

North Bethesda Transportation Center  
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### "Car Free Day" Participation Up 13%

More people used alternative commute modes on Car Free Day in the D.C. metro area than last year. Held on September 22 as part of World Carfree Day, Car Free Day DC ([carfreemetrodc.com](http://carfreemetrodc.com)) received 6,211 pledges—13% more than in 2008. Most participants used public transportation, although many also walked or bicycled. World Carfree Day was established in 2000 as a grassroots movement by the World Carfree Network ([worldcarfree.net](http://worldcarfree.net)) to coincide with European Mobility Week. It has grown to involve participants in more than 1,000 cities in 40 countries.

Helping you get from here to there and everywhere in North Bethesda

for North Bethesda Commuters

## NIH Employee Transportation Coordinator Recognized

The Association for Commuter Transportation (ACT) presented Joe Cox, employee transportation coordinator at the National Institutes of Health, with its Employee Transportation Coordinator (ETC) Champion Award during its national conference in September 2009.

As program specialist in the NIH Employee Transportation Services Office (ETSO) for the past three years, Cox is responsible for overseeing parking and transportation programs for the Institutes' 23,000 employees, including the main campus and 11 other facilities, many in North Bethesda.

Cox was recognized for not only being an effective ETC, but for going above and beyond the regular duties of that role by leading lunch time seminars for NIH employees and representing NIH at community meetings. One of Cox's primary responsibilities is administering the NIH Transhare Program, which provides up to \$230 per month for employees who forego their parking privileges and commute via public transportation.

Cox says his motivation stems from a desire to cut greenhouse gases by reducing the number of single-occupant cars on the road. He hopes the NIH's carpool, vanpool and Transhare programs will help change the region's "car culture" and raise commuters' awareness of alternative transportation modes.



## North Bethesda Transportation Center



### Bethesda Trolley Trail's New Signs Show the Way

Want to know where you can hop on the Bethesda Trolley Trail (BTT)? A recently-installed wayfinder sign at Woodglen Drive and Edson Lane marks the spot. Similar signs are located on the north side of Tuckerman Lane by Georgetown Prep, as well as near the Twinbrook Metro station on Chapman Avenue and at the intersection of Lewis Avenue and Halpine Road. Each sign has a trail map that shows your location, with information about the trail's history on the reverse side.

Thanks to the BTT, cyclists have better access to and from North Bethesda via off-street shared-use paths, on-street links using residential streets, and sidewalks. The trail even includes bridges over the Beltway and I-270.

The BTT is a great choice for two-wheeled commuting. Bikes can either be secured in racks and lockers at Metrorail stations, or rolled onto the train (except during rush hour periods) for longer trips. All Metrobus and Ride On buses, including those routes near the trail, also accommodate bikes via their front-end racks.

Download a free PDF brochure/map of the BTT at [www.nbtc.org](http://www.nbtc.org). The brochure provides an interesting glimpse of area history, too, as the BTT's path follows much of the original trolley rail right of way established in 1890.



## Walk & Ride Challenge Winners Took Competition in Stride

The 2009 Walk & Ride Challenge brought employee teams from North Bethesda and Bethesda into pedometer-equipped competition over the three-week period of September 7–25 to see who could log the most steps. The event was held to provide a fun way to promote walking and the use of transit, to help employees learn how easy it is to get around on foot or via transit, and to encourage team building among coworkers.

Those who walked at least 25,000 steps per week were entered into a weekly drawing for a “grab bag” prize. Those who walked at least 50,000 steps weekly were entered to win a brand new iPod Nano.

### Miles of Smiles

In North Bethesda, 12 companies got 88 individuals together in 19 teams. All of North Bethesda's participants collectively walked 9,496,934 steps. That's more than 4,748 miles!

The winning “ABL Stompers” team (one of three teams from Advanced BioScience Labs), collectively walked a total of 787,791 steps, for a combined average of 157,558 steps per team member. The ABL Stompers included team captain Edwin Tejada (128,071 steps), DeVon Thompson (131,074 steps), Nandini Sane (145,846 steps), Heather Wenzel (153,036 steps), and Deb Deane (229,764 steps).

For their feat, each member of the grand prize winning team won a trophy, a VISA gift card, a Metro fare card worth \$50, and a \$25 gift card to RnJ Sports in Bethesda. (The Stompers also won the satisfaction of knowing they collectively walked nearly 394 miles—roughly the distance from Washington, D.C. to East Greenwich, Rhode Island).

### Congratulations to All

Lots of other winners enjoyed the spirit of competition, too. Congratulations go to Jennifer Bonsignore (Washington Realty Investment Trust), Beth Janbergs (U.S. Nuclear Regulatory Commission) and Larry Rocha (Advanced BioScience Labs) for winning weeks one through three, respectively, of the weekly iPod drawing (for walking at least 50,000 steps/week).

Kudos also to Kimberly Holmes (IQ Solutions), Rachel Liberati (Diamond Rock Hospitality) and Brenda Swanson (HMS Host Corp.) for winning weeks one through three, respectively, of the weekly “grab bag” drawing (for walking at least 25,000 steps).

Of course, “winner” is really a term earned by every individual who participated in the 2009 Walk & Ride Challenge. They enhanced their fitness, reduced traffic, cut air pollution, and showed their coworkers—and their community—that worthwhile goals can be achieved with a little teamwork, one step at a time. See you next year!