The Commuter Challenge is here again! **June 3 – 9, 2018**

Last year Queen’s University won AGAIN for Largest Organization participation in Kingston!! Let’s lead the way and go for 7 years in a row!!

**REGISTER TODAY!!**

[http://app.commuterchallenge.ca/commuter/register/z5JoMK](http://app.commuterchallenge.ca/commuter/register/z5JoMK)

This Unique URL is an excellent shortcut that will take a Queen’s Employee directly to the Team Queen's registration page.

IT’S SIMPLE! To be counted, just log one trip that is not "drive alone" during **June 3 - 9, 2018**. When you walk, cycle, carpool, take transit, rollerblade, scooter, work from home, canoe, skateboard, run... your impacts will be recorded and will accumulate over the week.

**Commuter Challenge:**
- is a week-long event during Canadian Environment Week (June 3 – 9, 2018)
- is a friendly competition between Canadian cities and workplaces
- encourages Canadians to leave their cars at home
- rewards walking, cycling, carpooling/ride-sharing, taking transit and telecommuting (not just your commute to work!)
- celebrates active and sustainable transportation
- is locally hosted by City Coordinators who support workplaces

**How it works**
- You register yourself as an employee with Queen’s University any time before the end of the challenge.
- You walk, cycle, carpool, take transit or telecommute during the event week. This includes getting to and from work as well as going to the grocery store or other errands during this week.
- To be included in the final results you need to make at least one sustainable commute during Commuter Challenge week; of course you can commute sustainably every day :-)
- You log your commute by first signing-in.
- **Registration and logging will be accepted until Saturday, June 16, 2018**
  - On your log page, you will see your impacts adding up
  - Tracked impacts are emission reduction, calorie consumption, distance and fuel cost savings
  - Results are updated daily so you can see which workplaces and cities have the highest percentage of healthy commuters

**Prizes:** Top three prizes are for the purchase towards equipment supporting active & sustainable travel from a participating local store

Grand Prize: $800 value
2nd Prize: $200 value
3rd Prize: $150 value
Be active, help the environment, you could win an awesome prize!!

Let’s strive to lead the way as a community engaged organization and encourage our fellow Queen’s Employees, family, and friends to participate in the Commuter Challenge. Together we can make a difference to our environment, AND the health of our community!

Register today! Please pass this on to your colleagues at Queen’s.

Yours in Health & Wellness!

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