

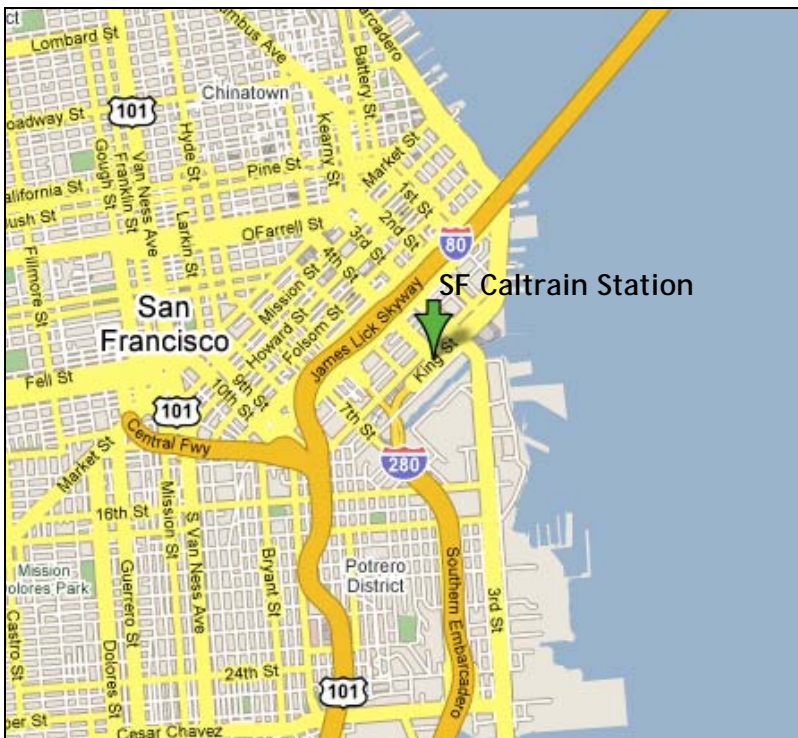
AMERICAN SOCIETY OF BIOMECHANICS 2007 ANNUAL CONFERENCE BAY AREA TRANSPORTATION

Caltrain

Caltrain is a great way to get to San Francisco without the hassle of trying to park. Weekend Caltrain service stops at Palo Alto every hour on :31 northbound and :02 southbound. It takes approximately an hour to get to San Francisco, or 40 minutes to get to the Millbrae station, where you can transfer to BART trains. Tickets from Palo Alto to San Francisco are \$5.75 for one way or \$11.50 for a day pass. The San Francisco station is located on 4th St and King St and is within walking distance of Market St (a major shopping and business area).

Caltrain allows bikes on board (look for the "Bike Car" at the end of the train). This can be a great way to see more of the city, but make sure to bring a good lock if you plan on leaving your bike unattended, since bike theft is common. Cabs are also easily available and MUNI (the bus system) runs throughout the city.

Caltrain Main Site: <http://caltrain.com/>

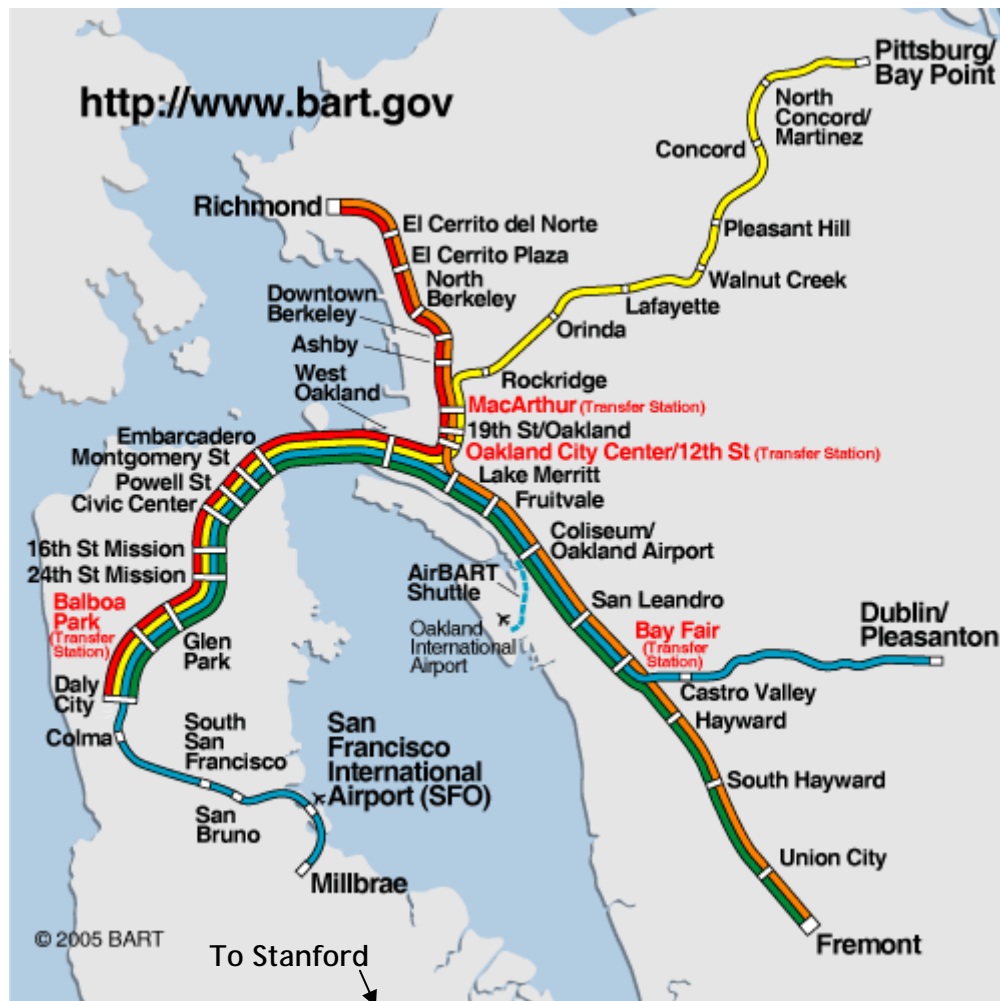


BART

Bay Area Rapid Transit (BART) provides cheap transportation in San Francisco and the East Bay. The Civic Center, Powell St, Montgomery St, and Embarcadero stations run along Market St and are within easy walking distance of Union Square, the Embarcadero, the Ferry Terminal, and the end of the cable car line.

There is no BART stop in Palo Alto but you can transfer from Caltrain to BART at the Millbrae station.

BART Main Site: <http://www.bart.gov>



For trip planning and more information on all Bay Area public transportation options go to:

<http://transit.511.org/>