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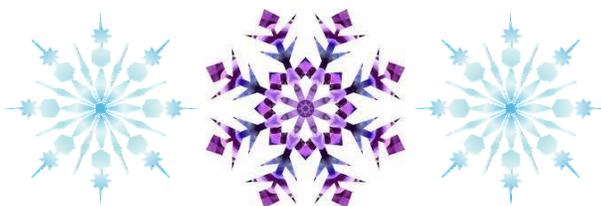
**From:** CommuteInfo [commuteinfo@spcregion.org]  
**Sent:** Wednesday, December 07, 2016 9:43 AM  
**To:**  
**Subject:** CommuteInfo Connections - December 2016

# CommuteInfo Connections

December 2016

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## Getting Your Commute Ready for Winter



While we can't control the weather, we *can* prepare for it. Plan ahead and give yourself extra time, whether you're walking, biking or driving. Inclement weather, varied surfaces and limited daylight means that commuting in the winter takes longer.

### For people biking or walking, or walking to and from transit

- Dress in layers. Start with a warm base layer and add additional layers that you can take off as you get warmer.
- Cover your extremities. Face, hands, ears need extra protection from cold and wind.
- See and be seen. Wear bright clothing with reflective strips.
- Sunglasses might help. White snow means more sun glare, and sunglasses can protect your eyes from the wind.
- Stay hydrated. Drinking water is not just a summer thing! Staying hydrated is just as important in cold, dry winter weather. Keep your water bottle in a jacket pocket – body heat will keep water from freezing.

### A Few Extra Walking Tips

- Stay on sidewalks and walking paths.
- Walk at a moderate or slow pace. Take smaller steps, to reduce your risk of falling.
- During the slippery months when the walking surfaces are icy, try some ice traction devices for your shoes.

### And A Few More Biking Tips

- Use headlights, taillights, reflective clothing and gear.
- When it's wet or icy, brake ahead of time - keep your weight on the back wheel, and don't lean into turns as much.
- There's no shame in dismounting and walking your bike if your path looks too dangerous.
- Fenders can help a lot! They block rain and slush from splashing on your clothes and help to keep you dry.
- Keep your bike clean. During the winter, the roads are full of salt and de-icing materials, which are significantly damaging for a bicycle. You don't have to give your bike a full wash after every ride, but at least wipe the chain off after each ride.



### For people vanpooling or carpooling

[PennDOT](#) suggests getting ready for the cold weather by [preparing your vehicle](#). They suggest:

- Make sure tires are properly inflated and have the proper tread depth.

- Check that all lights and the radio are functioning.
- Ensure fluids are topped off.
- Fix or replace wipers to prevent streaks.

Learn more winter driving tips [here!](#)

## Transportation Workshop in downtown Pittsburgh

You are invited to attend the Sustainable Pittsburgh Green Workplace Challenge Workshop on Transportation, which features presenters who will be discussing regional transportation initiatives.

### Workshop Details:

**Date:** Thursday, December 15 from 8 AM - 11 AM (8 AM - 8:30 AM: Registration, Networking & Breakfast)

**Location:** Southwestern Pennsylvania Commission Conference Center, Two Chatham Center, 112 Washington Place, Suite 400 Pittsburgh, PA 15219



PITTSBURGH  
**Green Workplace  
Challenge**

### Featured Presenters:

- **Mark Egge**, Data Scientist, **Carnegie Mellon University's Heinz College**
- **Andrea Elcock**, Community Planning Coordinator, **Port Authority of Allegheny County**
- **Breen Masciotra**, Transit-Oriented Development (TOD) Project Manager, **Port Authority of Allegheny County**
- **Erin Potts**, Director of Marketing and Outreach, **Pittsburgh Bike Share (HealthyRide)**
- **Lisa Kay Schweyer**, Program Manager, **Southwestern Pennsylvania Commission's CommuteInfo Program**

Learn more and sign-up here: <http://gwcpg.org/events-workshops/register-for-gwc-4-0-workshops>.

## Outreach & Events

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.*

Transit  
Cost-savings Street Smarts Walking  
Emergency Ride Home Commuter Choice  
Park-n-Ride Facility Inventory Multi Modal  
Carpool Vanpool  
Biking Options HOV  
Commuter Cost Calculator

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