

Active Transportation



City of LAKE
OSWEGO
OREGON

Getting there is half the fun.

Lake Oswego 100 Mile Challenge

**Can you walk, bike, or take public transit for a 100 miles in 2012?
Take the Challenge and be a part of the movement to leave your car at home!**

The City of Lake Oswego Sustainability Advisory Board has launched the first annual **100 Mile Challenge** for 2012. It is simple, it is fun, and it will help you and our city make substantial progress toward a more sustainable lifestyle.

Log your car-free trips to, from, and around Lake Oswego and be eligible to win prizes, **including the grand prize of a bicycle!** Learn more and sign up on the City's website*.

What does it take to accumulate mileage?

- Just over seven miles per week will get you there in 14 weeks
- Round trip to the airport via bus and MAX collects 40 miles
- Taking the bus to / from downtown Portland collects 20 miles
- Bicycling to the Farmer's Market from Lake Grove collects 10 miles

There are so many opportunities in our fair city:

- Bicycle to your favorite restaurant
- Walk to lunch with work friends
- Walk to the Library or church
- Take a bus to Washington Square
- Walk to sports practice, game, or track meet
- Walk or bike to Luscher Farm to tend your vegetable plot
- Walk your dog to the dog park
- Walk or bike to school
- Row your boat to town for dinner

Benefits all around!

- Every mile walked will consume about 80 calories
- Every mile bicycled will consume about 40 calories
- Your car will be happy to avoid short trips on a cold engine
- You will help make Lake Oswego a more livable and clean city

Help spread the word and challenge your friends and family!!

***Find details and login through the Lake Oswego Active Transportation website:**
<http://www.ci.oswego.or.us/plan/Sustainability/ActiveTransportation-100MileChallenge.htm>

For more information, contact Beth Otto, botto@ci.oswego.or.us or 503-635-0286.