

SNTMA Facebook contest guidelines



Suggestions but not limitations:

1. Pictures: of your commute, from along your commute, your transportation, carpool/ vanpool group, bike/walk buddies, pictures of home work space, your home work attire, SNTMA alternative commute / commute coordinator awards you have won
2. Share experience using alternative commute mode: why you started, \$ you save, how much Co2 you are removing from the air, health benefits from walking/ biking to work, OfficeShare Bike uses, number of miles on/story about bike purchased w/ SNTMA bucks for bikes program, what you bought your bike with the SNTMA \$50 bike maintenance subsidy, why you like May is Bike Month, uses of prizes/ promo items won for completing CC diary, people you met using alternative commute modes, Capital Improvements subsidy uses (for property managers)

What are alternative commute modes?

| | | |
|---------|-------------|-----------------------------------|
| Walk | Bike | Carpool |
| Vanpool | Transit | Light rail |
| Amtrak | Telecommute | Anything other than driving alone |

Prizes

There will be 3 levels of prizes for a total 6 prizes to win each month! The platinum level is a \$50 Paragary Restaurant Group gift card, there are 2 Gold level prizes which are two Regal Entertainment group movie tickets, and there 3 silver level prizes which are \$10 gift cards to South Natomas businesses. In January 2014, there will be one \$250 cash grand prize winner selected from the 12 first place winners of 2013 and two \$100 cash prize runners up.

Rules:

1. **1 winner per carpool/vanpool: the SNTMA member that submits photo/ alternative commute story**
2. **Can only win 1 month per calendar year**
3. **"Like" SNTMA on FB to participate and must be registered in the Sacramento region Commuter Club**
4. **Members have entire calendar month to participate, prizes will be awarded by the end of the following month**