



What is a VMT and why do I want to eliminate it?

VMT stands for **Vehicle Miles Traveled**. It is a measurement of how many miles you drive. We are calculating VMT on a weekly basis and working to reduce it as part of a city-wide program to raise awareness and understanding of driving habits, as well as to help participants reduce driving.

Reasons to eliminate VMT: High gas prices, traffic, mental well-being, air pollution (VMT are the leading source of toxic air pollution in Fort Collins), less accident risk, and I bet you can think of some others!

How do I eliminate some VMT?

Here are some **strategies** that you can use for the second chart (potential VMT elimination).

Transfort – Fort Collins bus system. Call **970-221-6620** and tell them where you need to go and when you need to get there and they can help you plan your bus trip. Or you can visit <http://www.fcgov.com/transfort> to plan on your own.

Bicycle – Not just for kids and exercise anymore. Biking in Fort Collins is easy and popular. Visit <http://www.fcgov.com/bicycling> to find the best ways to bike around.

Car pool – With co-workers, or fellow church goers, or parents taking kids to school, even ask a neighbor if they want to go to the grocery store with you.

Combine trips/errands – Planning your excursions for efficiency can cut quite a few VMT.

Rideshare - check out <http://www.erideshare.com/> for carpooling on the front range, or <http://rideshare.colostate.edu/> for a more localized feel. Craigslist works well too.

What is the pledge?

By taking the pledge you are acknowledging that you have taken the time to understand your weekly VMT and are working towards VMT elimination.

1st - Estimate how many miles you routinely drive each day of the week and where you go. Fill in chart #1 with this information. Add up the totals to find your Weekly VMT.

2nd - Identify the strategies from above that you can use to reduce driving. Fill in chart #2 with the amount of miles that you can reduce each day for each trip. Add up the totals to find your *potential* VMT elimination.

3rd – Set a goal to eliminate a certain number of VMT for the week.

4th – Record how many VMT you actually eliminated per trip per day on charts #3 - 6. There are four charts to track your progress over four weeks.

Lastly, report your findings to CforSE when we give you a call in four weeks.

All participants who report findings and feedback will be entered to win fabulous prizes from local bike shops, athletic stores, Jax Outdoor, Transfort, and the Matter Book Store! Chances of winning approximately 1 in 50. Chances of learning something new and feeling good about it – 100%!

Instruction Page

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