

LET'S GO TEES VALLEY COMMUTER CHALLENGE

**16-22
 September**

First name: _____ Last name: _____

Email: _____ Phone no: _____

Company/Employer: _____ Postcode (where you live): _____

How do you get to/from work the **majority** of the time? _____

Estimated total number of miles you travel to work each day? _____

Commuter Challenge Journey Log

How did you travel today?	Day 1 Mon 16 Sep	Day 2 Tue 17 Sep	Day 3 Wed 18 Sep	Day 4 Thu 19 Sep	Day 5 Fri 20 Sep	Day 6 Sat 21 Sep	Day 7 Sun 22 Sep
To work							
To home							

How to fill in your journey log to win the grand prize of a Boardman Bike Bundle (worth £750)

During the week of Monday 16 to Sunday 22 September 2019, fill in the table above with how you travelled that day, including if you drove alone. If you didn't travel to/from work on that day, just leave it blank. Each green journey = one entry to win the grand prize! Green journeys include walking, cycling, bus, rail, getting a lift in a car with someone or giving a lift to someone.

At the end of the week, we will send an email with instructions on how to **log your green journeys online**. Or you can **post this log** to: Let's Go Tees Valley Commuter Challenge, Room 417, Town Hall, Feethams, Darlington DL1 5QT or **scan/photo and email** to info@letsготeesvalley.co.uk by midnight on 30 September 2019. If you need any more information please contact us at info@letsготeesvalley.co.uk or call **01325 40 50 40**. **Good luck!**

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Change the way you go to work and get ready to win!

16-22 September 2019 is the week to leave the car at home and try greener, healthier ways to get to work. Whether you **cycle, walk, try the bus or train or even car share**, you'll be moving more, driving less and feeling better and fitter as a result. Fewer cars equals better air quality so you'll be doing your bit for your community and your environment too.

1. Sign up at www.letsgoteesvalley.co.uk/sign-up
2. Leave your car at home at least once and use other ways to get to work during the week of 16-22 September 2019.
3. Keep track of your journeys during the week on the form overleaf.

Easy as one, two, three! Once you sign up we will email you instructions and prize information throughout the challenge. For complete terms & conditions please visit our website.

GRAND PRIZE Boardman Bike Bundle (worth £750)



During the week every solo car trip that you swap for a greener journey to work equals one entry into a prize draw to win a new bike! This prize package includes a bike, a helmet and bike lights! Let's go!

To enter to win this prize you need to complete the journey log on overleaf and return it to us or complete the online survey that we will email you. All entries must be completed by midnight 30 September 2019.

Follow us, get social and get winning!

We are giving away prizes every day of the week!

Follow us and find out how you could win **#HappyCommute**

- Monday:** Tees Barrage two hour stand-up paddleboard lesson
Tuesday: Team breakfast for up to 10 people of your choice
Wednesday: Four weekly Arriva North East bus tickets
Thursday: Afternoon tea for two at Wynyard Hall
Friday: Fitbit Versa



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