

## July Newsletter Commuter Challenge

**Thank you to everyone who participated in the 2023 Commuter Challenge!**

Congratulations to the following for committing to changing their routine, reducing emissions and boosting their own well-being.







**Commuter Challenge winners:**

- EBIKE sponsored by the Eco-Team (available at iCycle via CANEX)
  - Captain / Capitaine Rehan N. Ahmad
- \$25 CANEX Gift Card
  - Geoff Guy
- \$25 CANEX Gift Card
  - Jacob Wiebe
- City of Kingston Transportation Pass (available at CANEX!)
  - Chantal Hatton



Captain Ahmad, \_\_\_ Guy, Jacob Wise (no photo), Chantal Hatton

**6 ways to shake-up your routine commute**

1. Take the Express bus – NEW ROUTE!

- a. [Express Routes](#)
2. Try an E-bike – leave car traffic in the dust.
  - a. Available for rent at [iCycle](#) or purchase through [CANEX](#) plan
3. Explore the Waaban Crossing – a safer and more beautiful way to cross the Cataraqui
  - a. [Explore the Waaban Crossing](#)
4. Bike or walk - save money on fuel, have more to spend more on food!
  - a. [HP Nutritional Wellness](#)
5. Carpool a few days a week – catch up with co-workers and friends on the way in
6. Wear your [HP Injury Prevention and Active Living](#) visibility belts - it's called FASHION 😊



*City of Kingston Electric Bus, Waaban Crossing, HP Nutritional Wellness Program, HP Injury Reduction Strategies Workshop*

Check out what motivates other CAF members to ride here ([link to other article](#))

## What motivates you to ride?

### Captain / Capitaine Rehan N. Ahmad, CD

- What excites you about using an e-bike?

E-bikes have interested me since they first came out. Though I enjoy biking as an exercise and summer commuter system, I have wondered about the use of an e-bike for longer trips.

- Why is active transportation important/interesting to you?

I use active transportation due to its convenience. As I normally live in Ottawa, transit, bicycles, and walking are the most cost effective ways to commute to work. Walking and biking is also a low impact way for me to stay active/fit. **Here in Kingston, I found it easier to leave my vehicle with my family and use transit/bike for most of my travels.**

- Any other comments on active transportation on Base/military context or words of encouragement for those considering changing their commuting habits...

Most places on base now include a space to keep a bike, making it a very effective method to move around the base, and is much faster than walking.

### Sgt M.B. (Matt) Kalil, CD

- What excites you about using an e-bike?

The ability to go further, more easily.

- Why is active transportation important/interesting to you?

It's an action we can take now to address some of the problems around climate change. It's also more enjoyable than driving!

- Any other comments on active transportation on Base/military context or words of encouragement for those considering changing their commuting habits...

For those considering changing to biking: go for it! You don't have to commit to "5 days a week no matter the weather". Try one or two days a week when the weather is nice. Take it easy and enjoy being outside. ***Plus, zooming past a traffic jam is a pretty great feeling!***



Check out the Commuter Challenge recap here ([link to other article](#))

