

**For Immediate Release**

April 27, 2009

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**Green Commute Week May 11-15, 2009.**

For this week and beyond, NH citizens are encouraged to bicycle, walk, carpool, or use public transportation to get to work and other destinations. The New Hampshire Department of Transportation, the Bike-Walk Alliance of New Hampshire, and many other organizations are sponsoring this promotion.

Commuters who bicycle, walk, carpool, or use public transportation to get to and from work for at least two round trips during the week of May 11-15 are eligible for donated giveaways, including an overnight stay at the Mount Washington Resort, in Bretton Woods, NH.

As part of the weeklong promotion, Wednesday May 13 is Transit Day. Many local transit providers are offering a free ride in exchange for the donation of a food item for the local food pantry. Public transportation can be an economical and environmentally friendly way to get to work.

Friday May 15, 2009 National Bike/Walk to Work Day is being celebrated in New Hampshire. On Friday, the goal is to have people walk or bicycle for all or part of their commute to work. Celebration breakfasts are scheduled to take place at worksites and other community locations around the state.

For more information on the transit providers participating, and a list of Bike/Walk to Work Day breakfast events scheduled around the state, visit [www.bikeped.nh.gov](http://www.bikeped.nh.gov) or call-800-462-8707. A breakfast event toolkit is also available on the website, for anyone who would like to organize an event at their worksite or community location.

*Every gallon of gasoline used, produces approximately 20 pounds of carbon dioxide emissions. Transportation is responsible for an estimated 40% of New England's carbon dioxide emissions. Help improve air quality by leaving your car at home a couple of days a week.*

The New Hampshire Department of Transportation, Bike-Walk Alliance of NH, NH Department of Health and Human Services, NH Department of Environmental Services, and other state and private organizations sponsor Green Commute Week.

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