



The Journey

Volume 1, Issue 1

Fall 2009

Thank you to everyone who submitted ideas for our newsletter title contest!

Congratulations to **Serena Navarro** for her winning title of **The Journey!**

Get in gear with C-Choices!

For many students and staff, the fall marks the return of the daily commute to Mount Royal. Though it may be a habit to hop in the car, there is a wide range of commuting options for getting to campus, all under the umbrella of the C-Choices program. C-Choices encourages everyone to think beyond the car and consider

less expensive, healthier and more environmentally-friendly ways of commuting. C-Choices' goal is to reduce the number of single occupant vehicles (SOVs) coming on campus.

Check out what C-Choices has to offer for the upcoming year on Page 2.



All of Mount Royal's "wheel-bender" style bike racks have been replaced with a more user-friendly model.

New for Fall 2009

- U-Passes can be picked up at the Parking Office
- Monthly bus passes are now being sold at the Parking Office
- Bike lockers and bike racks have increased by 30%
- All bike racks have been replaced with a more user-friendly model
- Carpool priority parking spaces have increased by 4 times
- All new carpool-only lot, reserved for registered carpoolers at all times

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Parking and sustainable transportation

You may have heard a lot of talk about the parking changes, but how do all these changes help students and staff use more environmentally friendly transportation?

First, there will be less permit parking and more day lots and short term lots. Those who have a parking permit are generally more inclined to drive to campus more often. On the other hand, if you have to pay

out of your pocket each time you park, as is the case for day lots and short term lots, it is the goal that drivers would consider using a different way of getting to campus, such as carpooling, public transit, or cycling.

Next, an option for employees who park on campus occasionally is the Flex Pass. Similar to buying a book of bus tickets, the Flex Pass lets you pre-purchase 10 days of parking

in any open lot, day lot or short term lot. Cost is \$40 for a booklet of 10 passes.

Even though the number of car parking spaces have been reduced for the fall, the number of bicycle parking spaces has increased. Additional bike racks have been installed in high traffic areas and areas that did not have bike parking in the past, such as EA and Kerby Hall.

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Get in gear with C-Choices! Continued from Page 1



Pick up your U-Pass at the Parking Office, EA1016.



Public transit

Over 500 buses travel to and from Mount Royal every weekday. So why not leave your car at home and hop on one of these buses?

All full-time students (9 or more credits per semester) are automatically enrolled in the U-Pass program. The U-Pass is a discounted bus pass which gives students access to all transit services, including the bus and C-Train. The U-Pass makes using public transit much

cheaper than driving to campus. A parking permit for an open lot costs \$45/month, while the U-Pass is almost half

the price, at about \$26/month! You can also pick up transit maps and schedules at the Parking Office.

Speedy Routes

181 – MRU North Express: Dalhousie Stn. to MRU (via Brentwood Stn.) in 30 minutes

182 – MRU South Express: Anderson Stn. to MRU (via Heritage Stn.) in 30 minutes

18 – MRU/Lakeview: Downtown to MRU in 15 minutes

For maps, schedules, and other routes serving Mount Royal, see www.mtroyal.ca/AboutMountRoyal/TransportationParking/transit.htm



Bike lockers provide a bike with extra security and protection from the elements.



Cycling

Mount Royal offers cyclists two bike parking options.

Bike lockers provide a bicycle with extra security and protection from the elements. They are located outside of the Recreation entrance, by West Gate in Lot 2, and by East Gate in Lot 7. Bike lockers can be rented from the Parking and Transportation Office for \$72 per year plus a \$50 refundable key deposit. That works out to only \$6/month!

Bike racks are conveniently located throughout campus. Over the summer, all "wheel-bender" style racks were replaced with a more user-friendly model. We are continually adding more racks, so suggestions for additional rack locations are welcome.

If you end up getting a flat on your way to campus, or find that your bike needs some tuning up before heading home, the Parking Office has basic

emergency repair kits (pump, patch kit, basic tools), that you can borrow for free when you present photo ID.

The Parking Office also provides Calgary Bikeways and Pathways Maps, free of charge.

Want to learn more about commuting by bike? Sign up for a CAN-BIKE cycling course! Learn more about CAN-BIKE on Page 3.

CARPOOL PARKING ONLY



CARPOOL PERMIT
REQUIRED FROM
6 AM - 11 AM
MON - FRI

VALID LOT PERMIT
REQUIRED DURING
NON-CARPOOL HOURS



Carpooling

Did you know that if you drive with a friend to campus regularly, you could qualify for the best parking spots in the lot?

Mount Royal's carpool program gives registered carpoolers access to priority parking stalls which are reserved for carpools Monday to Friday from 6 a.m. to 11 a.m., and a carpool-only lot which is reserved for carpools at all times. Priority parking stalls are located at the

front of Lots 4 and 7 and the carpool-only lot is located at the front of Lot 6.

To register for the program, bring your carpool partner(s) to the Parking Office and buy a carpool permit. This permit is the same price as an Open Lot permit, but the cost is split between all carpool partners.

Carpoolers are automatically enrolled in the Guaranteed Ride Home program. This

ensures that carpoolers have a ride home in the event of a medical or family emergency, if they happen to leave their vehicle at home that day.

If you're interested in carpooling but need carpooling partners, check out Carpool.ca, an online ride-matching service. It's free to sign up, and you can search for potential carpool partners with similar schedules and preferences such as gender or smoking in the vehicle.

Parking and sustainable transportation

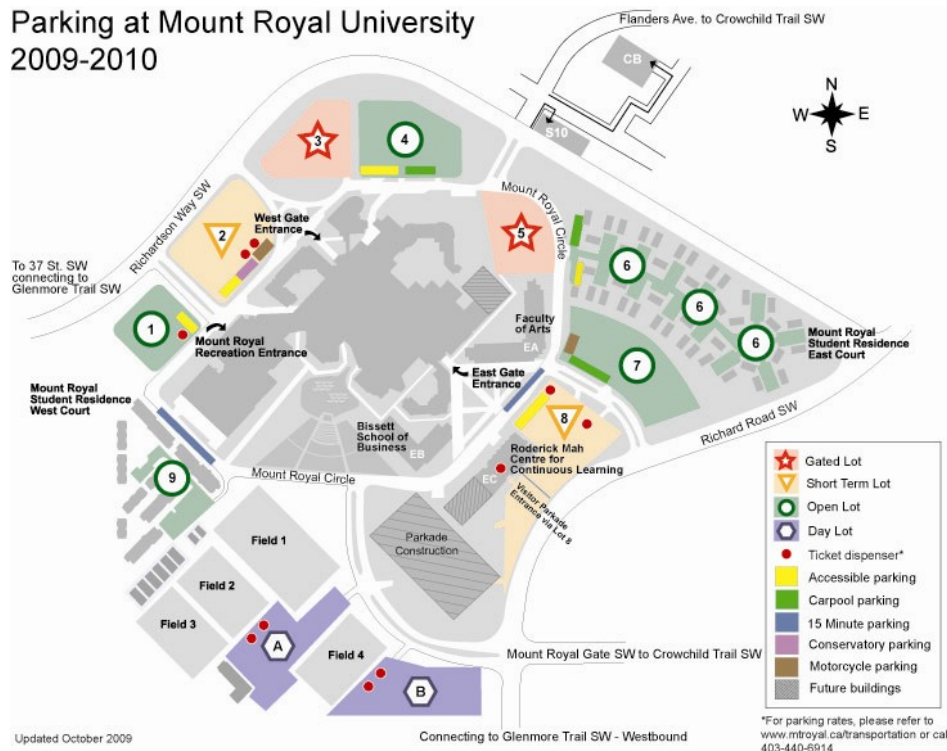
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The number of bike lockers has increased by 30% from last year and lockers have been installed in a new location, by West Gate in Lot 2.

Carpool parking spaces have also been increased by nearly 4 times, from 14 stalls in 2008 to 55 stalls in 2009. Carpool priority parking stalls are located in Lots 4 and 7 and a carpool-only lot is located at the front of Lot 6. To learn more about Mount Royal's carpool program, see Page 2.

Right: Parking at Mount Royal. New carpool stalls are located in Lots 4, 6, and 7.

Parking at Mount Royal University 2009-2010



CAN-BIKE cycling courses at Mount Royal

Learn the rules of the road, by bike! Developed by the Canadian Cycling Association, the CAN-BIKE program is a series of courses which focus on safe cycling, defensive cycling and bike maintenance for recreational and commuter cyclists.

CAN-BIKE 1 is geared toward recreational cyclists who may want to learn more about riding in traffic and commuting by bike. The

course is 12 hours long and includes a classroom portion and on-bike portion. Topics include traffic dynamics, basic bike maintenance, and riding in low-traffic areas such as residential streets.

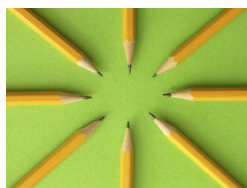
CAN-BIKE 2 is a defensive cycling course for cyclists who already ride in traffic. Topics include traffic dynamics, collision avoidance techniques and emergency manoeuvres. The course is 18

hours long and includes a classroom portion and on-bike portion. CAN-BIKE 1 is not a prerequisite for CAN-BIKE 2.

Cost: \$50 per course. Dates to be determined, courses will begin in the spring.

For inquiries or to be notified of the next course offering, please email athai@mtroyal.ca.

For course details, visit www.canbike.net/cca_pages.



Commuter Tales: Send us your stories!

Met your true love on the bus? Had a wildlife encounter on your bike ride to campus? We want to hear about it! Send stories (maximum 200 words) about your sustainable commute to athai@mtroyal.ca and your story could be featured in the next newsletter!

Visit us on the web!
www.mtroyal.ca/transportation

To subscribe to this newsletter, email:
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