

About the Community Challenge

Who can enter?

To enter, you need a group of six or more people. You don't have to be an 'official' organisation. Just give yourself a team name and follow the five steps on the front of this leaflet. The only rule is that everyone in your team should fill in their travel diary for the same consecutive period of seven days.

When?

You can choose any time between now and 26th August to complete the Summer Community Challenge. Your team leader must send the team sheets back to us by 31st August. The prize draw will take place on 1st September.

How can we win?

Prizes will be given away for the following:

- the team with the most sustainable travel miles;
- the team with the highest average number of sustainable travel trips per individual.

Winners may be asked to take part in project publicity.

Want more information?

If you want any information or ideas on sustainable travel options to help you with your challenge, get in touch with GoSmart Dumfries and we'll be happy to help. We can even visit your group to offer travel information and resources or suggestions for Group walks or bike rides that you may want to undertake.

Any queries?

If you have any queries, or want more Challenge forms, please get in touch by:

- Phoning us free on **0800 0234 586**;
- Emailing us at: **Info@GoSmartDumfries.org.uk**;
- Visiting our website at **www.gosmartdumfries.org.uk** where you can download additional copies of the form.

In taking part in this Challenge, it is each individual's responsibility to ensure they are adequately prepared for walking, cycling or using the bus. If you want children to take part in your group, a responsible adult must supervise them.

Please note that any advice we have provided you has not been based on any medical check. While physical exercise is beneficial in most circumstances, if you are concerned about the suitability of some activities, or experience discomfort whilst exercising, we recommend that you seek medical advice from your GP or from NHS 24 (08454 24 24 24).



The GoSmart Community Challenge



Welcome to your GoSmart Summer Community Challenge

To keep you travelling sustainably, log your sustainable travel over a period of seven days to compete against other community groups for your chance to win a great prize. Your group can compete for as many weeks as you would like to increase your chances of winning a prize. Simply follow the five steps below:

- 1) Give your team a name and nominate a team leader.
- 2) The team leader hands out these challenge sheets and agrees the dates on which you'll complete your challenge.
- 3) Each individual records their sustainable travel for the week.
- 4) Individuals hand back their challenge sheet to the team leader.
- 5) The team leader returns the challenge forms to us.

The prize draw will be completed in September 2011.

Team
name

Group Challenge Record

Start date

Challenge Week

www.gosmartdumfries.org.uk

	Example Monday	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Total
Go BIKE	I cycled for... 2 trips 20 mins 4 miles	I cycled for... trips mins miles	I cycled for... trips mins miles	I cycled for... trips mins miles	I cycled for... trips mins miles	I cycled for... trips mins miles	I cycled for... trips mins miles	I cycled for... trips mins miles	Total cycle trips mins miles
Go BUS	I used the bus for... 1 trips 30 mins 5 miles	I used the bus for... trips mins miles	I used the bus for... trips mins miles	I used the bus for... trips mins miles	I used the bus for... trips mins miles	I used the bus for... trips mins miles	I used the bus for... trips mins miles	I used the bus for... trips mins miles	Total bus trips mins miles
Go WALK	I walked for... 2 trips 20 mins 1 miles	I walked for... trips mins miles	I walked for... trips mins miles	I walked for... trips mins miles	I walked for... trips mins miles	I walked for... trips mins miles	I walked for... trips mins miles	I walked for... trips mins miles	Total walking trips mins miles
Go SHARE	I carshared for... 1 trips 10 mins 5 miles	I carshared for... trips mins miles	I carshared for... trips mins miles	I carshared for... trips mins miles	I carshared for... trips mins miles	I carshared for... trips mins miles	I carshared for... trips mins miles	I carshared for... trips mins miles	Total carshare trips mins miles
Single Person Car Use	I drove for... 2 trips 30 mins 15 miles	I drove for... trips mins miles	I drove for... trips mins miles	I drove for... trips mins miles	I drove for... trips mins miles	I drove for... trips mins miles	I drove for... trips mins miles	I drove for... trips mins miles	Total single trips mins miles

Note 1 trip is a single leg of a journey, for example, a journey to and from work would be counted as 2 trips