



Log Your Commute!



Log your Commute and WIN!

I'll go out on a limb and let you know the advantages to using commute alternatives and how they could help you **WIN \$50, \$100 or even \$250!**

- You'll Increase your savings by reducing money spent on fuel and vehicle maintenance.
- You decrease your carbon footprint by reducing traffic congestion, fuel consumption and air pollutants.
- Active transportation can help you get your daily exercise.
- Carpooling and vanpooling gets you more social, studies say that our social health is important to our mental health.

“WOOD” you like to know how a commute alternative could help you WIN \$50, \$100 or \$250? Each time you use a commute alternative January 1 – March 31 and log it on MyCommute.org you're automatically entered to win 1 of 10 quarterly prizes! The more times you log a qualifying trip, the more chances you'll have to WIN!

To learn more contact me [<name>](#), your ETC at [<number>](#) or visit MyCommute.org for more details.

Special Thanks to the City of Airway Heights for helping to sponsor our quarterly campaign.



MyCommute.org | CommuteFinderNW.com | CAWH.org



Don't Waste Time on Wooden Nickels!

In today's electronic driven world, we tend to isolate ourselves with our gadgets, but humans are social creatures and this can be unhealthy. People who ride the bus, carpool, and vanpool get more interaction than those who drive alone to work. According to JustBreathMag.com real-time socializing enhances mental functioning, reduces stress and anxiety, improves self-confidence and more. Plus, you help reduce traffic congestion, fuel consumption and air pollutants, all this is worth more than

its weight in wooden nickels!

Using a commute alternative can also make you a WINNER! For every day between January 1 and March 31 you use a commute alternative and log it on MyCommute.org, you'll be entered in our quarterly drawings! That's potentially 60 times or more you could be entered to **WIN 1 of 10 great prizes for \$250, \$100 or (8)\$50!**

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