

2009 Opportunities to Live United

In preparation for the 2009 Campaign, United Way of the National Capital Area is presenting the following Opportunities to Live United. Participants are encouraged to write, blog, or video their experiences for inclusion in our campaign messaging or web site. Individuals who participate in an Opportunity will receive a sticker to wear during the Campaign Kick Off event in September – one sticker for each Live United experience. Please share your challenge experiences with us. Submit your written thoughts, blog entry, written or video diary to Catherine Nallon at cnallon@uwnca.org

Transportation Challenge

Did you know?

According to a recent study by the Urban Land Institute more than 75.5% of workers in the Washington DC metropolitan area commute to work by private vehicle, and spend an additional \$13,000 on public transportation. Combined these costs represent almost 47% of the median household income. Those living below the poverty level would never be able to afford a fraction of these costs.

Imagine life without your car. How would you get to work? Would you have to take a bus to the nearest Metro stop, carpool with a neighbor? Would you need to make more frequent trips to the store? How much time is added to your daily commute? Is mass transit a less expensive option?

Don't just imagine – LIVE UNITED
Leave your car parked in your driveway for 3 days.

Tips for survival:

- Walk. It's better for the environment, and it's better for your health. In fact, aside from surviving without a car, you may just extend your life expectancy.
- Ride a bike. Bikes are low-cost to buy, inexpensive to maintain and again, good for your health. And more and more businesses are adding bike racks so you can safely lock your bike while you work or run errands.
- Join a carpool. If you live in an area that doesn't offer public transportation and where services are too far, join a carpool. Sure, it's a car. But it isn't your car. If you're not taking turns driving, you'll need to contribute money to cover gas, but that's still more frugal than maintaining your own vehicle.
- Take the bus/metro: The Washington DC metro area has many locations in Maryland and Virginia where a bus will take you to the nearest Metro station.

LIVE UNITED™



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