

ON THE GO

3 Easy Ways to Love Your Commute



In the spirit of Valentine's Day, we offer a few ways you can learn to love your commute—or at least like it a whole lot more.

1. Spend less time on the road.

One of the biggest complaints about commuting is how much time it takes.

Carpooling with just one other person gives you access to time-saving carpool lanes throughout Southern California.

Express lanes on the 10 (in **Los Angeles** and **San Bernardino counties**), **110**, **91**, **405** and **15** freeways also save motorists time on the drive. If tolls are beyond your budget, good news: Carpools may ride free or at a discount. Consult the express lane's website in your area for rules and passenger minimums.

2. Find ways to relax on the ride.

When you're not stuck behind the wheel, you have far better options than staring at traffic.

Metrolink trains feature special quiet cars where you can read, knit, watch a video (with headphones) and simply unwind.

OC Bus has an online tool that connects riders with wellness resources—including **mindfulness apps** you can tune into while you ride.

Combining the commute with something you enjoy will make the time fly by.

3. Get some fresh air and exercise.

If you can, bike or walk some days—even if only to the nearby transit stop or Park & Ride lot. It's a great way to de-stress (and get fit at the same time).

To find potential carpool partners, available vanpools, transit routing, bike resources and more, visit **ridematch.info** (Los Angeles/Orange/Ventura) or **IECommuter.org** (Riverside/San Bernardino).

News for
Southern California
Commuters

Ride Free, Ride Micro



LA Now is on-demand shuttle service serving two zones in Los Angeles. Rides are now free through June in the South Los Angeles Zone.

LA Now microtransit is also available in the Palms/Mar Vista/Venice/Del Rey area.

The first two rides are free. After that, fares are only \$1.50.

Find out more and download the app at ladottransit.com.

Did Your Train Schedule Change?

Metrolink last month made minor adjustments to its schedules.

- On the San Bernardino Line, all weekday trains were adjusted by up to two minutes to improve reliability and reduce delays.
- On the Ventura County Line—in addition to time adjustments—trains have been added and some renumbered.

All other lines remain the same. Get details at metrolinktrains.com.

Other Metrolink News...

Feb. 12 is Metrolink's Customer Appreciation Day. To say "thanks" to riders, Metrolink staff will be at select stations handing out candy and other goodies. Keep an eye out!