

ONTHEGO

News for
Southern California
Commuters

A Surprising Way to Keep Your New Year's Resolutions



It's a new year, and for many people that means making New Year's resolutions. Here, we take a look at the most common resolutions—and the surprising ways that ridesharing can help you to *not* break them.

Exercise more/lose weight. Of course, switching from driving to work to biking or walking is a sure-fire way to burn calories and get in better shape—but

did you know riding transit can also help you get closer to your fitness goals?

According to a study by the U.S. Centers for Disease Control, Americans who ride transit spend a median of nearly 20 minutes a day just walking to and from their bus or train.

Spend more time with friends and family. If you can use a carpool lane for your commute, you'll typically breeze by traffic—reducing your overall commute time. Find potential carpool partners at ridematch.info (Los Angeles/Orange/Ventura) or IECommuter.org (Riverside/San Bernardino).

Save money. It's hard to put money into savings when it's all pouring into your gas tank—especially with the price of gas these days. Sharing the ride means splitting expenses.

RTA Launches GoMicro On-Demand Service

Riverside Transit Authority (RTA) last month launched GoMicro, on-demand service that will offer shared rides in a zone covering portions of Hemet and San Jacinto. Rides are the same price as local bus service.

Riders can book via an app, online at riversidetransit.com/gomicro or by calling 951.633.2629.

What Will Make Getting Around Better in Ventura?

Ventura County Transportation Commission wants your input! Are there areas underserved by transit? Routes that need more frequent service?

Attend one of several **community meetings on Unmet Transit Needs** through Feb. 10 to weigh in. You can also submit your comments in an **online survey**.

Get details at goventura.org.

Metro Discount Extended

Metro is extending its 50% discount on 7-Day and 30-Day passes until June 30. (The pass discount was slated to expire in 2022.)

See current fares at metro.net/fares.



Arrow Rail Service Adds More Trains

Metrolink Arrow has added more trains to accommodate early morning and late-night riders.

Arrow trains now run weekdays 4:30 a.m. to 10:43 p.m., along with one Metrolink round-trip express train between Redlands and Los Angeles. Weekend service runs 5:34 a.m. to 11:32 p.m.

For more information, visit metrolinktrains.com/arrow.



OntheGo for Commuters is a service of your county transportation agencies.