



TRANSPORTATION DEMAND MANAGEMENT PROGRAM

University Station is dedicated to the implementation of a Trip Reduction Plan in order to reduce automobile travel and parking demands through our Transportation Demand Management (TDM) Program. The benefits of an effective TDM program include less congestion on the roadways, improved air quality, reduced parking demands and health benefits through walking and bicycling.

University Station is committed to the implementation of the TDM Program to include the following measures:

TDM PROGRAM COORDINATOR:

ROBERT Zuschlag
Public Safety Director
(781)-686-1540

NEPONSET VALLEY TMA:

Karen Dumaine
781.404.5023
director@neponsetvalleytma.org
<http://neponsetvalleytma.org>

CARPOOL

A coordinated rideshare program is offered to employees and coordinated by the TDM Program Coordinator and Route Neponset Valley TMA. Information regarding available carpool/rideshare programs is available thru <http://nuride.com/neponsetvalleytma/>. Please refer to *Carpool signup sheet (Exhibit A-1)*, *MassRIDES program information (Exhibit A-2)* and *MassRIDES Emergency Ride Home (ERH) Guidelines (Exhibit A-3)*.

PUBLIC TRANSPORTATION

University Station is easily accessible via public transportation. The MBTA is located at the University Ave/Blue Hill Drive intersection within the Route 128/Amtrak Station Parking Facility. Please refer to Exhibit B for schedules and fare information. Visit http://www.mbt.com/schedules_and_maps/rail/ for additional details. For schedule and fare information for Amtrak's Northeast Train Services, visit www.amtrak.com. In addition, the "guaranteed-ride-home" (see exhibit A-3) program policy will apply to employees that commute by public transportation.

BICYCLE ACCOMMODATIONS

The University Station Development provides bicycle parking for dozens of bicycles in both weather-protected locations and outside locations. Bicycle accommodations within the retail shopping areas of University Station are located on the sidewalks that front on the various retail stores.

Bicycle accommodations at Life Time Fitness and Bridges Assisted Living are also located on sidewalks adjacent to their respective entrances. The Residences at Gables provide weather-protected bicycle storage within the building. In addition, the “guaranteed-ride-home” program policy will apply to employees that bicycle to work.

PEDESTRIAN ACCOMMODATIONS

Internal sidewalks and pathways are available at University Station, with wheelchair ramps and crosswalks for barrier free access to pedestrian crossings. In addition, the “guaranteed-ride-home” program policy will apply to employees that walk to work.

ALTERNATIVE WORK ARRANGEMENTS

University Station encourages employers to provide alternative work arrangements, such as flex time, compressed workweek and telecommuting for eligible employees.

OPERATIONAL TRIP-REDUCTION MEASURES

Employers are encouraged to offer direct-deposit of paychecks and include appropriately equipped lunchrooms if viable.

EMERGENCY-RIDE-HOME PROGRAM

An “emergency-ride-home” program will be provided through the Neponset Valley TMA for employees that participate in a registered car/vanpool, use public transportation, walk or bicycle to the site for emergencies that may arise during the workday. The “emergency-ride-home” program is coordinated by the TDM Program Coordinator and implemented through the Neponset Valley TMA. In the event of an emergency, registered participants simply take a taxi, transit or rented car home. Following an emergency ride, one must submit a request (with receipts) for reimbursement at director@neponsetvalleytma.org . Please refer to Exhibit C for a list of local taxi vendors.

TDM MONITORING PROGRAM

In order to document the success of the trip reduction program, the TDM Program Coordinator, by and through the Neponset Valley TMA, will conduct an annual survey of employee participation in the program. The results of the survey is made available to the Town of Westwood and will be used, in part, to develop additional strategies as may be necessary to increase and expand participation in the Trip Reduction Program. Please be prepared to cooperate with surveying requests as they are received.

INFORMATION POSTING

Further information is available thru the TDM Coordinator and Public Safety Department. Each Tenant will receive a packet to post in a centrally located area for employee viewing.

Get Rewards for Greener Trips

Get rewards when you record your walk, bike, telecommute, carpool, vanpool, or transit trips on NuRide.

Enjoy additional benefits if your company is a member of Neponset Valley TMA.

Sign up



Neponset Valley TMA Benefits

- ✓ Guaranteed Ride Home
- ✓ RailLink shuttles
- ✓ Personal commute planning



Find NuRiders

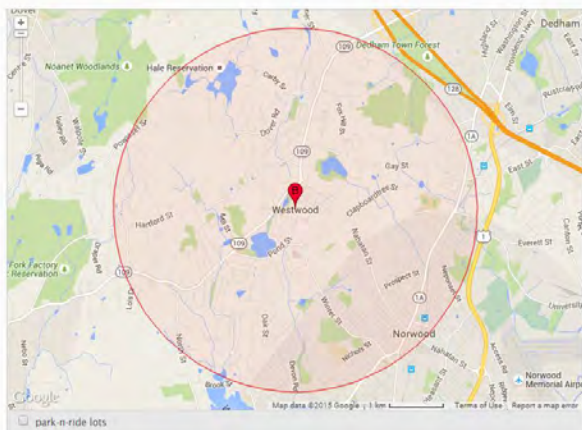
Who

Live < 2 mi. from:

Go

Commute < 2 mi. from:

Go



0 matches

Interested in:

- ☐ Carpool
- ☐ Vanpool
- ☐ Biking
- ☐ Walking
- ☐ Transit

Just buddies? ☐ Yes ☒ No

Same org? ☐ Yes ☒ No

Smokers:

Gender:

Language:

Active:

Depart:

Return:

EXHIBIT A-2
MASSRIDES PROGRAM INFORMATION



Program Information

For more information, contact:
Jennifer Solomon
Marketing Manager
Jennifer.solomon@state.ma.us
617.892.6086

General Information

About MassRIDES

MassRIDES is the Massachusetts Department of Transportation's free statewide travel options program. MassRIDES helps to reduce congestion and improve air quality across the Commonwealth by encouraging travelers to use options such as ridesharing, vanpooling, public transit, bicycling, and walking. More information about MassRIDES can be found at www.commute.com.

Programs and Services

- **NuRide**—The Massachusetts Department of Transportation (MassDOT) and MassRIDES have partnered with NuRide, the nation's largest commuter rewards program, to encourage healthier and more sustainable modes of travel while reducing traffic and emissions throughout the Commonwealth. The NuRide service is available free to anyone who lives or works in Massachusetts.
- **Worksite Services**—MassRIDES provides assistance to eligible Commonwealth employers who want to support their employees' use of alternative means of commuting. MassRIDES partners with over 400 organizations to help implement programs and services that save Massachusetts' commuters time and money, and help employers improve recruitment and retain employees. Find out if your employer is a partner by visiting www.commute.com.
- **Emergency Ride Home**—MassRIDES supports partner companies in providing transportation for employees in case of family or personal emergency. This service, which provides free taxi rides in case of emergency or unscheduled overtime to individuals who pre-register with MassRIDES and who regularly commute to work by means other than driving alone, is designed to provide transportation security when needed. Currently, over 200 Massachusetts employers are offering the Emergency Ride Home Program.
- **Safe Routes to School Program**—The Massachusetts Safe Routes to School program aims to create safe, convenient, and engaging opportunities for children to walk and bicycle to and from school, as part of the federally-funded nationwide SRTS program, and is administered by MassRIDES for the Massachusetts Department of Transportation.

NuRide

The Massachusetts Department of Transportation (MassDOT) and MassRIDES have partnered with NuRide to help travelers:

- Save money on transportation costs
- Travel together in a carpool or vanpool
- Cut greenhouse gas emissions
- Reduce traffic congestion
- Get rewards for tracking green trips

NuRide is the nation's largest rewards program for individuals who take greener trips – walking, biking, carpooling, vanpooling, public transportation, or even telecommuting. Individuals who track greener trips regularly earn points that can be redeemed for restaurant coupons, retailer discounts, and tickets to shows and attractions.

Individuals looking to share their trips can search NuRide for carpool and vanpool matches.

NuRide is a free service and is supported by sponsors who provide special offers to NuRide members for taking greener trips and reducing global warming, traffic congestion and energy consumption.

Travelers can get started in 3 easy steps:

1. **Join NuRide** – NuRide is available throughout Massachusetts and it is always free to join and free to use.
2. **Take a trip** – carpool with colleagues, bike to a friend's house, telecommute from home, or hop on a bus. There are many green travel options to choose from!
3. **Enjoy Rewards** – Once signed up, travelers can confirm their trips and earn points that can be redeemed for restaurant coupons, retailer discounts, and tickets to shows and attractions.



Safe Routes to School

About Safe Routes to School

The Massachusetts Department of Transportation (MassDOT) partners with over 400 elementary and middle schools that are attended by over 180,000 students in 124 communities (more than 30% of municipalities) across the Commonwealth to deliver the Safe Routes to School program.

Through the program, MassDOT provides students, parents, and the school community with education and training on transportation, safety, and health benefits from walking and bicycling to school.

School partners implement comprehensive Safe Routes initiatives, involving all 5 Es necessary for success: education, encouragement, enforcement, engineering, and evaluation.

Financed with federal funds, Massachusetts is programming \$4.42 million for Safe Routes initiatives for fiscal year 2011. Safe Routes partner schools qualify for infrastructure projects improving pedestrian and bicycle safety near schools. MassDOT currently has one access and safety improvement project completed, four others entering construction, seven in design, and 37 receiving assessments of their needs.

Safe Routes Facts

- In 1969, 48% of students walked or bicycled to school. By 2009, only 13% of students between the ages of 6 and 12 walked or bicycled.
- Between 1976 and 2004 the percentage of overweight children aged 6 to 11 years old almost tripled. In 2006, over 17 percent of children aged 6 to 11 years old were overweight.
- Nationally, state Safe Routes programs serve 7 percent of eligible students at public elementary and middle schools. In Massachusetts, the Safe Routes program serves 27 percent of eligible kindergarten through 8th grade students.
- Walking or bicycling to school is an easy way for students to get part of the 60 minutes or more of daily physical activity that experts recommend.
- School-related traffic can contribute between 10%-14% percent of morning rush hour traffic volumes, as well as significant air pollution.
- It's important for drivers to reduce speeds in school zones:
 - A pedestrian hit by a vehicle traveling 20 mph has a 95% of survival.
 - At 30 mph, those odds decrease to 60% and at 40 mph odds of survival decrease to 20%.
 - If struck by a vehicle traveling 50 mph, a pedestrian has almost no chance of survival.

Worksite Services

About MassRIDES Partnership

Through MassRIDES, the Massachusetts Department of Transportation offers employers throughout the Commonwealth free, personalized assistance to implement and promote programs at worksites that help to reduce congestion and improve air quality in heavily trafficked areas, while saving employees time and money on their commute.

MassRIDES partners with 421 organizations across the state, serving over 363,000 travelers. Worksite coordinators design customized programs to help increase mobility around worksites, and reduce the need for parking. Programs and services include: transportation events, preferential parking for carpools and vanpools, carpool and vanpool formation assistance, bicycling and walking programs, telework program assistance, Emergency Ride Home implementation, and transit pass subsidies.

Tax Benefits

Section 132(f) of the Federal tax code enables employers to underwrite the cost of their employees' transit or vanpool commutes, and offset qualified parking expenses up to \$230 per employee, per month. These benefits are not considered taxable income for the employee, and employers may write off these costs as a transportation expense.

Alternatively, employers may allow employees to set aside pre-tax dollars to purchase transit passes, pay vanpool fares, and to cover qualified parking costs. Pre-tax set-asides are subject to the same monthly limits. For more information about tax benefits associated with commuting, visit www.commute.com.

Emergency Ride Home

Fear of being stranded is the first concern commuters have when they consider giving up their cars. Emergency Ride Home lets employees travel to work on transit, in carpools and vanpools, or by bicycling and walking without worries about getting home quickly in an emergency. This free program is available to MassRIDES partners and is a great addition to an organization's transportation benefits packages. More information about ERH and a list of employers who are participating can be found at www.commute.com.

Worksite Assistance and Events

MassRIDES worksite coordinators work statewide to provide personal service to employers in Massachusetts. Their knowledge of the local community and of programs and strategies that address employees' commuting concerns provides worksites with resources to better their business. Coordinators organize events and provide marketing materials to make promoting MassRIDES services easy.

Facts and Figures

New England Transportation and Commuting Facts

- The average Massachusetts household spends more on transportation than it does on food: 15% of its income. (Census 2000 Supplementary Survey)
- Of the 3 million people who commute in MA each day, more than 73% drive to work alone. (Census 2000 Supplementary Survey)
- The average Boston commuter spends 51 hours stuck in traffic each year. (Census 2000 Supplementary Survey)
- Walking and cycling in America have been replaced by driving – this has caused sedentary lifestyles that can lead to heart disease and obesity. (Center for Disease Control and Prevention, Atlanta, GA, 1999)
- Around 60% of Americans lead sedentary lifestyles, 40% are clinically overweight. (American Medical Association, 1998)
- Walking to work gives us a 20% less chance of developing breast cancer, a 30% less chance of developing heart disease, and a 50% less chance of developing diabetes. (Nurse's Health Study, Archives of Internal Medicine; New England Journal of Medicine)
- Over 50% of New England's ozone-forming pollutants come from vehicle emissions. (Environmental Protection Agency)
- According to AAA, if a person commutes to work by car, figure about \$54 in total vehicle expenses per 100 miles. If that seems like a lot, driving a more fuel-efficient model or looking into public or alternative transportation options could save you money.
- According to a study done by the University of Massachusetts, the average MA commute translates into 25 workdays lost in travel each year.
- The MBTA is the nation's fifth largest transit system, serving 1.2 million passengers each day, and operating in 175 Massachusetts communities.
- In addition to the MBTA, there are 15 Regional Transit Authorities providing public transportation services to 231 cities and towns in the Commonwealth.

National Transportation and Commuting Facts

- In 2003, the average annual delay per peak-road traveler was 47 hours per year as opposed to 16 hours in 1982. (2005 Urban Mobility Study, Texas Transportation Institute)
- The total cost of congestion in 2003 was \$63 billion (which was the value of 3.5 billion hours of delay and 5.7 billion of wasted fuel, and taking into account loss of worker productivity). (2005 Urban Mobility Study, Texas Transportation Institute)

Additional Resources

General Information

www.mass.gov
youmovemassachusetts.org
www.mass.gov/massdot
www.commute.com

Public Transit and Private Buses

www.mbta.com
www.matransit.com
[Private Bus Carriers](#)

Bicycling

[Mass.gov Bicycling page](#)
www.massbike.org
www.bikeleague.org
www.mapmyride.com
www.bicyclinginfo.org

Walking

[Mass.gov Walking page](#)
www.walkboston.org
www.walkinginfo.org
www.gmap-pedometer.com

Safe Routes to School

www.mass.gov/massdot/saferoutes
www.saferoutesinfo.org

EXHIBIT A-3
MASSRIDES EMERGENCY RIDE HOME GUIDELINES

ERH Guidelines



Emergency Ride Home Guidelines

MassRIDES Emergency Ride Home (ERH) program supports commuters who commute *green* with a free ride if an unexpected emergency arises. It is our version of "commuter insurance" for those who regularly carpool, take transit, bicycle, walk or vanpool to work. Participants simply take a taxi, transit or rental car in the event of an emergency, submit a reimbursement request afterwards, and MassRIDES will reimburse the individual for the cost of getting home.

Who Can Use ERH:

An individual must be enrolled in ERH and commute by carpool, vanpool, transit, bicycle, or walking at least twice per week and on the day of program use. The individual must also be an employee of a participating MassRIDES employer partner worksite that is registered for ERH.

Qualified Emergencies:

- Unexpected personal illness/emergency
- Unexpected family illness/emergency
- Carpool leaves due to an illness/emergency

Please note the following **do not qualify** as emergencies:

- Rides to work
- Personal errands or pre-planned appointments during the workday
- Overtime
- On-the-job injury
- Weather-related events
- Transit system delays/failure
- Vehicle failure
- Building closings

Acceptable Destinations:

- Home
- Park and Ride lot or transit station where a vehicle is parked
- Child's school or day care
- Medical facility
- Interim stops are accepted if they are part of the emergency (e.g. child's school then home)

How to Get There:

- Taxi – typically the quickest and most convenient option
- Transit – if timely service is provided between origin/destination
- Rental Car - if the trip is more than 20 miles away and time allows for rental process

ERH Trip Allowance:

An individual can submit up to four (4) reimbursement requests per calendar year.

Steps to Follow When an Emergency Arises:

1. Arrange for emergency transportation (transit, taxi, or rental car)
2. Take the trip and pay for the emergency ride – make certain to **keep the receipt**
3. Submit request for reimbursement

Reimbursement Details:

Following an emergency ride, an individual uses MassRIDES' online system at www.commute.com to submit a reimbursement request. The receipt must be scanned and attached and information filled in completely. The individual's employer is required to approve the request. Following employer and MassRIDES approval, the individual will receive a check within three weeks.

Additional guidelines & restrictions:

Rental car use: Reimbursement covers a 24-hour economy/compact rental; individual must be able to access a rental car facility or use a no-cost pick-up service; individual must meet standard requirements of the rental car provider; individual is responsible for insurance, fuel costs, and expenses exceeding 24-hour limit

Eligibility: Students are not eligible for guaranteed ride home; an individual must be a paid employee

Register for ERH at
www.commute.com

EXHIBIT B PUBLIC TRANSPORTATION INFORMATION



Massachusetts Bay Transportation Authority
Commuter Rail Map

All Commuter Rail stations have parking except:
Belmont, Four Corners/Geneva, Mishawum, Morton St.,
Natick, Newmarket, Neponset, Prides Crossing,
Porter, River Works, Talbot Ave., Uphams Corner,
Waverley, W. Newton, Windsor Gardens, Yawkey.

MBTA Customer Service
617-222-3200



Legend

COMMUTER RAIL LINES	RED LINE	SILVER LINE and branches	Accessible station All MBTA and Amtrak rail and ferry services are accessible	Free Logan Airport shuttle bus	Customer Communications & Travel Info 617-222-3200, 1-800-392-6100, TTY 617-222-5145, www.mbta.com
Under Construction	MATTAPAN LINE	GREEN LINE and branches	Transfer station	Amtrak service	MBTA Transit Police: 911 TTY 617-222-1200
Terminus Station	ORANGE LINE	BLUE LINE	FERRIES		Elevator/escalator/BI updates: 800-392-6100

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ZONE	RIDE FARE	MONTHLY PASS	10-RIDE PASS ¹	CASH-ON-BOARD
1A	\$2.10	\$75.00	\$21.00	\$5.10
1	\$5.75	\$182.00	\$57.50	\$8.75
Interzone 1	\$2.75	\$86.00		
2	\$6.25	\$198.00	\$62.50	\$9.25
Interzone 2	\$3.25	\$105.00		
3	\$7.00	\$222.00	\$70.00	\$10.00
Interzone 3	\$3.50	\$114.00		
4	\$7.50	\$239.00	\$75.00	\$10.50
Interzone 4	\$3.75	\$124.00		
5	\$8.50	\$265.00	\$85.00	\$11.50
Interzone 5	\$4.25	\$141.00		
6	\$9.25	\$289.00	\$92.50	\$12.25
Interzone 6	\$4.75	\$159.00		
7	\$9.75	\$306.00	\$97.50	\$12.75
Interzone 7	\$5.25	\$175.00		
8	\$10.50	\$330.00	\$105.00	\$13.50
Interzone 8	\$5.75	\$193.00		
9	\$11.00	\$345.00	\$110.00	\$14.00
Interzone 9	\$6.25	\$211.00		
10	\$11.50	\$362.00	\$115.00	\$14.50

**Seniors and Persons
with Disabilities**

50% Off Rides

(Blind persons ride for free)

Percentage off based on Commuter Rail 'ride' fares noted above.
Requires a Senior/TAP ID or Mass Commission for the Blind ID.
10-Ride Tickets available based on ten half fares.

**Children 11 years old
and under**

Free

Children under the age of twelve ride free when accompanied by an adult with a limit of two children for each adult.

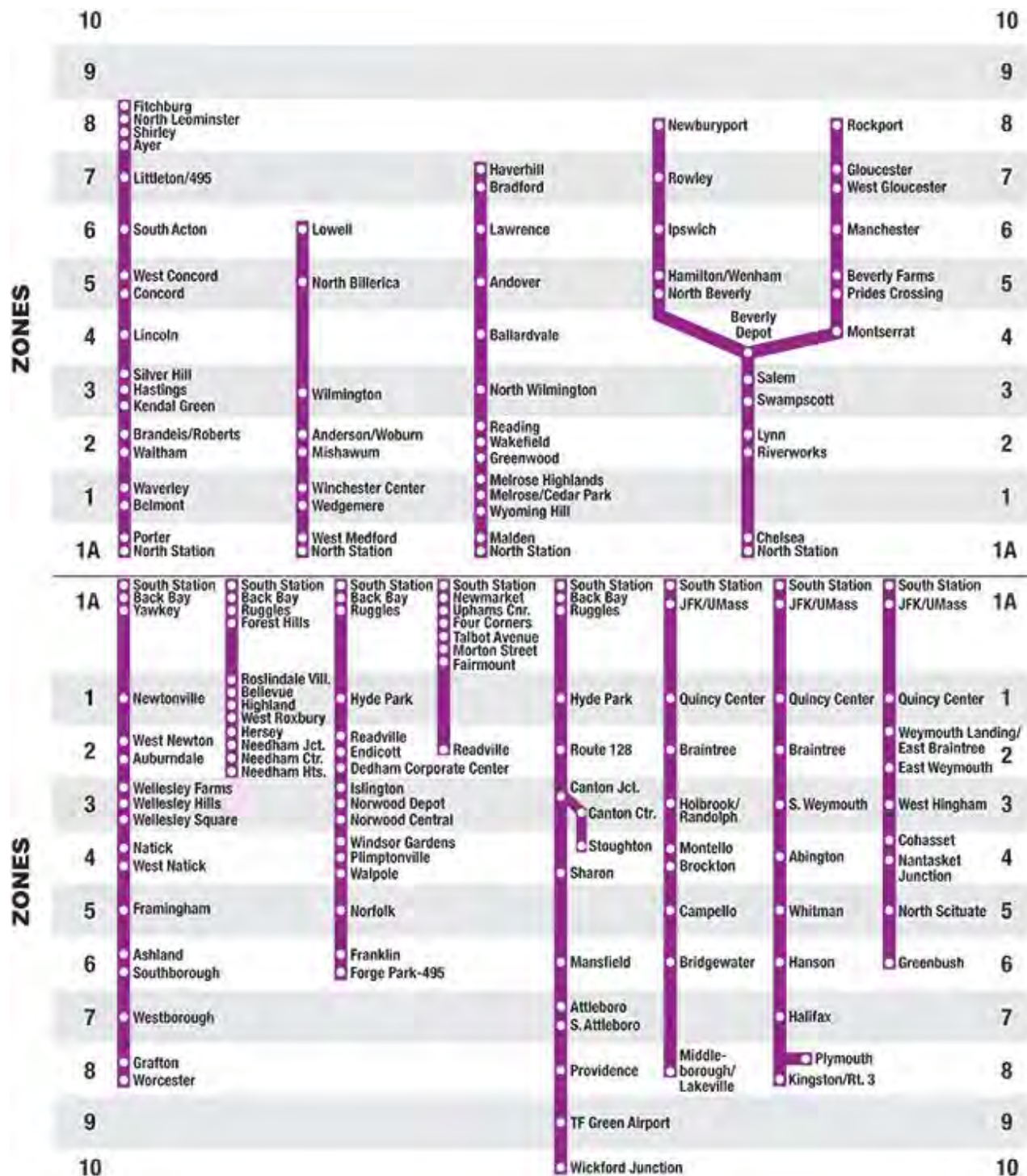


EXHIBIT C
LOCAL TAXI SERVICES



Below please find a list of several local taxi companies.

Norwood Town Taxi

59 Cottage Street, East
Norwood, MA 02062
781-762-4567

On Time Taxi Cab Service

Norwood
781-366-3883
617-888-4567

American Taxi

Norwood
781-492-4561

Family Taxi Service

843 Washington Street
Norwood, MA 02062
781-838-1675

VIP Taxi of Norwood Inc

Norwood
781-363-9370