



## 4 GREEN MODES OF TRANSPORTATION

Believe it or not, cars are one of the top polluters of our waterways. The oils and grease from the undercarriage, trash from cabs and truck beds and worn off tire particles cover our roadways. Rain flows from our highways and streets into storm drains and directly to our waterways, bringing the pollutants with it. Additionally, the emissions released by motor vehicles contribute to air pollution and create smog and acid rain. Try an alternative, greener mode of transportation.

Here are four ways you can change your transportation habits to help the environment.

### Hop On

Ride the bus, train or BART. The idea is to move people together with less cars, reducing pollution. Not to mention it reduces traffic congestion!

### Go for a Stroll

Put on your walking shoes! Walking to work is a great option in urban areas and takes less time than you think. It benefits the environment and your health, too!

### Pedal it Out

Biking has many benefits to the environment and your health. Zero emissions, lowering your blood pressure and giving you more energy for the long day ahead, among others. Bike to work and around town. The waterways will be better off because of it.

### Form a Carpool Crew

Carpooling is a great way to get to work. Reach out to your community or co-workers to see who has a similar commute to you and ride together. Four people carpooling means three less cars on the road every day. It also means saving money on gas!

For those exploring various modes of personal travel, 511 Contra Costa provides all your necessary Contra Costa County transportation information and offers cash incentives and commuter challenges with prizes. They also help to find carpool/vanpool people in your area.

Visit [cccleanwater.org](http://cccleanwater.org) for more information and tips to help you protect watersheds and keep water clean in Contra Costa County.