



## CommuteSmart NH Announces Annual Spring Bike Challenge for 2025!

CommuteSmart New Hampshire is thrilled to unveil our highly anticipated annual Spring Bike Challenge for 2025! As a sister to the annual Fall challenge, This exciting initiative is designed to promote green commuting practices, and we warmly invite you, your family, and your colleagues to join us in riding your bikes to work and school throughout the month of May 2025. Together, we can make a significant impact on our environment and our communities. The challenge will officially run from **May 1 to May 31, 2025**.

### Why Participate? The Benefits of Biking:

By participating in our May Spring Bike Challenge, residents of New Hampshire can reap numerous benefits, including substantial savings on gasoline while enjoying the thrill of cycling. Not only does biking reduce the number of cars on the road, but it also plays a crucial role in extending the lifespan of our infrastructure. Moreover, it significantly decreases air pollution, alleviates traffic congestion, and, most importantly, contributes to your overall health and happiness. Last year, we made remarkable strides for the environment, our well-being, and our finances through sustainable commuting practices. In 2024, active transportation members collectively burned a total of **348,140 calories!** our dedicated participants collectively eliminated an impressive **10,016 car trips**, resulting in a staggering reduction of **101,638 miles** driven. This effort prevented **102,515 pounds** of carbon emissions from entering our atmosphere. Additionally, we saved **4,749 gallons** of gasoline, which translates to an incredible total of **\$68,098 in savings** at the pump, not to mention the reduced wear and tear on vehicles.

### Join Us and Make a Difference!

This year's challenge aims to surpass last year's achievements and make an even greater impact! To participate, individuals simply need to log their green commuting miles throughout the month. We encourage employers and schools to appoint a team captain who will register their teams, while team members can sign up individually at any time. Starting May 1, 2025, everyone can begin logging their miles, even those whose employers are not directly involved in the challenge. Registration is straightforward and can be completed through the CommuteSmart platform. So, gear up, get your bikes ready, and prepare to pedal your way to a greener future! Together, we can reinvent modern transportation practices.

### Who are we?

CommuteSmart New Hampshire is a collaborative initiative involving planning commissions, state agencies, and transit providers that promotes smart commuting options like carpooling, vanpooling, public transport, walking, biking, and telecommuting. The program aims to raise awareness among employees and employers about the benefits of these alternatives, including reduced traffic congestion, lower transportation costs, and healthier lifestyles. To support this transition, CommuteSmart New Hampshire offers resources and tools to help individuals and organizations adopt more efficient and eco-friendly commuting practices.

### For Additional Information, Please Refer to the Resources Below:

CommuteSmart NH (**CSNH**) ([www.commutessmartnh.org](http://www.commutessmartnh.org))

Central New Hampshire Regional Planning Commission (**CNHRPC**) ([www.cnhrpc.org](http://www.cnhrpc.org))