

COMMUTER CONNECTIONS

A SMARTER WAY TO WORK

The Commuter Information Source for Maryland, Virginia, and the District of Columbia



AREA EMPLOYERS RECOGNIZED FOR OUTSTANDING EMPLOYEE COMMUTE BENEFIT PROGRAMS

Several companies in the Washington metropolitan region were honored for outstanding commute benefit programs. The awards were presented at the National Press Club in Washington, D.C. during an annual employer recognition ceremony on June 23, 2010 hosted by Commuter Connections.

Marketing Award: Social & Scientific Systems, Inc., Silver Spring, Maryland

Social & Scientific Systems (SSS) is an employee-owned company focused on improving public health around the world. SSS won the Marketing Award for its multifaceted approach to promoting alternatives to drive-alone commuting.

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Bike to Work Day Employer Challenge

Well known Washington area employer Booz Allen Hamilton received special recognition for its support and involvement in Bike to Work Day 2010. Commuter Connections held a challenge for employers to help encourage participation in the popular and growing event. The annual challenge is for both public and private employers in the Washington metropolitan region to encourage two-wheeled employee participation.

The National Institutes of Health, with 536 participants, had the greatest level of overall participation this year. Other top participating employers for 2010 included Booz Allen Hamilton, Orbital Sciences, the U.S. Environmental Protection Agency, and the University of Maryland.

Booz Allen Hamilton, with 134 Bike to Work Day commuters, was randomly selected from among top employers as the 2010 Challenge winner and received a free luncheon for participating bicyclists. On June 29, 2010, Commuter Connections director Nicholas Ramfos, and Greg Billing, events assistant for the Washington Area Bicyclist Association, recognized Booz Allen Hamilton for its achievement. Booz Allen Hamilton associates Steven Lovejoy and Allan Williams accepted the award.

"The Employer Challenge is a way that we can create some friendly competition and recognize companies in the Washington region for their support of sustainable methods

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Area Employers Recognized For Outstanding Employee Commute Benefit Programs

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The company uses its intranet site, *SSSense*, and a weekly staff newsletter to market transportation programs to its 450 employees on a regular basis.

SSS helps motivate employees through special events, such as Bike to Work Day, and also keeps their finger on the pulse with an annual Commuter Survey. SSS offers employees a \$65 per month direct subsidy for use towards transit or vanpools. A 2003 Commuter Connections award winner, SSS has since added showers and lockers, plus a \$50 credit to employees for commuting by bicycle. The firm's robust transportation program and its proactive marketing and promotion has accounted for an estimated reduction of 700,000 vehicle miles traveled each year and a savings of 34,000 gallons of gasoline annually.

Telework Award: TCG, Washington, D.C.

TCG, which specializes in providing tailored information technology services and solutions for small businesses, was recognized by Commuter Connections for its telework-centric business model.

The 36-employee firm has had teleworking and flexible work arrangements in place since its inception in 1994. Using cutting edge technologies, employees work at different federal agency locations as well as from home-based offices. More than 58 percent of TCG's employees work from home full-time, while many others telework at least one day per week.

Those who work at home one day or more each week get a VoIP (voice over Internet) phone, creating a virtual office phone system. TCG staff can use these phones anywhere with Internet access. Employees working from home receive reimbursement for their Internet provider expenses. Employees who telework at least two days per week are also outfitted with a computer, two monitors, plus other equipment, software and printers if needed. All staff members are provided with a VoIP extension.

The telework policy has significantly reduced TCG's parking requirements, enabling the firm to provide spaces for only two cars in downtown D.C., a major cost reduction. In addition to



Marketing Award: Social & Scientific Systems, Inc.

L to R: Muriel Bowser DC Councilmember; SSS Benefits Manager, Robin Goudy; John R. Undeland Sr. VP Stratacomm



Telework Award: TCG

L to R: Muriel Bowser, DC Councilmember; TCG President, Daniel Turner; Adam Tuss, Reporter, WTOP Radio

cost savings, TCG's telework policy is a major work-life benefit, demonstrated by the firm's 96-percent employee retention rate. TCG estimates annual vehicle mile reductions of 244,500, and gasoline savings of 12,348 gallons per year.

Incentives Award: ICF International, Fairfax, VA

ICF International is a 2,200-employee global professional services firm that delivers consulting services and technology solutions for government and other clients. ICF was honored for offering a wide variety of commuting incentives to encourage the use of public transit, ridesharing, bicycling and teleworking.

The company offers shuttle service between the Vienna Metro station and office headquarters. In addition, it offers a pre-tax transit benefit up to \$120 per month and a monthly subsidy of \$50. In 2009, a total of 448 employees received the subsidy, a 20 percent increase from 2008.

To support employees who cycle to work, ICF provides bicycle racks as well as showers and lockers. Based on a 2008 commuter survey, 10 percent of ICF employees either walk, bicycle or carpool to and from work.

ICF also has a formal telework policy, with about 200 employees telecommuting on a full-time basis, while others telework one to two days per week. The program allows flexible scheduling and provides laptops to employees. Employees are also reimbursed for work-related cell phone/PDA expenses.

Use of alternative transportation methods by ICF employees, including telework, saves approximately 11.9 million vehicle miles and 600,000 gallons of fuel annually.

Employer Services Awards

Awards were also given to organizations for their work in fostering exceptional employer partnerships and providing superior support to employers to help implement commute programs at the workplace.

Sales Team Achievement

The Sales Team Achievement award was presented to the Prince George's County Department of Public Works & Transportation, represented by Domain 7/Joint Venture Communications. By cultivating and supporting employer based transportation programs, this winning Commuter Connections Employer Services sales team was successful at meeting its goal of partnering with employers to develop and expand commute benefit offerings.

Organization Achievement

The Organization Achievement award was presented to Bethesda Transportation Solutions for their Walk & Ride Challenge which involved teams of employees who used pedometers to track their steps over a three-week period in September 2009. The purpose was to promote walking and the use of transit to learn how easy it was to get around on foot and/or by using transit instead of driving.



Incentives Award: ICF International

L to R: Muriel Bowser DC Councilmember; Candice Mendenhall Sr. VP of HR, ICF International; Susan Davis, Executive Director TYTRAN



Sales Team Achievement: Prince George's County Department of Public Works and Transportation

L to R: Muriel Bowser, DC Councilmember; Jennifer D'Adamo, Domain7/Joint Venture; Willie Epps Jr., Prince George's County; David Snyder, City of Falls Church Councilmember



Organization Achievement: Bethesda Transportation Solutions' Walk & Ride Challenge

L to R: Muriel Bowser, DC Councilmember; Jennifer Zucker, BTS; Rachel Porter, BTS; David Snyder, City of Falls Church Councilmember

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of transportation to and from work,” explained Ramfos. “Bicycling is a component of that, and Booz Allen Hamilton is one of the top employers in the area fostering bicycling as part of its corporate culture.”

Ben Richman was among the hundred-plus bicyclists from Booz Allen Hamilton who participated in the event. Although Mr. Richman was part of the company's Bike Club, he previously rode his bicycle for recreational purposes only. Bike to Work Day provided him with a springboard to try commuting by bicycle, heading out from Foggy Bottom to his job in Tysons Corner.

“I thought about how alive I felt on this morning's commute, how stifled I had been for the past two years in my monotonous, hair loss-inducing routine of traffic,” said Richman. He “felt a

buzz of energy” after arriving at work and later boasted about an overly-productive day. Richman reports that since Bike to Work Day he has faithfully ridden his bike to work every Friday.

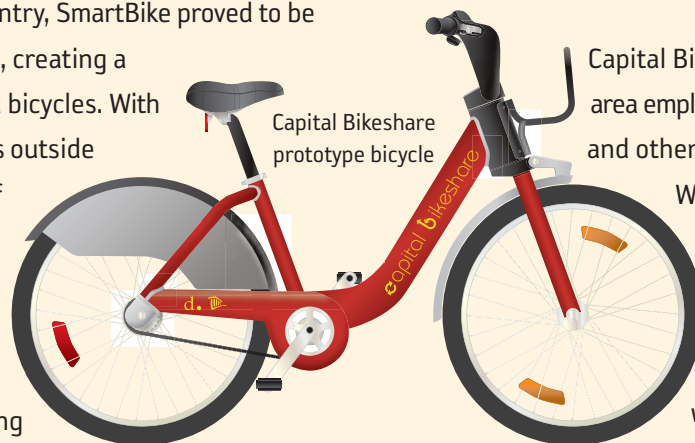


L to R: Greg Billing, WABA; Steven Lovejoy, BAH; Nicholas Ramfos, COG; Allan Williams, BAH; Douglas Franklin, COG.

Regional Bikesharing System

The District Department of Transportation (DDOT) pioneered the concept of bikesharing in the United States when they introduced SmartBike DC in August 2008. As the first bikesharing program in the country, SmartBike proved to be an extremely successful venture, creating a strong demand for stations and bicycles. With greater interest from jurisdictions outside of the District, the expansion of a bikesharing program was inevitable for the Washington region. In collaboration with neighboring Arlington County, the idea of a regional bikesharing program quickly took off and was officially announced at Bike to Work Day 2010 and soon thereafter was dubbed as Capital Bikeshare. The program will begin with 100 stations in the District as well as 14 in

Arlington County. The new system will lay the groundwork for future expansion throughout other parts of the region to form a cohesive regional bikesharing system.



Capital Bikeshare is of particular interest to area employees who travel to business meetings and other appointments throughout the day.

With a total of 1,100 bikes among 114 stations, the system design is perfect for such use.

Capital Bikeshare alleviates long wait times for public transit during less frequent daytime service by providing members with a large fleet of bicycles at a great price. No more costly parking garages, losing on-street parking spot when moving a your car or wasting valuable time sitting in traffic.

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The Bikeshare system is inexpensive, readily available and can provide time savings as traffic can be avoided on a bicycle through the use of designated bike lanes and paths the way it cannot in a car or bus.

A company located near one of the new bikesharing stations will reap an enormous benefit for employees and, as other commuter benefits have proven, help with employee recruitment and retention efforts. Officials anticipate bicycles and stations to start cropping up this summer with a full system launch by late summer/early fall. Start to spread the word now; your employees will thank you later. For updates, membership

opportunities and more information about Capital Bikeshare, including pricing and locations visit www.capitalbikeshare.com.



Capital Bikeshare will replicate Montreal's Bixi System

Live Near Your Work

The Live Near Your Work (LNYW) initiative began in the fall of 2007 with efforts focused on providing assistance to employers to help their employees reduce commute times and distance. During the past three years the effort has been successful in partnering with the business community and employers. It provided vital information for those considering moving closer to work and also for those who would be eligible for workforce housing. This past spring, Commuter Connections held several events highlighting the Live Near Your Work initiative.

On April 13 jurisdictions in Northern Virginia held a LNYW webinar for employers, providing information on housing programs and tools available from their local Commuter Connections representative. The first employer event was held on April 22 at the Oracle Corporation in Reston. The well attended event was followed by an employee commute fair. Presentations by the Fairfax County Housing Department and the Virginia Housing Development Authority focused on assistance programs for home buyers. Long & Foster Realtors gave a valuable presentation on available homes and rentals within short distances of Oracle's worksite. The final presentation covered the positive impacts of reducing commute distances, road congestion and air pollution.

The next event was held in Frederick, MD on May 5 at the Frederick County Government

Building. The proceedings were televised and presentations covered programs offered by the County and the State of Maryland for those looking to move closer to their worksites. An event was also held on May 12 at the Aerospace Corporation in Chantilly, VA focusing on what employees could gain in regards to housing assistance programs and assistance from Fairfax County to offer transit options for commuters.

The final event was held on June 10 at the Montgomery County Executive Office Building in Rockville, MD. The proceedings were also televised and presentations covered housing and regional efforts to reduce traffic congestion.

Each event had significant employer participation with robust interest in the different housing and commute assistance programs available for commuters. Live Near Your Work booklets are available for employers interested in providing such information to employees. Information can also be accessed on the Commuter Connections web site at www.commuterconnections.org.



**LIVE
NEAR
YOUR
WORK**



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Start to Establish a Winning Program at Your Company

The annual Employer Recognition Awards program spotlights outstanding employer commute programs. All employers in the Washington region are encouraged to adopt similar policies and practices that help employees use alternatives to drive-alone commuting. Here are some tips to get started:

- Make the most of free assistance available from Commuter Connections. A helping hand can enhance program planning and implementation.

- Support access to as many commute options as possible such as telework, ridesharing, transit, flexible work schedules and bicycling.
- Consider incentives such as tax-free commute benefits, preferential parking for carpools, bike racks, or showers for cyclists and walkers.
- Communicate regularly; foster dialogue and participation by making use of all available tools including intranet, bulletin boards, social networking, newsletters, emails, blogs and more.