

Is There Life Car-Free?

An Update on Arlington's Car-Free Diet Challenge

Arlington's Car-Free Diet Expo on January 28 at the Rosslyn Hotel Palomar successfully conveyed the message that you can "lose 2,000 lbs in one day" by leaving your car in park.

Exhibitor activities and speed learning sessions on commuter benefit programs demonstrated that taking public transit, walking, or biking instead of driving also helps save money, keep the environment clean, and improve the quality of your life.

Approximately 150 individuals from Arlington's residential and business communities attended the event to learn ways to go car-free or car-lite. County Board Chairman, J. Walter Tejada, and Board Member Jay Fissette addressed attendees, adding momentum to the challenge. Chris Balish, host of CW Now and author of How to Live Well Without

Owning a Car, was also present to sign books and share his car-free experiences.

Many Arlington residents and employees realize the benefits of being car-free or car-lite. Over 100 people took the Car-Free Diet Challenge, committing to eliminate at least one single-occupancy vehicle trip per week.



Alan Haskel of Public Broadcasting Service (PBS) attended the Car-Free Diet Expo. He has not noticed any major changes because many of the company's employees already take public transit to PBS' Crystal City location; however, he says that the company is brainstorming more ways to go "green."



Jacquelyn King, an Arlington resident, took the challenge and also attended the Expo. She says that being car-lite is simple because "Arlington makes it so easy." She is already taking advantage of most of Arlington's car-lite options; however, she did enjoy learning more about GoLoco™, a flexible, online ride-sharing service. Get inspired by Arlington resident and employee accounts, and share your own at www.carfreediet.com.

For more car-free information, visit any CommuterStore® or www.CommuterPage.com®. If you're an Arlington employer and would like to challenge your employees to go car-free or car-lite, contact Arlington Transportation Partners (ATP) at 703.247.9299 or solutions@transportpartners.com for complimentary assistance.

