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**Greater Redmond
Transportation
Management Association**

Choose a *new option* for getting to work and you could win a trip to **Mazatlan!**

Give up your solo commute between October 11-22; ride the bus, vanpool, carpool, walk, bicycle, compress your work week, telecommute, or use the train or ferry (walk-on) at least twice during the event and you are eligible to win!

Complete and return the Participation Form on the back of this newsletter to your Transportation Coordinator (TC) by October 29th. An electronic entry form is available through the Greater Redmond Transportation Management Association (GRTMA) at www.grtma.org. If you need a carpool or vanpool partner, log on to www.RideshareOnline.com.

If you don't have internet access, your TC (their name and phone number is listed on the back page of this newsletter) can assist you.

Prizes sponsored by GRTMA*

\$50 Gift Certificate to Home Depot, Target, Eddie Bauer, and Fred Meyer's.

Prizes sponsored by City of Redmond CTR Program*

(4) \$50 Redmond Town Center Certificates.

Prizes sponsored by Washington State Ridesharing Organization (WSRO)**

Grand Prize trip for two to Mazatlan, Mexico

plus these additional prizes available;

- Two round-trip tickets on Alaska Air
- Weekend getaway and spa services at the Chrysalis Inn & Spa in Bellingham, WA
- Weekend getaway and wine tour package at the Oxford Suites in Yakima, WA
- Weekend getaway at the Mountain Home Lodge in Leavenworth, WA
- Weekend getaway and spa services at Rosario Resort on Orcas Island
- Two pieces Jansport Luggage
- Two tickets on Spirit of Washington Dinner Train
- \$100 Home Depot Gift Card
- \$100 of handmade chocolate truffles delivered from Chocolate Necessities

* Non-WSRO prizes limited to two winners per member employer.

** WSRO prizes subject to change.

It's good to
have options.



[Photo]



[Photo]

wheel
options
your trip, your way.





Sandy beaches, warm sun, and a lot of surf could be if you registered with www.RideshareOnline.com between August 16th and September 24th. Stay close to your phone, the GRTMA might be calling you saying, “You’re the winner!” Five lucky commuters who joined a carpool/vanpool, or added to a current ‘pool, and started ridesharing at least two times a week will be getting such a call.

Save a Fortune and Win!

Here’s a list of “cool” prizes participants will win:

Grand Prize:

7-day trip for two to the oceanfront Radisson Kauai Beach Resort. Includes first class accommodations, round trip airfare, rental car with unlimited mileage and fresh flower lei greeting. (Courtesy of Pleasant Holidays, Radisson Kauai Beach Resort, and GRTMA.)

2nd Prize:

4-day vacation at any WorldMark Resort with \$\$\$ to spend. Vacation includes US, Hawaii, Fiji, and Cabo (courtesy of Trendwest Resorts), AND a \$500 MasterCard Gift Card to spend on your vacation (courtesy of GRTMA).

Wait There’s More!!

\$250 Rideshare Rewards MasterCard Gift Card to go on a fun-filled shopping spree (courtesy of King County Metro).

(2) \$100 Redmond Town Center Gift Certificates. Spend a day shopping and dining at Redmond’s local shopping center (courtesy of City of Redmond CTR Program).

The first 50 people who ran a matchlist each week received a complimentary 12-oz Starbucks Coffee beverage coupon (courtesy of Starbucks Coffee).

Go to www.grtma.org after October 27th to see who is going to say “Aloha” to their car/vanpool partner(s) and escape to the tropical islands. Also, find out who won all the other great prizes!

Thanks again to all sponsors and participants during this campaign.



Redmond Construction Update

Willows Corridor

There is no major construction at this time. However, King County Dept. of Transportation will be continuing their construction improvements on NE 124th St.

East Redmond

Union Hill Road will be widened between 178th Pl. and 188th Ave. NE. This work will complete the 5-lane roadway section along the corridor. Construction activities began this summer and will take about a year to complete.

Widening of Redmond-Fall City Road between SR 520 and East Lake Sammamish Pkwy will likely be started this fall. This work will be managed by the Washington State Dept. of Transportation and is expected to take 18 months to complete. Working hours will be adjusted to avoid peak traffic flows.

Downtown Redmond

Construction on Redmond Way between Avondale Way and Bear Creek Bridge/520 intersection began this summer and will address the traffic congestion and safety improvements needed in this busy corridor. This work will be ongoing throughout the remainder of 2004.

Quote of the Day

Life is not measured by the number of breaths we take, but by the moments that take our breath away.

Author – George Carlin

PEDAL

Your Way to Less

STRESS



Tired of spending hours in your car for what should be a simple commute? Tired of having to take even more time

out of your day to hit the gym? Tired of high gas prices?

David Hablewitz of Spacelabs Medical has the perfect solution, bicycling. David has been completing his 20 mile commute to Spacelabs in Issaquah by bike since he started in May.

“Bicycling saves time I would otherwise spend in the gym because I get a workout at the same time I am commuting and I get to work feeling much more motivated and alert.” Another benefit to his health is that David feels biking to work helps release stress while commuting by car increases his stress level. “Driving tends to be an adversarial event, cycling is very social. I often chat with other cyclists while riding to work.” The best part to his bicycle commute is that rain, construction, Mariner’s games, and accidents do not affect his commute time. The rest of us wish we were so lucky.

While being able to relax and think during his commute David has been able to “. . . solve many problems while biking home from work.” He goes further saying that even his daughter’s friends “. . . are all envious on days when I tow my daughter to preschool on the trail-a-bike on my way to work.”

Way to incorporate family and health into your everyday commute while doing your part to help the environment!

Keep up the great work David!



COMMUTER INFORMATION

KC Metro Automated Bus Schedules (206) BUS-TIME

Community Transit Customer Information (425) 353-7433

Sound Transit Customer Service (888) 889-6368

Utilities:

Puget Sound Energy (gas, electric) (888) 225-5773

Verizon (telephone) (800) 483-4100

Comcast (cable TV) (877) 824-2288

Bicycle Information:

Cascade Bicycle Club (206) 522-BIKE

Bicycle Alliance of Washington (206) 224-9252



FALL 2004 PRIZE ENTRY FORM

Instead of driving alone during **Wheel Options, October 11—22,**

I chose to: *(Check all that apply in calendar below)*

USE THIS KEY

To indicate your transportation modes used on the dates below:

C = Carpool; W = Walk; B = Bicycle; R = Ride the Bus; F = Walk-on Ferry; V = Vanpool; T = Train; H = Work from Home; CS = Compressed Schedule

MON Oct 11	TUE Oct 12	WED Oct 13	THU Oct 14	FRI Oct 15	SAT Oct 16
<input type="checkbox"/> C	<input type="checkbox"/> C	<input type="checkbox"/> C	<input type="checkbox"/> C	<input type="checkbox"/> C	<input type="checkbox"/> C
<input type="checkbox"/> W	<input type="checkbox"/> W	<input type="checkbox"/> W	<input type="checkbox"/> W	<input type="checkbox"/> W	<input type="checkbox"/> W
<input type="checkbox"/> B	<input type="checkbox"/> B	<input type="checkbox"/> B	<input type="checkbox"/> B	<input type="checkbox"/> B	<input type="checkbox"/> B
<input type="checkbox"/> R	<input type="checkbox"/> R	<input type="checkbox"/> R	<input type="checkbox"/> R	<input type="checkbox"/> R	<input type="checkbox"/> R
<input type="checkbox"/> F	<input type="checkbox"/> F	<input type="checkbox"/> F	<input type="checkbox"/> F	<input type="checkbox"/> F	<input type="checkbox"/> F
<input type="checkbox"/> V	<input type="checkbox"/> V	<input type="checkbox"/> V	<input type="checkbox"/> V	<input type="checkbox"/> V	<input type="checkbox"/> V
<input type="checkbox"/> T	<input type="checkbox"/> T	<input type="checkbox"/> T	<input type="checkbox"/> T	<input type="checkbox"/> T	<input type="checkbox"/> T
<input type="checkbox"/> H	<input type="checkbox"/> H	<input type="checkbox"/> H	<input type="checkbox"/> H	<input type="checkbox"/> H	<input type="checkbox"/> H
<input type="checkbox"/> CS	<input type="checkbox"/> CS	<input type="checkbox"/> CS	<input type="checkbox"/> CS	<input type="checkbox"/> CS	<input type="checkbox"/> CS

SUN Oct 17	MON Oct 18	TUE Oct 19	WED Oct 20	THU Oct 21	FRI Oct 22
<input type="checkbox"/> C	<input type="checkbox"/> C	<input type="checkbox"/> C	<input type="checkbox"/> C	<input type="checkbox"/> C	<input type="checkbox"/> C
<input type="checkbox"/> W	<input type="checkbox"/> W	<input type="checkbox"/> W	<input type="checkbox"/> W	<input type="checkbox"/> W	<input type="checkbox"/> W
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<input type="checkbox"/> CS	<input type="checkbox"/> CS	<input type="checkbox"/> CS	<input type="checkbox"/> CS	<input type="checkbox"/> CS	<input type="checkbox"/> CS

Number of days I participated: _____

One-way miles to work: _____

I use an alternative to driving alone:

Regularly Occasionally Not in the past 2 years

Return to your TC by Friday, October 29th

Employee Name: _____

Work Phone: _____

Email: _____

Employer: _____

County you work in: _____

Only entry forms showing two or more days of participation are entered in the state prize drawing. Incomplete entries are invalid. One entry form per person.

GRTMA Transportation Coordinators (TC)

Aerojet Jan Prachar, (425) 885-5000 x5236	Microsoft Corporation Email – “commute”
AT&T Wireless Services Greg Maxwell, (206) 389-5323	Millennium Corporate Park Cindi Gyselink, (425) 702-8001
Avaya Mark Peterson, (425) 558-8569	Nelgroup Properties, LLC Cindi Gyselink, (425) 702-8001
CarrAmerica Realty Corp. Susan Wells, (425) 558-2245	Nintendo of America, Inc. Gary Ford, (425) 861-2159
CB Richard Ellis Trish Venable, (425) 881-5975	Overlake Christian Church Barb Graef, (425) 702-0303
City of Redmond Kim Danner, (425) 556-2422	Redmond Ridge Owners Association Pat Weber, (425) 836-1062
CP Management, Inc. Cindi Gyselink, (425) 702-8001	Redmond Town Center Mona King, (425) 867-0808
Eddie Bauer, Inc. Julie Levy, (425) 755-6136	Safeco Ty Munger, (425) 376-5544
General Dynamics Gayle Keenan, (425) 895-4315	SNC-Lavalin Mike Manderscheid, (425) 896-3731
Group Health Cooperative Craig Rock, (425) 883-5370	Spacelabs Medical, Inc. Kathy Bremer, (425) 657-7200
GVA Kidder Matthews Cindi Gyselink, (425) 702-8001	Trendwest Resorts, Inc. Donna Singaas, (425) 498-2905
Hart Properties Amy Parker, (425) 556-9100	Unigard Insurance Company Sharon Mitchel, (425) 945-5367
Honeywell Cindi Gyselink, (425) 702-8001	United Parcel Service Rebecca Slankard, (425) 882-4115
Lk Washington School District Janet Harrington, (425) 702-3300	Village at Overlake Station Brenda Meyer, (425) 746-3338
Medtronic Emergency Response Systems Soroya Cottrell, (425) 867-4093	Willows Commerce Park Cindi Gyselink, (425) 702-8001

The Eastside Express™ is published by the Greater Redmond Transportation Management Association (GRTMA)

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GRTMA welcomes all your questions and comments.

Please feel free to call (425) 702-8001 x205 or email – jmartin@grtma.org

