

Bike to Work Commute Competition:

A commute competition can be a fun motivational tool to increase bike commuting and support habit building for sustainable transportation!

We have provided this model set of rules in addition to an in-house tracker (using a Microsoft Form template). You can use these sample rules & set up if it works for your workplace- or you can alter any of these structures for what works best for your organization. Another option is to use a platform like RideAmigos, Luum, or Pave Commute, a paid management software that can take care of the management for you and has increased capacity. There is no “right” way, just chose whatever works best for your unique workplace!

SAMPLE PROGRAM:

Rules & Reminders:

- *Be honest and kind — this is a friendly competition!*
- Helmets strongly encouraged for safety
- Obey traffic laws & ride safely
- E-bikes are welcome (including Lime Bikes/scooters and other micro mobility)
- Multimodal commuting (bike + transit) counts if you ride part of the way
- Riding from home to a co-working space, meeting, or event also counts if it's work-related

Awards and Recognition:

- Most Points - prizes for rankings 1-3 (see how to earn points below)
- Most Miles - prizes for rankings 1-3
- Rain or Shine Rider: most rainy rides
- Bike Buddy Champion: most rides with a coworker

- Funniest Ride Photo: funniest ride photo as determined by your HR team

How to Earn Points:

- Track your rides to get points for each commute:
<https://forms.office.com/Pages/ShareFormPage.aspx?id=lidOzcDp5E6A4EAJhJcfpxm1oWrkBdBMkEaOyvNzCwxUMkg3R1UzMTZUTUQ1TTNLMVZFTDk3ODFYOS4u&sharetoken=sbpSS0qpYNRso4QRBibz>

Point Values:

- Each one-way commute = 1 point
- **1 bonus point each for:**
 - Including a photo (please note these may be posted on workplace Intranet or shared!)
 - Riding in the rain
 - Riding with a coworker

Need Help or Gear?

Reach out to our Employee Transportation Coordinator: emailetc@gmail.com

Let's make this a fun, sustainable, and energizing way to connect, commute, and compete!