



Spare the Air **ADVISORY**

September 7, 2004
For Immediate Release

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Spare the Air Continues Tomorrow Wednesday, September 8

Again - BART FREE between 4 AM and 9 AM (2nd of 5 days)

What: Air quality levels are expected to reach unhealthy levels again tomorrow, (day and date). The Air District asks residents of the nine Bay Area counties to continue to "Spare the Air" by reducing air-polluting activities—especially driving. This will be the fourth "Spare the Air" Day of the year.

- BART is offering a FREE morning commute on the first 5 Spare the Air Days to take place on a weekday this year. This will be the second of the five free days so far this year.
- "Wheels," the bus system of the Livermore-Amador Valley Transit Authority, offers FREE commutes on Spare the Air Days.

Why: High pressure, escalating temperatures, and low winds create the conditions that cause polluting gases to form ground-level ozone, the main ingredient in smog.

Who: Spare the Air Day ozone levels are particularly harmful for young children, as well as seniors and those with respiratory and heart conditions. Vigorous outdoor exercise should be undertaken in the early morning hours.

How:

- Carpool or take public transit. Call 511 or check www.511.org for transit information
- Refuel after 6 p.m. or wait until the following evening to pump gas.
- Limit driving as much as possible by combining errands into one trip.

For background and air quality information visit www.sparetheair.org

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