



PRESS RELEASE

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CALLING ALL SENIORS: NORTHERN VIRGINIA TRANSPORTATION COMMISSION TO OFFER TRANSIT COACHING TO SENIORS

**All energetic Northern Virginia seniors age 50 and older
are invited to apply TODAY!**

Travel Training Workshops begin in February

Arlington, VA – In an effort to improve mobility and provide more transportation choices for the region's aging population, NVTC Director of Transportation Planning, Jana Lynott, with the support of Northern Virginia senior centers has launched a unique program targeted at Northern Virginia seniors age 50 and older. The program offers FREE travel instruction to seniors on how to safely and independently plan their trip, board, and travel by bus and Metrorail.

According to Lynott, "Most seniors have seen their local bus systems in action, but for many actually negotiating the local transit systems can seem intimidating. With this unique program we're hoping to reach out to these members of the community and offer the kind of hands-on training that will give them the confidence to choose riding the bus over driving their car,"

Five travel training workshops are scheduled throughout the region (subject to favorable weather conditions):

- Herndon Harbor House in Fairfax County – February 5 -6, 2007
- Potomac and Rappahannock Transportation Commission in Prince William County – February 7-8, 2007
- Loudoun County Government Center in Leesburg – February 12-13, 2007
- Walter Reed Community Center in Arlington – March 13-14, 2007
- Lee Recreation Center in Alexandria – March 15-16, 2007

Travel training is spread out over two days. The first day consists of two hours of classroom training; followed by a second day of actual travel on the local transit system to lunch and shopping. Transit costs are paid for by NVTC and a free lunch is provided on the second day. Participants will also be eligible for prizes and giveaways.

“We are signing up seniors now. We are accepting participants to all workshops but we are in particular need for participants in our Arlington and Alexandria workshops. So if you live in one of these two areas please call us to sign up today,” said Lynott.

Travel destinations for the training sessions include major shopping and government centers. Participants should be healthy and able to walk short distances. Those who complete this initial group training session will be offered the opportunity to take a trip of their choice on public transportation with a travel instructor. NVTC will pay for all costs for using transit during the training program.

“The bottom line is that getting older doesn’t mean having to give up your independence, we have a top notch transit system here in Northern Virginia and through this program we hope to give our growing senior population the confidence and proper knowledge so that they can continue to keep their lives moving forward,” said Lynott

For more information, to determine eligibility, and to sign up for this unique opportunity, call Jana Lynott at (703) 524-3322 ext 102.

NVTC is the leading source of information about public transportation issues in Northern Virginia.

NVTC is a regional agency with the mission of managing traffic congestion, restoring clean air, boosting the economy and improving the quality of life for all of Northern Virginia’s citizens through effective public transit and ridesharing networks. NVTC includes the counties of Arlington, Fairfax and Loudoun and the cities of Alexandria, Fairfax and Falls Church covering over 1,000 square miles with a population of 1.6 million. The agency manages over \$120 million of state and federal grant funds each year for public transit and serves as a forum for its board of 20 state and local elected officials to resolve issues involving public transit and ridesharing. **For more information about NVTC, please visit www.thinkoutsidethecar.org or call 703-524-3322.**

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