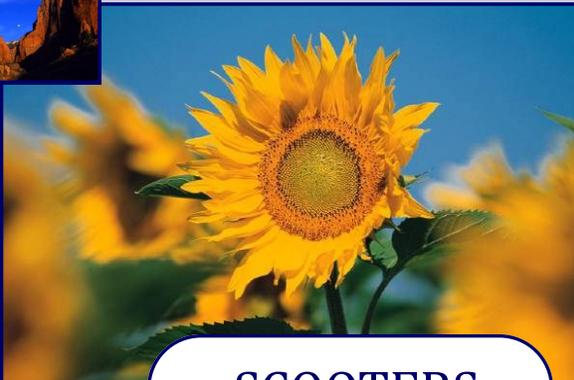


Pinal County Travel Reduction

Clean Air Blue Skies

Alternative Transportation



SCOOTERS

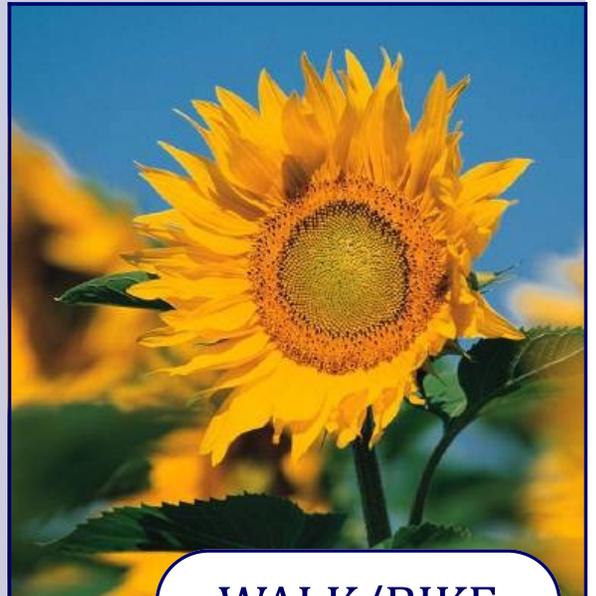
Positive impact on our air quality!

CARPOOL

Carpooling reduces air pollution. Something that benefits us all!

VANPOOLS

Reduces pollution due to auto emissions!



WALK/BIKE

Biking or walking to work is both efficient and effective!

Why Ride a Bike or Walk to Work!

Efficient

1. It's efficient. Biking or walking to work allows you to accomplish two things with the same activity. First, choosing to bike or walk solves the issue of how to get to work. Second, by biking or walking you improve your health, fitness, and mental outlook. In fact, biking or walking to work is both efficient and effective.

Healthful

2. It's healthful. There's no question that walking or biking to work at a decent pace (no need to set records here) provides excellent cardiovascular exercise, offering many health benefits, including weight loss, muscle tone development, as well as lowering your blood pressure and stress levels while also reducing your risk of heart attack, hypertension, osteoporosis, and type II diabetes.

Cheap

3. Consider the gas, parking, and upkeep on a car you are currently paying versus the cost of walking or biking to work. You may need to invest in a new pair of walking shoes or a better bike, but once you've made that purchase, you have minimal additional costs. And if you're really lucky and work for an organization that has a workplace wellness program, you may even be able to get the shoes or bike at a reduced price — or even free.

Rewarding

4. Besides the psychological benefits of feeling better about yourself, walking or biking to work also offers mental benefits — from adrenaline and endorphins — that boost your mood and provide you with a sense of well-being. Walking or biking also provides opportunities for deep thoughts, leading to new ideas and ways to solve problems.

Green

5. It's green. You don't have to be a diehard environmentalist to appreciate that by walking or biking to work you are doing something to personally reduce the negative impact of other forms of transportation.

Fun

6. It's fun. Driving to or from work is often stressful (or at best boring), while biking or walking is always an adventure. It's relaxing — especially on the way home — to know you have had another good day at work and are now helping yourself live a longer and healthier life by biking or walking.



Warming Up Your Car When It's Cold Outside

So many articles are missing some huge points when it comes to whether you should warm up your car for under 5 minutes or should you just start up and go.

The main intention of the website articles is to inform you that it's wasteful

of fuel, creates needless pollution, and modern, fuel-injected cars just don't need to be warmed up to run well like old carbureted cars did. And, generally, these statements are all true — modern cars engine control computers are vastly better at managing the engine to run well even when cold, and, sure, if you idle the car for 20 minutes, you're not really accomplishing anything beyond turning gas into pollution.

The following has nothing to do with getting into a warm car but extending the life of your vehicle. When it's really cold out, you'd be crazy not to warm up your engine for, say, at least a minute or two.

The reason has to do with your engine oil. When your car has been sitting out overnight, all the lubricating oil that's coating all of the crucial, moving bits of the car has settled down to the bottom of the oil pan. When the temperatures are really cold, not only is that oil not near the areas it needs to be, its ability to flow has been severely impaired by the cold. Take for example: The flow of a refrigerated bottle of maple syrup versus hot syrup — the oil is the same way.

So, when you start that cold engine, it's essentially running without lubrication. If you start up and immediately put a load on the engine, things could get damaged. It's just not ready to go. Take a minute or two to get that oil pumping around before putting any load on the engine, and your pistons and camshafts and turbos and other spinning, moving bits will be much, much happier.

And, as far as the pollution and fuel waste goes, let's think about this on a larger scale. If you idle let's say for three minutes, you're burning more fuel and polluting more. But if that three minutes heats up your oil and transmission fluid and prevents wear to your drivetrain, maybe your car will last maybe 10,000 miles longer which means less demand on the systems to make new parts or entire cars, less energy used, less fuel used in shipping, marketing, selling, etc. Keeping your car working well keeps it more efficient and less polluting as well. So, the three minutes of idle is at least a wash.

Alternative Transportation



Kenguru—The electric car that lets wheelchair users drive themselves and it comes with zero emissions.



Self Charging Electric Bike Wheel

Electric Scooter

Vanpool



Carpool



Qualified Transportation Fringe Benefits—2016

The following amounts can be excluded from an employee's gross income for employer-provided qualified transportation fringe benefits in 2016:

- Up to \$255 per month for qualified parking benefits.
- Up to \$130 per month for transportation in a commuter highway vehicle (vanpool) and for any transit pass.
- Bicycle Commuter Benefit—Any employer, if they chose to do so, may provide a reimbursement of up to \$20 per month for reasonable expenses incurred by the employee in conjunction with their commute to work by bike. The reimbursement is a fringe benefit paid by the employer the employee does not get taxed on the amount of the reimbursement.

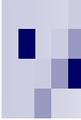
Environmental Impact of Vehicles

Vehicles are America's biggest air quality abusers, producing about one-third of all U.S. air pollution. The smog, carbon monoxide, and other toxins emitted by vehicles are especially troubling because they leave tailpipes at street level, where humans breathe the polluted air directly into their lungs. That can make auto emissions an even more immediate health concern than toxins emitted high in the sky by industrial smokestacks.

Cars consume a lot of energy before they ever make it to the open road. Automotive production leaves a giant footprint because materials like steel, rubber, glass, plastics, paints, and many more must be created before a new ride is ready to roll.

The end of a car's life doesn't mark the end of its environmental impact. Plastics, toxic battery acids, and other products may stay in the environment. Fortunately, junkyard pile-ups are becoming much smaller than they were in the past. About three-quarters of today's average car, including the bulk of a steel frame, can be recycled.

Production, recycling, and disposal costs to the environment are difficult to quantify and largely beyond the control of most consumers. They are also relatively minor. Most of an automobile's environmental impact, perhaps 80 to 90 percent, will be due to fuel consumption and emissions of air pollution and greenhouse gases that climate scientists say are driving global warming. Fortunately, the level of that impact is very much under the control of the driver.



Clean Air Blue Skies

Pinal County Travel Reduction
PO Box 987
31 N Pinal St Bldg F
Florence, AZ 85132
Phone: 520.866.6929
Fax: 520.866.6967
E-mail: marie.frazier@pinalcountyaz.gov



P I N A L ♦ C O U N T Y

Wide open opportunity

www.pinalcountyaz.gov