

# On the Go

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## New Year, New You

When you think of how to keep your New Year's resolutions, you might not think of ridesharing—but changing how you get to work may be able to keep you on track. Here's how:

**1. Getting Fit.** Ridesharers often get more exercise and burn more calories on the commute than people who drive alone. Whether it's walking to a transit stop, between transfers—or even biking or walking the whole way—ridesharing can help you reach your fitness goals.



**2. Saving Money.** Get your finances in shape in 2020. Carpool with just one other person and you'll cut your overall gas costs in half—plus save on car maintenance and wear and tear. If you are able to forgo driving altogether, the savings can be nearly \$10,000 a year.

**3. Spending More Time with Friends and Family.** If you're able to use a carpool lane, you'll save about a minute for every mile—or on average nearly 40 minutes a day. Carpools with three or more people can also ride free or at a discount on express lanes on the 91, 10 and 110 freeways.



**4. Get More Done.** If you're not driving, you can use your commute time to do what you need to do—whether that's reading, texting, catching up on work or even grabbing a nap.

**5. Help Make the World a Little Better.** For every mile you don't drive, on average you keep a pound of pollutants from being spewed into the air. That can really add up!



Ready to change up your commute for 2020? Find your best options at [ridematch.info](http://ridematch.info) (Los Angeles/Orange/Ventura) or [IECommuter.org](http://IECommuter.org) (Riverside/San Bernardino) or by calling 511.

## In Brief

### IRS Cap Up \$5

For 2020, the IRS cap if you pay for transit and vanpool fares and parking using pre-tax dollars gets a slight bump—from \$265 to \$270 per month. For more information, consult your tax professional or the IRS at [irs.gov](http://irs.gov).



### \$35 Lyft Discount to the Ontario Airport

You can now get \$35 off Lyft rides between Ontario International Airport and Metrolink stations in the cities of Upland, Rancho Cucamonga, Ontario, and Montclair.

Riders with smartphones will be able to enter the code GOSBCTA into the Promos screen of their Lyft mobile app. Riders without a smartphone may call 909.235.5544.

For details, visit [metrolinktrains.com](http://metrolinktrains.com).



### Hop Aboard the A-Line

Metro's A-Line (formerly known as the Blue Line) is up and running, offering service between Long Beach and downtown Los Angeles. Thanks to renovations, Metro has improved travel times and installed helpful features including digital train arrival displays.

Get schedule information at [metro.net](http://metro.net).



On the Go for Commuters is a service of your county transportation agencies

