

Naval Support Activity Bethesda Commuter News

Important Events

May 2011

May 9

-Zip Code Get Together

Ridesharing Matching

Building 1 Room 1643

1430

May 9

-NNMC Command Orientation

May 11

-Transit Benefit Workshop

Building 1 Room 1643

1300

May 16,23,31

-Zip Code Get Together

Ridesharing Matching

Building 1 Room 1643

1430

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Metro Access: Tips For Crossing MD 355

NSA Bethesda is located across the street from the Medical Center Metro station. Pedestrian traffic can experience some safety concerns when crossing Maryland Route 355. Here are some safety tips to consider:

- Twenty nine seconds are provided to cross the intersection. You have to press the crosswalk button to receive a signal to cross. Less time is provided if the button is not pressed.
- Average wait time to cross the road is roughly two minutes.
- When the crosswalk signal changes to a walk symbol be sure to check both directions before crossing.
- Walking in a crosswalk when a crosswalk symbol is not lit may carry a fine and result in serious injury.
- Shuttle buses pick up at the second to last bus shelter from the Metro escalators and drop off at the Building 10 Circle.

A project is currently in the approval stages to construct a combination pedestrian tunnel underneath MD 355 and a deep elevator connecting to the Metro mezzanine on the Navy Side of MD 355. Until that time please be safe and wait for the signal or use the shuttle buses.

Choices for Departure: Options to Consider

When leaving NSA Bethesda during the PM rush hour there are several gates available to vehicles. The following is a list of gates that are open in the PM rush hours and their hours of operation.

Exits to MD 355

- **North Gate:** 24/7
(Inbound and outbound traffic)
- **South Gate:** 0500-0900
(Inbound traffic only. All other times traffic is outbound only)

Exits to Jones Bridge Rd

- **NEX Gate:** 0500-1900
(Inbound and outbound traffic)
- **Navy Lodge Gate:** 1400-1500
(Two-Way Traffic)
1500-1801
(Outbound traffic only)
- **University Gate:** 1430-1800
(Outbound traffic)

Try a new method of entering and exiting NSA Bethesda. You just might be surprised with the results.

Every Choice Counts - Metrorail

This is part of the 'Every Choice Counts' series that details mass transit experiences in the national capital area.

As a continuation of last months story, where I took a ride on the MTA Commuter Bus, 991, I will pick up where the narrative leaves off.

At 630 I arrive at Shady Grove Metro Station, and at 637 I board a Red Line train with a destination of Glenmont Metro.

I am able to find a seat immediately and the doors close almost as soon as I sit down. From my vantage point the car is less than half full at this time of the morning and is clean. The climate is comfortable and the car is well lit.

I put on my IPOD to pass the time and after four stops I arrive at Medical Center Metro at 0652. By 0657 I cross over MD 355.

It is a nice Spring morning and I am able to enjoy the first signs of foliage on the trees covering the pedestrian entry.

By 0705 I am at my desk. My commute time from 26 miles away to my desk is a little over an hour.

In the next part of this series I will try the Ride On Bus Route 70 from Germantown Milestone shopping center to Medical Center Metro.

Have you tried an alternative commuting method? Email me and I will include your experience in an upcoming issue.



Road & Construction Update

South Gate Is Under Construction. . .

- **North Gate:** Phase 2 began on, Monday, April 25, and will last until July 2011. North Gate will be the 24/7 gate until construction is complete at South Gate. There are now three lanes of traffic and pedestrian access.
- **South Gate:** Phase 1 began on, Monday, April 25, and will last until July 2011. During construction there will only be one lane of travel for vehicles. Pedestrian access will remain available during construction at this gate.
 - South Gate Hours of Operation:**
 - 0500-0900 Inbound traffic only
 - 0901-0459 Outbound traffic only
- **University Gate:** Phase 1 will begin soon. A new vehicle inspection station will be constructed at this gate. During construction, there will be one way travel restrictions along portions of University Road, South Palmer Road and Perimeter Road.
- **Building 54 (Staff Garage):** On Thursday, April 21, the next phase of construction started on this garage and closed off the traditional entrance to the garage. The temporary entrance will shift to the current exit, which will allow both entry and exit. Appropriate signage and signals are in place to assist motorists.
- **Multi-Use Parking Garage Precast Installation:** South Palmer Road is now closed between RB Brown Drive and Stokes Road between 0600-1430, Mon-Fri. Vehicular detours will be available during this time. From 1430-1700 one lane of travel will exist and flagmen will manage traffic flow. This closure has a projected end date on, or about, May 20. Pedestrians will be able to use the North crosswalk on South Palmer Road.
- **Palmer/Brown Intersection:** Starting on, or about, Thursday, May 5, construction will begin on the intersection of North Palmer Road and Brown Drive. Throughout the construction, and beyond completion, a four way vehicle stop will be created at the North Palmer Rd/Brown Dr. intersection. Pedestrian detours will be present. Please pay close attention to signage.

Bike to Work Day 2011



Bike to Work Day 2011 will be held on Friday May 20, 2011. NSA Bethesda will have a pit stop on the helipad next to South Gate from 0600-0900.

Participants in this event will walk their bicycle through the pedestrian entrance as the roadway may be closed due to gate construction.

This event may provide an opportunity to try riding your bicycle to and from work.

To take part in this year's event there are a few things you need to do to prepare:

Register for the event and the NSA Bethesda pit stop= To register for the event please click [here](#). You will receive a t-shirt at the pit stop you select on your registration form. The first 9,000 regis-

trants will receive a t-shirt. Please remember to select the 'MD-Bethesda-Naval Medical Center' pit stop. The deadline to register to receive a T-Shirt is May 13.

Plan your route to and from work= There are several resources available to help plan your route. One available resource is the Washington Area Bicyclist Association (WABA). Visit their website for maps and trail information:

<http://www.waba.org/resources/maps.php>

Recruit your friends, co-workers, neighbors and family= The more riders the merrier. Make up a convoy of your acquaintances to ride to and from work.

Commuter Questions? Please email me at ryan.emery@med.navy.mil

Commuter Solutions

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