

# Program for Alternative Transportation and Health (PATH)

## Newsletter and Monthly Drawing Reminder

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### Thanks to Our Sponsors!

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**Hello PATH Members! If you are a new member - Welcome!**

If you have carpoled, bicycled, walked, or taken transit to work at least 10 times during the month of March, you are eligible for the PATH monthly drawing for prizes. **Simply reply to this email or email [path@cnhrpc.org](mailto:path@cnhrpc.org) to report your commutes and be entered into the drawing.**

As a PATH member, you will receive this email once per month with news, stories, and event listings. If you prefer to not get the monthly email, you may unsubscribe at the bottom of the email.

PATH members who carpool or bike to work are also eligible for the Emergency Ride Home benefit. If you or your fellow carpooler gets caught without transportation in the event of an emergency, PATH will reimburse your cost of transportation home according to the rules of the program. Complete rules and instructions can be found at our website [www.path-nh.org](http://www.path-nh.org).

## Third Annual Concord Bicycle Swap Get a New Rig for Commute Green!

The Third Annual Concord Area Bicycle Swap will be held on May 14 and 15 at [S&W Sports](#), 296 S Main St Concord. All proceeds will benefit local bicycling projects. A variety of types and sizes of bicycles will be available, including plenty of inexpensive used bicycles. Don't buy a bike from a department store! Come to the swap!

Do you have old bicycles collecting dust? Donate them to a good cause or consign them for cash!

Donations being accepted May 12-13, 10am-7pm  
Bike Swap Hours Saturday May 14 9am-5pm, Sunday 9am-12pm



Get a bike and get geared up so you can be ready to cycle to work for Commute Green New Hampshire starting May 16.

[Visit the CNHBC website for more.](#)

Vintners

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## Commute Green May 16-20

Remember to get your team signed up for Commute Green New Hampshire! As of today, already 36 teams are signed up to Carpool, bike, walk, or ride the bus or train to work to help reach the goal to reduce 50,000 miles driven during the week of May 16-20th. Log your miles as an individual, or sign up your workplace to compete against other employers and teams.



Here is a brief list of some of what's been scheduled so far:

**Monday:** Governor John Lynch and Dr. Susan Lynch will kick-off the week by bicycling to work at the State House. Commute green to State House Plaza (in front of the State House) from 7-9am for free breakfast snacks and coffee!

**Tuesday:** Bike Away from Work: Green Drinks at [Hermanos Cocina Mexicana](#) 6-8pm. Enjoy the company of other like minded individuals.

**Wednesday:** Concord Hospital free barbecue and bike safety check from 11-1.

**Thursday:** Rock n' Race Bike Valet: nobody likes traffic and parking, so ride your bike to Rock n"Race and leave it at the Bike Valet at the [Merrimack County Savings Bank](#) parking lot (off School St) in downtown Concord.

**Friday:** Celebrate National Bike/Walk to Work day on Friday the 20th. Join other green commuters in front of the State House in Concord for free breakfast snacks and coffee from 7-9am. Be sure to bicycle, carpool, walk, or ride the bus!

**More events and more information:** Keep checking [www.commutegreennh.org/cnhrpc](http://www.commutegreennh.org/cnhrpc) for the Concord area.

**If you haven't registered your team for the Statewide Challenge yet, don't forget to do so by May 13th at the [Team Registration Page](#).**

**Don't forget to log on to [www.commutegreennh.org](http://www.commutegreennh.org) to report your miles saved each day. Help New Hampshire reach its goal of 50,000 miles saved!**

**Check out the chance to [win prizes](#) for green commuting!**

[Find us on Facebook.](#)



## Showers Available at YMCA for Green Commuters During Commute Green

Commuters wishing to get fresh and clean before going to work can take a shower after their bicycling or walking (or running) commute during Commute Green New Hampshire (May 16-20). The Downtown Concord [YMCA](#) is making their showers available for use. If you would like to make use of this generous offer, all you need to do is present a valid photo identification at the front desk and tell the desk staff that you biked/walked to work for Commute Green New Hampshire. If you

have any questions, please contact PATH staff at 226-6020 or [path@cnhrpc.org](mailto:path@cnhrpc.org).

## Walk to School Days at Local Schools

Commute Green isn't just for adults commuting to work. Multiple schools across the state are holding Walk to School events for Commute Green. In the Central NH Region, there are participating schools in Concord, Pittsfield, Pembroke, Bradford, Hillsborough, Canterbury, and Allenstown. Most of these events are being organized by local [Safe Routes to School](#) committees. If your child's school isn't holding an event, contact the school to help get something started!



Commute Green is for Kids too!

PATH's mission is to reduce traffic congestion, improve air quality and increase societal emphasis on personal fitness through the creation of services and materials which promote transportation options to the single occupancy vehicle.

Craig Tufts  
Nik Coates  
CNHRPC

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