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smarttrips: news

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Last Chance for Travel Tools

This is your last chance to order free travel tools including transit, carpool, walk, bike and senior-specific information.

Order for yourself, or refer a household member or neighbor to our online order form (they must live in the **smarttrips: bethel** target area).

Go to **smarttripseugene.com** and click on the "order here" button or call 541-501-0390 and we'll mail you an order form.

Última Oportunidad para Herramientas de Viaje

Ésta es su última oportunidad de pedir herramientas de viaje gratuitas, incluyendo información sobre transporte público, autos compartidos, caminar andar en bici, e información para personas de la tercera edad.

Pida Ud. por sí mismo, o, dirija a miembro de familia, o a algún vecino, a nuestro formulario de pedido online (deben residir en la **smarttrips: bethel** vecindad de enfoque).

Visite el sitio web **smarttripseugene.com** y haga click en el botón "order here", o, llame a 541.501.0390, y le enviaremos por correo el formulario de pedido.



Eugene Sunday Streets A fun, free community event rolling into your neighborhood this September

This summer marks the third year of Eugene Sunday Streets! On Sunday, September 8th from 11:30 AM - 4:00 PM, there will be a 1.5 mile

CAR-FREE route that opens the streets for people to walk, roll and dance through the streets in the Bethel neighborhood. Although neighbors are strongly encouraged to limit or postpone their driving between 11:00 AM - 4:00 PM, there will be flaggers on Royal Ave. and Elmira Rd. and volunteers at every intersection to help residents access their homes. The route will connect Petersen Barn Community Center and Fairfield Elementary School, with **FREE** activities at each stop and along the route.

This is a fun, **FREE** event for all ages! Activities at the event will be engaging and include circus arts, a kid's soccer clinic, pedal-powered live music, line dancing and more. With no designated start or finish, enjoy the flat, two way route at your own pace. Eugene Sunday Streets will be a celebration of the Bethel area, highlighting the many amenities of your neighborhood. So grab your bike, skates or walking shoes and come out and play!

If you have any questions or are interested in volunteering, email sundaystreets@ci.eugene.or.us or call 541-501-0390.



History of Open Streets Events

Eugene Sunday Streets draws much of its inspiration from Bogotá, Columbia where every Sunday over 70 miles of roadways are opened as Ciclovías, car free spaces for people to walk, bike, skate, dance and utilize the roadways in countless creative and active ways. Open Streets events are becoming more and more popular around the nation. In the U.S. over 100 communities across the country have some version of an Open Streets program. Check out the movement: www.openstreetsproject.org.

Have you ordered your FREE Travel Tools?

Hundreds of your neighbors have ordered their **FREE smarttrips** travel tools. If you'd like to receive a free walking or biking kit, a free umbrella and other fun prizes, go to www.smarttripseugene.com and click the "order here" button. You may also call 541-501-0390 for a paper order form.

Ha pedido Ud. sus herramientas de viaje GRATUITAS?

Cientos de sus vecinos han pedido las herramientas de viaje 'smarttrips' GRATUITAS. Si a Ud. le gustaría recibir gratis una bolsa que contiene información sobre caminar, o acerca de andar en bici, un paraguas gratuito, y otros premios divertidos, visite www.smarttripseugene.com y haga click en el botón "order here". O bien, Ud. puede llamar a 541.501.0390 a pedir una hoja de pedido.

Transportation Resources

smarttripseugene
www.smarttripseugene.com

Follow us! on facebook:
[facebook.com/smarttripseugene](https://www.facebook.com/smarttripseugene)

Follow us! on twitter: **smarttripsEUG**

City of Eugene Transportation Options
www.eugene-or.gov/walkbike
541-682-5094

Follow us! on facebook:
[facebook.com/eugenetransportation](https://www.facebook.com/eugenetransportation)



Pick Your Route

Eugene has an online, route finding feature for walking, biking and bus trips at maps.google.com. Select "Get Directions" and then proceed to type in your starting point and your end destination, select your preferred mode of transportation from the icon menu and Google Maps will give you one or two options including distance and time. The routes for bus trips include walking time to and from the bus stops and your final destination.

Basic Bike Check (Just Remember: ABC Quick Check)

A is for Air

- › Inflate tires to the pressure listed on the side of the tire
- › Use a pressure gauge to insure proper pressure
- › Check for damage on tired and replace if damaged

B is for Brakes

- › Inspect pads for wear; replace is there is less than 1/4" of pad left
- › Check pad adjustment; make sure they do not rub the tire
- › Look to see that you can fit your thumb between the brake lever handlebar when the brakes are squeezed all the way

C is for Cranks and Chains

- › Pull your cranks away from the bike – if they are loose, tighten the bolt
- › Check your that your chain is free of rust and gunk

Quick is for Quick Release

- › Make sure your quick releases are all closed
- › They should all be pointing to the back of the bike, so that they don't get caught on anything

Check is for Check It Over

- › Take a quick ride to check that it is working properly

Source: League of American Bicyclists

Your Bicycle Helmet

The bicycle helmet is the single most important piece of gear you use when riding your bike. Parents, teachers, older siblings and other adults have a responsibility to act as role models to youngsters. Practicing good riding behavior and technique and always wearing a helmet is the best model. Parents should insist their children wear a helmet at all times while riding a bicycle. In fact, bicycle riders and passengers under age 16 are required by Oregon law to wear a bicycle helmet.

How do you know if your helmet fits right? Your helmet should have a snug but comfortable fit. The helmet should sit on top of the head in a level position, just above the eyebrow and should not rock forward and back or side to side. The helmet straps must always be buckled but not too tightly. If you can fit one or two fingers between the strap and your chin, the adjustment is about right. It's important to know the straps can loosen over time so check helmet fit and strap adjustment often.

The **smarttrips: eugene** program requires the wearing of helmets at all our bike events in the target area. Please, ride safe and always wear your helmet.

If you have child in need of a helmet please call 541-682-5094 and we will be able to help you obtain a **FREE** or low cost helmet for your child.



Idling Gets You Nowhere

Vehicle exhaust is the leading source of toxic air pollution in Oregon. About 40-50% of toxic air pollutants in our state come from vehicle exhaust releasing sulfur dioxides, particulate matter, carbon monoxide and other toxins contributing to carbon dioxide (CO2) levels.

Vehicle exhaust is hazardous to human health, especially for children. Studies link vehicle pollution to increased rates of cancer, heart and lung disease and asthma. Children, whose lungs are still developing, breathe more rapidly and inhale more pollutants per pounds of body weight than adults.

Idling is also expensive and hard on your engine. Over ten seconds of idling uses more fuel than restarting your engine. Also, an idling engine isn't working at peak temperature so fuel doesn't undergo complete combustion. This can damage engine components, including cylinders, spark plugs and exhaust systems. Frequently restarting a vehicle has little impact on engine components such as the battery and starter motor.

What can you do?

- › Turn off the engine if you are going to be stopped for more than 10 seconds.
- › Reduce warm-up idling – today's modern engine needs no more than 30 seconds of idling on winter days before driving. Driving is the best way to warm it up.
- › Spread the word – talk to your family, friends and neighbors about the benefits of reduced idling. Encourage them to join you in protecting the environment, contributing to a healthier community and saving money.

Cutting your transportation costs is easier than you think!

In the United States the average household spends 17% of its income on transportation costs, 94% of which goes to buying, maintaining and operating cars. Cutting down on your driving expenditures may not seem like a feasible way to save money. After all, most of us can't work from home or afford an electric car, right? Here are some helpful tips to cut down on commuting costs:

- › Set up a carpool to work, school or church. You could switch off drivers every week or split the cost of gas evenly. Ask friends, neighbors or colleagues if they're interested or go to www.driveslessconnect.com to find a carpool buddy in your neighborhood.
- › Walk to the closest neighborhood convenience store for "need-now" grocery items like bread, eggs or milk instead of making the trip to your regular grocery store.
- › Try riding the bus or biking to work. If your commute to work is too far to bike, try driving or riding part way and then hopping on the bus for the remainder of the trip. Visit www.ltd.org for a list of park and ride locations.
- › Ask your Human Resources department if your company has a group pass program with Lane Transit District. You may be able to get a free annual bus pass!
- › Follow road rules! According to the National Motorists Association, Americans pay up to \$15 billion a year in traffic fines and tickets.

Making changes might feel different or challenging at first so start out slow. You'll get the hang of it in no time and will probably find you really love it! Test out the waters with a trip to the store or a recreational activity. As always, **smarttrips** is here to help. Check our online resources or order travel tools today at www.smarttripseugene.com.

Is it really worth it?

You've heard over and over again that biking, walking or riding the bus can save you money, but is it really worth it? We think so! Here's an example:

If your commute to work is 4.46 miles each way (the average trip distance for work based on the Oregon Household Activity Survey) you could save \$358.35 a year by replacing a drive-alone trip with a biking trip just two days a week! Carpooling three days a week could save you \$263.08 a year!

Doesn't seem like much? Here are some cool things you could buy with an extra \$350:

- › A brand new 32" HDTV
- › A romantic weekend getaway for 2
- › A trampoline
- › 97 boxes of Cheerios
- › One-day passes for a family of 4 to Disneyland

2013 Construction Update Tools

Keep Us Moving website: www.KeepUsMoving.info

City of Eugene Public Works projects website: www.eugene-or.gov/pwprojects

Public Works constructions update Twitter: www.twitter.com/EugenePW

Volunteer at Eugene Sunday Streets

To make the event a success, we need help from volunteers! Intersection Superheroes are especially needed. Intersection superheroes help direct traffic flow, answer questions, and set up or take down barricades at their designated intersection. There are two shifts available: 10:45 AM - 2:00 PM and 1:45 PM - 4:15 PM. If you are interested in volunteering, please go to www.eugene-or.gov/essvolunteer to sign up or call the Eugene Sunday Streets volunteer coordinator at 541-501-0390. Every shift you do enters you into a drawing for great volunteer prizes like a Burley Bee bike trailer or gift cards to local businesses.

