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**From:** CommuteInfo [commuteinfo@spcregion.org]  
**Sent:** Wednesday, July 06, 2016 9:15 AM  
**To:**  
**Subject:** CommuteInfo Connections - July 2016



*CommuteInfo Connections - July 2016*

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### **Resources for Bike Commuters**



If the summer weather has you wondering about bike commuting, you're in luck! There are a great number of resources to help you get started, get back on the bike, or improve your ride!

- [CommuteInfo](#) maintains a list of experienced bicycling commuters willing to help others get started bike commuting. You can consult with these experienced bike commuters to plan your commute or learn about locations of racks/lockers and other bike amenities. For people who decide to share their daily commute, this arrangement can be formalized as a bikepool.
- There are many cycling non-profit groups and organizations in the region that can help you learn more about commuting, or bicycling in general: [Bike Pittsburgh](#), [Free Ride Pittsburgh](#), [Better Streets Lawrenceville](#), [Northside Bike/Ped Committee](#), [Millvale Borough Bicycle/Pedestrian Committee](#), [Highland Park-East Liberty Bike/Ped Committee](#), [Squirrel Hill Urban Coalition Neighborhood Bike-Pedestrian Committee](#), [Walk/Bike Ross](#), [Indiana Bicycle Coalition](#), and [Lawrence County Cyclist Club](#) are just a few!
- [Regional bike shops](#) are a great place to get new gear and learn more about biking in the region.
- Several regional transit operators make it easy to travel around using both transit and bikes. Check with your [local transit operator](#) to learn more.
- If you live and work in Pittsburgh, [Healthy Ride](#) is a bike rental system. Perfect for commuting, you can simply take a bike from station to station.

Learn more about biking laws, safety, commuting tips, and more [here](#).

## Air Quality Action Days Matter



Chug, Chug, Chug,  
Cough, Cough, Cough.

**Isn't it time for Air Quality Action?**

Driving a car is one of the biggest contributors to ground-level ozone, or smog...and summertime is smog's smoggiest season.

During summer, children, the elderly and people with problems like asthma and emphysema are more at risk for respiratory problems. And if you think healthy young adults are safe from the effects, think again.

When smog levels are high, active adults take faster, deeper breaths, so the pollution penetrates all the quicker. It's enough to make you want to stop, well, driving.

There are alternatives to driving along with other ozone saving options on the back of this card. So take a deep breath and start reading.

As the temperatures rise this summer, you might be hearing more about "Air Quality Action Days," and you may be wondering, *What can I do?*

The [Southwest Pennsylvania Air Quality Partnership](#) forecasts Air Quality Action Days. Using a [color-coded scale](#), the forecast informs people about the predicted ground level ozone, particulate matter levels, and any precautions that need to be taken.

The Partnership encourages voluntary actions to reduce air pollution emissions, especially on Air Quality Action Days:

- Limit your daytime driving whenever possible by [taking the bus](#), [carpooling](#), [vanpooling](#), [biking](#) or [walking](#).
- When you drive, minimize "cold starts" by combining trips. Most vehicle emissions occur in the first few minutes of engine operation, when the converter is cold and inefficient.
- Refuel after dark to prevent some of the resulting gasoline vapors from becoming smog.
- Keep your car tuned-up.

Want to learn more? Visit the Southwest Pennsylvania Air Quality Partnership's [website](#). Or [sign up](#) to receive the Environmental Protection Agency's daily weather and air quality forecast for your area.

## Outreach & Events

If you are interested in having CommuteInfo at your community/employee event or meeting, or if you would like additional information, please contact us at [commuteinfo@spcregion.org](mailto:commuteinfo@spcregion.org).



*Operating a customer-focused full service commuting options resource center, running the region's vanpool and carpool programs, and facilitating the forum for coordinating regional ridesharing efforts--SPC's CommuteInfo Program is the regional one stop shop for ridesharing services.*



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