

BUS-BIKE-WALK-VANPOOL SEATTLE CHILDREN'S

Wherever you work at Children's and wherever you live, if you're new to the idea of driving less or just want to add to the great benefits you've already discovered ...

Get IN MOTION this fall for gifts, prizes, gas savings and more!

Children's and King County Metro are partnering to get Children's staff IN MOTION. Just pledge to drive a couple of trips less per week – a grocery run, soccer practice or your commute, for example, and:

- Get free thank-you gifts and commute info
- Win terrific prizes every week for 10 weeks
- Save gas money
- Feel better, get healthier
- Reduce your carbon footprint
- Help make our Children's community cleaner, quieter and safer

Children's makes it easy for employees to get around without their cars through:

- Bonuses, 100% subsidized public transit, access to bikes, Zipcars, and our great Guaranteed Ride Home program
- "Transportation Therapy" to help you plan your alternative commute
- The Green Line shuttle, making commuting and inter-facility travel simpler and faster
- Children's Transit Now partnership with King County Metro, which has added 64 trips per week on Routes #25 and #75



Sign up now and receive your **FREE** pedometer and more travel information!

Go to www.kingcounty.gov/inmotion
(click on "seattle children's")

BUS FREQUENCY CHART Key Destinations	APPROXIMATE FREQUENCY IN MINUTES				
	Route #	Peak AM-PM	Midday 9-3	Evening after 7	Weekend
Laurelhurst-Montlake-Downtown Seattle	25	20-30	60	NA	NA
Sand Point-U District-Seattle Center Sand Point-Downtown Seattle Express	30 74	30 15-30	30 NA	30 NA	30 NA
Lake City-Wedgwood-Downtown Seattle-First Hill	64	15-30	NA	NA	NA
Lake City-Wedgwood-U District	65	15	30	30	30-60
Northgate-Maple Leaf-U District	68	15-30	30	NA	30 (Sat only)
Wedgwood-U District-Downtown Seattle Wedgwood-Downtown Seattle	71 76	30 12-20	30 NA	30 NA	30 NA
Ballard-Northgate-Lake City-U District	75	15-30	30	30	30
Jackson Park-Montlake-Bellevue	243	3 trips, peak direction	NA	NA	NA
Woodinville-Bothell-Lake City-U District	372	7-30	30	60	NA



There are 11 bus routes serving Northeast Seattle, with frequent service to many Seattle and King County destinations. And there are easy connections to hundreds more routes serving the entire Puget Sound region.

Information current as of September 1, 2008

Visit <http://transit.metrokc.gov> for current schedules and route information, or call 206-553-3000 for personal assistance in planning your trip. Alternative formats available: 206-684-2046 (voice) 206-684-2029 (TTY)