

WALK & RIDE

October 10-30, 2011



Better Ways ToWork!
Montgomery County
Commuter Services



Bethesda
Transportation Solutions

PUT A LITTLE STEP IN YOUR COMMUTE!

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Bethesda Transportation Solutions (BTS) challenges you and your employees to "Put a little step in your commute!" and enter in the 2011 Walk & Ride Challenge. Join us and hundreds of other Bethesda-based companies and commuters in raising awareness about the "no-hassle, healthy commute"—and have fun in the process. The Walk & Ride Challenge is a great way to begin new friendships in your company or strengthen current ones by competing against other area businesses over a three week period.

The Challenge encourages everyone to get out of their car, take transit and get walking. Get fit just by going to work!

Where...Everywhere!

To and from the Metro station. To and from the bus stop. To and from work....and everywhere in between!

Who

All downtown Bethesda-based companies and their employees! Get your team together today! See our website for details.

How

Get your team together and register online at bethesdatransit.org. Register by September 16 for the Early Bird Discount!

Win BIG!

Each week, participants walking more than 50,000 steps will be entered into a drawing to win a new iPod!

Participants walking 25,000-49,999 steps in a week are entered into drawings for weekly prizes.

The grand prize winning team and winning individual will all receive:

- \$100 Visa Gift Card
- \$50 in SmartBenefits

Grab your coworkers. Name your team. Weekly winners & prizes!

Register online at bethesdatransit.org

Bethesda Transportation Solutions / Bethesda Urban Partnership, 7700 Old Georgetown Rd Bethesda, MD 301.656.0868