

# MONADNOCK COMMUTER CHALLENGE

BIKE \* WALK \* CARPOOL \* BUS

Monday, May 15th to Friday, May 19th

The Monadnock Alliance for Sustainable Transportation (MAST) is coordinating a regional Commuter Challenge that will take place May 15th to May 19th. Participants who travel by foot, bike, carpool, and bus can track their miles and trips and become eligible to win prizes!

Help MAST kick off National Bike to Work Week and the Monadnock Commuter Challenge by attending the **MAST Bike to Work Week Kickoff Event on Monday, May 15th at Railroad Square in Keene from 6:00-10:00 a.m!** FREE breakfast for all those commuting to work by foot, bike, bus, or carpool.

## GET STARTED

Sign up at [CommuteSmartNH.org](http://CommuteSmartNH.org)

## LOG YOUR TRIPS

Use the trip logger whenever you bike, walk, carpool, or take public transit. See how you rank with others on real time leader boards. Learn your cost savings and how much CO2 you saved during the week!

## ENTER TO WIN A PRIZE

At the end of the week, MAST will give away prizes to individuals in the Monadnock Region who logged the most trips and the most miles.



Enjoy the fresh air and sunshine during your commute by **cycling or walking** instead of sitting. You'll stay fit, save money, reduce stress, and help the environment!



**Carpooling** cuts driving costs and reduces traffic congestion. Create an account on the NH Rideshare Board where you will be matched up with other commuters in your area.



Hopping on the **bus** is a great way to get out from behind the wheel, save money, and reduce the stress of sitting in traffic.

**SIGN UP**  
[COMMUTESMARTNH.ORG](http://COMMUTESMARTNH.ORG)



For more information visit  
[www.mastnh.org](http://www.mastnh.org)