

New Hampshire Green Commute Week

May 11-15, 2009



Making the Healthy Choice,
the Easy Choice
For You and the Environment!

Sponsored by: NH Department of Transportation, Bike-Walk Alliance of NH, NH Department of Environmental Services, NH Department of Health and Human Services and the Central NH Regional Planning Commission- Program for Alternative Transportation and Health

May 2009

Exciting Events Planned for Concord and the State

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Monday, May 11

Carpool Day



- 7-9 am event ~ State House Plaza
 - "Meet and Greet" - Concord Mayor James Bouley will read proclamation.
 - Jane Pauley, District Director for Congressman Paul Hodes will discuss national carpool incentives and legislation/tax benefits.
 - Continental breakfast items available
- If you live far, **carpool**, or drive to a Park and Ride lot or some other suitable location and carpool, bicycle or walk from there.

Contact Joan Clinton, Rail & Transit Bureau at 271-4043 to coordinate a carpool

Tuesday, May 12

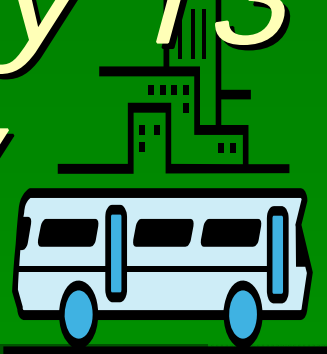
Bike Day

- Suggested bicycling routes are available from many locations.
 - 7-9 am event at Eagle Square*.
 - “Meet and Greet” - Peter Rhodes, John Corrigan and Tim Farmer, experienced bicycling commuters for tips and suggestions;
 - continental breakfast items available



Wednesday, May 13

Transit Day



- **Ride the bus!** Concord Area Transit is offering free fares for anyone who donates a canned good.
- Visit [PATH](#) to verify schedules and bus stops.
- 7-9 am event at State House (Main St. sidewalk);
 - “Meet & Greet: Transit Providers; Ken Hazeltine (Granite State Independent Living), Harry Blunt (Concord Coach), Jim Sudak (Concord Area Transit) and Mickey McIver (Easter Seals)
 - Continental breakfast items available

Thursday, May 14

Walk Day

- Walk to Work! If you would like to bicycle or walk with someone, there will be a host/guide at several locations across the state for scheduled walks/rides.
- Walk at Lunch ~ 11:00am – 1:00pm
End your walk at Eagle Square
 - NHDOT Division Director Jack Ferns, and OEP Director Amy Ignatius.
“What is being done to Promote walking in NH”;
 - Light lunch items available





Friday, May 15

Bike/Walk to Work Day

- Join Governor and Dr. Lynch as they bike to work from Hopkinton to Concord.
- If you would like to bicycle or walk with someone, there will be a host/guide at several locations across the state for scheduled walks/rides.
- 7-9 am event ending at State House (Main St. sidewalk)
 - Concord City Council and Energy Committee will also be present.
 - Press event with the Governor at 8:00 am.
 - Continental breakfast items available

More Information...

- Check in breakfast events also at:
 - Department of Environmental Services
 - Department of Transportation
 - Several other locations in the greater Concord area.
- Historic walking tours in downtown Concord
- Escorted bicycle rides from Park & Ride locations to Concord worksites.

SAFETY FIRST!

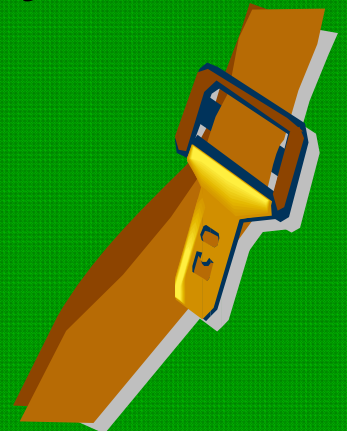


- Please wear a **bicycle helmet** and **safety vest** if you plan on biking.



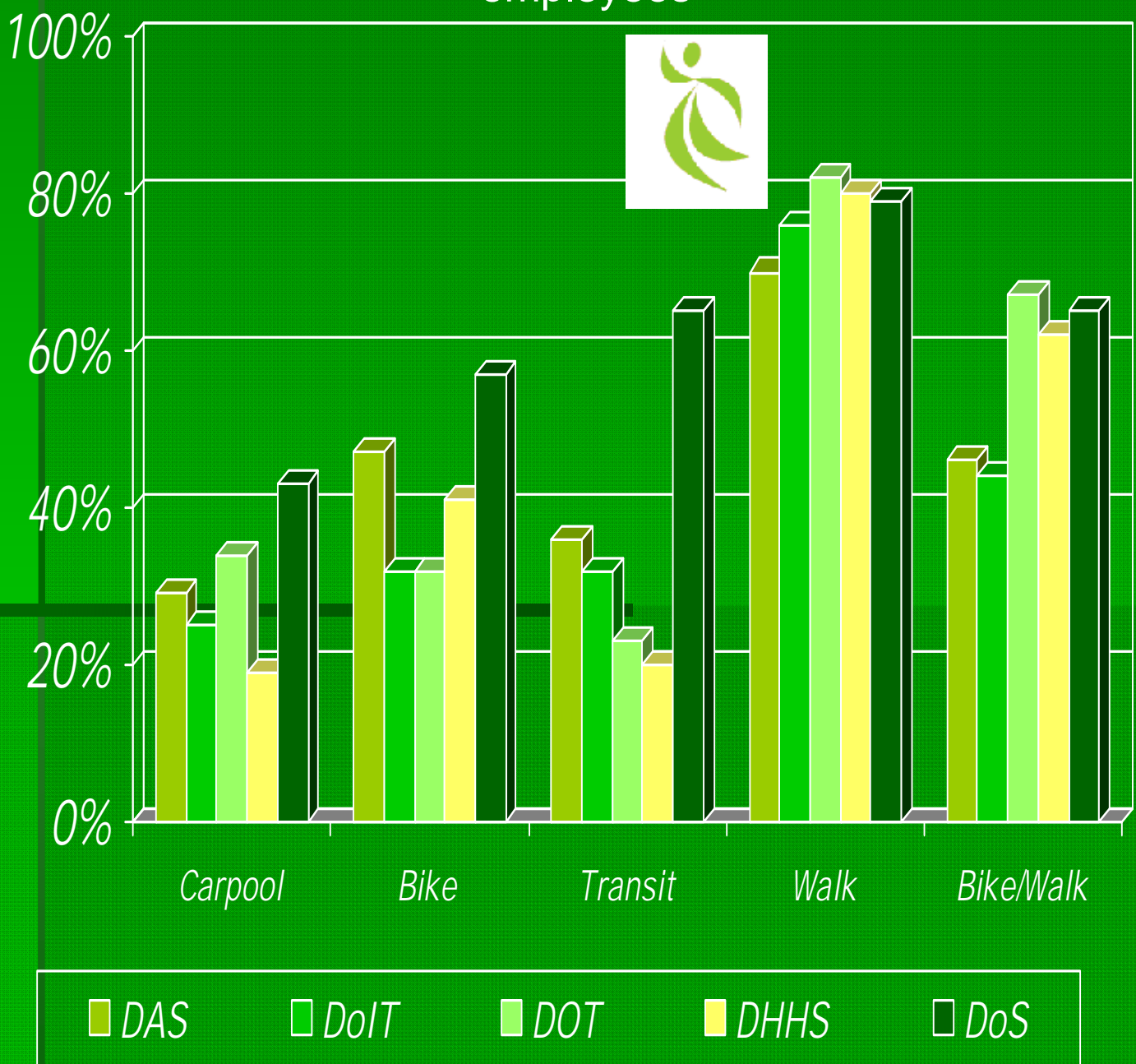
- Wear a **safety vest** or **bright colors** if you are walking.

- Wear your **seatbelt** if you are carpooling!



Compete with other Agencies

Percentage based on number of participants divided by # of employees



PRIZES for Participation!

- An overnight stay for two at the Mount Washington Hotel with breakfast.
- A one year membership to the Appalachian Mountain Club
- Ten roundtrip Amtrak Downeaster Train tickets (given away in pairs)
- Five Bike Walk Alliance of NH memberships
- PATH is also offering a raffle prize, 4 lower bowl tickets to an upcoming Manchester Wolves home game

To Be Eligible for Prizes...

- Complete the equivalent of two round trips walking, bicycling, carpooling, or using public transportation
- Complete the post-online survey found on www.BWANH.org
 - Opens Friday, May 15th ~ 6 am
 - Closes Tuesday, May 19th ~ midnight
- Winners announced by DOT Friday, May 22

Contacts

- Joan Clinton, Rail & Transit Bureau at 271-4043
- Nik Coates, Program for Alternative Transportation and Health at 226-6020
- Find more info and get updates here:
 - <http://www.bwanh.org/>
 - <http://www.nh.gov/dot/nhbikeped/>
 - <http://www.path-nh.org/GreenCommuteWeek.html>

Have FUN!



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