

Presented by:



# CRIKit

## Commuter Resource and Information Kit

→ inspiring healthy commuters

2007

- Prizes
- Coupons  
Value \$300
- Events



**SADDLE UP!**  
Trip Reduction Program

[www.calgary.ca](http://www.calgary.ca)  
call 3-1-1



THE CITY OF  
**CALGARY**  
TRANSPORTATION PLANNING



## Sustainable Alberta

**The Sustainable Alberta Association (SAA)**, established in 1998, is a non-profit, non-government organization with a strong volunteer component. The SAA Board consists of representatives from business, government and the not-for-profit sector. Its main focus is to improve the personal, social and environmental health of Calgary through encouraging citizens to leave their cars at home and commute by bus, train, carpool, bicycle, foot and telecommunications.

As SAA's founder, I've been involved with the Commuter Challenge program since 1993, launching the national Commuter Challenge initiative in 1999. This year, SAA is introducing its new year-round **"Saddle Up!"** trip reduction program that will be customized for workplaces, including Canada's new **Green Energy Challenge**.

We look forward to hearing from your workplace. Please visit our Website for more information about all of our programs.

### Kathryn Winkler

Executive Director, Founder,  
Sustainable Alberta Association



### → Did You Know?

Without constructing any new roads into downtown, The City has been able to accommodate roughly **26,000 additional trips** by shifting people's choice of time and mode of travel.



## Foreword

When it comes to transportation choices for commuters, The City of Calgary has a lot to offer! Over 635 km of pathways within our city's boundaries means that Calgary has the most extensive urban pathway network in North

America. Our CTrain is fast, safe and efficient, and our bus network is extensive and growing. The City of Calgary officially endorses **carpool.ca**, and has more people signed on to this free ridematching service than any other city in the country. The City also endorses teleworking, promoting this practice with other employers. Calgary is home base for **Teletrips** (helping people work from home), **Car Heaven** (disposing of older polluting vehicles) and **CATCO** (community car sharing). Over a decade ago, the **Commuter Challenge** began in Calgary. It is now a National Environment Week event.

As Calgary grows, providing options for commuters is key to our vibrant city. This Commuter Resource Information Kit (CRiKit) will provide you with resources, testimonials, links, and coupons that will support your sustainable transportation choices. Sustainable Alberta Association is looking forward to bringing year-round trip reduction programs to workplaces in Calgary.

**Diane Colley-Urquhart**

Alderman, Ward 13



## → Did You Know?

The Calgary Commuter Challenge became the catalyst for the national campaign, and it has grown! Last year, over 100 towns and cities across Canada took part in the Commuter Challenge, **saving 887,115 kgs of CO<sub>2</sub>** in just one week.



## Try it! You might like it!



### JUNE 3–9, 2007

Participate in the Calgary Commuter Challenge by registering and logging your

commute every day during National Environment Week at [www.commuterchallenge.ca](http://www.commuterchallenge.ca).

### How does the Commuter Challenge work?

At the heart of the Commuter Challenge event is a simple competition between Calgary workplaces and Canadian cities for the distinction of being a leader in supporting healthier commuting.

Each day of the Challenge, employees at participating workplaces record how they got to work. An employee who walks, cycles, takes transit or carpools to work counts as a healthier commuter. Employees who telework are also included.

At the end of the week, the workplace with the highest percentage of healthier commuters is declared the winner.

Check out the Calgary Commuter Challenge video at [www.sustainable.ab.ca](http://www.sustainable.ab.ca).

### Other 2007 event dates

March 17, 2007 → Go Green for St. Patrick's Day  
[www.carpool.ca](http://www.carpool.ca)

April 22, 2007 → Earth Day, Commuter Challenge Breakfast Launch  
[www.sustainable.ab.ca](http://www.sustainable.ab.ca)

May 28, 2007 (TBD) → Cyclist's Breakfast  
[www.bikecalgary.org](http://www.bikecalgary.org)

June 3 – 9, 2007 → Calgary Commuter Challenge  
[www.commuterchallenge.ca](http://www.commuterchallenge.ca)

June 3 – 9, 2007 → National Environment Week  
[www.ec.gc.ca](http://www.ec.gc.ca)

June 5 – 7, 2007 → Mayor's Environmental Expo  
[www.calgary.ca](http://www.calgary.ca)

June 6, 2007 → Clean Air Day

October 13 & 14, 2007 → The 6th EcoLiving Fair  
[www.ecolivingfair.ca/fair.html](http://www.ecolivingfair.ca/fair.html)

## Saddle Up! Trip Reduction Program

**Saddle Up!** provides employers with customized year-round programming that reduces commuter car trips to the workplace. Saddle Up! includes workshops, newsletters and award programs and will introduce Canada's new Green Energy Challenge. It supports the employer in implementing carpool tools, dedicated parking spaces for carpoolers, transit pass subsidies, individual assessments, and many other creative incentives to get employees commuting by transit, walking, cycling or carpooling.

Contact Sustainable Alberta Association at **403-294-0904** for more information or visit our Website at **[www.sustainable.ab.ca](http://www.sustainable.ab.ca)**



### → **Did You Know?**

Employers who promote and facilitate the well-being of employees, communities, and the environment enjoy greater loyalty and respect from their employees and their customers.

# The City of Calgary supports your healthy commute



**By Phone:** All City commuter information services can now be reached by calling **3-1-1**.

## **By Website:**

- **Carpooling:** [www.carpool.ca](http://www.carpool.ca)
- **Transit online trip planner:** [www.calgarytransit.com](http://www.calgarytransit.com)
- **Traveler information:** [www.calgary.ca/trafficinfo](http://www.calgary.ca/trafficinfo)
- **Traffic Advisory Radio:** Traffic Information Now FM 97.5
- **Pathways information:** [www.calgary.ca/parks](http://www.calgary.ca/parks)

## **Carpooling** (see **Carpool.ca**, page 9)

The City of Calgary has more commuters registered with **Carpool.ca** than any other municipality in Canada. Carpool.ca provides a free, secure, internet ride-matching service. To find a potential carpool simply visit the Website and register on the database.

## **Transit Online trip planning**

Calgary Transit has an online trip planning function that will provide you with a list of options and connections for travel around the city. Simply input your start location, your destination and the time you would like to arrive, and you will be presented with a list of options and transfers that will get you to your destination.



## **Weekday RIDER** **Weekend DRIVER:**

Calgary Transit has teamed up with local car rental companies to provide added value for your adult monthly pass.

Adult monthly pass purchasers can receive discounts on vehicle rentals by showing their monthly transit pass at one of these five participating car rental companies: Hertz, Budget, Rent-a-Wreck, Avis, and Enterprise.

## **Seats Available. Flex your work schedule.**

Calgary Transit provides over 2 million hours of service annually with about 900 vehicles.

Even though Transit has nearly 120 million boardings each year, there are still seats available. The vacant seats can be found in buses and LRVs running before and after peak travel periods. Flex your work hours to arrive at work a bit earlier or later and you'll find a seat on Transit.

## **Bikes on the CTrain**

Bikes can be taken onto the CTrain weekdays during off-peak hours: before 6:30 a.m., between 9 a.m. and 3 p.m., and after 6 p.m., or anytime on weekends. The only exceptions are during overcrowded or unsafe conditions such as before and after a concert, a football game or a hockey game.

## **Bike Racks on Buses**

Calgary Transit has outfitted 142 low floor buses with bike racks. Those buses will be operating on 17 routes (1, 6, 7, 11, 12, 15, 28, 29, 52, 56, 78, 79, 80, 83, 92, 96 and 408) that have been designated as Low Floor Bike Rack routes.

## **Bike Parking at LRT stations**

There are 84 bike lockers available for rent at nine CTrain stations:

Dalhousie	Brentwood	Fish Creek-Lacombe
Chinook	Anderson	Canyon Meadows
Whitehorn	Shawnessy	Somerset-Bridlewood



# Pathways



With approximately 635 km of pathways and 260 km of on-street bikeways within its boundaries, the city of Calgary boasts the most extensive urban pathway and bikeway network in North America.

## Resources:

The Parks Outdoor Resource Centre, 1111 Memorial Dr. N.W., provides information on Calgary's Pathways. You can also pick up a map at any Calgary Co-op store, or online at [www.calgary.ca/parks](http://www.calgary.ca/parks).

If you have pathway-related questions, or you wish to report pathway problems, hazards, or incidents, please call 3-1-1 or (403) 268-CITY (2489).

## Want to start cycling but need some support?

Join Bike Calgary and connect with a bike buddy (or just connect with other cyclists). Register at [www.bikecalgary.org](http://www.bikecalgary.org).

## Useful tips:

Walk, run, bike, rollerblade, skateboard... and remember:

- ➔ Unless otherwise posted, the speed limit on Calgary's pathways is 20 km/hr.
- ➔ Remain on the right-hand side of a pathway, unless passing.
- ➔ Give an audible signal by voice or bell before passing.
- ➔ Yield to the person on your right at an uncontrolled intersection.
- ➔ Visibility is key. Light up your bike at night.



# Carpool



## It's Cool to Pool

Stress. Gridlock. Road rage. Who needs them? Share your commute with a neighbour or co-worker. Don't know anyone? Then check out [www.carpool.ca](http://www.carpool.ca), a free online ride-matching service designed to assist in the creation of carpools.

To find a potential carpool partner, visit the Carpool.ca Website and add your file to the database. Should you wish to explore carpooling options, you can then contact any of the potential matches provided by the database. It's easy and you make no commitment by signing up.

Carpooling once or twice a week can save money and reduce congestion and greenhouse gases. Leave your car at home once in while. You'll be glad you did.

## Car Sharing

### CATCO

Are you an urbanite who does not want to own a car but needs a car occasionally, for weekend excursions or fetching groceries?

Contact Calgary's car share co-operative, CATCO at [www.catco-op.org](http://www.catco-op.org), or phone 403-270-8002. You can also send an e-mail to [info@catco-op.org](mailto:info@catco-op.org).



## → Did You Know?

Almost **80 per cent** of the cars on Calgary's roads are empty but for their driver. That adds up to a lot of available seats.

## Transit Pass tax credit



### Attention monthly public transit pass holders: Keep your pass!

Individuals can now claim a non-refundable **tax credit** to cover the cost of transit passes.

The Canada Revenue Agency is advising transit users to keep their monthly transit passes and receipts to claim the new tax credit for public transit use on their income tax return. The transit pass credit allows individuals to claim the cost of passes for commuting on buses, streetcars, subways, commuter trains and ferries.



If a transit pass displays the following information, the pass itself will be sufficient to support a claim for the tax credit:

- indication that it is a monthly (or longer duration) pass;
- the date or period for which the pass is valid;
- the name of the transit authority or organization issuing the pass;
- the amount paid for the pass; and,
- the identity of the rider, either by name or unique identifier.

Additional information can be found at [www.cra.gc.ca](http://www.cra.gc.ca).

### → Did You Know?

**Transit is safer.** Transit makes a major contribution to road safety in Canada with a rate of fatal collisions per passenger kilometre just five per cent that of car travel.

## MRC embraces alternative transportation



**C-Choices** is Mount Royal College's new commuting options program that encourages all of us to think beyond the car and consider less expensive, healthier and more environmentally friendly ways of commuting. The goal is to reduce the number of single occupant vehicles (SOVs) coming on the MRC campus by providing:

→ Financial incentives such as the employee parking pass buy-back program (you'll get a cheque in your hand if you leave your car at home for the year!)

- A Guaranteed Ride Home employee program for those emergency trips home
- Reserved parking and reduced rates on prime parking spaces are available to those who carpool (MRC recommends registering with [www.carpool.ca](http://www.carpool.ca))
- The U-Pass, combined with a major investment in and restructuring of on-campus transit service
- Secure bicycle parking, integrated pathways system, and SAFEWALK program.

To find out more visit [www.mtroyal.ab.ca/parking](http://www.mtroyal.ab.ca/parking).

### → Did You Know?

The average person can walk one kilometre every 10 minutes - that's **six km an hour**.



## Change the future



### Are you willing to change your travel habits to help change the future?

“We need to reduce emissions of greenhouse gases, which means altering how we live and do business. We are far from helpless in the face of this challenge... climate change still tends to be perceived as an environmental concern. But it has profound implications for jobs, growth, health and almost all other aspects of human well-being, including security.”

**Kofi Annan**, the UN Secretary-General 1997-2006,  
in New York, September 28, 2006

“One third of greenhouse gases that are emitted in Canada come from transportation. Each time you choose to take Calgary Transit, carpool, or walk or cycle to work instead of using your vehicle, you take an important step towards protecting our environment.”

**Kathryn Winkler**, Executive Director, SAA



### → Did You Know?

**Every car emits its own weight in CO<sub>2</sub> annually**, the principal greenhouse gas responsible for climate change.

## Making a difference

The following workplaces helped make a difference during the 2006 Commuter Challenge.

Alberta Ecotrust Foundation  
Alberta Energy and Utilities Board  
Alliance Pipeline Ltd.  
Anadarko Canada Corporation  
ATCO Frontec  
Autodesk  
Bantrel Co.  
Bonavista Energy  
BP Canada Energy Company  
Bunt & Associates  
BW Technologies by Honeywell  
Calgary Airport Authority  
Canada Border Services Agency  
Canadian Food Inspection Agency  
Canadian Natural Resources  
Canadian Pacific Railway  
CCS Inc.  
CH2M HILL Canada  
Clean Calgary Association  
Climate Change Central  
Cohos Evamy  
Community Natural Foods  
ConocoPhillips Canada

CRA  
desnoyers-schuler inc.  
Dillon Consulting  
Divestco  
Dynetek industries Ltd.  
ECO Canada  
Economical Insurance Group  
EDS Canada Inc.  
Elements: The Patagonia Store  
EnCana Corporation  
Environment Canada  
Fluor  
Husky Energy  
IBM Canada  
Industry Canada - Prairie Region  
IRIS Environmental Systems Inc.  
Jacques Whitford AXYS  
North Tower Calgary  
Jacques Whitford AXYS  
SouthTower Calgary  
Kinder Morgan Canada Inc.  
Marshall Macklin Monaghan  
Ltd. Offices

Matrix Solutions Inc.  
MEC  
National Energy Board  
Natural Resources Canada - Alberta  
Nexen - Head Office  
Nova Chemicals Corporation -  
CanOC Building  
NOVA Chemicals Research Centre  
NOVA Chemicals Technical Centre  
Parks Canada  
Pembina Institute  
Public Works and Government  
Services Canada  
Sahuri Hutchinson Brzezinski  
Architects Inc.  
Schlumberger Canada Ltd.  
Shaw Cablesystems (Head office)  
SMART Technologies Inc.  
Suncor  
Sustainable Alberta Association  
TELUS  
TELUS World of Science  
Telvent Abengoa

TERA Environmental Consultants  
The City of Calgary  
The Fairmont Palliser  
TransCanada - Head Office  
Trident Exploration Corporation  
Tundra Engineering Associates Ltd.  
Unitarian Church of Calgary  
University of Calgary  
Urban Systems Ltd.  
Volunteer Calgary  
Westwater Environmental Ltd.  
WorleyParsons Komex  
WorleyParsons MEG

**Your workplace can  
make the list and  
make a difference by  
choosing to participate  
in the 2007 Commuter  
Challenge.**



## Alliance Pipeline

Participation in the Calgary Commuter Challenge provides Alliance's Environment Team and Health and Wellness Group the opportunity to showcase the benefits of commuting – from both an environmental and health perspective. The location of our office, near major bus and CTrain routes, allows easy access to public transit. Flexible working hours allow employees to run or cycle to work, with time to shower and change at our office facilities. Participation in the Commuter Challenge is another way in which Alliance encourages their employees to make environmentally responsible decisions.

[www.alliance-pipeline.com](http://www.alliance-pipeline.com)

## ConocoPhillips Canada

ConocoPhillips Canada (CPC) has an excellent record in participating and placing number one in the Calgary Commuter Challenge. "You are what you do every day," says Kathy Taerum, CPC's Commuter Challenge co-ordinator. "Commuting, whether through walking, biking, carpooling or transit, is one way everyone can help take care of our environment." Besides the recognition that ConocoPhillips employees logged more kilometres than their peers during the Commuter Challenge, CPC employees are proud of the fact that these good habits are maintained year-round.

[www.conocophillips.com](http://www.conocophillips.com)



### → Did You Know?

In just 15 minutes the average walker can travel 1.5 km and the average cyclist can cover 3.5 km. **How many of your trips are within 3-7 km?**

## Shell Canada

Shell Canada is proud to contribute to Sustainable Alberta's CRiKit resource to promote sustainable transportation. Through programs like the Calgary Sustainable Mobility Project, Carpool.ca and our support of telecommuting, we encourage our employees to consider alternatives to the one vehicle - one occupant commute. We also provide safe bike storage, lockers and shower facilities for downtown employees who bike, walk, or run to work and we sell transit tickets and passes on-site for employee convenience. For our customers, we provide the FuelStretch program to help them conserve fuel and reduce greenhouse gases. Finding ways to do our part to respond to the negative effects of growth in the transportation sector is part of Shell's commitment to sustainable development.

[www.shell.ca](http://www.shell.ca)

## Suncor Energy

In our drive to become a sustainable energy company, Suncor remains committed to economic growth that is firmly grounded in social responsibility and environmental excellence. The Calgary Commuter Challenge marks an excellent opportunity to contribute to this goal by making environmentally friendly lifestyle choices. Suncor encourages employees and contractors to make a commitment to a cleaner, healthier environment by carpooling or choosing other healthier commuting options during Environment Week and on every workday of the year, and encourages other organizations to do the same.

[www.suncor.com](http://www.suncor.com)



### → Did You Know?

Using your own power to commute is a great way to **fit regular exercise into your hectic schedule.** You will get to work on time and in a better mood, making your workday more productive.





**desnoyers-schuler inc.**

marketing and communications for  
health, wellness and extraordinary living

## **desnoyers-schuler**

As a newcomer to the Calgary Commuter Challenge, desnoyers-schuler inc. marketing and communications embraced the spirit and goals of the program. In 2006, keen enthusiasm from the company leaders enabled d-s to achieve 100 per cent participation – a truly exceptional first year effort!

desnoyers-schuler's focus on health, wellness, and extraordinary living relates beyond the one-week event. We encourage our team to choose year-round healthier commuting options – walking, biking, CTrain – and are planning to buy a hybrid company car in the near future.

Creating better sustainable transportation starts with a mindset to make a difference. With that intention and commitment, desnoyers-schuler is pleased to promote companies, organizations and individuals who share those values.

[www.desnoyers-schuler.com](http://www.desnoyers-schuler.com)

## **The University of Calgary**

During the University of Calgary's first year participating in the Commuter Challenge, almost 100 employees stopped driving their cars to work as part of this national sustainability effort.

With daily updates to encourage them, more and more people jumped on the bandwagon and biked, roller-bladed or walked – out of their cars to reduce emissions. The university has a strong commitment to sustainability and has established programs for students including U-Pass and free bikes around campus.

With such a strong showing in the first year, the University of Calgary looks forward to this year's challenge and plans to encourage and reward those who leave their cars at home.

[www.ucalgary.ca](http://www.ucalgary.ca)





## Fairmont Palliser

As a place of occasion since 1914, The Fairmont Palliser takes true pride in its history, heritage and location in the beautiful city of Calgary. We also recognize the importance of sustaining our city into the future and supporting our employees in their environmentally friendly commute to work. The Fairmont Palliser is pleased to participate in the Calgary Commuter Challenge on an annual basis.

We offer a number of incentives for our colleagues to encourage them to environmentally commute, such as locker and shower facilities and many different types of recognition and rewards. Our colleagues recognize the personal and environmental benefits of commuting and every day we see more people choosing sustainable methods of transportation.

[www.fairmont.com/palliser](http://www.fairmont.com/palliser)

## Tundra Engineering

Tundra Engineering is proud to participate in the Calgary Commuter Challenge. Every year Tundra increases the amount of participation through advertising in our monthly Healthy Living newsletter. As part of our benefits we offer an employee wellness program where employees are reimbursed for dues or fees paid towards an approved fitness program.

We also encourage everyone to utilize public transit, bike, walk or run to work. Tundra also offers employees the option of telecommuting and flexible hours. We look forward to participating in the Calgary Commuter Challenge every year.

[www.tundraeng.com](http://www.tundraeng.com)



it's cool  
to pool

join a  
bike gang



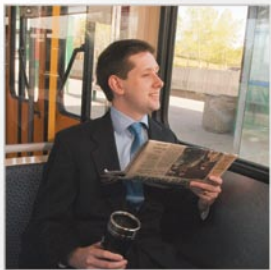
seats  
available



**get on a  
roll**



**do some basic  
training**



**a step towards  
protecting our  
environment**

## Alberta Lung Association

It's a fact. The average adult breaths in 15,000 to 20,000 litres of dirty air each day. And vehicles are a major source of this pollution as burning fossil fuels such as gasoline and diesel create high levels of harmful chemicals.

Air pollution has a serious impact on our lungs. It can irritate, inflame or destroy lung tissue and weaken the lung's defenses against contaminants. Symptoms that may be caused by air pollution include wheezing, coughing, tightness in the chest, and worsening of an existing lung disease. Air pollution has also been directly linked to decreased lung functioning and increased asthma attacks in children.

Pollutants from vehicle emissions include carbon dioxide, smog and acid rain chemicals as well as particulate matter. In fact, 30 per cent of all carbon dioxide in Canada is from vehicles. Depending on the concentration and length of time you are exposed to these chemicals, their effect may be minor, such as shortness of breath, or major, such as lung cancer.

While symptoms may not be immediately seen or known, air pollution is damaging your lungs today. So do your part and help reduce vehicle emissions by taking on the Commuter Challenge. When you can't breathe, nothing else matters.

[www.ab.lung.ca](http://www.ab.lung.ca)



### → Did You Know?

It is estimated that transportation-related emissions will cost the health care system **\$11 billion to \$38 billion** between 1997 and 2020.

## Calgary Stampede

Supporting “Saddle Up” since 1912

Leave your car at home when enjoying the Calgary Stampede!

The Calgary Exhibition & Stampede has over 1,300 events annually. In 2006, 1.2 million people attended the Annual Fair. During the Stampede it is recommended that you plan to saddle up with alternate transportation due to limited parking on site.

The Calgary Exhibition and Stampede is located on the Southeast end of downtown, and is serviced by two CTrain stations – Erlton and Stampede – with trains running at regular 15 minute intervals throughout the day (every 5 minutes during rush hour). There are also City bus routes on the south, west and north ends of the park. During the annual Calgary Stampede in July, Calgary Transit increases train frequency and extends CTrain service throughout the night for those wanting to stay late for the fireworks!

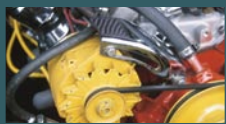
For those who would prefer to walk or ride their bikes, the Calgary Exhibition and Stampede is connected to the city pathway system, and bike racks are provided throughout the park. During the annual fair, bike racks are available at the park entrances at Erlton and Olympic Way.

[www.calgarystampede.com](http://www.calgarystampede.com)



### → Did You Know?

The contemporary automobile is embarrassingly inefficient. Of the energy in fuel that it consumes, at least **80 per cent is lost**. At most only 20 per cent is actually used to turn the wheels.





## Car Heaven

Looking to retire your old clunker? Car Heaven Alberta, brought to you by Climate Change Central working with the Clean Air Foundation, rewards and enables people to get their older, high-polluting cars permanently off the road.

By getting these older vehicles off the road, over 10,000 tonnes of CO<sub>2</sub> has been spared from our skies already and some 2,400 vehicles are resting in peace at Car Heaven.

Think your old car is worthless? THINK AGAIN. Give up your pre-1995 vehicle for a \$50 charitable receipt and a choice of one of the following:

- six months of free transit
- up to \$300 off the purchase of a new bike
- \$1,000 certificate towards a new GM vehicle\*

Donated vehicles are then dismantled and recycled by a participating member of the Alberta Auto Recyclers and Dismantlers Association (AARDA). None of the vehicles donated to the program are allowed back out onto the streets.

Interested in donating? Visit Car Heaven Alberta at [www.carheaven.ca](http://www.carheaven.ca) or call 1-888-441-2277. Car Heaven – Where old cars come to a good end.

*\*Some conditions apply.*



### → Did You Know?

One 1987 model vehicle generates the **same amount of smog-forming emissions as 38, 2005 model vehicles.**

## Vehicle Idling: Turn Your Key – Be Idle-Free!

Here are some common questions (and misconceptions)

### “What’s so bad about idling?”

Idling gets you nowhere – and it can be costly. Excessive idling wastes an enormous amount of fuel and money, causes engine wear, and generates needless greenhouse gas (GHG) emissions.

### “But I need to idle to allow my car to warm up.”

Actually, you don’t. Contrary to popular belief, the best way to warm up your vehicle’s engine is to drive it. With computer-controlled, fuel-injected engines, you need no more than 30 seconds of idling on winter days before driving away. This cuts vehicle warm-up time and emissions by close to half.

### “When does it make sense to turn-off the engine?”

Ten seconds of idling can use more fuel than turning off the engine and restarting it. So if you’re stopped for more than 10 seconds – except in traffic – turn off the engine.



**Climate Change Central**

### → **Did You Know?**

In the dead of winter, Canadians voluntarily idle their vehicles for a combined total of more than **75 million minutes a day**. That’s equal to one vehicle idling for 144 years and more than 2.7 billion liters of CO<sub>2</sub>.





## Supporting healthier commuters

Sustainable Alberta and local Calgary businesses support healthier commuters by providing free or discounted merchandise that encourages walkers, cyclists, carpoolers and transit riders.

**Keep this booklet and be sure to redeem your coupon before December 31, 2007.** Visit our Website to find out about other offers throughout the year, including the many prizes that can be won during the Commuter Challenge, June 3-9, 2007.



THEBIKESHOP



JUGO JUICE







THEBIKESHOP

## The Bike Shop

264-0735 | 801 – 11 Ave. S.W.

[www.thebikeshop.com](http://www.thebikeshop.com)

We don't just sell bikes – We love bikes!

Our staff loves cycling and wants to share

their expertise with you. **Receive 50% off your next bike tune-up.**

Valid: Jan. 1 – Mar. 15 and Sept. 15 – Dec. 31, 2007.

**50% OFF  
YOUR NEXT  
BIKE TUNE-UP**



JUGO JUICE®

## Jugo Juice - 17th Ave S.W.

229-1244 | 634 – 17 Ave. S.W.

[www.jugojuice.com](http://www.jugojuice.com)

A healthy alternative to convenient food, Jugo Juice offers real fruit smoothies, fresh pressed juices, and grilled-to-order wraps and flatbread paninis. **\*Buy a**

**24 oz. smoothie and receive a grilled-to-order wrap or flatbread panini**

**50% off.** Valid only at the 17th Ave. Jugo Juice location: 634 – 17 Ave. S.W., Calgary, AB. Expires on Dec. 31, 2007.

**\*50% OFF WRAPS &  
FLATBREAD PANINI'S**



## Walkin' Around

245-9244 | 1811 – 4 St. S.W.

Looking for brand name, comfortable footwear such as Clarks, Rockport, Merrel, Ecco, Lacoste, and others. Come in and see us. **Receive a 15% discount off any**

**regular priced footwear.** Offer expires Dec. 31, 2007.

**15% DISCOUNT  
ON REGULAR PRICED  
FOOTWEAR**

Walkin'   
around...





THEBIKESHOP



JUGO JUICE®

Wolkin'   
round...



## The House Coffee Sanctuary

283-7879 | 126 – 10 St. N.W.  
[www.thehousecoffee.com](http://www.thehousecoffee.com)

The House Coffee Sanctuary: Fair-trade coffee, hot drinks, great sandwiches, free wireless Internet, live music, local art, community interaction. **Enjoy one complimentary drink when a second drink of equal or greater value is purchased.** Expires Dec. 31, 2007.

**1 DRINK FREE  
WHEN 2nd DRINK OF  
EQUAL OR GREATER  
VALUE IS PURCHASED**



## Forzani's Tech Shop

228-3782 | 2415 – 4 St. S.W.  
[www.thetechshop.ca](http://www.thetechshop.ca)

Alberta's original running and walking store. We carry Calgary's largest selection of technical running footwear, apparel and accessories. **\$20.00 off the purchase of any regular priced shoe in the store.** Expires Dec. 31, 2007.

**\$20 OFF  
ANY REGULAR  
PRICED SHOES**



## Tech House Computer Services

616-2519 | 104, 1240 Kensington Rd. N.W.,  
Suit #198 | [www.techhouse.ca](http://www.techhouse.ca)

Need Computer Help? Call Calgary's pedal-powered PC support service! **Receive 20% off your next on-site computer service call.** Offer good for customers within a 15 minute bike ride of Kensington. Valid until Dec. 31, 2007.

**20% OFF YOUR  
NEXT ON-SITE  
COMPUTER  
SERVICE CALL**





**SUNNYSIDE**  
• MARKET •

## Sunnyside Market

270-7477 | #10, 338 – 10 St. N.W.

The organic grocery store in Kensington. Our priority is locally produced, high quality fruits, vegetables, meats and grocery items.

Fuel up for a healthy commute! **Redeem this coupon for 20% off regular priced items.** Offer expires Dec. 31, 2007.



## The Purple Perk

244-1300 | 2212 – 4 St. S.W.

Purple Perk Bakery Café – Calgary's freshest friendliest café. **Buy a New York style cheesecake and receive a free specialty coffee.** Offer expires Dec. 31, 2007.

**1 SPECIALTY  
COFFEE FREE  
AFTER PURCHASING  
NEW YORK STYLE  
CHEESECAKE**



**STRIDE SHOES**  
endless comfort  
timeless style

## Stride Shoes

283-6174 | 1113 Kensington Rd. N.W.  
[www.strideshoes.ca](http://www.strideshoes.ca)

Because you can't be comfortable in ugly shoes. **Receive 20% off any regular priced pair of shoes,** Monday through Friday. Offer expires Dec. 31, 2007.

**20% OFF  
ANY REGULAR  
PRICED SHOES**



SUNNYSIDE  
• MARKET •



STRIDE SHOES  
endless comfort  
timeless style



## Mountain Equipment Co-op

269-2420 | 830 – 10 Ave. S.W.  
www.mec.ca

Mountain Equipment Co-op is Canada's leading supplier of quality outdoor gear and clothing. Water bottles. Bike bells. **Stop in and pick up your free promo item.** Valid: Weekdays 3:30 – 6:30 p.m., Jan. 1, 2007 – May 1, 2007. While quantities last.

**FREE  
PROMO  
ITEM**



## The CyclePath

253-7717 | 9176 Macleod Tr. South  
www.thecyclepath.ca

Your one-stop cycling store for bicycle products and service. 15% off regular priced cycling clothing. Offer valid Jan. 1, 2007 – Dec. 31, 2007. **50% off Winter Bike tune-up.** Valid Jan. 1 – Feb. 28, 2007 and Nov. 1 – Dec. 31, 2007.

**50% OFF  
WINTER  
BIKE TUNE-UP**



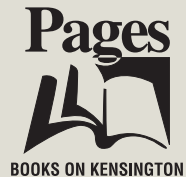
## Pages Book Store

283-6655 | 1135 Kensington Rd. N.W.  
www.pages.ab.ca

Calgary's literary meeting place. **10% off regular priced books and merchandise**, exclusive of other discounts and offers.

**10% OFF  
REGULAR  
PRICED BOOKS  
& MERCHANDISE**

**\*exclusive of other  
discounts and offers.**





## Teletrips

Telework is one of the fastest growing forms of commute options in the world today. Working at home a day or two per week, or commuting outside of gridlock hours has significant quality-of-life benefits for employees. The corporations will also accrue benefits in the form of retention/recruitment, real estate savings, emission and pollution reductions, productivity gains, and the health and wellness of their employees.

Teletrips measures and reports on the economic, social and environmental benefits of telework and other commute options for individuals, businesses and municipalities. In addition to working with governments across North America, we have been a longtime supporter of Sustainable Alberta and the Commuter Challenge in their efforts to encourage healthy commute options.

[www.teletrips.com](http://www.teletrips.com)



## Links/Resources

### Cycling

**BikeCalgary** - [www.bikecalgary.org](http://www.bikecalgary.org)

**Bike Sense Manual** - [www.bikesense.bc.ca/manual.htm](http://www.bikesense.bc.ca/manual.htm)

**Canadian Cycling Association** - [www.canadian-cycling.com](http://www.canadian-cycling.com)

### Transportation

**Better Environmentally Sound Transportation**

- [www.best.bc.ca](http://www.best.bc.ca)

**Calgary Alternative Transportation Co-operative**

- [www.catco-op.org](http://www.catco-op.org)

**Calgary Transit** - [www.calgarytransit.com](http://www.calgarytransit.com)

**Car Heaven** - [www.carheaven.ca](http://www.carheaven.ca)

**Carpool.ca** - [www.carpool.ca](http://www.carpool.ca)

**Carsharing** - [www.catco-op.org](http://www.catco-op.org)

**Commuter Challenge** - [www.commuterchallenge.ca](http://www.commuterchallenge.ca)

**Detour's Urban Source** - [www.urbansource.org](http://www.urbansource.org)

**Mount Royal College TDM program**

- [www.mtroyal.ca/parking](http://www.mtroyal.ca/parking)

### Environment

**Clean Calgary Association** - [www.cleancalgary.org](http://www.cleancalgary.org)

**Climate Change Caravan**

- [www.mta.ca/climatechangecaravan/english.htm](http://www.mta.ca/climatechangecaravan/english.htm)

**Climate Change Central** - [www.climatechangecentral.com](http://www.climatechangecentral.com)

**David Suzuki Foundation** - [www.davidsuzuki.org](http://www.davidsuzuki.org)

**Go for Green** - [www.goforgreen.ca](http://www.goforgreen.ca)

**Green Energy Challenge** - [www.greenenergychallenge.org](http://www.greenenergychallenge.org)

**Ecology Action Centre** - [www.ecologyaction.ca](http://www.ecologyaction.ca)

**Environment Canada** - [www.ec.gc.ca](http://www.ec.gc.ca)

**Transport Canada**

- [www.tc.gc.ca/programs/environment/climatechange/menu.htm](http://www.tc.gc.ca/programs/environment/climatechange/menu.htm)

### Active Living

**Alberta Centre for Active Living** - [www.centre4activeliving.ca](http://www.centre4activeliving.ca)

**Calgary Area Outdoor Council** - [www.caoc.ab.ca](http://www.caoc.ab.ca)

**City of Calgary Parks** - [www.calgary.ca/parks](http://www.calgary.ca/parks)

**Go2 Calgary** - [www.go2calgary.com](http://www.go2calgary.com)

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**Climate Change Central**



 **Shell Environmental Fund**  
*\$11 million and growing!*

The 2007 Commuter Resource and Information Kit has been compiled by **Kathryn Winkler** and **Rebecca O'Brien** of Sustainable Alberta Association as well as a generous contribution from **desnoyers-schuler** and **The City of Calgary's Creative Services** and **TDM departments**.

THE  
**CALGARY**  
AWARDS



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Showcasing programs that increase smart  
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improved mobility.

For more information call **268-1629** or visit  
[www.calgary.ca/calgaryawards](http://www.calgary.ca/calgaryawards)

For assistance in preparing a nomination,  
contact **Sustainable Alberta Association.**



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