

Email topics and language

Cut and paste all or a part of any of these messages.

Try Making Smart Trips

A Smart Trip is any trip made by walking, biking, sharing a ride or riding the bus instead of driving alone in a car.

- Take the bus to get groceries. Did you know the Yellow Go Line stops at 4 different grocery stores? Trader Joe's, Barkley Haggan, Safeway, and WinCo. Try taking the bus to do your shopping and avoid the hassle of crowded parking lots.
- Ride your Bike to a park to meet a friend for a walk or game of pickle ball. Biking is a great way to get your body warmed up.
- Walk to pick up a few things at the store. Bring a backpack and get extra exercise on the way home. Evidence shows that walking with extra weight is a good way to stave off osteoporosis by building bone density.
- Bike or walk to a brewery or coffee shop to meet a friend for a beverage.
- At the office? Walk to lunch with co-workers.
- Bike or walk with your child to school. Kids who get to school actively have been shown to have better attention spans in class and higher levels of happiness.
- Ride downtown – parking can be a challenge when headed downtown so leave the hassle behind and bike or bus to get there.
- Do you play sports with friends? Organize a carpool to get to practice and the games and enjoy extra time catching up with friends.
- Get some activity in your day without having to pay for a gym by biking or walking to work.
- Save money and get to know your co-workers better by carpooling to the office.
- Take a kid for a bus ride. Youth 18 and under ride free. Many little kids are fascinated by transportation so even a short ride can be a big adventure! You'll enjoy quality time looking out the window together. Let them pull the yellow chord when it's time for your stop.
- Take a break from work with a walk around the neighborhood. Keep your eyes out for useful businesses where you could mail a package, buy a last-minute gift or grab a missing ingredient for dinner. Even if it's not your usual spot, the convenience of a short walk during work may be a time saver in the future.