

Two new bike tools from SLO Regional Rideshare make cycling easy.

Bike Buddy

Looking for someone to share your cycling commute with? Have a question about gear? Sign up with TripLink and get a Bike Buddy match. You'll receive:

- Link up with other cyclists looking to share the bike ride to work
- Enter to receive a \$150 VISA Card
- Four Guaranteed Rides Home in case of emergency

Getting around San Luis Obispo is a whole lot easier. Reduce your transportation expenses and hassles. Visit <http://rideshare.org/cm/about/triplink.html>

Map My Ride

Another new tool provided by SLO Regional Rideshare is **Map My Ride**. Looking for an easy route around town? Enter your starting and ending locations. You select a map highlighting the shortest route. To get started visit: <http://triplink.org/bikemap.php?option=bike&action=list>

For more information call 541-2277, email admin@rideshare.org or visit www.rideshare.org.

START THE NEW YEAR WITH THE LOW CARBON DIET

SLO Regional Rideshare and the Air Pollution Control District are encouraging individuals to **reduce their carbon dioxide emissions (CARB's)** by participating in the **low carbon diet**, which entails vanpooling, carpooling, bicycling, walking or taking the bus instead of driving alone. The year long campaign promotes options on how to lower carbon intake.

Low Carbon Diet participants track their success not driving alone with **TripLink**, the region's **first online commuter matching program**. **Participants will be entered into a monthly drawing to win a \$150 VISA card.**

Each registered person in **TripLink** receives a profile, calendar and a list of potential matches. Alongside the easy recording tool, Rideshare provides participants with motivational reasons to take the low carbon diet including a 'commute calculator', which determines the pollution and costs associated with driving alone. "For any diet to work you need to build in flexibility," says Lisa Quinn, Program Coordinator for SLO Regional Rideshare. "If you eat two slices of pie in one night or drive three days alone, don't beat yourself up; just start over the next day."

Mobile sources are the number one cause of pollution in San Luis Obispo County, which are now thought to be changing our wonderful local climate. A person could keep 6,188 pounds out of the atmosphere annually, if they didn't drive alone for a 30 mile roundtrip commute. "January brings many resolutions, one of which is losing a few pounds. We are encouraging people to take a diet from driving everyday and reduce their carbon output," stated Quinn.

With over 1,400 people registered with TripLink, commuters quickly match up with others looking for a carpool, vanpool or bike buddy to work. Additionally, SLO Regional Rideshare provides free "personal trainers" to assist with planning trips.

While the low carbon diet won't help people lose those extra pounds around their waist or hips (unless they commit to cycling or walking), it's certain there will be a dramatic weight loss off their carbon footprint, half a ton no less! SLO Regional Rideshare will feature monthly the "biggest loser" and other motivational tips to make getting around without driving alone easy.

For more information about how to start the **Low Carbon Diet** visit <http://rideshare.org/cm/about/low-carbondiet.html> or call 781-4362.

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