Virginia Mason Memorial
Alternative Transportation Guide

Bicycle to Work
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Walking and Running

Questions:
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Employee Transportation Coordinator
Virginia Mason Memorial is the largest employer in the county that results in over 3,000 employees driving in our Valley. If you add patients and guests driving to our facilities we potentially are responsible for thousands more on our roads. Do your part to improve air quality and roads by using these great alternatives for coming and going.

**First thing is first, sign up on Ride Share Online.**

http://www.rideshareonline.com/

Once you sign up you will have a profile like this:

You can log your trips and challenge others to use alternative transportation.

**Biking to work**

Bicyclists already know the advantages of this option, from saving time over a bus trip or saving money over a car commute, to the health benefits of being outside and in motion. When community and employees bike, everyone wins. More bikes means less demand on parking and public transit, less congestion, and cleaner air. If you ever experience difficulties finding the right facilities, don’t hesitate to contact Kate Gottlieb to assist with any biking needs.

- Find a biking partner with Ridematch
- Get guidelines for bike safety
- Find out how to take your bike on the bus
- Get more information from biking resources
VMM Indoor Bike Storage, Shower and Locker Room

Amenities include:

Indoor bike security and storage to keep your bikes out of the weather.

Showers with private changing room, blow dryers, clean towels, ironing boards, irons, starch and free weights.

Get a bike, maintenance and repair:

Local Bike Dealers

Bearded Monkey Cycling and Fitness- https://valleycyclingandfitness.com/ 509- 453-6699


Practice Green Health Partner- Online: https://pedegoelectricbikes.com/ 20% off discount using PROMO CODE: Hybrid20

Plan

Check out your local bike routes here: http://gis.yakimawa.gov/apps/bike-map/
http://yvcog.org/ctr/bikemap.htm

Park

Check out the new VMM bike storage and shower room. Get access and tour by emailing kategottlieb@yvmh.org

Offsite clinics: Each clinic or offsite should have a bike rack available. Contact the manager for the building for details or Kate Gottlieb for need placement.

Theft prevention and recovery

Bikes are a frequent target of theft. Report suspicious activity immediately to Security: 509-575-8500

Park in the VMM Indoor Bike rack with 24 hour recorded monitoring and access.

Offsite Clinics:

Visibility or parking adjacent to staffed areas is not protection. The only place staff can determine bike ownership, and protect a bike, is inside the valet. Always follow these recommendations in public areas.

- Use a U-lock. Secure the frame (and back wheel if possible).
- Cables are easily cut and are the most common target of thieves. Take extra precaution with quick release parts or replace with bolts.

Earn incentives

Bicycle Commuter Benefit

Employees are eligible for reimbursement of up to $20 per month for reasonable expenses incurred by biking to work. Employees regularly using a non-motorized bicycle for a substantial (50% or greater) portion of travel between the employee’s residence and the worksite can receive assistance defraying some of the costs a bike commuter may incur. These costs may include the purchase of a commuter bicycle, commuting gear (helmet, gloves), bike lock, bike parking/storage, bike upgrades (lights, racks), repairs and general maintenance. These are considered reasonable expenses as long as the bicycle and equipment is regularly used for travel between the employee’s residence and place of employment. Additionally, employee keeps their receipts for covered expenses and turns them into the employer for reimbursement up to $20 a month or $240 per year.
For reimbursement: 1. Secure documentation of the cost. 2. Send receipt and check request to Human Resources. Remember to include copies of your receipts and commuter participation tracking (you can screenshot your rideshare calendar per month or use the tracking tool link below). If you have any questions about this process, please contact Human Resources at 509.575.8820 http://spsweb/Documents/bike-commuter-log.pdf

Learn more here: https://bikeleague.org/content/bicycle-commuter-benefit

Have fun

National Bike Challenge has two campaigns that you can take part in:

1. **May 2018** - the National Bike Challenge - join a team (of up to 8 riders) and have some fun riding and encouraging others to ride too. There are points, leaderboards, and prizes!

2. **September 2018** – Cycle September – your organization compete against others of similar size. Rally your colleagues to ride, anytime, anywhere in September. Earn points to climb the leaderboard.

**Year Round** - you can also use the Love to Ride website (on which the National Bike Challenge is being run) to record your rides and compete on monthly individual leaderboards (e.g. Top Rider, Top Commuter, etc). The League of American Bicyclists will also be giving away some Top Rider awards for the summer riding season (May - September).

Riding is awesome! Join Bike Everywhere Challenge and let’s get more people enjoying the freedom of two wheels. More info here: https://www.lovetoride.net/washington?ic=679a8da6&locale=en-US

**Wheel Options** is a statewide campaign presented to you by the Washington State Ridesharing Organization (WSRO). http://www.wheeloptions.org/

By logging your trips in **Trip Calendar**, you can quickly see both your financial and environmental savings. Plus, when you track your trips on a regular basis, you qualify to be entered into monthly prize drawings.

**Electric Charging Stations**

At Virginia Mason Memorial we have 4 charging stations. For employees in the north parking lot off of walnut and 28th and in the physicians lot east parking lot. Learn how to register and set up an account here: www.chargepoint.com Phone number: 1.669.237.3321

$0.23 per kWh, first 4 hours $0.00 and $2.50 per hr thereafter.

**Transit Bus**

Take the bus and give yourself a better commute.

Plan your trip here with Yakima Transit - [Transit Routes Home to Work »](#)

Are you a first-time bus user? Check your specific provider for tips particular to their system—here are some basic tips:

- **Visit a bus stop near you.** Visit your nearest bus stop and see what buses stop there. The route numbers are typically shown on the bus stop flag, and in many instances the schedules are shown in a holder mounted to the pole, shelter, or post. Check to see if the schedule times refer to your stop, or to a time point that may be nearby. After you get on the bus, you can grab a timetable for your route.

- **Getting on board.** When the bus arrives, look at the destination signs on the front and side. The sign will tell you the route number and where the bus is going. More than one bus route may serve an area, and not all routes operate at all times. Be sure to get on the correct bus!

- **How to get off the bus.** Riders are encouraged to exit through the rear door(s) of the bus. You may exit through the front door if you have a mobility device or stroller, need a little extra time, or if you need to unload a bicycle from the bike rack. Pull the signal cord above the window about one block before
your stop. If you are unfamiliar with the area, ask the driver to assist you. Most buses have automated "next stop" displays and announcements, but if not, ask the driver to call out your stop or the major stop next to yours.

Carpool
Riding with another commuter is a brilliant way to go. Did you know that carpooling to and from work can cut your driving expenses in half? RideshareOnline.com is the perfect vehicle to find a carpool.

If you do not have an account, sign up now to get your free personalized list of possible carpool partners.

After signing up with RideshareOnline.com, post notices at work and talk to friends and co-workers, because chances are someone is looking for just such an opportunity. Simply print out a Carpoolers Wanted sign and post it in a hard-to-miss place at work. Your transportation coordinator or human resources department may be able to help you find a co-worker looking to share the ride.

Carpool World
Looking to carpool to work with fellow employees? Look for opportunities here:

https://www.carpoolworld.com/carpooling.html?c=yakimamemorial

Walk/Wheel/Run to Work
With a multitude of benefits, choosing an active way to get to work can bring you better health and a super green commute!

Walking can be a great commute choice for short distances, or as part of a longer commute. Pick a route that includes transit stops, in case you’re running late or it starts to storm. Consider driving the route or walking it first on a weekend when you may have more time to check it out.

- Feet First promotes walkable communities – Celebrate Walktober in Washington!

Vanpool »
Vanpool is an excellent transportation program designed for people with long commutes. Vanpool drivers are fellow commuters, responsible for collecting monthly fees and driving the vehicle. In return they may ride free or for a reduced fare.

Monthly fares vary. For example, a vanpool on a five-day workweek schedule riding in a vanpool with 10 riders, from Yakima to Toppenish, (forty-four mile round trip) costs only $66.58 per person per month! The monthly charges are shared, so the more riders per van the less the cost, or vice versa, fewer riders in the van increase the shared cost.

Yakima Transit will help get your vanpool going! We provide the vehicle, insurance, fuel and all the maintenance to keep your van running in tip-top shape, as a rider you pay only the monthly fare and help keep the van clean.

If you are interested in learning more about vanpool, contact Yakima Transit; https://yakimatransit.org/vanpool/

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