

ENJOY THE BENEFITS OF ACTIVE COMMUTING

Have an out-of-car experience

Smell the flowers, feel the wind in your face, stretch your legs and hear your neighbor say hello.

Improve Your Health

People who walk or bike to work arrive at work feeling refreshed, less stressed and ready to start their day. People who switch from sedentary commuting to cycling or walking, improve the health of their heart, lungs and blood vessels and are less likely to be ill.



SKAT BUS PASS

Good for one FREE ride on a SKAT bus on any of the following dates:

May 17
June 21
July 19
August 16
September 13



Reduce Pollution

Everyone knows that cars pollute the air. But did you know that much of that pollution ends up in our rivers and lakes? A bicycle commuter who lives two miles from work prevents nearly 15 pounds of auto emissions from polluting our air and water in a year.

If you live more than a few miles from work you can combine an active commute with a FREE bus ride with SKAT. Use the free bus pass, printed on this brochure, for a free ride on every Skagit County Walk-n-Roll event day.



Save Time



For a short commute, biking or walking may actually be quicker than driving and is a great way to squeeze regular exercise into your busy schedule.

Save Money

Active commuting saves wear and tear on your car and gas money.

Walk -n- Roll SKAGIT COUNTY 2002



Walk, ride your bike or take the bus to work on the following Fridays:

May 17
June 21
July 19
August 16
September 13

Reduce pollution, save money, improve your health and maybe win a prize!

Why not have an out-of-car experience!

Have an out-of-car experience!

Your trip to work doesn't have to be wasted time. Walking or biking to work is healthy, fun and kind to our environment. Try biking or walking to work on one or all of the five monthly **2002 Walk-n-Roll** days starting on Friday, May 17, 2002.



Win Prizes!

Each day you participate you will be eligible to win monthly prizes and will be entered into a grand prize drawing for an overnight getaway at The Willows Inn on Lummi Island or a mountain bike from Skagit Cyclery. The grand prizes will be drawn at the end of the five-month series. The more days you participate, the greater your chances of winning!

Here's How to Enter...

Use the Entry Form/Trip Log in this brochure to enter. Check in at one of our event stations between 6:30–9 a.m. each day you participate and complete an Entry Form/Trip Log. Or pick one up from your Worksite Coordinator. Be sure to get it back to your coordinator or to us within one week after each event day so you will be entered into the prize drawing for that month (see Entry Form /Trip Log for more details.)

Event stations are located at:

Anacortes

- Island Hospital, 1211 – 24th
- March's Point Park & Ride

Burlington

- Lions Club Park, corner of Regent and SR 20

Mount Vernon

- Skagit Valley Hospital, 1415 E. Kincaid
- Mount Vernon P.D., 1805 Continental
- Skagit County, Pine Street between First and Second Streets

Sedro-Woolley

- State & Metcalf, behind Bus Jungquist Store

On each event day, be sure to complete your **Entry Form/Trip Log** and return it so you will be entered into that month's drawing for **some great prizes** (one entry per person per month please.)



The more times you participate and return your **Entry Form/Trip Log**, the greater your chances of winning. One copy of the form is attached

and others can either be duplicated, picked up at one of the Event Stations or from your worksite Event Coordinator (see other side of brochure – far right panel.)



Be healthy. Be active.

WALK-N-ROLL 2002 Entry Form/Trip Log

I participated in the 2002 Skagit County Walk-n-Roll event on the following date (submit one form for each day you participate):

May 17 *August 16*
June 21 *Sept. 13*
July 19

I used the following forms of transportation to get to work (okay to check more than one if using multiple forms of transportation):

Walking *Biking*
Public Transportation *Other*

- My estimated distance to work (one-way) was: _____
- Of that total distance my estimated walking/biking distance was (may be the same): _____

Name (print) _____

Employer _____

Work Phone _____

E-mail _____

Please complete and return this form to your Employee **Walk-n-Roll 2002** Coordinator, turn it in at one of the Event Stations listed or fax to 360-336-9624. For more information you can contact Liz McNett Crowl at 360-336-9622.



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