

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 September 19th and Saturday October 2nd, you can still achieve the highly coveted 10 Day Medalist status - and win a free pastry! 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).

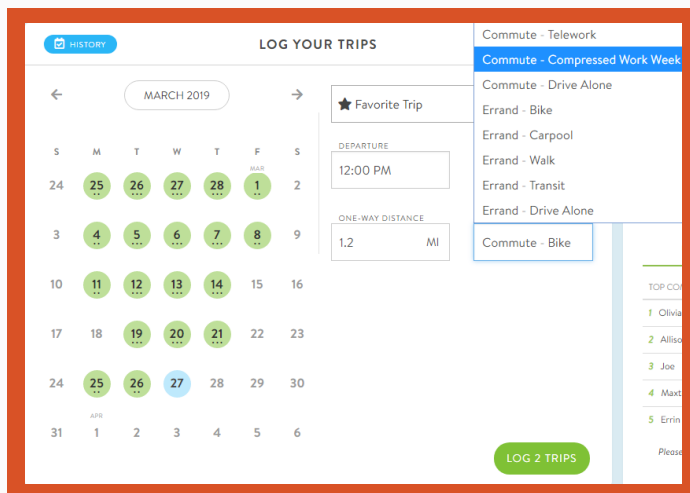
2. LOG "COMPRESSED WORK WEEK COMMUTES"

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 trip for each of those days and select "Commuter - Compressed Work Week" as your Mode of Travel (see image to the right).

3. RECORD YOUR MILEAGE

In the "One-Way Distance" section, list the mileage for your normal daily commute.

HERE'S AN EXAMPLE:



Connie the Commuter is a nurse and she is only scheduled to work 3 days for both the week of September 13 - 17 and the week 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 One-Way Mileage and selecting "Commuter-bike" as her Mode of Travel. Next, she would select any 4 additional days (10 days total - 6 days worked = 4 days that need sustainable commutes logged). For those 4 days, Connie would log a trip and select "Commuter- Compressed Work Week" as her Mode of Travel.

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BIKE



CARPPOOL



VANPOOL



BUS



WALK



TELECOMMUTE