



# Reduce Stress and Save Time and Money on Your Commute



Commuter Connections is a regional network of transportation organizations coordinated by the National Capital Region Transportation Planning Board at the Metropolitan Washington Council of Governments. Established in 1974, we began as a source for commuters to find rides to and from work, providing one of the first computerized carpool matching systems in the nation. Since then, our free services have expanded to help both businesses and their employees find flexible solutions for a better commute.

The following are just some of the services we offer.



**Commuter Connections is a program of the National Capital Region Transportation Planning Board at the Metropolitan Washington Council of Governments and is funded through:**

District of Columbia Department of Transportation  
Maryland Department of Transportation  
Virginia Department of Transportation  
U.S. Department of Transportation



For more information about commuting solutions:

[www.commuterconnections.org](http://www.commuterconnections.org)  
**1-800-745-7433**  
TDD (202) 962-3213



*Free Commuter Services*



**Flexible Solutions**

**for a Better Commute.**



**1-800-745-RIDE**

[www.commuterconnections.org](http://www.commuterconnections.org)

## Employer Services

### *SmarTrip*

Commuter Connections Employer Services representatives are available to help businesses and their employees find commuting solutions that will contribute to better efficiency, productivity, and employee retention. We can assist employers with setting up SmarTrip programs that provide fare cards, allowing monthly tax-free transportation benefits for employees.

Other assistance available to employers includes employee commuter surveys, on-site transportation assessments, parking management strategies and program tracking. Contact us to find out more about these free services.

## Commuting Alternatives

### *Telework*

Through the use of information technology, many employees are now able to replace work-related travel with teleworking – working at home or closer to home at fully equipped telework or co-working centers. Employers and employees have found teleworking one or more days a week improves the quality of life, increases productivity, as well as reduces absenteeism, sick leave and late arrivals due to traffic. Visit our website to find out how to make teleworking work for you.

### *Flextime and Compressed Work Schedules*

Flextime programs give employees the option of adjusting their arrival and departure times which helps to avoid peak travel times and thus, the worse traffic of the day. Another effective way to help cut commuting time is a compressed work schedule



(such as a four-day, 40-hour week), which can eliminate one day of commuting per week. Visit our website to find out how we can help set up a flexible or compressed work schedule program and also help your employees take advantage of Flextime Rewards.

## Commuter Options and Services

### *Carpool/Vanpool Ridematching*

With volatile gas prices and growing gridlock, commuters that drive alone spend more money, and experience more stress getting to and from work. More area commuters are finding that ridesharing in carpools or vanpools is one of the most effective and convenient ways to help cut travel time, costs and frustration. Using mobile apps and a regional database that contains thousands of area commuters, employees can find ridesharing partners with commutes similar to theirs. Have your employees contact us about ridesharing, or visit our web site to get started. The Pool Rewards program offers incentives to newly formed carpools and vanpools. Carpool drivers using the CarpoolNow mobile app are also eligible to receive incentives.



### *Guaranteed Ride Home*

The Guaranteed Ride Home program provides free rides home for registered commuters in the greater Washington and Baltimore metropolitan regions who rideshare, bicycle, walk or take public transit to work at least twice a week. In the event of personal or family illness, an unexpected emergency, or unscheduled overtime, Commuter Connections will arrange for a free taxi or even a rental car – up to four times each year. Some restrictions apply, so visit our web site for participation guidelines and registration information.

### *Public Transit*

Public transit provides a dependable commuting option that can get employees to work and back home on a regular schedule, eliminating the stress associated with driving in unpredictable traffic. Commuter Connections provides information about transit services for all jurisdictions in the region.

### *Park & Ride Lots*

There are over 350 Park & Ride Lots located throughout the Washington/Baltimore metro areas. Many commuters have discovered that these lots are convenient places to join up with carpools/vanpools or gain easy access to public transit. For more information about Park & Ride lots, visit our web site.

### *High-Occupancy Vehicle (HOV) and Express Lanes*

Commuters can save time each way by using HOV and Express lanes to get to work. Commuter Connections provides information about HOV and Express lane locations, the number of occupants required per vehicle, and the hours of HOV and Express lane operation. Visit our web site for more information.

### *Bicycling to Work*

Join the thousands of area employees who already bicycle to work. Bicycling is not only a great way to save money and the environment, it is a great way to stay in shape too. Commuter Connections provides a free bicycling guide available with practical tips and helpful ideas on how to get started. Bicycle commuters can also use the Bicycle Route Finder to plan their commute.

