

## 2007 WAY TO GO! Commuter Stories

Testimonial: Katherine "Deac" Decarreau; UVM Parking & Transportation Services Director – Walks from Winooski to Burlington

*"My walking commute is the perfect stress relief for busy days. A walking and biking community is an all around healthy and happy community."*

Testimonial: Richard Del Pizzo – Lives, works & walks in Burlington

*"I began searching for a house and during the process I remembered all the benefits of walking to work including saving money on gas, auto insurance payments, reduced pollution, getting exercise, and above all getting paid by CATMA, the Campus Area Transportation Association to do it! All this would be lost if I bought property out of town. So I began looking in Burlington and ended up buying a place in town.*

*I'll never need to get back my parking pass or leave the CATMA program. The results--a thinner waistline and a fatter wallet!"*

Testimonial: Bruce Sinnott – Bicycle Commuter from Colchester to Williston

*"It's a fun thing to do. In fact, its the highlight of my day. A 12.5 mile ride only takes 15 minutes longer than by car without the traffic frustrations. With two young kids at home, biking presented a great opportunity to get a good workout."*

Testimonial: Gwen Hallsmith, Bicycle Commuter  
Director of Planning and Community Development, City of Montpelier

*"Commuting on a bike is so much fun. No worries about where to park downtown, I ride right by the traffic jams. I can go places that car's can't too. All it takes is a commitment to change my habits by getting out of my car. I find it easier, less expensive, less of a hassle, and can take a lot less time than driving."*

Testimonial: The Clasen Family - Walkers in Montpelier

*"We made a conscious decision to have one car and our location in Montpelier is well suited for getting around on foot. We have easy access to Hubbard Park, schools, the downtown, Hunger Mountain Coop and many of Montpelier's neighborhoods. In addition to the obvious environmental impacts like cutting down on pollution and conserving energy, it also saves us money, and provides a source of exercise which keeps us healthy. It also allows time to process the days activities."*

Testimonial: Lexi Shear, School Teacher and Bicycle Commuter

*"I'm a teacher and I rode my bike into my ninth month of pregnancy. I didn't ride all the way to the end though, because school ended and I didn't have to go to work anymore!"*

Testimonial: Amy Trafford, a.k.a. – “The Scooter Lady”  
Nanny and Woodbury Mountain Toys staff

*Five years ago, I got hooked on scooters when the parents of a child I nanny bought a couple scooters to play with. Now I am known as the “Scooter Lady” around town. It is my main form of transportation around town all summer and any other time when the sidewalks are clear. It’s fun and the scooter rides bring me the most joy in the day.”*

Testimonial: Bill Merrylees, Unicycle Rider and Satellite Commuter  
P.E.P. Coordinator, Community Connections

*“I ride my 2-wheeler from home about once a week in the warm months but on most work days I need to have access to my car so I drive and bring the unicycle along. It’s much easier to park and ride than it is to deal with traffic congestion. In winter, I usually park and walk to work but when the roads are dry, riding the unicycle is a lot more fun and quite a bit faster. I find the exercise to be an invigorating break from the work routine, and a great stress reliever.”*

Testimonial: Eric Scharnberg, Bicycle commuter and Executive Director of Cross Vermont Trail Association

*“ It took 30 minutes to drive the same distance one way from door to door, so I was basically using 30 minutes of extra time per day to get a 33 mile road bike workout. I really found that I was more in touch with seasonal and daily changes in the weather, trees, plants, light, and everything!”*

Testimonial: Peter Bullock, Summer Youth Programs Director at Shelburne Farms

*“After graduation, I decided to sell my car making my number one form of commuting even more significant - riding my bicycle. I’ve made “Way To Go!” the only way to go. I commute 10 miles each way to work and I find that my physical health, mental well-being, time efficiency in exercising while commuting and overall perspective on community is heightened. My goal is to stay in shape, save money (which has paid for my bicycle many times over) and to take the time to really “see” my community.”*

*“Ride sharing with co-workers also provides beneficial, informal opportunities to talk about visions for change and strengthening rapport”.*