10 DAY MEDALIST

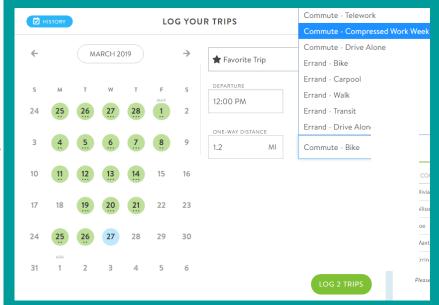
LOG 10 SUSTAINABLE COMMUTES MAY 5- MAY 18. WIN FREE A SWEET PEAKS CONE!



How to be a 10 Day Medalist if you do NOT work a typical 5-day work week May 5 - May 18

If you are not scheduled to work 10 days between Sunday May 5th and Saturday May 18th, you can still achieve the highly coveted 10 Day Medalist status - and win free ice cream! Simply follow these steps:

- 1. First, go ahead and log the trips for the days you did work (if you did in fact use sustainable transportation on those days.
- 2. For the additional number of days you need to log a trip in order to have a total of 10 days with sustainable commutes, log a trip for each of those days and select "Commute Compressed Work Week" as your Mode of Travel (see image to the right).
- 3. In the "One-Way Distance" section, list the mileage for your normal daily commute.



Here's an example:

Connie the Commuter is a nurse and she is only scheduled to work 3 days for both the week of May 5 - 11 and the week of May 12 -18. She commutes by bike each of the 6 days that she works a shift. Connie would first log the 6 trips for the days that she actually worked, entering her One-Way Mileage and selecting "Commute-bike" as her Mode of Travel. Next, she would select any 4 additional days between May 6 - 19 (10 days total - 6 days worked = 4 days that need sustainable commutes logged). For those 4 days, Connie would log a trip and select "Commute- Compressed Work Week" as her Mode of Travel.

Questions? Contact us: 406.522.6675 / mim@missoulainmotion.com











