

Getting Here, created by the ZSFG TDM Program, is a newsletter for all employees, patients, and visitors who travel to ZSFG.

Getting Here

ZSFG employees, patients, and visitors have many options for getting to campus that can save time, money and eliminate the stress of sitting in traffic.



New to biking? Long-time bike commuter? Everyone is welcome to celebrate **Bike to Work Day on Thursday, May 11th**.

- Stop by an [Energizer Station](#)
- Join a [Commuter Convoy](#)
- Bike to Work Day [Rally](#) with the Mayor and City leaders

Celebrate Bike to Work Day with ZSFG

Wells Fargo Plaza, 7am- 9am Snacks, Giveaways & ZSFG Biking Info

May is National Bike Month

During National Bike Month we encourage everyone to give bicycling a try recreationally and as an option for commuting to work. New bike riders can take advantage of **FREE** classes and learn to ride or gather tips for navigating an urban setting. Do you love to hit the road on two wheels? Share the fun with your family and children with Family Friendly Rides in Golden Gate Park or teach the children to Bike & Roll to School. Register for free classes with the [SF Bicycle Coalition](#).

Don't live in SF? Don't worry, there are organizations providing biking info throughout the Bay Area:

[Bike East Bay](#)

[Napa County Bike Coalition](#)

[Sonoma County Bike Coalition](#)

[Marin County Bike Coalition](#)

[Silicon Valley Bike Coalition](#)

[511.org Biking](#)

Every Day is Bike to Work Day

Biking to work not only provides health benefits, but is also much better for the environment and can help reduce traffic congestion. Need more reasons to try bicycling to work? Hear from Ronald Beard who has worked at ZSFG for over 20 years and has enjoyed bicycling to work for the last five years.



It's rewarding - *"I meet people that I see every day and develop relationships, I couldn't do that alone in my car"*

Save money - *"I don't miss the parking tickets"*

Avoid the traffic - *"[It's] very convenient to get somewhere faster than walking or driving"*

Try biking to work on the days that suite your schedule and see how easy it can be. Little changes in our routine can guide us to better health in the long run.

ZSFG Bike Parking Locations

There are many options available when choosing where to store your bike:

- Cage at building 5 using your ZSFG ID as a key
- Cage at building 5 using a key (any hospital Medeco key)
- Lockers using a key
- Racks are located throughout campus for employee, patients, and visitor use
- Racks are located in the 23rd Street parking garage

For access to cages and lockers, please contact:

Michael Fonseca 415-206-6728 michael.fonseca@sfdph.org

Getting Here Links

- UCSF at ZSFG Dean's Office has resources including [Maps & Transportation](#)
- Zuckerberg San Francisco General has [Employee Transportation Options](#)
- [UCSF Shuttles & Shuttle to 24th Street BART](#)

Meet Your TDM Program Manager



I love riding my bike to ZSFG, I also regularly ride the UCSF Shuttle and Muni. I am a Bay Area native and have called SF my home for the last 10 years. I always enjoy hearing about how people get to work and what they love and loath about their commute. Let's talk about how we can improve your commute!

Georgina Arias ZSFG Transportation Demand Manager
415-554-2927 georgina.arias@sfdph.org or transportation@sfdph.org