

TRAVEL GREEN.

LIVE GREEN.

Sample Messages – Cars & Commutes

Feel Healthier this Summer – Bike or Walk!

Rather than driving alone to work, fighting the traffic and raising your blood pressure, why not get out and enjoy the nice summer weather. Riding your bicycle or walking to work is a great way to get your exercise in and reduce stress. You'll feel healthier and energized! Plus, you could win a VISA gift card. Check out www.MyCommute.org for **Travel Green. Live Green.** contest details.

Cut your commute costs in half!

By sharing the ride with a co-worker, friend or neighbor, you can cut your commuting costs in half. With gas prices near \$3 a gallon, this is a great time to give it a try! The average commuter travels 12 miles to work, and with a vehicle that gets 15 miles to the gallon, it costs approximately \$24 a week to drive to work. Cut it in half by carpooling and you'll save \$12 a week or \$48 a month. Save that money for a family vacation or something you've really been wanting. I can help you get started, just give me a call, e-mail or stop by my desk. You can also go to www.RideshareOnline.com for instant matches to others with similar schedules and locations. Plus, you could win a VISA gift card. Check out www.MyCommute.org for **Travel Green. Live Green.** campaign details.

Green Up Your Commute – Ride the Bus

Green up your summer and ride the bus to work. You'll reduce the number of cars on the road, save money on gas and parking and help keep our air clean. So, sit back, relax and let someone else do the driving. By using a commute alternative, you could win VISA gift cards too. Check out www.MyCommute.org for campaign details.

Refuel after 5pm – it's better for our air!

Travel Green. Live Green. This summer refuel your vehicle after 5 p.m. to keep ozone forming vapors out of the air during the heat of the day, when ozone (smog) forms. Ground-level ozone is a harmful air pollutant formed when emissions from motor vehicles, gasoline, and solvents "bake" in the hot sun.

Overfill is Overkill

In addition to using commute alternatives, here is another way you can help keep our air clean. When you gas up, don't top off (overfill) the tank. By stopping at the first click and leaving some space, you not only avoid spilling gasoline, you also prevent additional vapors from escaping into the air. **Travel Green. Live Green.** For more clean air tips visit www.spokanecleanair.org/seasonal_tips.asp.

Save Money on Gas

Check your vehicle's tire pressure monthly. Properly inflated tires will improve gas mileage, reduce tailpipe emissions, and reduce tire wear. The better gas mileage you get, the more money you'll have in your pocket and the cleaner our air will be. **Travel Green. Live Green.** For more car care tips, visit www.spokanecleanair.org/seasonal_tips.asp.

Save time, money and the air this summer!

Using a commute alternative saves you money and helps our air. Here's another **Travel Green. Live Green.** tip that will also save you time. Simply combine your errands into one, efficient trip. You'll have more time and money to play this summer and get a chance to enjoy the fresh clean air.

