



NWEI
ECO
CHALLENGE

My EcoChallenge is:
to increase my **Alternative Transportation** use:

Many of us rely on our vehicle to get us from point A to point B, and it's a habit that is hard to break. Do your body and the environment a favor by using alternative transportation!

Use this list of suggestions to choose ways to accomplish your challenge, and don't forget to update your profile on the EcoChallenge website to tell your friends and family about the ways you are achieving your EcoChallenge!

I Will:

- bike or walk to run errands within 1 mile of my house or work
- use alternative transportation methods to get to work
- cut my average weekly mileage by 25%
- take the 2 mile challenge: I'll bike or walk whenever I am going to be within a 2 mile radius
- take the train or streetcar 3 times a week on a trip where I would normally take my car
- carpool to work/school/party etc.
- minimize my car trips by "chaining" together errands or by running errands on my way to/from work, instead of making a separate trip
- use human powered transportation for the entire 15 days of the EcoChallenge

I Will "hoof it for my health and the planet's health!" by:

- take my gym routine outside and walk/run/bike outside during the EcoChallenge
- walk to a park twice a week during the EcoChallenge
- take my dog to the park instead of letting it out in the backyard
- go on a hike or a camping trip during the EcoChallenge
- take a bike ride for pleasure once a week during the EcoChallenge
- have a picnic and walking or biking to my destination

For more info, check out:

Trip Planner and Organizer includes information on distance, expenses, route and traffic
www.driveless.savemore.com

Car Sharing provides flexible wheels for an urban lifestyle. It's instant-access to a network of cars throughout the city, 24 hours-a-day, paying-per-trip, without commitment or inconvenience:
<http://www.carsharing.net/>

The latest resource on biking in the US including new legislation for reimbursement for employees that bike to work:
<http://www.bikeleague.org/resources/commuters/>

Use Google Maps to calculate how much money you can save by taking public transit for your trips:
<http://maps.google.com/>

In the market for a new or used car? Include fuel efficiency in your research:
<http://www.fueleconomy.gov/>

Riding Public Transit can
save an individual an
average of \$8,691 a year!

Source: The American Public
Transportation Association (APTA).

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