessible by bus and rail and the many resources Metro offers to riders aged 62 and above. They'll also get a glimpse into Metro's expanding rail system, new A and D Line extensions, and preparations for the 2028 Olympic and Paralympic Games.

Get details and register at metro.net/onthemove.

ORANGE COUNTY

Construction Will Be Underway Soon on the I-5

Construction will soon begin on **a project to improve traffic flow on the I-5 Freeway**. It will impact a nearly nine-mile stretch of I-5 between I-405 and SR-55. Planned improvements include:

- Adding one general-purpose lane in each direction
- Adding auxiliary (on- and off-ramp merge) lanes
- Upgrading pedestrian curb ramps
- Repainting bike lanes, adding lighting and installing guardrails and concrete barriers

The project is expected to be complete in 2030. To better manage your commute during construction, **sign up to receive weekly alerts**.



Fast Facts About the 405 Express Lanes

The 405 Express Lanes, which run 14 miles from Costa Mesa to the LA County line, are OCTA's newest managed lanes. According to the recent annual report:

- More than 17 million trips were taken last fiscal year.
- The full 14-mile trip averages about 15 minutes.
- Carpools with three or more people ride toll-free (and two-person carpools ride free during non-peak hours). A transponder is required.
- The broader I-405 Improvement Project has also reduced travel times in general purpose lanes by up to 12 minutes northbound during weekday peak hours.



Find out more at 405expresslanes.com.

Free Trolleys to Your Favorite OC Summer Destinations

Skip the drive and hop on free summer trolleys that take you to destinations around Orange County. Many of the trolleys connect to each other—as well as to transit and Metrolink stops—making it easier to travel without a car.

Trolleys will be running in Dana Point, Laguna Beach, Laguna Niguel, Newport Balboa Peninsula, San Clemente and San Juan Capistrano.

Get details on routes and opening dates at octa.net.



RIVERSIDE/ SAN BERNARDINO COUNTY

Dump the Pump, Ride Free

Dump the Pump Day is June 18—a day to bypass the pump and the high price of gas and choose an alternative to the drive.

To celebrate, riders can board free on transit in the San Bernardino Mountains and Desert communities, which includes Basin Transit, Mountain Transit, Victor Valley Transit Authority (VVTA) and Needles Area Transit.



IE Commuter Expands \$5/Day Program

IE Commuter recently expanded its \$5/Day program. Now your employees who work in Riverside or San Bernardino counties but live in surrounding areas including Los Angeles, Orange and San Diego counties can enjoy this popular incentive as well.

Previously, it was only open to those living in the Inland Empire.

With the \$5/Day Program, your employees who ride transit, vanpool, carpool, bike or walk to work can earn \$5 per day in gift cards—up to \$125 in a 90-day period. To qualify, both the commuter and their employer must be registered with IE Commuter.

For details and to sign up, visit IECommuter.org/5Day.



Free Metrolink Tickets for IE Commuters

Did you know...? If you live in Riverside or San Bernardino counties, you can get up to 90 days of free Metrolink tickets.

To claim tickets, you'll need to download the Metrolink App and create an account with IE Commuter (if you don't already have one). The email used for the Metrolink and IE Commuter accounts must be the same.

Once you're signed up, you can order Metrolink tickets free for 90 days. Tickets must be ordered in advance and take up to three business days to appear in your Metrolink App Ticket Wallet.

For details, visit IECommuter.org/RideFree or call 1.866.RIDESHARE (866.743.3742).





VENTURA COUNTY

Take the Train to the Strawberry Festival

Ventura County's annual Strawberry Festival is May 16-17, and **Metrolink trains will run on a special schedule** to make it easier for festival-goers to get to the event.

On that weekend, Metrolink trains will bypass the East Ventura Station and instead stop at the fairgrounds-adjacent Ventura-Downtown/Beach Station.

Ventura County Transportation Commission will offer extended Freeway Service Patrol (FSP) services for the weekend. Roving tow trucks can provide basic assistance, such as jump starting a vehicle or providing a gallon of gas, as well as towing to a safe location if needed.



Get Transit Updates at GOVCbus

Bus riders in Ventura County can sign up for text alerts, view live bus maps and more at GOVCbus.com.

A service of VCTC in partnership with local transportation agencies, the website makes it easy to get access to up-to-date transit information. Riders can also sign up for text reminders or download the free GOVCbus app.

Live Bus Map



Arrival Times



CALENDAR

May is National Bike Month, presented locally by the transportation agencies for Los Angeles, Orange, Riverside, San Bernardino and Ventura counties and featuring prizes, rides, rallies and more.

OC Bus rides are free for cyclists on May 13, octa.net.

OCTA Bike Rally and Ride is May 13 at 7:30 – 9 a.m. It begins at the Orange Metrolink Station with a rally followed by a group ride to OCTA headquarters on Main Street.

Metro's annual Older Adult Transportation Expo is May 15, 9 a.m.-2 p.m. at the Pasadena Convention Center. The event is free and outlines discounts, resources and tips for Metro riders 62 and older, metro.net/onthemove.

Ventura County's Strawberry Festival is May 16-17, and Metrolink will offer special service to the event, metrolinktrains.com.

Riders can board free on all Metro Bus and Rail on May 21 in honor of Bike Month.

Cyclists can ride Metrolink free on May 21 when they board with their bike, metrolinktrains.com.

On Dump the Pump Day, June 18 rides will be free on transit in the San Bernardino Mountains and Desert communities, which includes Basin Transit, Mountain Transit, VVTA and Needles Area Transit.

The Association for Commuter Transportation (ACT) Annual International Conference is July 26-29 at the Marriott Downtown in Philadelphia, PA. Get details and register at actweb.org.

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Network Opportunities

Burbank TMO serves businesses in Downtown and Media District areas; call 818.953.7788, director@btmo.org.

Go Glendale meets regularly; call 213.425.0955; email director@goglendale.org.

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 or email kelly@spectrumotion.com.

The LAX TMO hosts quarterly virtual meetings with employers who operate at LAX. Email commuteLAX@lawva.org to be invited to the next meeting.

Orange County Network meets regularly; email sharetheride@octa.net.

Pasadena TMA meets regularly; contact Isabelle Legare at ilegare@cityofpasadena.net.

Playa Vista's TMA, Compass, meets regularly. Employees who commute to Playa Vista are eligible for incentives for

all modes of sustainable transportation. For more information, email Noe Solano at noe@playavistacompass.com.

Santa Monica TMO meets regularly; contact info@GoSaMoTMO.org, or call 213.425.0955.

Training

Metro Commuter Options & Regulatory Compliance Support 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 register for a briefing, click here.** If you can't make that meeting, email Metro to set up a one-on-one virtual meeting. Upcoming ETC Briefings are May 6, June 3 and July 1, 10 a.m. to 12 p.m.

South Coast Air Quality Management District (AQMD) offers two-day ETC training via Zoom for \$237.81. The next scheduled sessions are May 5 and 7 and June 2 and 4. For more information, contact the South Coast AQMD's training program at etctraining@aqmd.gov or visit aqmd.gov.



ON THE GO

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Riverside/San Bernardino Rideshare Program

IE Commuter Business: 1.866.RIDESHARE (866.743.3742)

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