

NEWS RELEASE

## Registration now open for Car Free Day 2023: Improve your commute, save money on gas and parking

Aug 15, 2023



World Car Free Day 2023 is coming to the metropolitan Washington region, and registration is now open. This annual event organized by COG's Commuter Connections program encourages residents, commuters, and students to choose a greener way to travel by going car free or car lite on Friday, September 22. By taking the free online pledge at [carfreemetrodc.org](https://carfreemetrodc.org), participants contribute to reducing traffic congestion and greenhouse gas emissions, improve their health, and qualify for great prizes.

Interested residents can simply take the pledge to reduce their single occupancy trips on September 22 by choosing an alternative travel option such as public transit, bicycling, carpooling, vanpooling, scootering, walking, or simply teleworking. Each registrant will be entered into a raffle for a chance to win great prizes from this year's sponsors.

"Car Free Day in the Washington D.C. region is part of a global event to invite everyone to leave their cars at home and try alternative transportation options for a day. Whether a commuter, student, or visitor, everyone can help reduce traffic congestion and air pollution, and save money on gas and parking," said Nicholas Ramfos, Commuter Connections Director. "With gas prices increasing and

traffic returning to pre-COVID levels, Car Free Day is a great excuse to take advantage of our many alternatives to driving alone like riding the bus, Metro, commuter rail, biking, or carpooling with friends and family.”

Taking the pledge is free, fast, and easy. Just visit [carfreemetrodc.org](http://carfreemetrodc.org) and click on the “Take the Pledge” button. You’ll be asked to provide some basic information, including how you plan to get around on Friday, September 22. Everyone who takes the pledge will receive a \$30 promo code from Nift (Neighborhood Gift) to spend at local neighborhood businesses. Plus, all who take the pledge will be automatically eligible to win great prizes such as a Samsung tablet, gift cards to popular restaurants and stores, annual memberships, and more.

For more information, visit [carfreemetrodc.org](http://carfreemetrodc.org) or follow @CarFreeMetroDC on Facebook and Twitter.

**MORE: [Learn more and take the free pledge.](#)**

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