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JUNE 2011

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WELCOME NEW MEMBERS!

Click here to learn more about these travel options:

- [Bicycling](#)
- [Riding the bus](#)
- [Light Rail](#)
- [Northstar](#)
- [Carpooling/vanpooling](#)
- [Telework](#)
- [Walking](#)

EXTEND YOUR CHALLENGE

[Log in here](#) to track your trips.

CONGRATULATIONS TO OUR LATEST \$50 GIFT CARD WINNERS!

A winner is chosen every week – [track your trips](#) to be automatically entered to win.

May 9 – 15
Dana Gervais
Richfield

May 16 – 22
Angie Machado
Newport

May 23 – 29
Paul Hodges
St. Paul

May 30 – June 6
Sarah Cesafsky
St. Paul

ARCHIVES

Past issues of eNewsletters can be found [here](#).



Did a friend forward this to you?
Are you up for the Challenge? Take
it here: mycommuterchallenge.org

Wanted: 1,000 pledges a week

The 2011 Commuter Challenge will come to a close on June 30 – we've had more than 13,000 people take the Challenge so far but we'd *really like* to top 15,000. So we're doing a little something extra:

Share this e-mail with a friend or tweet it and you'll be entered into a drawing for **your choice** of these great prizes:

- 1) Destination Fun Pack: [\\$50 Go-To Card](#), four Minnesota [Children's Museum](#) tickets, and a [2011 Chinook Book](#) OR
- 2) Personalized tour of the [Hiawatha Light Rail](#) operations center for you and up to 3 guests OR
- 3) [Limited-edition Northstar model train](#)

The winner will be announced in the July e-newsletter.

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Readers write: The Spirit of the Challenge

Michael Baldwin of Minneapolis reminds us that non-work trips count for the Challenge, too!:

My "commuter challenge" has a bit of depth to it. Last Friday, my friends and I rode our bicycles to the nearest bus stop. [Took the bus \(with our bicycles\)](#) downtown to the [Northstar Commuter Rail station](#) at Target Field. We rode Northstar to Big Lake Station and then rode our bicycles through Monticello to Lake Maria State Park. We camped there for the weekend, biked back to Big Lake,

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took Northstar back to downtown Minneapolis and then biked home again. It was a great trip. We were able to get away for the weekend - for under \$15 round trip - without using anything but public transportation and self-power vehicles (bicycles). I believe this is a prime example of what the Commuter Challenge should represent - connecting people to the things that matter most to them.

Dump the Pump!

Dump the Pump

On Thursday, June 16, transit agencies all over the U.S. are challenging commuters to **Dump the Pump**. It's better for your finances, the environment and even your health.

Riding transit is easy – start saving today. [Click here](#) to learn more. Or get started with a quick video:

- > [Bus](#)
- > [Hiawatha light rail](#)
- > [Northstar commuter rail](#)

Or explore the [interactive regional transit map](#).

Healthier Finances.

AAA estimates that it cost roughly \$8,800 per year to own and operate an average car in 2011 (and that's with gas at \$2.88 per gallon!). Save money on fuel and maintenance costs when you drive less often. [See the costs of driving alone](#).

Healthier Environment.

Taking transit – even just a few days a week – is an easy, inexpensive way to improve air quality and the environment. Learn how to [Go Greener](#).

Healthier You.

It's a fact: Active transportation choices like bicycling, walking or riding the bus or train get you closer to the 30 minutes of physical activity recommended for heart health, plus it's a great stress reducer.

Twin Cities Telecommuting 101

This article by [e-workplace](#) caught our eye. eWorkplace It's a quick introduction to the regional telework program which now has over 40 employers participating.

> [Read the article](#)



Questions? Comments? [Contact us.](#)

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