

ACTIVE COMMUTING

choosing human power over motor power to get to work:



- ▶ Can boost productivity, increase morale, and reduce absenteeism!
- ▶ Means fewer cars and buses on the road! (Less pollution and good for the environment)
- ▶ Saves money and is great exercise!
- ▶ Good for your health! *(A study of nearly 200,000 people done in Britain found that people with active commutes are less likely to have high blood pressure, diabetes, or heart disease.)*

Need a Bike Locker, Shower or Clothes Locker?

If you need a shower refresher before returning to work, ask about shower facilities in your building. Some buildings have shower facilities for their departmental use only. The following County buildings have general employee-access shower and clothes locker facilities:

Ventura

Bike Lockers--To have a bike locker assigned, call security control at 654-2931. They will FAX an application and assign a locker number if one is available.

- ▶ Government Center, 800 S. Victoria
 - ~ Lot A (near the Hall of Justice)
 - ~ Lot E (near Hill Street)
 - ~ Lot H ~ Lot R
- ▶ 669 County Square Drive (Freeway side)
- ▶ 4651 Telephone Road (behind Ross)

Showers--To have a clothes locker assigned at the Government Center sites, call the GSA Deputy Director's office at 654-3881.

- ▶ Government Center, 800 S. Victoria
 - ~ Hall of Administration (Lower Plaza Level, "on the GSA side")
 - ~ Service Building--by the corner of Webster and Hill Streets (men's and women's restrooms)
- ▶ Partridge Building 855 Partridge--by the corner of Thille Street & Partridge Ave.

Oxnard **Bike lockers and general employee-access shower & clothes locker facilities available**

- ▶ 1400 Vanguard Drive (bike lockers on the south side)

East County **Bike lockers and general employee-access shower & clothes locker facilities available**

- ▶ East County Courthouse, 3855-F Alamo Street, Simi Valley