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With More Than a Week Still To Go, Car Free Day Breaks Pledge Record

Washington, D.C. — More than 7,300 residents in the region have already pledged to go Car Free, or share a ride and go Car-Lite in the DC area on September 22, outpacing last year's registrations with more than a week still to go before the event. **Car Free Day, which takes place on Thursday, September 22**, is an annual event sponsored by Commuter Connections, a regional transportation network coordinated by the Metropolitan Washington Council of Governments (COG).

This year, those who pledge to go Car Free by September 19 will receive a coupon via email redeemable for free pizza and a soda, compliments of [Flippin' Pizza](#), one of the fastest growing restaurant chains in the DC area, for use until 4:00 pm on Car Free Day, September 22. "We are pleased to provide this year's registrants with a generous Flippin' Pizza coupon as a way to say thank you for finding an alternate to driving alone this Car Free Day," said Nicholas Ramfos, Director of COG's Commuter Connections. "We are happy to add Flippin' Pizza to our growing list of sponsors including Base Technologies, BicycleSPACE, Washington Nationals, Capital Bikeshare, Bike and Roll, Capital Segway and Metro for this event."

"The Flippin' Pizza brand has been built on creating high-quality pizza and giving back to the local community," said Patrick Farley, CEO of Flippin' Pizza. "In furthering our commitment to both community-building and supporting innovative programs, we are pleased to team up with Commuter Connections and its Car Free Day program. Community members that pledge to go Car Free or Car-Lite on September 22 will receive a complimentary lunch special from Flippin' Pizza. It's a great way for fans and community members to get involved, reduce their environmental footprint and enjoy their favorite Flippin' Pizza slices."

Car Free Day participants are also encouraged to join in the [Capital Bikeshare Birthday Bash](#) on September 22, from 6 to 9 PM in [Yards Park](#). There will be live music, moon bounces, food, games, giveaways and plenty of fun.

Taking the pledge is free and easy at www.carfreemetrodc.com. By pledging to go car free or car-lite, registrants will receive free pizza and become eligible to win prizes including an Apple® iPad™, bicycle, tickets to Washington Nationals games, \$25 SmarTrip cards, a Capital Bikeshare membership and more (*complete prize list below*). This initiative is just one of the innovative ways Commuter Connections is promoting alternatives to drive alone commuting.

Car Free Day Raffle Prizes and promotions **Some restrictions and limits may apply.*

Apple® iPad™, courtesy Base Technologies

Bicycle giveaway - with assembly and warranty, courtesy BicycleSPACE

Washington Nationals - Pairs of Tickets to 2012 Season Games

Free lunch (2 slices of pizza and a beverage), courtesy Flippin' Pizza

Capital Bikeshare - annual memberships, courtesy District Department of Transportation

SmarTrip Cards loaded with \$25 of fare, courtesy WMATA

Segway Tours – See the City Tours for Two, courtesy Capital Segway

Train Tickets – Rail Passes, courtesy Virginia Railways Express

Sport & Health – Free 7 day pass (through 9/30/2011).

Flippin' Pizza, known for its New York style pies and slices, was launched in North San Diego County in 2007. With the mission to be the neighborhood pizzeria giving back to the community and providing a true slice of New York to every customer who walks through their doors, today the chain includes 12 locations in California, Maryland, Virginia and Washington D.C. For more information, visit www.FlippinPizza.com. To stay up-to-date on all the latest Flippin' Pizza news, fans can join in the conversation on Twitter at <http://twitter.com/flippinpizza> and Facebook at <http://facebook.com/flippinpizza>.

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.mwcog.org, www.commuterconnections.org.