

This is a bus ride worth taking

Carol Mitchell can't believe she once had qualms about trading her spot in the parking deck for a seat on the express bus.

It's true her daily round trip takes about 20 minutes longer by bus than it did when she drove her car from her home in Hillsborough to work at UNC Hospitals in Chapel Hill.

Otherwise, Mitchell comes out way ahead by riding the bus.

Instead of 45 miles a day, she drives about 15 miles round-trip between home and a park-and-ride lot at Hillsborough's Triangle SportsPlex.

The savings on gas and tire rubber alone would roughly cover the bus fare -- but her bus ride doesn't cost her a dime. UNC is among several big Triangle employers that subsidize public transportation for their employees.

That parking spot hadn't been free. It cost \$611 a year. Now relieved of that expense, Mitchell can afford a SportsPlex membership.

She stops at the health club two or three afternoons each week, after she steps off the bus.

"I work on the elliptical trainer or the stair-step machine," said Mitchell, 60, who works as a nurse at a UNC Hospitals clinic. "Or I lift some weights."

All these benefits would make it easy to put up with a dreary bus ride -- but her bus ride sounds like the sweetest part of the deal.

"I have a great group of people to ride with," people she had never known before, Mitchell said. "We've even had two retirement parties on the way home, complete with cupcakes!"

She doesn't sound like a commuter when she describes the weekday journey. She sounds like a tourist.

"It's stress-free. It's relaxing to watch the lovely countryside. We can watch the sun rise when we cross over Interstate 40 -- we've got a great view," she said.

"Sometimes I read. The other night, we traded information about financial issues."

Mitchell is one of about 90 riders each day who take the 24-passenger express buses that run about 12 hours a day between Chapel Hill and Hillsborough. Sometimes every seat is filled, she says.

Before Orange Public Transportation and Triangle Transit Authority teamed up to provide the service two years ago, the county bus agency handled the job on its own, with only about 20 riders a day.

"The commuters love it," said Al Terry, Orange County's transportation director. The white buses carry campus workers south from their homes in Hillsborough, and they serve Chapel Hill and Carrboro residents who have business in the county seat.

Mitchell was eager to share her experience when she learned that Triangle leaders are considering proposals to extend new bus routes from work centers to other outlying towns -- from Pittsboro and Mebane to Wake Forest, Zebulon and Clayton.

"I encourage people to push for this service," Mitchell said. "Once you try it, nothing else makes sense."

The Special Transit Advisory Commission (www.transitblueprint.org/stac.shtml)

February.

A Garmin GPS update

John Melling is still out \$70 he spent on the 2008 database update for his Garmin Nuvi, a \$480 GPS navigation gadget that rides on his dashboard. He was steamed when he discovered the new mapping database does not include a number of North Carolina bypasses and freeways -- some of which

have been open to traffic since 2006.

Other Garmin customers profited after reading of Melling's misfortune. David Ayscue and Del Gallion decided the software update wasn't worth the money.

So did Mia Hawley.

"Reading your article is preventing me from buying the update I had in mind," Hawley said by e-mail. "So thanks for saving me \$70!"

Meanwhile, Melling has received an apology from Garmin, and the promise of a free update when the next one is available.

Garmin pointed Melling to a place on its Web site where customers can inspect new mapping databases before they buy them -- to see if they're worth the money.

Check my Crosstown Traffic blog, at the address below, for a link to Garmin's "MapSource Map Viewer" and Garmin's obsolete image of the 540 Outer Loop.

Chest press machine

Chest push-sitting

Sover machine

Cross-training machines arms (for the birds) Military press

Shoulder-elected

Seated row machine

Sitting rowing machine

Rotary torso machine

Rotating training planes

Multi-hip machine

Composite training planes suffered lacerations

Outer thigh abductor machine

Legs, bending machine

Inner thigh adductor machine

Legs, bending machine

Vertical leg press

Vertical Leg Press for practice

Decline Olympic bench

Olympic tilted under a chair

Incline Olympic bench

Olympic Incline chairs

Roman chair / back hyperextension

Rome Benches

Hyperextension

Fubei training Benches

2-tier horizontal dumbbell rack

Dumbbell Rack

Standard weight tree

Ling--

Olympic weight tree

Ling--

Stretch corner

Shenla Kok

Stretch zone

Shen La Center

Leg press

Lunge for his leg

Leg extension

Leg extension machine

Standing tricep

Point-triceps Training

Standing bicep

- Stop training with biceps

Dip chin ab

High bar to the knee -

Preacher curl bench

Qubi training Benches

Lat

Composite Drawing Machine

Row

Composite rowing machine

Abdominal

Abdominal Training

Cable column

Composite drawing machine

Hamstring

Low Drawing Machine

Utility bench

Triangle chairs

Adjustable bench

Adjustable chairs dumbbell

Barbell

Barbell -

Double tier dumbbell

Double Dumbbell Rack

Recumbent cycle

Horizontal fitness cars

Treadmills

Stepper

Display stem: External circlip display supporting bar:

Display lower: under cover display

Flush head press in stud: immersed stud bolt

Seat carriage sliding-seat

Pozi Broadway stage, professional dancers, but also is well-known presenters fitness experts

IEC Free plug, the shutter snap fit: Universal Plug

Caplug covered Cypriot

End plaque cap porcelain flower rear cover

End cap rear cover

Pedal leaver arm: pedal arm

Rubber bump stop: rubber buffers

Crutch tip:

Nutsert Nut

Toothed belt idler plate: belt idler serrated board (reservations English)

Step hole trim L / hand: Left-pedal accessories

Step hole trim retaining block: Pedal hole ornaments fixed block

Runner assembly rotating components

Roller member pivot: roller components Pivot

Logo wheel: wheels (with logo)

Crank plate: curved plate (reservations English)

Ribbed insert: handrails link

Cover center section: Flat central part of

Countersunk socket set screw: immersed PEC machine screws / butterfly

Butterfly machine

Incline press machine

Incline push-thoracic

Bicep curl machine

Biceps training planes

AB machine

Abdominal flexion machine

Lat machine with mid row

HIGH training planes

Leg curl machine / seated leg curl

Jeetui training planes

Leg press machine

Lunge for his leg

Leg press / hach squat machine

Inverted tread / oblique tread machine

Pro-smith machine

Safety barbell exercise machine

Counter-balanced smith machine

Smith Machine

Seated calf machine

Sitting leg exercises machine

Dip station

Parallel bars for exercise

Military press

Shoulder-elected

Tricep press down machine

3 muscle training machine

Arm curl

Biceps-elected

Standing hip / multi-hip machine

Composite training planes suffered lacerations

Abdominal

Abdominal flexion machine

Bi-axial chest press

Biaxial climbing machine pushed chest

Seated chest press

Chest push for the ride

Dual cable column

Arms training planes

Bicep

Biceps training planes

Tricep

Compound 3 muscle training machine

Functional lift

Composite fluttering machine

Calf

Calf -

Cable cross

Composite birds machine

Flat bench

Flat chairs

Abdominal bench

Abdominal training chairs

Single tier dumbbell

Monolayer Dumbbell Rack

Squat rack

Chip-linked squat

Stepper

Level -

Rubber earring moulding: rubber base

Allen wrench Universal Wrench

Cord bracket plate folder Line

Freeweight dumbbell load dumbbell

Freeweight load

Weight training load training

Strength training strength training

Endurance training endurance training

Path movement path of motion

Overhead Tricep three high muscle training machine

Sets Case

Chest press

Chest-elected

Shoulder press machine

Shoulder-elected

Tricep press down machine

3 muscle training machine

Back machine

Back training planes

Lat pull down

HIGH-training machine

Leg extension machine

Leg extension machine

Flat bench

Dumbbell-chairs

Flat / incline / decline bench

Adjustable chairs dumbbell

Flat Olympic bench

Olympic-chairs

Vertical knee raise

High bar to the knee -

Preacher curl bench

Qubi training Benches

Wab board

Abdominal board

Seated calf machine

Calf -

Lateral shoulder raise

Shoulder Lateral machine

Hip abductor

Legs, bending machine

Hip adductor

Legs, bending machine

Chest mid-row

Waterloo-ship

Lat high row

High-slip boat

Roman Chair / back hyperextension

Rome Benches

45 hyperextension

Fubei training Benches

Vertical knee raise

High bar to the knee -

Upper back

Lat -

Incline trainer

Climbing treadmill

Squat

Squatting-composite training planes

Chest

Composite chest Training

Shoulder

Composite shoulder training planes

Step

Load Stepper

Quadricep

Composite leg training machine

Plate loaded squat

Chip pegged squat machine

Adductor

Leg-folder

Upright cycle

Vertical Fitness cars

Rubber boot: rubber bearings

6.3 Amp time Lag glass body: 6.3 Amp fuse

Wiring loom: Wire -

Poly V drive pulley: V-pulley drive

Full dog point socket set: special screwdriver

Reps. (Repetition) group

Weight stack weight -

Cycling equipment-riding / fitness cars

About the Author

From www.newsobserver.com:

Elliptical cross training, at its best, empowers you to feel exhilarated, rejuvenated and satisfied with every workout. Unlike.

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The Matrix E5xc Elliptical Cross Trainer delivers all of the same features and ergonomic feel as the E5x Elliptical Cross Trainer, and comes in a compact.

Octane Fitness, a leading brand of premium elliptical cross trainers, continues to amass a slew of awards and. more. Octane Fitness.

Source: <http://www.productsherbal.com>