

# Most Valuable Commuter

## Walker



Use this form to nominate an employee who walks to work and who you, as ETC, believe deserves countywide recognition as a "Most Valuable Commuter."

Nominee\* (employee) Name Bea A. Walker Company Modes R Us

Position/Title Special Projects Coordinator

Average number of days per month nominee walks to work 19

Average number of days worked per month 21 One-way miles traveled from home to work 4.5



Please use the space below to answer the following questions and describe why you feel this employee deserves to be selected as one of Spokane County's Most Valuable Commuters. Be sure to include information about the nominee's level of participation and effort in response to the following criteria:

1. How does your employee demonstrate their commitment to commute alternatives (why they participate)?
2. How does your employee display extra effort in overcoming obstacles to use commute alternatives?
3. How does your employee demonstrate enthusiasm for commute alternatives?
4. Does your employee encourage fellow employees to participate in CTR?
5. What makes this nominee shine as your company's Most Valuable Commuter for this mode?

*(Please type or print legibly in black—10 point font, minimum—and limit your answer to the space below.)*

Bea A. Walker has become a walking icon here at Modes R Us Company. Every single workday, Bea can be seen walking, either to and from work or during her lunch hour. For nearly 4 years, Bea has made the four in a half mile trek to work and back, even in some of Spokane's worst winter weather. She says that during some snowstorms she has had to take a different route and come with her boots on, but she has remained determined to use her legs to get here.

Two years ago, Bea was faced with a back injury, making her incapable of walking any great distance. For two months Bea rode the bus to work, demonstrating her commitment to not driving alone. As soon as her back injury had improved, she was back to walking to and from work.

Besides overcoming the injury, Bea states that her biggest obstacle in using her commute alternative is dodging the traffic. Nearly every day she faces a situation requiring her to move quickly to avoid harm. She has become a "defensive walker" and has learned to constantly be aware of anything moving around her.

At lunchtime, Bea takes a three-mile hike through the Park. She constantly encourages other Modes R Us employees to join her, pointing out the advantages to a noon time stroll. A few years ago members of our CTR program noticed Bea's dedication to walking and came up with an idea for a promotional activity. Known as the "Bea A. Walker Walk", each year during our promotion, we get together to join Bea for a walk through the park. Bea leads the group and sets a good pace for everyone.

For Bea the main motivator for walking began with the pollution factor. She also believes in setting the example, and sharing the advantages of walking with coworkers. She recognizes the positive affects on her health and enjoys the "walkers high" she gets after a vigorous jaunt.

In addition to walking, Bea works a compressed workweek schedule. If there is any one individual working for Modes R Us Company that does more than his or her share to use a commute alternative, it is Bea A. Walker.

Ima Starr

ETC Signature (Nominator)

Date

**\*Important! Nominee must be willing to have their photo taken and allow their name and story to appear in local advertising.**



Return this form to the Spokane County CTR Office.

Mail to: Spokane County CTR Office, PWK-3,1116 W. Broadway Ave., Spokane, WA 99260, or fax to 477-7478.