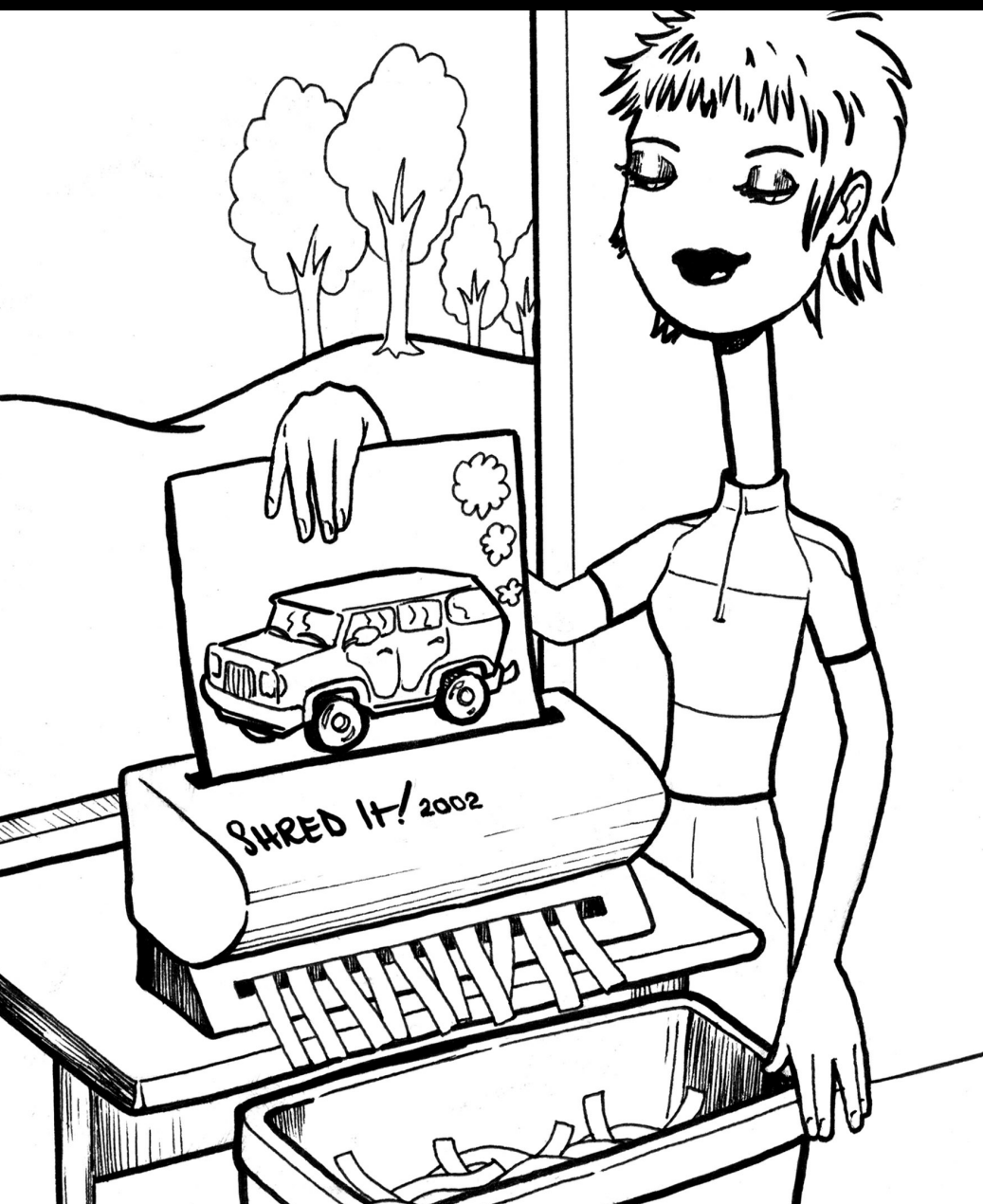


**\*YOUR HANDY GUIDE** *to going*  
**car-free**



# 1. Take the plunge.

The first thing you have to do is decide that you want to go car-free. Maybe it is something you've already been thinking of doing, or something you are simply curious about. Perhaps you've seen bike commuters and wondered how they do it. This guide will help you get started, but you have to make the decision to do it. Once you've done that, you're on your way.

## GET YOUR FEET WET.

Okay, so maybe you aren't totally ready to ditch the car and start riding the bus everywhere. While we will advocate that everyone sever their gas-guzzling life-line as soon as possible, it's okay to start slow. Try riding your bike at least one day a week and take the bus a little more often than you do now. Do what makes sense for you, and remember to enjoy yourself

✱ For some great reasons to ditch your car, see the back page of this guide.

**NAME:** Mona Lee **AGE:** 63 **NEIGHBORHOOD:** Rainier Valley  
**PERCENTAGE OF CAR-FREENESS:** 100%

I completely gave up driving and surrendered my driver's license two years ago. This has changed my lifestyle, rendering me a more relaxed and happy person, but has not limited my freedom. I go everywhere by bike and/or bus. I live in the Rainier Valley and commute to work in Renton. It takes me about 45 minutes each way by bike to work. (I'm 63 years old and have never been fast.) Often I have meetings and/or appointments in other parts of the city. For these trips, I often put my bike on the bus. Once someone asked me how much extra time I spend on transportation, not having a car. I thought about that a moment and answered, "None." If I were using a car instead of bike-bus for transportation, I would still have to figure out how to fit exercise and reading, two essentials for life, into my daily schedule. Thus, bike-bus uses my time far better than driving ever did.

# 2. Know your buses.

Taking the bus takes some advance planning in the beginning, to get to know the different bus lines, routes and schedules. The following web sites and telephone numbers can get you started. Once you get accustomed to taking the bus regularly, you can save money by getting a bus pass. Many businesses will pay for part or all of your bus pass fee. Ask your employer. All Metro buses are equipped with a bike rack so you can bring your bike with you.

## RESOURCES:

### METRO BUS ROUTES AND SCHEDULE INFO

<http://transit.metrokc.gov/>  
(206) 553-3000

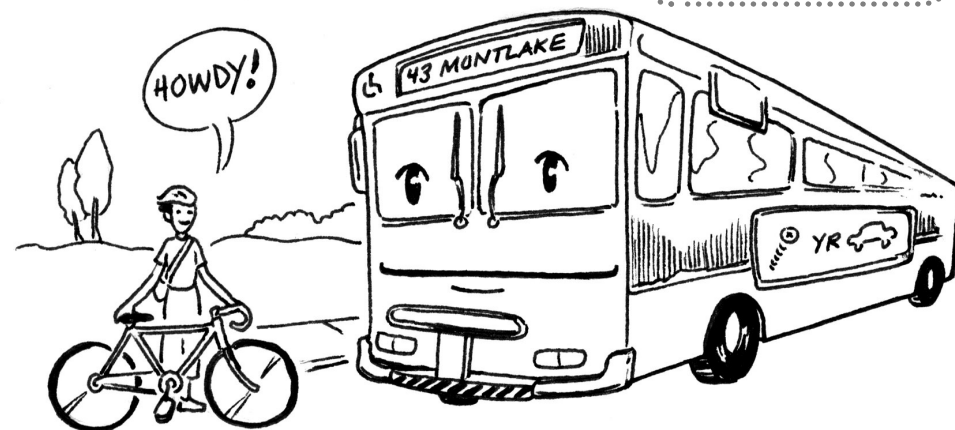
### SOUND TRANSIT

<http://www.soundtransit.org/>  
(888) 889-6368

### REAL-TIME TRANSIT INFO

<http://mybus.org/>

I LOVE BUSES. I love spacing out and staring out the window and not getting upset at the ridiculous amount of traffic in the city (except in the sense [of] its total stupidity). I like reading on buses and talking to random people on buses. I only hate one thing about buses: when they stop running at night. - Jason Hodin



# 3.

## Find your bike routes.

Biking in Seattle can seem like a challenge, but it is actually one of the best ways to navigate the city. Yes it is hilly, and yes, it rains alot, but that shouldn't hinder you. There are plenty of good routes to get you around. These routes are just the basics, with some good shortcuts that you can use to start out. String them together, and modify them to your particular needs: ease of use, speed, or scenery.

### **ROUTE 1:** Ballard to Fremont to Downtown

From 24th Ave. NW, go SOUTH until you reach NW 58th St.. make a LEFT. You will cross 15th Ave. NW. Keep going until you reach 8th Ave. Make a RIGHT. Take 8th SOUTH until you reach the Burke-Gilman trail, one block south of Leary Way NW. Go LEFT onto the trail. The trail will run alongside the ship canal. When you get to the Fremont Bridge, get onto the bridge and go SOUTH. After crossing the bridge you will keep going straight onto Dexter Ave. N. Go SOUTH on Dexter until you reach 7th Ave. Turn LEFT, go two blocks and turn RIGHT onto Bell St. Go 5 blocks until you reach 2nd Ave. 2nd Avenue has a bike lane and will take you south into downtown Seattle. Take the same route back to Ballard.

**STOPS ALONG THE WAY:** Still Life Cafe, Wright Brothers Bicycles, Free Range Cycles, PCC (in Fremont); Confounded Books, the Crocodile, Wall of Sound and 2nd Avenue Pizza (in Belltown).

### **ROUTE 2:** U-District to Downtown

Take the University Bridge to Eastlake Ave. E. (the University Bridge is at the south end of Roosevelt Way NE). Make a RIGHT on Roanoke. Go a couple blocks and go LEFT onto Fairview Ave. N. (alongside the houseboats). Continue on Fairview (you will go

over a small bridge, and then be on a wide sidewalk, going past I Love Sushi and Cucina Cucina). Fairview will turn into Valley St. Stay on Valley. At Westlake Ave. N., you will cross at a light and continue on Valley until you reach Dexter Ave. N. Turn LEFT on Dexter. Go SOUTH on Dexter until you reach 7th Ave. Turn LEFT, go two blocks and turn RIGHT onto Bell St. Go 5 blocks until you reach 2nd Ave. 2nd Avenue has a bike lane and will take you south into downtown Seattle.

### **Downtown to U-District.**

From Westlake Center, take Olive Way EAST to Howell St. (you will take a left fork and continue NORTHEAST). You will pass the ReBar and Graceland going towards REI. Howell will turn into Eastlake. Take Eastlake all the way to the University Bridge.

**STOPS ALONG THE WAY:** Louisa's Bakery, the Zoo Bar, 14 Carrot Cafe, (in Eastlake); Trader Joe's, Ruby's (in the U District).

### **ROUTE 3:** Capitol Hill to Ballard (via Downtown)

Take Pine St. WEST towards downtown Seattle, past the Paramount Theater. Take a RIGHT on 9th Ave. Cross at light at Denny and continue on 9th through Denny Park. Turn LEFT on John St. Go two blocks and turn RIGHT on Dexter Ave. N. Take Dexter NORTH to Fremont Bridge. Take a LEFT onto 34th (you will be crossing at the light). Get onto Burke-Gilman Trail; there will be a mesh dinosaur. Take a RIGHT on 8th Ave. NW. Take a LEFT at 58th St. Cross 15th.

### **ROUTE 4:** Capitol Hill to U-District to Fremont

*option 1:* From Broadway: Go LEFT on Republican, then RIGHT on Bellevue. Take a LEFT on Belmont (check your brakes!) Go RIGHT on Lakeview and LEFT on Lynn, then LEFT on Roanoke. Go RIGHT on Eastlake, over the University Bridge. Bear RIGHT onto exit off the Univeristy Bridge and get onto Burke-Gilman Trail. Follow Burke-Gilman into Fremont.

**STOPS ALONG THE WAY:** Summit Tavern, Ivar's, Gasworks Park (see also Downtown to U-District).

*option 2:* Take Broadway NORTH which will turn into 10th. Go all the way down 10th, and take a LEFT on E. Roanoke Street, then take the first right onto Harvard Ave. E. Take that down to Eastlake and make a right. Cross University Bridge. Bear RIGHT onto exit off the University Bridge and get onto Burke-Gilman Trail. Follow Burke-Gilman into Fremont.

*option 3:* Take 19th NORTH to Interlaken Dr. Veer LEFT and take Interlaken all the way until it meets up with and becomes E. Roanoke St. Take Roanoke to Harvard Ave. E. and go RIGHT. Take Harvard to Eastlake, veer to the RIGHT and cross the University Bridge. Bear RIGHT onto exit off the University Bridge and get onto Burke-Gilman Trail. Follow Burke-Gilman into Fremont.

**STOPS ALONG THE WAY:** Le Fournil French Bakery

## **ROUTE 5:** Columbia City to Capitol Hill

*option 1:* The easiest and most direct route is to take Rainier Ave. S. NORTH from Columbia City all the way up to 14th Ave and bear right onto 14th (at the junction of Rainier, 14th and S. Jackson St.) This route is direct with a very slight grade, and good if you are comfortable driving in traffic.

*option 2:* Take S. Alaska St. WEST. It will become S. Columbian Way. At Beacon Ave. S. take a RIGHT. Take Beacon Ave. NORTH. Take a RIGHT on 15th Ave. S. and take that down the hill and across the Jose Rizal Bridge. You will now be on 12th Ave S. Take 12th all the way up the hill (it is a fairly gradual hill).

*option 3:* If you want to avoid traffic you can do a little zigzagging. From S. Alaska St. and Rainier Ave., go EAST on Alaska two blocks and turn LEFT onto 38th Ave. S. Take 38th up to Mt. Baker Blvd, go LEFT. Turn RIGHT onto 31st Ave. S. heading NORTH. Take 31st all the way up to E. Union St. and take a LEFT. Take Union all the way to Capitol Hill.

**STOPS ALONG THE WAY:** Bikeworks (Columbia City), Rose Club Cafe (Mount Baker), The Globe Cafe (Capitol Hill).

## **ROUTE 6:** Columbia City to Downtown

From Rainier Ave S. and S. Alaska St. go EAST on Alaska. When you get to 38th Ave. S. take a LEFT and go NORTH on 38th. It will turn into Lake Park Dr. S. Take Lake Park Dr. and turn LEFT onto Lake Washington Blvd. Lake Washington Blvd. will twist and turn and then straighten out. There is a bicycle entrance to the I-90 trail on Lake Washington Blvd. That you can take to either downtown or the other direction to Mercer Island.

### **OTHER GOOD STREETS TO KNOW**

1. **The Burke-Gilman Trail** runs from Fremont, all the way to Kenmore and Redmond, and it is pretty much flat and beautiful all the way.

2. **Elliott Bay Trail and T-91** run from Myrtle Edwards Park all the way to Discovery Park, two great city oases. If you turn RIGHT on 32nd Ave W. you can go through the Chittenden Locks into Ballard.

3. **The I-90 Trail** takes you to and from Mercer Island to downtown Seattle. This is also a great way to get from South End neighborhoods into downtown.

4. **NE Ravenna Blvd.** connects the University District to Greenlake and has a bike lane. There are bike lanes around most of Green Lake.

5. **Martin Luther King Jr. Way** through the Central District also has a bike lane part of the way (between I-90 and E. Union St.

6. **Lake Washington Blvd.** is closed to cars every other week-end of the month during the summer, from Seward Park to I-90.



## 4.

## Use your feet.

*"To get to know a country, you must have direct contact with the earth. It's futile to gaze at the world through a car window."*

*--Albert Einstein*

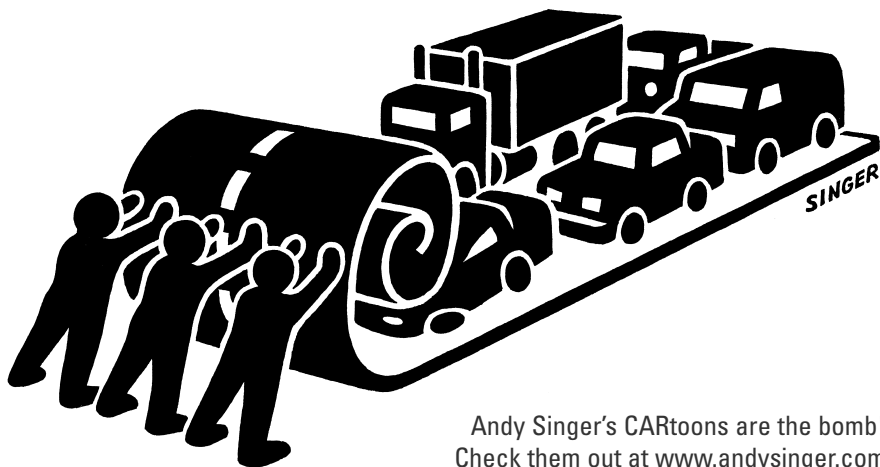
Walking, skateboarding and rollerskating/blading are also fantastic ways to get around. For short trips to the store or to friends' houses, it beats driving. When you drive, you miss out on all the things that you could stop and look at if you walked. Walking is meditative, skating is fun; both are great exercise. With a good backpack you can do plenty of errands, and take the bus when you have too much to carry. Some trips can be just as quick by foot than by car.

### RESOURCES:

#### **FEET FIRST!**

Pedestrian Advocacy works to improve safety and walking conditions for pedestrians in Seattle.

[www.scn.org/feetfirst](http://www.scn.org/feetfirst)



Andy Singer's CARtoons are the bomb!  
Check them out at [www.andysinger.com](http://www.andysinger.com)

## 5.

## Share the ride.

One way to start going car-free is to go car-lite. By sharing rides with people you can reduce the amount of time you spend driving, meet new people and help in traffic reduction. You can also share cars. Seattle has a few rideshare options, and many companies, such as Microsoft and Boeing, have car and vanpooling services.

### RESOURCES:

#### **KING COUNTY RIDESHARE INFORMATION**

<http://transit.metrokc.gov/van-car/van-car.html>

1-800-427-8249

#### **FLEX CAR**

Flexcar is the nation's oldest and largest personal mobility club, providing its members access to a fleet of vehicles conveniently located across a metropolitan area.

<http://www.flexcar.com>

(206) 323-FLEX

### **HOW TO GET EMPLOYERS TO HELP WITH ALTERNATIVE COMMUTING**

If you work for a large company it's likely that your company participates in the commute trip reduction program required by the state of Washington. Types of programs offered by employers vary, but include things like: free or discounted transit passes, help getting in a carpool or vanpool, a guaranteed ride home (credits toward a taxi if you need to get home for an emergency, or miss your bus because you're working late), discounted or priority parking for carpools/vanpools, bicycle racks, and shower/locker facilities for cyclists. If you know your company offers CTR programs, talk to the company's transportation coordinator about how to take advantage of those programs. If you have suggestions about how to make your company's programs better or more effective, let the transportation coordinator know!

# 6.

## Be prepared.

Whether you are biking, bussing or carpooling, there are few things you will need to do to be prepared. Here are some basic rules-of-thumb and suggestions, to make your commute as (if not more) comfortable as riding in your car.

**TIMING:** Generally, riding your bike to work is roughly twice the time that it would take to drive. The good thing is that the time you spend on your bike is door-to-door; no more looking for parking spaces or getting stuck in traffic. Taking the bus is harder to gauge, but can be the same amount of time, a little more, or a little less. The nice things about bussing are the busses always get the car-pool lane, you don't have to maintain your car or pay for gas, and you can sit back, relax, take a cat nap or read. Carpooling takes the same amount of time, but you switch driving responsibility and hopefully you can find a nice group to ride with.

**GEAR:** The main thing that you will need for bussing, is a decent umbrella. For biking, there are a few essentials that you will need, and other things that are nice additions.

**a good bicycle** - The most important factor to consider when buying a bike isn't price, but comfort. If you think most of your riding will be done on asphalt streets, then consider a hybrid, touring or a road bike. Don't skimp when buying a bike. New bikes come with full warranty protection, in the unlikely event of problems. Newer bikes are less prone to mechanical failures, and most bike shops offer a 90-day "break-in" period where they'll make minor adjustments. You can usually find a great new bike for less than the cost of making just *one* car payment.

**bags and carrying cases** - Like any commuter, you will probably need to carry stuff: papers, reports, tools, books, lunch, a gift for a coworker, a change of clothing, etc. You can carry the weight on your body, or on your bike. A backpack is good, but a bike messenger bag is better on the shoulders. Carrying things on your person makes it faster and easier to lock up and go. Panniers, bike racks (for front or rear) and wire baskets attach to the bike, to take

the load off your body. For longer distances and bigger objects (like kids!) you can get a bicycle trailer.

**a bike lock** - You don't want your great bike to get stolen, so get a lock! Lock up to a strong, solid, man-made object (don't lock up to trees. Thieves can cut your bike out of them). You can decrease the chance of getting your bike stolen by using two different types of locks at one time.

**reflective clothing** - Wear clothes with reflective tape to increase the chance that motorists will see you. A roll of reflective tape can also be bought at a bike shop or hardware store.

**a helmet** - According to personal injury attorney Gary C. Brustin, 85 percent of deaths and serious injuries could be prevented by wearing a helmet. (Quoted in Cycle California! March 1998.) In many places it is the law that you must wear one. If you hate the way it looks, paint it silver, put stickers on it or anything else to make it more attractive.

**a bike light** - If you're riding primarily on well-lit city streets where visibility is fair, you can perhaps manage with only the standard reflectors. You'll be safer if you supplement these with a headlight and flashers. If you ride in un-lighted areas, you should consider a strong headlight.

**a bike tool-kit** - An 8mm or 10mm Allen wrench or a screwdriver could mean the difference between riding home or walking. For the sort of minor repairs you might expect with everyday bike commuting, a "multi-tool" is more than adequate. The types of quick fixes you can anticipate could be a loose brake cable, seat-post or handlebar, a wheel that comes out of "true" (unbalanced), or other minor adjustments. You can also carry a patch kit, a spare innertube, an air pump.

**a bell or horn** - If a motorist pulls in front of you, shout. Loudly. But other street users need only a little prompting. A gentle ding of the bell will alert a pedestrian of your approach, and perhaps bring a smile as well.

**a cycle computer** - These are great for tracking your mileage and gauging your speed. Simple cycle computers are fairly inexpensive and add little weight to your bike. They generally will monitor speed, trip distance, total distance, average speed and maximum speed.

**WEATHER:** It may not seem like it, but riding a bike in the rain can actually be fun: motorists tend to be more cautious, you'll keep cooler, you won't stall out in huge puddles, and pedestrians smile in amazement as you pass. The worst part of cycling in the rain is that your bike gets mucked up; and even that can be quickly remedied by a bucket of soap and a garden hose. Hard-core cyclists have a saying: "There's no such thing as bad weather, only bad clothing."

There is a great availability of clothing suitable for all weather conditions. You can choose wool, or synthetic fabrics such as Polartec, Akwatek, Coolmax and others. These will all wick away perspiration, retain warmth, and are often light weight. Some of the types of clothing you can consider wearing are: rain poncho, rain suit, Goretex jacket and pants, Neoprene overshoes, and waterproof gloves. Many of the same clothing you use for camping, skiing or hiking can be substituted

Another essential item for bicycling in the rain is a set of fenders. They will keep mud and water from spraying onto you from from underneath your tires.

**SAFETY:** The safest way to ride, is to ride like a motorist. In most states, a bicyclist has essentially the same rights as cars do. You should get used to riding on the street. Do not be fooled into thinking that riding on sidewalks is safer -- it is not. Cycling on the sidewalk means you have more obstacles to dodge and police officers with a ticket quota to meet. Be assertive when you ride; you will lose your rights if you do not assert them. The main things you can do to be safe are:

**1) Be Visible:** wear bright clothing, ride out in the lane away from sight-blocking obstacles, and, if cycling at night, use lights and reflectors.

**2) Be Predictable:** maintain a steady line, so that overtaking and oncoming drivers can anticipate your course and pass safely; don't weave.

**3) Communicate:** use hand signals to indicate a turn; make eye contact; wave when a motorist yields to you; smile and show how much more fun bike commuting is.

---

Thank you to Paul Dorn for the majority of the information in this section.

You can find more of his commuting tips at

<http://userwww.sfsu.edu/~pdorn/Commuting/commuting.html>



"Modern industrialized states [are] resentful of a few cleverly arranged pounds of tubes and spokes. The cyclist creates everything from almost nothing, becoming the most energy-efficient of all moving animals and machines and, as such, has a disingenuous ability to challenge the entire value system of a society. Cyclists don't consume enough. They can propel themselves 1500 pollution-free miles on the energy equivalent of a gallon of petrol. The bicycle may be too cheap, too available, too healthy, too independent and too equitable for its own good. In an age of excess it is minimal and has the subversive potential to make people happy in an economy fuelled by consumer discontent." -*Jim McGurn, 1994*

"The car has turned our streets into deserts, fattened our children and by its proliferation created a landscape in which a visitor from another planet could easily assume the inhabitants of Earth are shiny metal boxes that live by ingesting and disgorging living beings while maiming and killing those they can't digest." - *Simon Baddeley*





# looking cute

## ON YOUR COMMUTE

Maybe the thought of donning spandex and having to bring an extra set of clothes, is keeping you from riding your bike. These ladies (and kitty) of the road show you how you can ride and still look good.

### GINA

When I first started getting serious about cycling, I wanted to be properly outfitted. I bought spandex tights with a reinforced butt area, some biking shirts, shoes, gloves, socks and helmet. While I loved the sportiness of my bike shirts and shoes, I really hated those spandex leggings. I felt totally "geeked" out. I desired something a bit more punk, quite frankly.

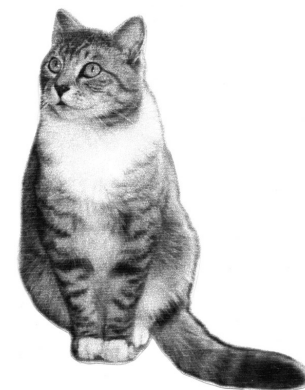
I got alot of inspiration from bike messengers, who have cultivated a very unique look that I admire. I switched to wearing looser-fitting pants, often cutting about 8 inches off a pair of old pants, so they'd be calf length. I also found a pair of used, clam-digger pants made from quick-drying fabric at a local thrift store. If I had to go far and worried about a sore butt, I would wear reinforced bike shorts underneath. I also got my brother, who is an artist, to draw a flaming bicycle wheel on the back of my favorite bike shirt, and I started wearing more funky shirts in general. Basically, I just started weaving some individuality into my bike gear. My favorite style was when I saw a girl wearing silver deely-boppers glued to the top of her helmet. But I am waiting for a cowboy hat-styled helmet. That would be excellent. - *Gina Tolentino*

Always wear a helmet.

Your head looks a lot cuter when it isn't splattered on the pavement.

### SARAH

Consider your bike an accessory as important as a pair of black boots -- it should work well in as many scenarios as possible. Your style is important. You don't have to wear spandex to ride a bike. If you want to ride in normal clothes, get a bike that will work with that. I try not to have to change clothes before and after riding somewhere. This means I try not to break a sweat (or at least try not to look like a total hog upon arrival). I also don't do the clipless pedals that a lot of riders have because I love wearing all kinds of funky shoes when I ride! It's nice to be able to get off you bike and go without changing shoes, and having to carry the extra pair around. Make sure your shoes work safely with your pedals. The best thing about girls' bikes is that they allow you to wear a skirt when you ride. If you get one with gears, there's no problem going anywhere in Seattle in almost any outfit, except for maybe a prom dress or something. - *Sarah Kavage*



### CAR-FREE HOUSER:

"I like bike shorts. They are tres manifique. Wear fake fur and you will look sexy like me. Real fur is not nice. Meow. Leave me alone now."

### ANNE

It is, as always, important to look cute while riding your bike about town. Unfortunately for those concerned with fashion, safety can be an issue. For example, you do not want to wear a tight miniskirt on your mountain bike because a construction worker may whistle at the sight of your underpants and this could cause you to fall down, especially if you don't like whistling. Or, if you enjoy wearing hats of various kinds, it is hard to justify wearing a helmet every day, especially if you only have one color of helmet. I like to resolve this last problem by trying to think of my helmet as a bike hat, a hat that signifies my allegiance to biking, not unlike a baseball cap with the name of a kind of beer on it, or a sports team. In this way, I can justify wearing it indoors, which is also good for promoting safety in general. The tight miniskirt issue is much more difficult to resolve, so I write "Do not whistle at me, I do not like whistling" on all of my underpants, and this seems to take care of it. - *Anne Elizabeth Moore*

## 7.

## Get your friends involved.

Once you have adopted a car-free lifestyle and have figured out how to get around without a car, you can inspire others to join you. Get the ball rolling. The more people start to wake up to this alternative lifestyle, the stronger the movement will get...a bigger group can demand better carpooling programs, more bus routes and better bike paths from city planners and council people.

**Lead by example.** When your friends, family and coworkers actually see that biking and carpooling to work is a viable option (because they see you do it every day) they will be more open to trying it themselves, rather than if they were just preached to. Encourage people who are thinking about trying it themselves by offering to show them the ropes, help with getting them outfitted (go to the store with them and help them pick the right gear).

**Organize bike events.** Get your friends together on a weekend and ride to the beach together. Introduce biking as a fun way to get around, not a chore to do every day.

**Join the car-free community that already exists.** You will meet people who have been car-free for a long time and have tips and tricks to getting around.

## SEATTLE BIKE CLUBS

There are many bike clubs in Seattle, one of the best being Cascade Bicycle Club. Go to their website for a listing of other Seattle bike clubs.

[HTTP://www.cascade.org](http://www.cascade.org)

<http://www.cascade.org/clubs/>

*"Nothing compares to the simple pleasure of a bike ride." --John F. Kennedy*

**NAME:** Robert Zverina **AGE:** 17 Martian Years **NEIGHBORHOOD:** Fremont, yo **PERCENTAGE OF CAR-FREENESS:** 99 44/100% pure

I got my first car when I was 17--it was an absolute necessity on Long Island if I wanted any kind of mobility. Like most teen American males, I loved my car. Then, after grad school, I lived in Prague for a year and saw that another way of life was possible. That city, due in part to the fact that very few could own a car during the Soviet occupation from 1948-1989, has a stellar mass-transit system. Buy a 6-month pass and you can walk on and off buses, trams, and the Metro at will. No turnstiles, tokens, or tickets. It's essentially an honor system, with citizens happy to pay for such speedy and ubiquitous public transit. After living there for a year, I knew I never wanted to own a car again, and have recently become active in organizing and agitating for car-free cities here in the U.S. I would never have moved to Seattle if it weren't for the ability to live here happily without a car. I ride my bike everywhere in all weather, skateboard locally when the streets are dry, live in a walkable community where most needs can be met in a 6-block radius (groceries, copy shop, cafes, restaurants, etc), and take the fairly convenient buses when necessary.

**NAME:** Bill Horist **AGE:** 30 **NEIGHBORHOOD:** Capitol Hill  
**PERCENTAGE OF CAR-FREENESS:** 100%

I haven't owned a car for seven years. It's not a rejection of consumerism, political act, or on behalf of some lofty environmental position. It's about convenience. Convenience affords me more time to do what I love- making music. Why not a car then? In this town a car is the antithesis of convenience. Were it not the case, I'd probably own one. Since I don't own one, I am, from time to time, dependent upon others for transportation. As you may imagine, after seven years, the 'others' may get fed up with the litany of appeals (I try to keep it to a minimum, I really do!). Eventually someone will say enough that I have to defend my position. If someone is vociferously sick of giving me a ride, I remind them that, thanks to me, there is one less car ahead of them on 4th Ave at 5pm on Thursday; that there is one more available parking spot on the Hill. I bring to their attention how much they'd love to have me along for the ride coming across the 520 bridge. After all, I'm their ticket into the car pool lane. In this case I'm such an asset that they should pay me for the ride!

**NAME:** Sheila Rosen **AGE:** 43 **NEIGHBORHOOD:** Capitol Hill  
**PERCENTAGE OF CAR-FREENESS:** 100%

I think the main reason I am car-free is I can't afford it and it's not a priority. That's why Capital Hill is convenient. I love biking because it is one of the freest feelings in the world. I ride Burke-Gilman Trail very often and it's great because I put my cd player on and bicycle while listening to music; very relaxing and uplifting for the spirit. Even when I had a car, I hardly used it unless I had to get off of Capital Hill and go elsewhere. Because Seattle is so small, its easy to bike to different parts of the city. I went to West Seattle the other day and sat by the beach. I try to put in 50 miles a week, but that all depends on the weather

(Sheila told us that she moved one time without a car. She moved all her belongings over the course of a week without a car, using a series of wagons and carts, Granted, her new place was only five blocks away, but it was still, no small feat. Ask her about it sometime. She works at Broadway Video on Capitol Hill where more than half the staff are car-free!)

**NAME:** Jason Hodin **AGE:** 33 **NEIGHBORHOOD:** Capitol Hill  
**PERCENTAGE OF CAR-FREENESS:** 95%

I got my first car when I was 18, and I still have it. When it's gone, I will not buy another until it is non-polluting. I put an average of about 15K miles/yr on the car until about 1995. Since then I've added about another 15K total. I have a free parking space in my house, and there it sits almost all of the time, except for the occasional airport pickups for returning friends and honored out of town guests, and the main reason I use my car: collecting critters (seashore, etc) for my classes.

Perhaps my greatest public transport achievement was figuring out the only way to get from my front door to Friday Harbor using only public transport: it took 6 buses and two ferries, and I got to see Whidbey Island for the first time. I also like to learn my way around new places by getting deep into their bus systems, like in Honolulu and Curitiba Brasil. Oh, and if you're ever in Nassau, take the circular bus route out into the surrounding residential areas. It's a great ride, and they place some funky-ass reggae jams through their ceiling-mounted blown-out speakers.

I also love my crappy little bike. I love waking up in the morning from the wind in my face generated from coming down the hill to wherever I'm going. And I love knowing that, when I have it, I won't be stranded no matter how late I stay out.

**NAME:** Stuart Kendrick **AGE:** 38 **NEIGHBORHOOD:** Fremont  
**PERCENTAGE OF CAR-FREENESS:** mostly car-free

I've never owned a car. I do sustain a driver's license -- although I haven't driven for ... three years now ... in the past, I've shared driving with friends on trips and rented cars while travelling for business. I work at the Fred Hutchinson Cancer Research Center, which supports my car-free efforts with a yearly bus pass. I see the car choice influenced heavily by where one lives, and by what is important in one's life. The larger the distance between home and work, between home and social life, the more attractive a car becomes. The faster one wants to live one's life, the more important a car becomes. Conversely, the closer one lives to work and social contact, the less important a car is. The more peace one wants in one's life, the less important a car is.

**NAME:** Ruth Oskolkoff **AGE:** 38 **NEIGHBORHOOD:**  
Ravenna/Roosevelt  
**PERCENTAGE OF CAR-FREENESS:** 100%

Car-free for 20 months tomorrow (June 23 ,2002) On 11/24/00 I was the passenger in a car that happened to be in the way of someone running a red light. The experience transformed me in manyways. I bus to work, and walk to wherever I can. The more I abstain from cars, the more I feel like I am living harmoniously. As I walk, I look at the faces of the drivers and they look so disconnected, and unhappy. My boyfriend, who was in the crash as well, has also adopted a car-free lifestyle. As I walk home from work, I cannot tell you how increasingly human I feel. Carrying my groceries in my backpack feels so right, so attuned. All of the extra time, effort, and energy is more than made up by the life I retain, both inner and outer, by the total participation in my life. I admit, by choosing to live close to work, I can only afford an apartment, but the freedom from a long commute more that compensates.

It is about time this movement begins to take hold. Not only do cars alienate people from their environment, keep them from participating in the local community, but each and every car still pollutes the environment as far as I know. This is my cause, the movement I feel will do more good than anything. Cars and their by products have caused so many wars, deaths, pollution, loneliness, and loss of humanity. I believe giving up the car is the single most revolutionary act that an American can do.

If you would like to find out more about Car-Free Seattle, join one or both of our listservs:

**General car-free info** - [http://groups.yahoo.com/group/carfree\\_seattle](http://groups.yahoo.com/group/carfree_seattle)

**Organizing Seattle car-free days** - <http://groups.yahoo.com/group/car-free>

You can also visit our website at: [www.thinksmall.com](http://www.thinksmall.com)

For tons of great information, including links and ways to get your community involved in bicycling, go to [www.bicyclealliance.org/](http://www.bicyclealliance.org/)

### COMMUTING:

<http://www.transportationchoices.org/>

[www.cityofseattle.net/waytogo/default.htm](http://www.cityofseattle.net/waytogo/default.htm)

[userwww.sfsu.edu/~pdorn/Commuting/commuting.html](http://userwww.sfsu.edu/~pdorn/Commuting/commuting.html)

### CAR-FREE MOVEMENT:

<http://www.carbusters.org> - not to be confused with carbusters.com)

<http://www.carfree.com>

<http://www.carsrcoffins.com> - cool site; fun links

*Divorce Your Car! Ending the Love Affair With the Automobile*, Katie Alvord, New Society Publishing, 2000.

### INTERESTING READING:

<http://www.nrdc.org/amicus/01win/aaa/aaa.asp> - Is AAA evil? You might be surprised.

*The Immortal Class: Bike Messengers and the Cult of Human Power*, Travis Hugh Culley, Villard Books, 2001. - You may not agree with the bike messenger style of riding, but reading about them is an exciting, street-level view into another way of life.

NO EXIT

© Andy Singer

WE'VE APPEASED NON-SMOKERS...  
NOW, LET'S APPEASE NON-DRIVERS!!  
**DIVIDE CITIES INTO TWO SECTIONS:**  
**DRIVING AND NON-DRIVING**



For more of Andy Singer's CARtoons go to [www.andysinger.com](http://www.andysinger.com)

**NAME:** Kevin O'Brien **AGE:** 37 **NEIGHBORHOOD:** Ballard now, (car-free in Fremont and Maple Leaf)

**PERCENTAGE OF CAR-FREENESS:** 75%

I have a car now because I do field work (I have a doctorate in Zoology and my work takes me out of the city all the time), but I didn't have a car for about four years. It was easy because I never lived too far from where I worked. It's easy to commute without a car when you live 2-3 miles away. I walked almost everywhere because it was usually faster to walk, rather than wait for the bus or drive, and have to make all the stops along the way. Even now, I still ride my bike when I don't have to drive. When the weather is bad, I take the bus and bring an umbrella. In Seattle, you don't have very hard-driving rain, so it's not so bad.

# GREAT REASONS TO GO CAR-FREE

**1.** Cars and the roads that accomodate them do tremendous damage to our beautiful planet, not to mention the huge amount of oil resources that are wasted.

**2.** When you bike, skate, walk you have a more intimate contact with the world and the people in it.

**3.** You can save a ton of money by not driving. You no longer have to worry about car payments, gas, insurance and repairs.

**4.** Riding your bike is one of the best sources of exercise, which also causes you to sleep better at night.

**5.** Riding and paying bus fare helps those people who cannot afford a car anyway. The more people use buses, the more money gets put into new bus routes and nicer buses.

**6.** You can tell some really funny stories about things that happen on the bus. Like the time I was on the bus and two girls dressed as Pokemon characters got on. And it wasn't Halloween.

**7.** Biking is more fun! Biking to Shilshole Beach from Capitol Hill is much more relaxing and enjoyable than driving in a hot old car.

**8.** Parking is super easy on a bike...and you don't get nasty parking tickets.

**9.** You never get stuck in a traffic jam on a bicycle.

**10.** Reducing the time you spend in your car makes life more simple, and less frustrating.

**11.** Cars are dangerous to people and other critters. More than 40,000 people die in the USA each year as a result of automobile accidents.

**12.** If you really feel the need to talk on a cell phone, its safe to do so while riding a bus. Not so while driving a car.

**13.** Commuting on public transport gives you time to think, read, write letters, catch up on school work, meet the people around you, nap or just totally space out.

**14.** You will get more good thinking done while riding a bike than while driving a car. Take our word for it.

**15.** The more we keep driving cars, the more we'll keep fighting wars for oil.

