



**Whether You Go Car Free or Car-Lite:
Commuter Connections Encourages All Area Residents to Pledge for Car Free Day September 22**

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Washington, D.C.—September 22 is Car Free Day and all Washington metropolitan area residents are encouraged to “uncar” for the day. By doing so, they will become eligible to win great prizes. Commuter Connections, a regional transportation network coordinated by the Metropolitan Washington Council of Governments (COG), hosts the annual event to demonstrate the benefits of alternatives to drive-alone travel, such as transit, ridesharing, bicycling, and teleworking.

“Events like Car Free Day can [lead people to change how they choose to get around](#). After they try it out and see how easy going car free can be, they may make it part of their daily routine” said Nicholas Ramfos, Director of Commuter Connections. “And for folks who really have to drive for part of their work commute, they can try going car-lite by carpooling or working from home.”

People who take the online pledge to use transportation alternatives for work, school or other daily activities on Car Free Day are eligible to **win great prizes** such as an **Apple iPad, a bicycle, Washington Nationals tickets**, and more! Last year’s bicycle winner has added bicycling into her regular commute to the Metro station. “My commute now benefits my health, my pocket, and the planet,” said Yunuen Hernandez. The 2011 Car Free Day pledge is available at www.carfreemetrodc.com.

All residents in the Washington area who currently live a Car Free or Car-Lite lifestyle or wish to try it out by using transit, bicycling, walking, teleworking or ridesharing, are encouraged to take the pledge on [the Car Free Day website](#) to show their support of, and success with, transportation alternatives. They can visit the Car Free Day Twitter (@CarFreeMetroDC) and Facebook pages to share their car-free and car-lite stories, experiences and inspirational advice with other participants.

Car Free Day is a world-wide event that encourages awareness and use of alternatives to drive-alone travel. By going Car Free or Car-Lite in the Washington metropolitan region on September 22, participants will help reduce auto emissions and decrease traffic congestion. This initiative is just one of the innovative ways Commuter Connections promotes alternatives to drive-alone commuting.

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Commuter Connections is a program of the National Capital Region Transportation Planning Board at the Metropolitan Washington Council of Governments. Commuter Connections promotes bicycling to work, ridesharing and other alternatives to drive alone commuting, and provides ridematching for carpools and vanpools and offers the free Guaranteed Ride Home program. Commuter Connections is funded by the District of Columbia, Maryland, Virginia and U.S. Departments of Transportation. www.mwkog.org, www.commuterconnections.org.