

# 10 DAY MEDALIST WINNERS

LOG 10 SUSTAINABLE COMMUTES TO BE A WINNER!



## How to be a 10 Day Medalist if you do NOT work a typical 5-day work week.

If you are not scheduled to work 10 days between Sunday May 7 and Saturday May 20 or you are out of town for one of the weeks, you can still achieve the highly coveted 10 Day Medalist status! Simply follow these steps:

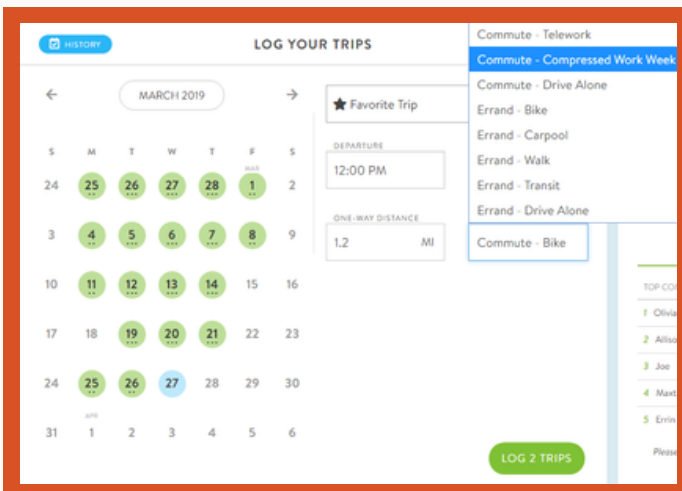
### 1. LOG YOUR SUSTAINABLE COMMUTES

First, go ahead and log the trips for the days you did work (if you did, in fact, use sustainable transportation on those days).

### 2. LOG COMPRESSED WORK WEEK COMMUTES

For the additional number of days you need to log a trip in order to have a total of 10 days with sustainable commutes, log a regular trip for each of those days including the same start (home) and end (workplace) destination. Then select "Commute - Compressed Work Week" as your Mode of Travel.

### HERE'S AN EXAMPLE:



Connie the Commuter is a nurse and she is only scheduled to work 3 days for both weeks of the Commuter Challenge. She commutes by bike each of the 6 days that she works a shift. Connie would first log the 6 trips for the days that she actually worked, entering her start and end destinations and selecting "Commute-bike" as her Mode of Travel. Next, she would select any 4 additional days during the challenge timeframe (10 days total - 6 days worked = 4 days that need sustainable commutes logged). For those 4 days, Connie would log trips with the same start and end destinations and select "Commute-Compressed Work Week" as her Mode of Travel.

Phone: 406.552.6675

Email: [MIM@missoulainmotion.com](mailto:MIM@missoulainmotion.com)



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