

EAST
SIDE

EXPERIENCE



Greater Redmond
Transportation
Management Association

Smart Moves 2003

ADVANCE

Your Commute!

There were 2,182 GRTMA member employees who used a commute alternative to driving alone one day a week each week in March. These commuters reduced 80,000 round-trip miles on our roads during the four week campaign! A drawing was held to award prizes to participants. Thanks to all sponsors who donated to the event.

Who Made the Right Move & Won?



1st Prize:

Kjrsten Andersen, Microsoft Corporation, won a Resort Semiahmoo Luxury Package: Includes 1-night accommodations for two, \$100 certificate towards goods/services (i.e. Spa or Golf) and \$50 dining certificate (donated by GRTMA). Kjrsten carpools and works at home.

2nd Prize:

Mitch Eatough (left), Microsoft Corporation, carpooled and won a Resort Semiahmoo Getaway Package: Includes 1-night accommodations for two and a \$50 dining certificate (donated by GRTMA).

Name/Company

Sarah Rystrom/Microsoft Corporation
Carol Beltran/Safeco
Todd Short/City of Redmond
Charn Chong/Microsoft Corporation
Judy Julsrud/Spacelabs Medical
Margene Michael/Lake WA School District
Paulette Whitson/Safeco
Jack Peterson/Medtronic Physio-Control
Eric Johnson/Microsoft Corporation
Vernon Van Steenhist/Honeywell
Patrick McNiel/Safeco
Jan Hannaford/Nintendo of America
Charlene Derrenger/Overlake Christian Church
Lisa Bachler/Nintendo of America
Christina Hoffman/Microsoft Corporation
Don Lindstrom/City of Redmond
Karen Bruce/Worldmark
Steve Johnson/Honeywell
Heidi Floryance/Eddie Bauer, Inc.
Veng Lim Tang/Group Health Cooperative
Elly Baker/Safeco
Patrick Hill/Redmond Town Center
Radde Majeed/Honeywell
Jutta Huxhage/Eddie Bauer, Inc.
Susan Berns/AT&T Wireless
Marc Pos/Honeywell
Carole Pesce/Eddie Bauer, Inc.
Jennifer Szkudlarek/General Dynamics
Lynnette Mockli/City of Redmond
Laurie Sullivan/Lake WA School District

Prize/Sponsor

\$50 Home Depot Gift Card/Avaya
\$100 to Redmond Town Center/City of Redmond CTR Program
\$100 to Redmond Town Center/City of Redmond CTR Program
99-Piece Tool Set w/4-Drawer Chest/Cascade Contractor Supply
\$75 Gift Card/Eddie Bauer, Inc.
\$100 Gift Card to Nordstrom/Group Health Cooperative
\$50 Certificate to Bellevue Square/Honeywell
\$50 Certificate to Bellevue Square/Honeywell
\$50 Commuter Bonus Plus Voucher/City of Redmond
\$50 Gift Card to Home Depot/Insignia Kidder Mathews
\$50 Gift Card to Home Depot/Insignia Kidder Mathews
\$50 Certificate to Larry's Market/Millennium Business Park
\$50 Certificate to Larry's Market/Millennium Business Park
Money 2003 Deluxe and Business/Microsoft Corporation
\$50 Commuter Bonus Plus Voucher/City of Redmond
Money 2003 Deluxe and Business/Microsoft Corporation
Picture It Digital Image Pro/Microsoft Corporation
Picture It Digital Image Pro/Microsoft Corporation
Zoo Tycoon/Microsoft Corporation
Zoo Tycoon/Microsoft Corporation
\$100 Gift Card to The Bon Marché/Medtronic Physio-Control
Racing Madness 2/Microsoft Corporation
Racing Madness 2/Microsoft Corporation
Links 2003/Microsoft Corporation
Links 2003/Microsoft Corporation
Flight Simulator 2002/Microsoft Corporation
Flight Simulator 2002/Microsoft Corporation
Platinum Game Boy Advance/Nintendo of America, Inc.
\$50 Claim Jumper Restaurant Certificate/Overlake Christian Church
\$50 Gift Card to Home Depot/Overlake Christian Church

Commute Mode

Carpool, Vanpool
Bus, CP
C.W.W.
Carpool
Carpool
Carpool
Carpool, Bus
Paratransit, CP
Carpool
Bus
Carpool
Carpool, C.W.W.
Bike
Wk @ Home, CP
Carpool
Carpool
Carpool
Carpool
Wk @ Home, Bus, CP, Walk
Carpool, Walk
Vanpool
Vanpool
Vanpool
Bus, Carpool
Carpool
Carpool

...Winners Continued on page 2

Name/Company

Deanna Torres/Aerojet
 Jason Games/Group Health Cooperative
 Shane Haddrell/Elektrobit
 Sharyl Johansen/Group Health Cooperative
 Sarah O'Donoghue/City of Redmond
 Bev Hoag/Unigard Insurance
 Del Orndorf/Overlake Christian Church
 Marissa Severson/Unigard Insurance
 Laura Fisher/AT&T Wireless
 Vickie Cozby/SNC-Lavalin
 Michelle Moeller/Eddie Bauer, Inc.
 Kuntal Mehta/Redmond Ridge
 Gregg Sargeant/AT&T Wireless
 Dana Erickson/Overlake Christian Church
 Brianne Phillips/Worldmark
 Frank Solter/Unigard Insurance
 Brenda Sue Warpala/Redmond Town Center
 Moana Sabado/Group Health Cooperative
 Carolyn Madden/Overlake Christian Church
 Martin Tollefson/SNC-Lavalin
 Corie Jensen/Unigard Insurance
 Janet Tinsley/AT&T Wireless
 Jonathan Shen/Nintendo of America
 Mat Warner/Cascade Contractor Supply
 Heather Skinner/Nintendo of America
 Terry Nightingale/Trendwest Resorts
 Jennifer Moore/Ericsson
 Marivic MacDonald/SNC-Lavalin
 Erik Martin/Bio-Rad Laboratories
 Zhanbo Sun/Redmond Ridge
 Alissa Long/ENSR
 Jeff Izutsu/ADIC
 Gary Soliday/Medtronic Physio-Control
 Sara Marxen/Redmond Associates
 Robert Peha/Aerojet
 Thomas Jones/SNC-Lavalin
 Jason Kozleski/Redmond Ridge
 Susan Milam/Trendwest Resorts
 Jim Crouch/Lake WA School District
 Sharon Frampton/Lake WA School District
 Eric Lindquist/Golder Associates
 Dawn Wilson/Trendwest Resorts
 Theresa Ortloff/Medtronic Physio-Control
 Annette Johansen/Data I/O
 Brenda Arzillo/Redmond Ridge
 Steve Sjoquist/Medtronic Physio-Control
 Bill Zuvela/Trendwest Resorts
 Julie Johnston/Hart Properties
 Alan McClelland/Aerojet
 Todd Carmichael/Concur
 Judy Knappett/Redmond Town Center
 Colby Caywood/Golder Associates
 Natalia Bell/ADIC
 Tim White/Golder Associates

Prize/Sponsor

\$50 Gift Certificate/Redmond Town Center
 \$50 Gift Certificate/Redmond Town Center
 \$50 Commuter Bonus Plus Voucher/SAFECO
 \$50 Commuter Bonus Plus Voucher/SAFECO
 \$50 Red Robin Gift Card/United Parcel Service
 \$50 Red Robin Gift Card/United Parcel Service
 \$100 Certificate to the Space Needle/Volt Services Group
 Argosy Harbor Cruise for 2/Argosy Cruises
 Argosy Lake Cruise-Seattle for 2/Argosy Cruises
 \$50 Gift Card/Bed, Bath & Beyond
 Dinner for Two/Bellevue Azteca
 \$25 Gift Card/Borders Books, Music and Café
 \$30 Game Card/Bullwinkle's Family Fun Center
 \$30 Game Card/Bullwinkle's Family Fun Center
 \$50 Gift Certificate/Canyon's Restaurant & Tap Room
 \$50 Gift Certificate/The Cheesecake Factory
 \$50 Certificate to Bellevue Square/City of Bellevue
 \$50 Barnes & Noble Certificate/Unigard Insurance
 \$50 Certificate to Bellevue Square/City of Bellevue
 \$35 Gift Card/Cucina! Cucina! Inc
 Brunch for Two/Bellevue DoubleTree Hotel
 4 Game Tickets/Everett AquaSox
 \$100 EMP Family Membership/Experience Music Project
 \$100 Gift Card/Fred Meyer
 \$100 Gift Card/Fred Meyer
 (2) 2-Hour Game Cards/GameWorks
 (2) 2-Hour Game Cards/GameWorks
 (2) 2-Hour Game Cards/GameWorks
 (2) 2-Hour Game Cards/GameWorks
 2 Passes, Mysterian Magic Show/\$10 Game Card/Illusionz
 2 Passes, Mysterian Magic Show/\$10 Game Card/Illusionz
 2 Passes, Mysterian Magic Show/\$10 Game Card/Illusionz
 2 Passes, Mysterian Magic Show/\$10 Game Card/Illusionz
 Custom Gift Basket/Starbucks Coffee Company
 2 Movie Passes/Loews Cineplex Entertainment
 2 Movie Passes/Loews Cineplex Entertainment
 2 Movie Passes/Loews Cineplex Entertainment
 2 Movie Passes/Loews Cineplex Entertainment
 \$25 Gift Card/Lowes Home Improvement
 Myrtlewood Keepsake Box/Port of Seattle
 Custom Gift Basket/Starbucks Coffee Company
 \$50 Gift Card/Redhook Ale Brewery, Inc
 \$50 Gift Card/Redhook Ale Brewery, Inc
 Wine Lovers 1-Night Stay/Redmond Inn
 2 Movie Passes/Loews Cineplex Entertainment
 Seattle's Best Coffee Gift Package/Redmond Creekside SBC
 Seattle's Best Coffee Gift Package/Redmond Creekside SBC
 NW Gift Basket/Redmond Larry's Market
 1-Night Stay for 2/Redmond Silver Cloud Inn
 \$50 Gift Certificate/Redmond Tony Roma's Restaurant
 Basic Bike Tune-up/Redmond REI
 1-Yr. Family Membership/Seattle Aquarium Society
 4 Admission Passes/Seattle Art Museum
 4 Game Tickets/Seattle Storm

Commute Mode

Carpool
 Bus, C.W.W.
 Bike
 Carpool
 Carpool
 Vanpool
 Carpool
 Carpool
 Wk @ Home
 Carpool
 Carpool
 Wk @ Home, C.W.W.
 Carpool
 Wk @ Home, C.W.W.
 Carpool, C.W.W.
 Walk
 Bus
 Carpool
 C.W.W.
 Bus
 Vanpool
 Wk @ Home, Walk
 Walk, Bus
 Carpool
 Bike
 Carpool
 Carpool
 Vanpool
 Bike, C.W.W.
 Vanpool
 Bus, Wk @ Home
 Vanpool
 Bike
 Vanpool, Ferry
 Bike
 Carpool
 Vanpool
 Bike
 Carpool
 Carpool
 Carpool
 C.W.W
 Carpool
 C.W.W.
 Carpool, Bus
 C.W.W.
 Bike
 Bus
 Carpool
 Carpool
 Bus

**“Opening the Box”
 on your Commute**



Grand Prize winner - Steve Riley

The Winner Is...

Steve Riley, SAFECO! He won the Leavenworth Getaway Package for Two! Steve found two additional full-time vanpool riders and one part-time rider for his van by logging on to RideshareOnline.com during the “Open the Box on Your Commute” promotion. They commute daily from Cle Elum to Redmond. Steve will enjoy the relaxing sounds of the Wenatchee River from a bubbling hot tub in Natapoc Lodging’s log cabin “Stuchin” (courtesy of Natapoc Lodging). The package also included a Breakfast Basket for Two and a \$75 Gift Certificate to Edel House Restaurant in Leavenworth (courtesy of GRTMA).

Elizabeth Fitzpatrick, SAFECO, won a \$100 MasterCard Gift Card to spend however she wishes! Elizabeth found a carpool partner during the campaign using RideshareOnline. They carpool from Covington to Safeco. Thanks to all who participated and congratulations to our winners!



1st Prize winner - Elizabeth Fitzpatrick

Congratulations to all winners and everyone who participated!

GRTMA on the Move

The Greater Redmond Transportation Management Association (GRTMA) has relocated to the 40th Street Transit Center to better assist our members and community.

15592 N.E. 36th Street, Suite 100
 Redmond, WA 98052
 Phone: (425) 702-8001
 Fax: (425) 702-9628



Quote of the Day

Being defeated is often a temporary condition; giving up is what makes it permanent.

-Marilyn Von Savant



Gary, Nintendo's Employee Transportation Coordinator, gave up his car and gained awesome memories!

Vacation from Traffic

Gary Ford, Nintendo of America, Inc., had a great strategy when he moved to downtown Seattle, sold his vehicle a year ago and started using many different commute modes to driving/owning a car. He uses the bus, bicycle, FlexCar and walks to get around. Gary said, "Instead of paying \$1,400 in car insurance last year, I used the same amount of money to pay for airfare to France and a week in a chalet in the French Alps. All totaled, my airfare, lodging, food, drink (including lots of good French wine, brandy, espresso and Belgian beer), ski rental, trail passes and cross-country ski lessons), all this combined cost less than my car insurance! I'm surprised at how little I miss my car and my trip to France for the holidays was amazing!"

His bus ride to work is very convenient. The Sound Transit bus stop is four blocks from his home and he gets dropped off just a 5-minute walk to Nintendo. He uses FlexCar for personal trips like grocery and home improvement shopping, picking up people at the airport, etc. He occasionally uses FlexCar to attend off-site business meetings when he needs to work away from Nintendo's Redmond campus. He can't believe how much stress and car-related costs have been eliminated from his life since getting rid of his vehicle. We will check back with Gary a year from now to see where in the world he has traveled in 2003 with the money he has saved by not owning a vehicle! ♦

Tired of High Gas Prices?

Move forward with "LIFE ...The Commuting Game" and reduce your expenses at the pump! Watch for and stop by your employer transportation event and be eligible to spin the Commuter Wheel or play the commuting board game to win prizes! Listed below are some of your coworkers who have discovered ways to save on their commute and won! (left to right: Safeco, Group Health Cooperative, Honeywell, Medtronic Physio-Control, Unigard Insurance and Eddie Bauer Inc.).



Suds to You!

WINDOWS, WATER, WASH, TRUNK, TOWELS, TOP, TAR, SPRAY, SPONGE, SOAP, SIDES, SHINY, SCRUB, RINSE, LIGHTS, HOSE, HOOD, FENDERS, DUST, DRY, DIRTY, CLEAN, CAR, BUMPERS, BUGS, BUCKET



Traffic Trouble Spots

WSDOT is hard at work improving state roadways.

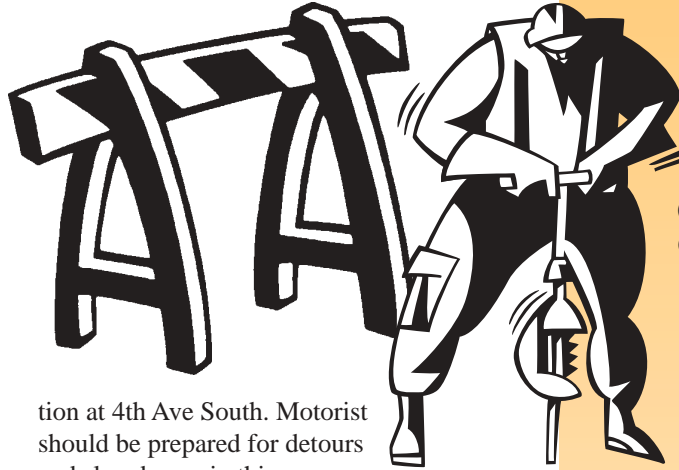
Northwest Region Construction Information is available at
<http://www.wsdot.wa.gov/regions/northwest/construction/update/>

◆ I-5: 196th St. SW/SR 524 International

A pedestrian tunnel, retaining wall and paving are included in this project. Crews will also be installing guardrails, erosion control, plants, lighting, traffic signal and control communications equipment. Expected completion - fall 2003.

◆ New Eastbound I-90 On-ramp

Crews are building a new eastbound I-90 on-ramp from downtown Seattle. This includes an elevated structure along South Atlantic St. between Occidental Ave South and 4th Ave. South over the BNSF railroad tracks - with an elevated intersec-



tion at 4th Ave South. Motorist should be prepared for detours and slowdowns in this area. Expected completion - spring 2004.

Redmond Construction Update

Overlake

The intersection of N.E. 40th St. and 148th Ave. N.E. will be reconstructed to improve turning movements. Construction will be ongoing through 2003.

East Redmond

Union Hill Road will be widened between 178th Place and 188th Ave. N.E. This work will complete the 5-lane roadway section along the corridor. Construction scheduled to begin summer 2003 until summer 2004.

Downtown Redmond

The Redmond Way Access Improvements project is planned for construction beginning summer 2003 until the end of the year. This work will construct safety improvements and limit turning movements along Redmond Way between Avondale Way and Bear Creek Bridge.

Miscellaneous Construction

Phase 2 of the West Lake Sammamish Parkway (WLSP) widening will be getting underway in spring 2003 between NE 51st St. and Marymoor Park. This project will widen WLSP to a 4-lane roadway section. Completion expected - spring 2004.

Improvements to the 166th Avenue NE corridor will be constructed beginning summer 2003. It will include new traffic signals at the intersections of NE 80th and NE 83rd St. Expected completion - spring 2004.



VanShare is designed to transport 3 - 14 commuters between public transportation facilities and work sites. For more information, log on to www.grtma.org/vanshare. ◆

Thanks for Your Time!

Many of you filled out a Commute Trip Reduction Survey for your company during April. Your participation helps shape future transportation commute solutions. The information will also be used at your employer site to determine possible additions and adjustments to your commute benefits package.

Commuter Information

KC Metro Automated Bus Schedules (206) BUS-TIME
 Community Transit Customer Information (425) 353-7433
 Sound Transit Customer Information (888) 889-6368

Bicycle Information:

Cascade Bicycle Club (206) 522-BIKE
 Bicycle Alliance of Washington (206) 224-9252
 Redmond Cycling Club (206) 781-3903
 Backcountry Bicycle Trails Club (206) 283-2995

Surfs Up!

www.grtma.org
www.RideshareOnline.com
www.soundtransit.org
www.commtrans.org
www.metrokc.gov
www.accuweather.com
www.hwysafety.org

Save \$12,500 by NOT Buying a Car!

The average car lasts about 10 years these days, but there are easy ways to make yours last five years longer. The average new car costs \$25,000. Putting off that new-car purchase for another five years will save you \$12,500!

Besides getting regular tune-ups and adding antifreeze to your radiator in the winter, here are a few more tips to extend the life of your car:

- € **Wait** three minutes before hitting the road. Driving when the engine's cold causes more engine wear than any other kind of driving including driving in traffic.
- € **Check the oil.** A study by the Car Care Council found that 22% of vehicles on the road have low or dirty oil, which ages your engine before its time.
- € **Fixing the little things.** Thousands of accidents a year are caused by broken turn signals. Many of them could have been avoided by having a new bulb installed for just \$20.
- € **Get "hidden" fluids changed.** Owner's manuals typically do not emphasize them, but brake fluid and power steering fluid are essential to keeping your car responsive and accident proof on the road. So change them every other year.
- € **Hit the emergency brake.** Get in the habit of putting on your emergency brake before putting your vehicle in "park". This will help your transmission last longer.
- € **Using a penny.** One out of five cars on the road today has bad tires, another accident trigger - especially in the winter months. Check your tires by inserting a penny into the tread; Abe Lincoln's head should be covered.

A Demand for Diamonds

The Washington State Transportation Commission voted to open Eastside High Occupancy vehicle (HOV) lanes to general traffic during nighttime off-peak hours (7 pm - 5 am) by late summer. The change will occur on I-405, SR 167, SR 520 and I-90 (east of I-405). For more information visit www.wsdot.wa.gov/hov.

COMMUTE TRIP REDUCTION (CTR) NEWS

Volume II • Spring 2003



The City of Redmond CTR Program • InfoLine (425)556-2442



Bike to the Future

The future of commuting is not gas guzzling SUVs. It's less reliance on imported energy by cruising down the road on two wheels. Get motivated by participating Friday, May 16th in WRQ's Bike to Work Day! Stop by any of the 36 bicycle support stations throughout Seattle and King County that are open between 6:00 and 9:00 a.m. Pick up a FREE water bottle, refreshments, bicycle maps, sign up to win prizes listed on the right and much more (t-shirts available for \$10)!

The Greater Redmond Transportation Management Association (GRTMA) will once again sponsor these stations:

- 116th Street N.E. and Willows Road along the Sammamish Trail. Redmond REI will be there to provide free bicycle maintenance.
- N.E. 51st Street and SR 520 Trail. Performance Bicycle Shop will provide complimentary bicycle maintenance.

Thanks Redmond Safeway, and Redmond Way QFC, Redmond Larry's Market, GRTMA, Kirkland Costco and Cascade Bicycle Club for providing refreshments during the event. A special recognition to Bella Bottega QFC for providing the bottled water for both stations.

Are you ready for a Commute Challenge? Ride to work at least eight times (round trips) during Bike to Work Month,

May 16th - June 15th, and be eligible to win even more! Ride on May 16th and count that as your first ride! Team Captain's receive a FREE custom long-sleeved Bike to Work Month shirt and much more! Teams consist of 4 - 10 riders. For more information about the Commute Challenge, log on to www.biketoworkday.org.

If you work for a Redmond employer, or your company is a GRTMA member, submit your entry electronically at www.grtma.org on May 16th or fill out the entry form below and return it to your Employee Transportation Coordinator (ETC) by May 21st. For more information call (425) 702-8001. Watch for our new ad on Redmond Cable Channel 21!

Ride your **BIKE TO WORK** on May 16th and be eligible to win prizes! Fill out this coupon and return to your Employee Transportation Coordinator (ETC) by May 21st.

Name: _____

Employer: _____

Work Phone: _____

Work Address: _____

Email: _____

ETC Name: _____

(one entry per participant)

Do you see Prizes in YOUR Future?

Prize and Sponsor:

- \$100 REI Gift Card, Medtronic Physio-Control
- \$50 Commuter Bonus Plus Voucher, SAFECO
- \$25 Gift Card to Target, Overlake Christian Church
- 2 Mariner Game Tickets, Golder Associates
- Four AMC Theatre Movie Passes, Hart Properties
- \$25 Gift Certificate, Redmond Athletic Supply Company
- (2) \$25 Gift Certificates, Billy McHale's Restaurant
- \$30 Gift Certificate, Celtic Bayou Irish Brewpub & Cajun Café
- (2) Dinners for Two, Redmond Red Robin
- \$135 Bicycle Overhaul, Redmond REI
- \$95 Performance Tune-up, Redmond REI
- (2) \$60 Bicycle Tune-ups, Redmond REI
- (4) \$20 Quick Tune-ups, Redmond REI
- (10) Pairs of Regal Cinema Movie Passes, City of Redmond CTR Program
- \$45 Gift Certificate, Outback Steakhouse
- (10) Adult Bicycle Helmets, Brain Injury Association of WA
- (3) \$25 Gift Certificates, Redmond Cycle
- (2) \$10 Gift Certificates, Redmond Subway
- (4) \$50 Certificates to Redmond Town Center, Millennium Corporate Park
- (2) Adult Bicycle Helmets, Performance Bicycle Shop
- (2) \$60 Bicycle Tune-ups, Performance Bicycle Shop
- (2) \$20 Gift Certificates, Coho Café Restaurant
- \$25 Gift Card, Target Greatland
- (2) \$10 Gift Cards, Redmond Tully's Coffee
- \$25 Gift Certificate, Ruby's Diner

Protect Your Noggin

Do you choose not to wear a helmet because you enjoy the feeling of the wind rushing over your bare head and through your hair? There's also no feeling like the road rushing into your bare head. According to statistics published by the Bicycle Helmet Safety Institute, wearing a helmet reduces your chance of head injury by 85%! Make sure your helmet is ANSI, SNELL or ASTM approved and it fits properly.