



GET UP & GET OUT CHALLENGE

Rules & FAQs

JUNE 15-30 2020

The Get Up & Get Out Challenge is a two-week competition with two different components. The first is similar to the commuter challenge of years past. Teams at Gallatin Valley are businesses and organizations compete to get up and get out by biking, walking, running, riding the bus, and carpooling. The Second is an individual challenge to get up and get out. Log your trips in the challenge page and be entered for a chance to win prizes.

To participate, register on BozemanCommute.org and join the Get Up & Get Out Challenge. From there, fly solo, create a new team, or join your workplace's team. Organizations of any size can compete against similarly sized organizations. Your standings are determined by the number of people out of the TOTAL number of employees at your workplace, so the challenge is to get as many of your coworkers as you can to sign up and log trips!

Here are the size categories: <10 people ● 10-25 ● 26-50 ● 51-100 ● >100 people



How are results calculated? The leaderboard is based on the percentage of “active” participants out of the total number of employees at your workplace. A user only needs to log one trip by carpool, bike, walk, run, roll, or bus to be counted as “active.”

Here's a look at how results are calculated: For example, an organization has 10 total employees, there are 5 eligible days in the week, and 4 of them log each day. That network would then have $(4 \times 5) / (10 \times 5) = 40\%$ participation for the week. Keep track of how your workplace stacks up by checking out the leaderboard on the right side of your Dashboard!

How do I win a prize? All participants who are signed up and logging trips are eligible to win one of the weekly prize drawings, You just have to have logged at least three trips during the week of the drawing. You've got until Sunday June 30th to log your trips - all trips must be logged by 11:59pm!

What counts as a “trip”? This year things get different, A one-way journey to or from work made by bike, bus, walking, or carpool counts. A utilitarian trip by bike or foot counts. Exercising by bike, walk, or run for more than 20 minutes counts. So if you commute to work by bus, and then take the bus back home, that counts as two trips. If you drive part of the way to work, park, then ride your bike the rest of the way, the bike portion of your commute counts as a trip.

How does my team win? The number of **total employees** at your workplace determines which category your team falls into. The more people who are signed up and logging trips for your workplace team, the higher up in the standings for your size category you'll be. For organizations of more than 100 employees, different departments could be designated as “sub-networks” of the larger workplace network. Email bozemancommute@montana.edu if you'd like to set up a subnetwork.

[Click the following links](#) to watch some helpful How-to videos!

[Logging trips](#)

[Saving Favorite Trips](#)

[Using the Commute Tracker App](#)



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