

# ONTHEGO

News for  
Southern California  
Commuters

## How Much Time Do You Waste Sitting in Traffic?



If your answer is “too much,” you’re not alone. The average American spends 63 hours per year stuck in traffic, according to the [Urban Mobility Report](#), a study that regularly tracks traffic levels across the nation.

In the Los Angeles-Orange County region, that number more than doubles to 137 hours wasted—or the equivalent of nearly three and a half work weeks. The region is No. 1 in the nation in traffic delays.

Riverside-San Bernardino ranked fourth, with commuters losing 95 hours a year to traffic tie-ups.

While rush-hour is still the worst time to drive, traffic congestion has spread to more times of the day and more days per week.

“The numbers show more traffic than we’ve ever seen, but also a different kind of traffic,” said David Schrank, lead author of the study. “Hybrid work capabilities, online shopping and other changes in our daily lives have reshaped when and where congestion happens. This can

create more unpredictability and make travel harder to plan.”

### Want to Find an Alternative to Sitting in Traffic?

Find potential carpool partners, transit routing and more rideshare help at [ridematch.info](#) (Los Angeles/Orange/Ventura) and [IECommuter.org](#) (Riverside/San Bernardino).



\*Los Angeles-Orange

## If You Ride the Bus or Train...

National Transit Operator and Worker Appreciation Day is March 18. Take a minute to thank a transit worker!



## Help Improve SoCal 511, Win \$100

If you need travel help in Southern California, you can find it 24/7 at [SoCal511.com](#).

It’s a one-stop shop for commuters that includes up-to-the-minute maps of traffic speeds, camera feeds, SigAlerts and travel advisories.

You’ll also find helpful tools such as electric vehicle charging station locations, Park & Ride information, transit arrival times and bike resources.

**Complete a brief survey** to give your input on SoCal 511 and be entered into a drawing for one of five \$100 gift cards.



OntheGo for Commuters is a service of your county transportation agencies.