



1-866-579-RIDE, [www.PaCommuterServices.org](http://www.PaCommuterServices.org)

**FOR IMMEDIATE RELEASE**

Contact: Jamie Dreistadt  
717.652.0100 x 10  
[jdreistadt@sacunas.net](mailto:jdreistadt@sacunas.net)

Contact: Brandy Heilman  
717.718.0015  
[Brandy\\_Heilman@URSCorp.com](mailto:Brandy_Heilman@URSCorp.com)

**Take the Pain Out of Your Commute**  
Celebrate 'Simplify Your Life' Week by simplifying your commute

**YORK, Pa. (August 1, 2011)** – Every year, the first week in August is 'Simplify Your Life' week. It's a designated time to encourage people to slow down and enjoy the simple things. With the non-stop pace so many are used to, it can be an unfamiliar practice. What better way to celebrate 'Simplify Your Life' week than to give up the hassle and frustration of fighting traffic alone during the daily commute.

Commuter Services of Pennsylvania offers a variety of programs and tools that can help take the headache out of commuting. Serving nine counties, they provide free resources and assistance with the effort to reduce traffic congestion by offering transportation alternatives to commuters.

"Over the past six years, our program has provided commuting alternatives to more than 20,000 people. It's great to see so many save money and reduce their frustration, while also reducing traffic congestion," said Brandy Heilman, Executive Director of Commuter Services of Pennsylvania.

Whether it's taking the bus or train, finding good bike routes, or joining carpools or vanpools, there are a number of options available to help take the pain and frustration out of the daily commute. Interested commuters can learn more at [www.PaCommuterServices.org](http://www.PaCommuterServices.org) or by calling the toll free number 1-866-579-RIDE.

**About Commuter Services**  
**1-866-579-RIDE, [www.PaCommuterServices.org](http://www.PaCommuterServices.org)**

Funding is provided by the Federal Highway Administration through PennDOT and the region's metropolitan and rural planning organizations.

Commuter Services board includes transit agencies, planning organizations and chambers:

- Harrisburg Regional Chamber; the Gettysburg Adams, Lebanon Valley, Greater Chambersburg, and York County Chambers of Commerce; Lancaster and Greater Reading Chambers of Commerce & Industry;
- Adams County Transit Authority (ACTA); Berks Area Regional Transportation Authority (BARTA), County of Lebanon Transit Authority (LT); Red Rose Transit Authority (RRTA, Lancaster); York County Transportation Authority (rabbittransit); Capital Area Transit (CAT, Cumberland-Dauphin-Harrisburg);
- Lancaster, Lebanon, Reading Area and York metropolitan planning organizations (MPOs); Harrisburg MPO (Cumberland, Dauphin and Perry counties) and Adams and Franklin counties Rural Planning Organizations (RPOs).

####