

[View this email in your browser](#)



Stanford Medicine Transportation Services

## Transportation & Parking News

### In This Issue

*April 29, 2024*

1. "Spring" into a Healthy Commute
2. Get in Gear for Bike Month 2024
3. Save on Your Commute with Pre-Tax Benefits

## "Spring" into a Healthy Commute

A change in season means a change in lifestyle.



See below for a few options refresh your day-to-day commute!

**Spring is here!** With the warmer weather, it is the perfect time to switch up your commute. Skip the stress and try a new commute mode this spring!

1. **Commuter Buses**

Instead of stressing about driving, enjoy a free bus ride from [Campbell, Santa Clara](#), or the East Bay (on the [AE-F, EB](#), or [Dumbarton Express](#)) to the Stanford Medicine Palo Alto Hospital Campus.

2. **[Caltrain Go Pass](#)**

Set aside time for yourself on Caltrain! Use the train as "you-time" to catch up on work, listen to music, or watch your favorite television show!

3. **[Pasteur Staff Garage Carpool Program](#)**

Register for the Pasteur Staff Garage (PSG) carpool program and get free or discounted parking at PSG! Two-person carpools receive 50% off (cost is \$6). Carpools with three or more and park for free.

4. **[Clean Air Cash Trial](#)**

Choose a sustainable commuting option and leave your parking permit behind to receive \$25/month with the Clean Air Cash Trial!

*Eligibility requirements apply, see the [FAQ flyer](#) for more details.*

5. **[Bike Program](#)**

Get your daily exercise in by biking to work! The Stanford Medicine Palo Alto hospital campus offers a variety of bicycle amenities for staff to utilize like bicycle parking facilities, bike repair stations, bike pumps, and [convenient shower & locker rooms](#).

To learn more about these alternative transportation options and more, visit the Stanford Medicine Transportation Services website by clicking the button below.

**EXPLORE ALL STAFF COMMUTING OPTIONS**

## Get in Gear for Bike Month 2024

Celebrate Bike Month 2024 with a series of exciting events offered by Stanford Medicine Transportation Services!



Come celebrate Bike Month 2024 with Stanford Medicine Transportation Services!

Stanford Medicine Transportation Services has an exciting lineup of engaging bicycling events to keep you riding in style while staying safe.

Staff that attend any Bike Month 2024 event below will receive a FREE Bike Month 2024 t-shirt.

Anyone who bikes to work on May 16th and checks in at an energizer station will be entered into a raffle for a chance to win a Tern Verge D9 folding bike!



---

### **Bike to Work Day (BTWD) 2024 – Thursday, May 16th (In-Person)**

Cycling to work? Bike to one of the six Stanford Medicine energizer stations, to pick up some goodies! Location and hours of operation are listed below. Hope to see you there!

You can find energizer stations outside of the following locations:

1. **Transportation Pop-Up** (on North Pasteur Drive). 6:30 AM - 9:00 AM
2. **Lucile Packard Children's Hospital** (on Quarry Road Extension). 6:30 AM - 9:00 AM
3. **Stanford Medicine Outpatient Center in Redwood City** (420 Broadway near the cross walk at Barron Avenue). 7:00 AM - 9:00 AM
4. **Stanford Health Care in Emeryville** (corner of 59<sup>th</sup> Street and Hollis Street). 7:30 AM - 9:00 AM
5. **Stanford Medicine at Palo Alto Labs**, 1800 Embarcadero, First two parking stalls on the left. 7:00 AM - 9:00 AM
6. **Stanford Health Care Tri-Valley**. 5565 West Las Positas Blvd, Pleasanton (near bike racks at main entrance). 6:00 AM - 9:30 AM

Bike to an energizer station to pick up some goodies. You'll also be entered into a raffle for a chance to win a Tern Verge D9 folding bike!

---

### **Beginner Bike Safety Webinars (Virtual)**

Interested in beefing up your bicycling skills? Check out these beginner bike safety classes for helpful tips to gear up and ride safely on the road.

- **Webinar: Riding Safely, Part #1 - Gear Up for your Ride - *Wednesday, May 1st***, 12:05 PM - 12:30 PM
  - Learn about helmet and bike fit, bike lights, and other cycling gear
- **Webinar: Riding Safely, Part #2 – Staying Safe on the Road – *Tuesday, May 21st***, 12:35 PM - 1:00 PM
  - Learn important cycling skills and the rules of the road to help you stay safe

[Click here](#) to sign up for the Beginner Bike Safety Webinars

---

### **Bike Maintenance Events (In-Person)**

- **Bike Check-Up Day – *Wednesday, May 8th***, 7:00 AM - 4:00 PM
  - Bring your bike to receive a FREE bike check-up by Campus Bike Shop. Spaces are limited. A reservation guarantees your bike will be looked at
  - Location: Spieker Plaza by the 500 Pasteur Buckyball
- **Bike Maintenance Class and Helmet Fitting – *Tuesday, May 14th***, 12:00 PM - 1:00 PM
  - Learn how to fix a flat tire, do seat and handlebar adjustments, work on brakes, chains, gears, derailleurs, quick-release levers, etc. Optional: For a hands-on experience, bring your bike and bike tools. This class is suitable for beginner or experienced cyclists
  - Stop by with your helmet to get it adjusted for a proper fit

- Location: Spieker Plaza by the 500 Pasteur Buckyball

[Click here](#) to sign up for the Bike Check-Up Day

---

### **500 Pasteur Bike Room & Hoover Pavilion Bike Cage - Open House (In-Person)**

Learn how to use your badge to access these bike parking facilities, and learn how to lock your bike. Staff will be available to answer your bicycling questions. Feel free to drop in. No registration necessary.

- **500 Pasteur Bike Room Open House – Thursday, May 9th, 12:00 PM - 2:00 PM**
  - Location: The 500 Pasteur Bike Room is located at the Pasteur Staff Garage near Welch Road
- **Hoover Bike Cage Open House - Wednesday, May 22nd, 12:00 PM - 2:00 PM**
  - Location: The Hoover Bike Cage is located behind 213 Quarry Road next to the Hoover Pavilion Garage

To learn more or sign-up for any of the Bike Month 2024 events, click the buttons below.

[VIEW BIKE MONTH 2024 FLYER](#)

[SIGN-UP FOR EVENTS HERE](#)

## **Save on Your Commute with Pre-Tax Benefits**

Pre-tax commuter benefits can be used to save on eligible transit and parking expenses including parking at the 500 Pasteur - Pasteur Staff Garage!





## Try Out One of the FREE Park & Ride Lot and Shuttle Programs to the Stanford Medicine Palo Alto Campus

The Santa Clara Park & Ride lot (near Levi Stadium) and the Campbell Park & Ride lot (formerly the old Fry's Electronics lot) provide free parking and transportation for staff at the Stanford Medicine Palo Alto hospital campus. Enjoy easy, free parking and a direct shuttle ride that connects directly to Lucile Packard Children's Hospital and 500 Pasteur!

For more information, view the flyers here:

[Santa Clara Park & Ride](#) | [Campbell Park & Ride](#)

## Commuting from the East Bay?


East Bay staff can park for free at the Ardenwood Park & Ride lot (Ardenwood Blvd. & Hwy. 84), which is located in Fremont. This lot connects with transbay commuter busses to the Stanford Medicine Palo Alto hospital campus and the Stanford University campus.

For more information, view the flyers here:

[Alameda-Contra Costa \(AC\) Transit Line U & Marguerite Line AE-F](#) | [Marguerite Line - East Bay Express \(EB\)](#) | [Line Dumbarton \(DB\)](#).

Lines AE-F and EB are free to all riders, Line U is free with your Stanford Medicine ID, and the DB line is free with a Stanford Medicine provided [Clipper Card](#).

Stanford Medicine Transportation Services is here to help if you have any questions. Visit the Stanford Medicine Transportation Services [website](#), or reach out via email, phone call, or **text**! The Hospital Transportation Operations Center phone line is operated **24/7**, so you can reach out any time.

 Share the Hospital Transportation Services Newsletter!

---

**Stanford Medicine Transportation Services**

<https://stanfordmedicinetransportation.org/>

[TransportationServices@stanfordhealthcare.org](mailto:TransportationServices@stanfordhealthcare.org)

Call or Text: 650.736.8000

Want to change how you receive these emails?

You can [unsubscribe from this list](#).