

Do whatever
moves you!

Care for creation,
help your
community, and
improve your
well being!

FaithCommuterChallenge

Walk & Wheel to Worship



June 1-10, 2018

Register at:

faith.commuterchallenge.ca



Faith & the
Common Good | La foi et le
bien commun



**Commuter
Challenge.ca**

The 2018 “Walk or Wheel to Worship” Challenge is...

- A week-long event that coincides with the National Environment & Commuter Challenge weeks
- A friendly competition between Canadian places of faith
- A celebration of active and sustainable transportation
- A fun and easy way to try different “low carbon” modes of how to get to worship (“transport” comprises 40% of an avg. faith community’s carbon footprint)
- Nationally hosted by Faith & the Common Good;



Sustainable & Active Transport Benefits



- **Reduce the threat of climate change.** Did you know that it takes 130 trees to produce the amount of oxygen needed to combat the GHG emitted from one car each year?
- **Connect with others** – Active transport and ride sharing fosters new friendships, helps others, and increases networking.
- **Reduce traffic congestion**– Reducing the number of individual car trips means we will have less traffic congestion and less demand for roads. This will improve travel times & reduce fuel consumption
- **Enjoy better health** – Introduce calorie-burning exercise time by biking or walking daily to a public transportation or carpool stop.
- **Reduce air pollution.** Pollutants from many transportation sources aggravate respiratory disease, and contribute to property damage and acid rain.

How It Works

- Register [your](#) faith community and [yourself](#) to participate in the challenge week (June 1 – 10, 2018). Encourage others to join.
- Between June 1-10, choose a day to leave your car behind when you travel to worship. Rideshare, take public transit, carpool, bike, or walk. **Do whatever moves you!**
- On that day, log-in to **track your trip** to worship via the Commuter Challenge website. See your GHG emission reduction, calorie consumption, distance and fuel cost savings.
- **Check-out** which faith communities and cities have the highest percentage of healthy travelers.
- Join with faith communities across the country to **acknowledge and celebrate!**



Get Started

- Talk to your faith community about joining the challenge (June 1-10, 2018) to demonstrate your care for creation
- Choose a Champion or Team who will plan and coordinate your event(s). These events may include:
 - Carpooling, launching a ride-share program in your faith community, or riding the bus together
 - Hosting a bicycle tune-up station, distributing bike maps
 - A special blessing ceremony, prayers or acknowledgement of all the ways people are working to reduce their carbon footprint
 - A neighbourhood bike ride before or after a worship service
 - Bicycle decorating for the young and young-at-heart
- Go to faith.commuterchallenge.ca to register your faith community to take part.



Encourage Others

- Promote the event in your community — newsletter, website, service bulletins.
- We can help you to spread the word with posters, social media promotion tools and advertising materials
- Introduce us to 2 or 3 members of your community who will take part and would be willing to be interviewed, and have their story featured online.
- Take photos of your event or activities, to be shared online and used for future years.



FAQs

- **Why do I need to register?** By registering with the faith sector commuter challenge you gain access to our tracking tool and can measure your impacts during challenge week. You can also share your impacts with your friends on Facebook, lead by example and challenge them to participate too. It is much more fun to bike, carpool or take transit together.
- **What is a sustainable mode of transportation?** Sustainable modes of transportation include: walking, cycling, carpooling, taking transit and telecommuting. These modes are significantly less harmful to the environment and personal health than driving alone. Everything active that does not involve motorized transportation is also considered a healthy and sustainable commute, e.g. rollerblading, skateboarding, unicycling, canoeing, etc.



FAQs

- **Do I have to participate every day of the challenge week?** To participate in Commuter Challenge you only need to make one trip without your car. Maybe bike, join a carpool or take the bus for one day. See how it works for you and then decide if you would like to continue for another day. The more trips you make without your car the higher your impacts will be.
- **How do I find my commute distance?** We recommend [Google Maps](#). Enter your home street address in the search field and click 'Search Maps'. Your address will appear on the left side of the map; sometimes there are different options, e.g. for SW or NW. Click on 'Directions' under your home address and enter your faith community address in the empty search field that pops up. Depending on your location you can choose different modes of transportation (car, transit, walk, bike). When you chose all applicable options, hit 'Get Directions'. You will then get three options with distance and time estimates.

