



# your e-newsletter

Travel Green + Travel Happy = Healthy Environment

Winter 2010

The Travel Green quarterly newsletter is designed to keep you updated on the latest events, programs and tips for each season. Four times a year, we'll send you helpful information on how you can help the quality of our air, share some personal testimonies about Travel Green, and inform you on the events of the season to come. This way you can mark your calendars and get involved!

## Going GREEN

Going Green is a new trend in our society, but with a few small changes you can go beyond being trendy and actually make a change that will impact the future. Think of Travel Green as a roadmap, giving commuters an idea of how to best plan a trip that could result in staying fit, saving money, improving the air quality, and helping the transportation system run smoothly. The goal of this program is to improve the quality of life. Travel Green was created to educate and provide information about alternative modes of Transportation, while motivating people to improve the air quality.

The city is not only interested in creating a healthy environment, but a sustainable future for generations to come. There are many ways to do this and Travel Green is just one component. Travel Green provides with information, tools and resources to help residents, employers and employees make wise choices on how to get around. To find out about the programs, Travel Green has to offer just log onto [www.glendaleaz.com/travelgreen](http://www.glendaleaz.com/travelgreen).

WATCH OUT PLANES, TRAINS AND AUTOMOBILES! BIKES, BUSES AND CARPOOLS ARE TAKING OVER AS THE CITY OF GLENDALE LAUNCHES A NEW GREEN INITIATIVE CALLED TRAVEL GREEN TO GIVE PEOPLE THE OPPORTUNITY TO HELP CLEAN UP OUR ENVIRONMENT ON THE GO.

## TRIP CHAINING IS THE WAY TO GO!

Remember when you got your chores done all at once so you could go out and play? Trip chaining is the same idea...only you'll save the air in addition to saving time.

When you start your car after it's been sitting for more than an hour, it pollutes about five times more than when the engine is warm. That's why combining your errands into one trip means more time in your life, less traffic congestion and less pollution...which all adds up to cleaner air. So make a list, plan your route and trip chain. You'll be saving a lot more than just time.

## GLENDALE CITIZENS WANTED ON THE BUS!

The economy is struggling, but you can save some green by going green. Just B.A.G. I.T (Gus and Bus Individual Training)! B.A.G.I.T. is a brand new program that was inspired by a long time existing program, Bus Buddies. Bus buddies reaches out to retirement communities to help senior citizens learn how to utilize the public transit system. The City of Glendale and Valley Metro created a partnership to educate senior citizens on how to get off and on the bus including those with walkers and wheelchairs. The class also helps one to face any fears they might have, ask questions to the instructor or bus driver, and schedule field trips to then put into practice what they have learned. The city took this idea, and realized that they could turn this concept into a program that would reach out to all citizens of any age and B.A.G.I.T. was born!

B.A.G.I.T classes are available at the Glendale Adult Center, on the 4th Thursday of every month. No registration, just show up and learn how to ride Valley Metro Public Transportation, Gus Bus 1, 2 or 3, and the Glendale Express. They will go through fears that one would have about riding the bus, how to read a bus book, planning a trip, using the online trip planner, how to enter and exit a bus (including the physically challenged), fares, and how to signal your stop. The city of Glendale and Valley Metro will be your instructors, and there to answer all of your questions. Come and join us!



## Be Green with Envy: Glendale Family Bike Ride 2010

Glendale's Green Festival is joining together with the Glendale Family Bike Ride, and both are bigger than ever! This family-oriented, free event is a great opportunity for people of all ages to exercise, learn about water and energy efficiency, alternative transportation and a variety of other green practices. The event takes place on March 27th.

The annual Glendale Family Bike Ride, which attracts cyclists from all over the Valley, will kick off this event. This is a free bike ride for all levels of riders from young children to grandparents. Many people come in groups, extended families, co-workers, or just a group of good friends. Both long and short routes take cyclists on a leisurely ride through Glendale neighborhoods and sections of the Thunderbird Paseo Pathway. Snacks and water are provided at no cost at two rest stops along the route. All riders must wear a bike helmet. If you don't have a helmet, you can purchase one at the ride for \$10 (cash, check or money order). Be sure to stay after the family bike ride to explore the Green Festival!

The annual Green Festival runs from 9 a.m. to 2 p.m. and features information booths, green living vendors, free give-aways and a family zone powered by Radio Disney's friends by Friends for Change with fun and games for all. Most importantly don't miss out on the SRP Water Conservation Expo and the landscaping for your home and green-living classes.

### MORE INFO:

For more information on the Glendale Family Bike Ride, call 623.930.2035 or visit [www.glendaleaz.com/GlendaleFamilyBikeRide.cfm](http://www.glendaleaz.com/GlendaleFamilyBikeRide.cfm). For a schedule of the Green Festival activities, go to [www.glendaleaz.com/green](http://www.glendaleaz.com/green) or call 623.930.3535.

For more info: 623.930.2035 | [www.glendaleaz.com/travelgreen.com](http://www.glendaleaz.com/travelgreen.com)