

Vantage Point

MARCH – APRIL 2010



Aloha – Spring is here, time to smell the flowers and feel the tropical breeze!

Wheel Options Spring Promotion - Your trip, your way. March 14-27, 2010

Try any of these commute options (vanpool, carpool, bus/rail, bike/walk, compressed schedule/ telecommute) at least twice from March 14-27 and you can enter to win a trip to Hawaii for two, including airfare, lodging and rental car. Other great prizes include weekend getaways to Bonneville Hot Springs Resort & Spa and The Resort at Port Ludlow, and several \$100 gift cards (American Express, Barnes and Noble, REI, Village Books). Equally important is that you will help reduce your carbon footprint, save money, maintain your sanity and you'll improve the quality of life in our community and on our planet!

Click <http://www.piercetrips.com/mc/page.do?sitePagelId=44543> for more information.

Wheel Options is a statewide campaign presented by the Washington State Ridesharing Organization (WSRO). Volunteer members of WSRO collaborated to bring this exciting promotion to you! Wheel Options supports the mission of WSRO by encouraging commuters to reduce their driving, which helps reduce air pollution, traffic congestion and energy consumption.

wheel
options

your trip, your way.

Click [Here](#) To Log Your Trips



Vantage Point is a publication of Pierce Transit.

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Do you get enough sleep?

Part two in this series: **FATIGUE AWARENESS**

According to experts, nothing replaces a good night's sleep. In general, most healthy adults need seven to nine hours of sleep per night. However, some individuals believe they are able to function without drowsiness after just six hours per night. This lack of a good night's sleep can have dramatic impacts on drivers.

Most folks have a good idea of what is keeps them awake at night, such as kids crying, the dog scratching at the door, or someone's snoring. Not all sleep stealers are easily recognized. Other causes that could rob you of a good night's sleep include:

- Psychological Factors: Stress is considered by most sleep experts to be the number one cause of short-term sleeping difficulties.
- Lifestyle Stressors: Drinking alcohol or beverages containing caffeine in the afternoon or evening and exercising close to bedtime can be sleep stealers.
- Medications: Certain medications such as decongestants, steroids, and some medicines for high blood pressure, asthma or depression can play havoc with getting a good night's sleep.

Watch for tips in our next issue on how to get a better night's sleep.



Remember: before you go to sleep Saturday, March 13, "Spring Forward" and change your clocks one hour ahead.



RANDOM SLEEP FACTS:

- *Sleep is just as important as diet and exercise.*
- *Circadian rhythm, also known as our body's internal clock causes us to feel tired at two different times of the day: about 2 a.m. and 2 p.m.*

Rules of the Road

Your Safety is our Concern

Our Pierce Transit Division of Public Safety team is dedicated to helping transit customers, including our vanpoolers, be safe on our vehicles and property. It only takes one person to ruin



the ride. That's why we take our "Rules of the Road" very seriously. Persons who violate the Rules of the Road or Unlawful Transit Conduct (UTC) <http://www.piercetransit.org/alerts/rcw.htm> may be asked to leave the vehicle or facility immediately. To ensure the safety, security, comfort and convenience of all customers, Pierce Transit regulates conduct on its buses and property. In simple terms, please respect your fellow passengers, transit employees, transit vehicles and the facilities you use.

Overnight Parking

Don't be caught unaware . . .

Volunteer vanpool drivers, did you know you are responsible for all damages to a vanpool van when parked in an



unapproved overnight parking location? If you have any doubts about the location you use, contact your vanpool coordinator. Additionally, please remember to work with your vanpool coordinator before implementing any desired route changes. Thanks!



DID YOU KNOW?

Vanpool Ridership for 2009 was 842,000! That's a lot of cars off the road. Way to Go!

To Shield or Not

When to use the transponder shield.

Always check the transponder shield when you get a spare van. Please remember to put the transponder shield on before using the SR 167 HOT lanes. If you do not shield your transponder, WSDOT will charge a toll to Pierce Transit. Likewise, if your commute includes the Narrows Bridge crossing, make sure to remove the shield.



WA State Good to Go! Transponder

Keys, Keys and More Keys?

Let us be the maker of the keys.

It seems everyone wants a key these days. Primary volunteer drivers are responsible for van inventoried items, which includes all keys. To protect our assets, we will cut all van keys. It is more cost effective and we are able to control the number of keys in circulation. Additionally, do NOT hide keys in or under the van. Doing so creates a safety issue and a huge liability. Contact your vanpool coordinator to request an additional key.



Spare Van Keys

Checked your pockets lately?

Do you have any extra van keys that belong to a van other than your regular van? Perhaps they are left over from a spare van. We need them! Please return both keys to spare vans when picking up your regular van for service. Thanks!

2010 Reminders



VANPOOL

24/7 Emergency
253.381.3762

Direct Line
253.983.3377
7:30 a.m. – 5 p.m.

Fleet Maintenance
235.905.5306
7:30 a.m. – 4:30 p.m.

Vanpool Fax
253.984.8227

Vanpool@piercetransit.org

RIDESHARE

1.888.814.1300

RideshareOnline.com

PIERCE TRANSIT

Customer Services
253.581.8000

Toll Free
1.800.562.8109

TDD Customer Services
253.582.7951

piercetransit.org

Coffee anyone?

Choose your java stop mindfully . . .

Tempted to zip into the drive thru for some coffee on your way to work? Remember in Defensive Driving Orientation class when we mentioned that you should not park and/or drive the van anywhere that could be misconstrued as inappropriate to the public? Since you represent Pierce Transit when in our vans, please consider a coffee stand featuring scantily clad baristas as inappropriate. Please be mindful of your stops.



The purpose of PT Tomorrow is to design a financially sustainable system that the public values and uses. This spring, in our second phase of outreach, we'll come back to the community for additional input on conceptual plans for PT Tomorrow. The Fall Community Design Workshops resulted in 8,500+ face-to-face interactions! Visit our updated webpage <http://www.pttomorrow.org/> for information regarding the conceptual plans. PT Tomorrow lists upcoming public meetings in March and April.

We are thankful to you – our valuable vanpoolers! Although the conceptual plans are primarily about bus service, please feel free to attend a session or provide your comments using the website.



New!! RideshareOnline coming soon

More features to make your commute easier

Check out the new look and features for RideshareOnline. Your profile and account information will automatically be imported into the new system, so you can log in with your existing e-mail and password. After completing a brief survey, you can start using the latest generation of tools to turn efficient trips into personal rewards. Be sure to visit RideshareOnline.com and experience a new concept in transportation -- powered by brilliant commuters like you.