

“A Conversation with Greenable Woodbridge” ABC – Anything But Cars: Promoting walking and bicycling

Introduction:

Do you want to “Go Green”? Do you know how to “Go Green”? Today we live in an environment that is threatened by global warming every second of our day; many of us want to learn how to live healthier "Greener" and more sustainable lives. So, the question is how does Anything But Cars (ABC), walking and bicycling create a “Greenable” environment? These are just a few ways in which we can do our part in helping our environment!

In recent years, terms like "Going Green" and "Eco-Friendly" have become the household talk at the dinner table. The term "eco-friendly" has been used for so many different products and practices; its meaning is almost in danger of being lost in translation. By definition and evaluation the actual meaning of “Eco-Friendly” can be implemented in the rituals and practices of our daily lives that will lead to healthier living for us.

Greenable Woodbridge has adopted a format for communication with Township residents called “The 12 Pillars of Sustainability.” Our August Pillar is Anything But Cars (ABC). Each week in August we will present options for Eco-Friendly transportation. Our recommendations will address the following:

- Week One: What is Anything But Cars?

What other transportation options are there for me in?

- Week Two: Will traveling via public transportation help my environment?
- Week Three: Are Green Cars the answer?
- Week Four: Bounce Back Your Fitness In 21 Days: Benefits of Walking & Bicycling

Week One: What is Anything But Cars? What other transportation options are there for me?

On any given day we arise, perform our daily morning rituals and then depart our domicile to work, school or an event via our family vehicle, namely “OUR

CAR.” Have you ever thought about another option of commuting to your next destination? Anything But Cars is just that; commuting using another option for transportation besides your “CAR”.

Using car alternatives can be challenging and most people need persuasion. Several average American households (which has 1.8 drivers and 1.9 cars) spend approximately \$20 a day on driving, every day of the year. That’s about \$10 a day per car. The AAA figure (<http://www.transoptions.org/driving-cost-calculator>) would put it at approximately \$23 a day per car. Since the expense of gasoline is on an expensive rise, it is being proven that the report; “The Real Price of Gasoline,” finds that society pays an additional \$4.60 to \$14.14 per gallon in “external” costs not reflected in the price at the pump. Is your car worth the money it costs, and the time it takes to earn it? Randall Ghent and Anna Semlyen cite this information in their book Cutting Your Car Use.

The State of New Jersey recommends that if you have to drive your automobile; drive your newest car, newer cars generally pollute less than older models. The better gas mileage a vehicle gets; the less fuel it burns. The less fuel burned means fewer natural resources are used and less pollution is created from the extraction and processing of the fuel. Less fuel burned also means that less carbon dioxide (CO²), a “Greenhouse Gas”, is added to the atmosphere.

Transportation options and benefits are as follows:

1. Walking: strengthens your heart, tones your body & gives you energy
2. Conference Calls, Text Messaging, Internet, Emails: reduces traffic congestion, less stress & convenient
3. Bicycling: reduces air pollution, eliminates damage to road structure, increases lung capacity, strengthens the heart/legs & reduces energy consumption
4. Mass Transit: saves money, reduces fuel consumption & reduces Carbon Footprint
5. Carpool/Vanpool/Car sharing/Taxis: provides fewer drivers on the road, reduces the stress of a commute & builds friendships
6. Skateboards/Scooters: enhances coordination, increases metabolism & improves balance
7. Motorcycle/Trike/Spider: economical purchase, reduces fuel consumption & exercises your muscles

(Motorcycle-two wheels/Trike- three wheels (one wheel in the front)/Spider-three wheels (two wheels in the front))

8. Boats/Ships/Aircrafts: accommodates transportation of several people, safe & expedited commute

[Katie Alvord and Stephanie Mills](#) in their book [Divorce Your Car](#); offer these twelve steps for reducing your daily driving:

1. Find your neighborhood on a map
2. Place the point of a driver compass on the approximate location of your home
3. Draw a circle with a two-mile radius with the compass
4. Now find the places that you regularly visit and circle them or mark them with a highlighter. Include your workplace, bank, grocery store, gym, school, place of worship, movie theaters, parks, the library, and any other place you visit at least once every two weeks.
5. Note how many of these places fall within the circle
6. Choose one of the places that falls within the circle and commit to walking, bicycling, or taking public transportation to it instead of driving every time you go.
7. Every week, every two weeks, or every month (depending on how fast you want to go), commit to walking, bicycling, or taking transit to another location from within the circle. Continue adding locations until you routinely use alternatives to your automobile for getting to every location within a two-mile radius of your home or workplace
8. Choose one of the places that falls outside of the two-mile radius, and commit to finding a closer alternative.
9. See how many of the places outside a two-mile radius from your home you can replace with an alternative closer to home, ideally within your circle
10. Experiment with expanding your circle of using concentric circles to determine places within walking distance and bicycling distance from your home. For example, if you decide to walk to all places within a mile, and bicycle to all places within four miles, draw circles with those radii on your map and identify all the walkable and bikable destinations within them
11. When searching for a new home, draw a two-mile circle around the potential new homes to help find a new location based on its proximity to services, work, and school
12. When looking for new services or a new job, use the circle technique to help you find services or jobs closest to your home

Although this method takes a bit of time to do, it will cause you to look at your expenses, use your “CAR” less and choose Anything But Your Car to reach your destinations in the future.

References:

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<http://www.pedbikeinfo.org>

3. National Center for Safe Routes to School

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**4. Department of Transportation
National Highway Traffic Safety Administration (NHTSA) Eastern Region**

5. BicycleSafe.com

<http://bicyclesafe.com/>

6. Lesson 1: Walking Safely Near Traffic

www.nhtsa.gov/staticfiles/nti/pedestrian/pdf/CPSC-K1-LessonPlan.pdf

7. Walk This Way| Safe Kids Worldwide

<http://www.safekids.org/walk-way>

8. Middlesex County Greenway

<http://www.trailink.com/trail/middlesex-greenway.aspx>

9. The Walking Site

<http://thewalkingsite.com/beginner.html>

10. American Heart Association

<http://startwalkingnow.org/>

11. TransOptions

<http://www.transoptions.org/driving-cost-calculator>

12. EcoLife

<http://www.ecolife.com>

13. New Jersey Department of Environmental Protection

<http://www.nj.gov/dep/baqp/green.html>

14. The Greenhouse Brochure

http://www.apta.com/resources/reportsandpublications/Documents/greenhouse_brochure.pdf

YouTube Videos:

*Watch YouTube videos without comments, ads, or other distractions.
(<http://www.viewpure.com/>)

1. Solar Powered Transportation Pods Coming To Secaucus

<https://youtu.be/67RVNx3JC-U>

2. Simpleshow Explains the Carbon Footprint

https://youtu.be/8q7_aV8eLUE

3. Transporting America: United Streetcar

https://youtu.be/6SFbl_I6nFs

4. Car Efficiency Tip: Drive Less

<https://youtu.be/uAsBZpxwW64>

5. Alternative To Driving A Car

<https://youtu.be/ZzP72EY5SY8>

6. Tomorrow's Transportation - Alternative Energy Cars

https://youtu.be/_Wfa7b6dFkY

7. Copenhagen Wheel - Product Development Update

<https://youtu.be/AtAQ6dA3WhQ>

8. Will the Copenhagen Wheel Fit My Bicycle

https://youtu.be/xcp3GeFPw_A