



GET UP & GET OUT CHALLENGE

JUNE 15-30 2020

The Bozeman Commuter Challenge is normally a month-long competition between organizations in Bozeman and surrounding areas to replace drive alone trips to and from work by biking, walking, riding the bus, and carpooling. Times are different as we approach this year's Challenge because of this, we are going to do things a little differently.



Why? We are all about promoting active, sustainable, and healthy forms of transportation to work, to play, for errands, and just to get outside. Biking, walking, running, and rolling (skateboard, rollerblades, scooters...) provide many different benefits; you can get fresh air, have fun, burn calories, reduce stress, save money, reduce your environmental impact, get helmet hair, and even get a great tan. This year, during these different and somewhat difficult times, we are encouraging people to "Get Up and Get Out."

What's new? Instead of a month-long initiative, we are condensing the Challenge to the last two weeks of June. In addition to trips to and from work and for running errands, you can log exercise trips made for fun! You can still log work-related trips but, if you aren't working or are working from home, getting outside on your wheels or your feet count towards points as well. Also, you can participate in the challenge without joining a team. If you want to fly solo and track your trips, create an account, sign-up for the challenge and start logging. You will not be eligible for the Team Trophies but will be eligible to win other sweet prizes.

What's the game? Log your exercise and trips for the duration of the challenge. Team standings are determined by the number of trips logged by ALL of the enrolled employees at your workplace, so get as many of your coworkers as you can to sign up and log trips! If you want to create teams within your business or organization, we can help you do that.

What counts as a "trip"? A one-way journey to or from work, the grocery store or other utilitarian trip made by bike, bus, foot, carpool, or other sustainable transportation method. If you bike both to work and home, that counts as two trips. Also, (new as of this year) any bike ride, walk, run, or roll that lasts for at least 20 minutes counts as a trip. The maximum number of trips that you can log in a day is 6! Additionally, trips can be logged using Strava, Waze, or the Commute Tracker app.

When do we start? The "Get Up & Get Out" Challenge starts on June 15th and ends on June 30th. Any trips taken during this time period can be logged and will count towards your team's total trip number as well as your own chance to win an awesome prize from our local sponsors.

Want to sign up or more info? Registration is open on the [Bozemancommute.org website](http://Bozemancommute.org). Go to bozemancommute.org/Program/Challenges or email us at bozemancommute@montana.edu.

For more helpful How-to videos, click the following links

[Logging trips](#)

[Saving Favorite Trips](#)

[Using the Commute Tracker App](#)



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