



Bus

Public transportation is vital to jobs, economic expansion and quality of life in our community. Riding the bus can be inexpensive, convenient and comfortable. It also saves wear and tear on personal vehicles while reducing traffic congestion and air pollution.

Most buses are equipped with bicycle racks. So if it starts raining or you get tired while bicycling to work or school, you can easily complete your trip by bus. The bike racks typically accommodate two bicycles.

Benefits to riding the bus include:

- **Dependable transportation**
- **Lower gasoline costs**
- **Reduced dependence on foreign oil** – If only 1 in 10 Americans used public transportation regularly, our country's reliance on foreign oil would drop by more than 40 percent, an amount equal to all the oil we import from Saudi Arabia each year.
- **Increased safety** – The National Safety Council estimates that riding the bus is more than 170 times safer than automobile travel.
- **Fuel efficiency** – For every passenger mile traveled, public transportation is twice as fuel efficient as private automobiles.



Several regions in South Carolina have repeatedly come close to violating national air quality standards. This could one day cause constraints on federal transportation funding in some regions of the state.

More than half of our state's air pollution comes from cars, SUVs, trucks and other mobile sources. Because we need to improve our state's air quality, we need to increase our use of alternative transportation – carpooling, walking, bicycling, and buses. **Every time we use alternative transportation, we improve our environment, our health, and the economy.**

// Pollution sources that move, such as cars, trucks, bulldozers, and trains, are known as 'mobile sources'...Nationwide, mobile sources represent the largest contributor to air toxics. Air toxics are pollutants known or suspected to cause cancer or other serious health or environmental effects. //

- U.S. Environmental Protection Agency (EPA)

For More Information

Carpool/Rideshare

Find a carpool partner to school or work.
<http://www.erideshare.com>

Walking and Biking

<http://www.sctrails.net>
<http://www.walkinginfo.org>
<http://www.bicyclinginfo.org>

Buses

Columbia <http://www.gocmrta.com>
<http://www.sc.edu/vmps/shuttle.html>
Greenville <http://www.ridegreenlink.com>
Charleston <http://www.ridecarta.com>
Clemson <http://www.catbus.com>
Florence <http://www.pdrta.org>
Spartanburg <http://www.spartabus.com>
Conway <http://www.coastrta.com>

S.C. DHEC Ozone Forecast

<http://www.scdhec.gov/environment/baq/baqspare.asp>

Calculate Your Driving Cost

(Michigan Department of Transportation)
<http://mdotwas1.mdot.state.mi.us/public/rideshare/drivingcost.cfm>

AAA – Your Driving Costs brochure

<http://aaapublicaffairs.com/main>



www.scdhec.gov

The benefits of Alternative Transportation



South Carolina Department of Health
and Environmental Control

Would you like to –

Save money?

Lose weight?

Improve the environment?

Try alternative transportation.



Bicycling

Bicycling is a great way to reduce air pollution, burn calories, and, especially, save money. Car ownership is expensive. It costs on average **\$8,490** to operate a car for one year (*AAA-Your Driving Costs*). This expense consumes a major portion of many Americans' income. By contrast, it costs only **\$120** to operate a bicycle for one year (*League of American Bicyclists*).

If you're a student and live close to campus, consider riding your bike. If you work, exercise your way to the office instead of fighting rush hour traffic. Improve your health as you improve air quality.

The benefits of bicycling:

- **Reduced costs** – The average family has to work more than six weeks to pay one year's car expenses. They have to work less than a day to pay for a year's bicycle expenses. (*Estimates are based on 1998 U.S. Census data on median family income.*)
- **Health Benefits** – Stronger heart, positive mental outlook, and increased energy levels.



Walking

Walking is probably the best all-around alternative transportation. Just 30 minutes a day of walking – to work, to do errands or to visit friends and neighbors – can make a huge difference in your overall health.

Obesity and excess weight are linked to heart disease, diabetes and other chronic and potentially deadly conditions, according to the U.S. Centers for Disease Control and Prevention (CDC). The CDC reports that one reason for Americans' sedentary lifestyle is that "walking and cycling have been replaced by automobile travel for all but the shortest distances."

(For more on this CDC research, see the October 27, 1999, issue of the Journal of the American Medical Association)

The benefits of walking:

- **Reduced risk of breast cancer and type 2 diabetes**
- **Reduced risk for stroke**
- **Reduced risk for heart attack**
- **Weight control** – Walking burns calories and can help you maintain a healthy weight.
- **Reduced transportation expenses** – **It's free!**



Carpooling

Driving to work or running errands with co-workers and neighbors can save you hundreds of dollars a year on parking costs, vehicle maintenance and gas. Depending on the arrangements, you can do most or all of the driving and be reimbursed by your passengers. Or you can share driving responsibilities with others, eliminating the need for reimbursements. If you live near coworkers, carpooling may be very convenient for you. You may also be able to carpool with neighbors who work the same hours at a location near your place of employment.

The benefits of carpooling:

- **Reduced stress** – Instead of driving every day, you can use the commute time for the three R's – rest, reading and relaxation.
- **Safety** – Carpooling reduces traffic congestion.
- **Saving money** – By sharing a ride, you will save, on average, **\$864** per year over the cost of driving alone. You'll save on parking fees, gasoline costs, and car maintenance.
- **Cleaner air** – Carpooling is a fuel-efficient method of transportation, so it reduces air pollutants.
- **HOV lanes** – If you travel outside of South Carolina many cities offer "high occupancy vehicle" lanes that help carpoolers avoid traffic delays. This symbol identifies HOV lanes.

