

# Rules & Participant Guide

Whitehorse | May 1 – 31 | 2026



# Active Commute Month Challenge

The Active Commute Month Challenge encourages residents to choose walking, cycling, rolling, busing, or carpooling instead of driving alone. Participants earn points for choosing sustainable travel and compete with teams across Whitehorse throughout the month of May.

## Key Dates

Registration opens: **March 20**

Challenge runs: **May 1-31**

Last day to log trips: **June 5**

## Register & Log Trips at:

[activecommutewhitehorse.ca](http://activecommutewhitehorse.ca)

## Win Prizes

Participants have the chance to win prizes:

- Weekly prize draws
- Grand prizes
- Bragging rights for your team!

## Why Participate?

- ✓ Improve fitness and daily energy
- ✓ Save money on fuel and parking
- ✓ Reduce greenhouse gas emissions
- ✓ Support a healthier and more sustainable community

## How the Challenge Works

### 1. Register

Create an account and join or create a team under one category.

#### Team Categories

- School
- Business
- NGO
- Government
- Individual / Solo

### 2. Log Your Trips

Throughout May, log your daily trips using sustainable travel.

#### Trip Travel Modes

- Active – walk, run, cycle, roll (wheelchair, scooter, skateboard)
- Shared – bus, carpool

You can enter trips retroactively until June 5.

### 3. Earn Points

Daily points are awarded for choosing active and shared transportation.

#### Active Travel (most points-earner!)

- Walk, run, cycle, roll – up to 50 pts
- Distance travelled – up to 60 pts
- Bonus – Other destinations, activity sharing – up to 15 pts

#### Shared Travel

- Bus, carpool – up to 35 pts
- Bonus – Other destinations – 5 pts

### 4. Track Your Progress

Follow the public leaderboard to see how your team is doing.

#### Leaderboard Shows

- Team rankings
- Points by travel mode
- Participation rates
- GHG emissions avoided

#### View the Leaderboard

[activecommutewhitehorse.ca/leaderboard](http://activecommutewhitehorse.ca/leaderboard)

## Questions?

Contact the City of Whitehorse at [sustainability@whitehorse.ca](mailto:sustainability@whitehorse.ca) or 867-687-1478

# Team Categories

## School

- Classroom or club teams of schools located in Whitehorse
- Teacher or team captain logs daily trips for students
- Teacher or team captain is a participant of the team
- Minimum team size is 3 participants

## Business

- Workplace employees in retail, service, or commercial sectors located in Whitehorse
- Each team participant logs their own daily trips
- Minimum team size is 3 participants

## NGO

- Workplace employees or volunteers of non-profit organizations located in Whitehorse
- Each team participant logs their own daily trips
- Minimum team size is 3 participants

## Government

- Workplace employees of government organizations and departments located in Whitehorse
- Each team participant logs their own daily trips
- Minimum team size is 3 participants

## Individual / Solo






- Whitehorse residents who want to participate but are not part of a team under the other four categories
- Solo team participant logs their own daily trips
- Solo team size is one

## How Points Are Earned

Participants earn more points for using active travel than shared travel to get to work, school, and other destinations. To keep things simple for teachers and team captains, school entries do not require logging distance or bonus activities.

### Distance Scoring

|            |        |
|------------|--------|
| Over 50 km | 60 pts |
| 40 – 50 km | 50 pts |
| 30 – 39 km | 40 pts |
| 20 - 29 km | 30 pts |
| 10 – 19 km | 20 pts |
| 1 - 9 km   | 10 pts |
| Under 1 km | 2 pts  |

| Active Travel   |                       | Shared Travel   |                       |
|---|-----------------------|---|-----------------------|
|  Walk / Run<br> Cycle<br> Roll | Up to 50 daily points |  School Bus / Transit<br> Carpool | Up to 35 daily points |
| Distance Travelled  | Up to 60 daily points |   |                       |
| Bonus – Other destinations<br>Bonus – Shared on social media / activity app   | Up to 15 daily points | Bonus – Other destinations  | Up to 5 daily points  |

# How Performance is Measured

## Participation Rate

- Measures how consistently team members log trips and the proportion actively participating
- Indicates overall team engagement across the challenge

### Formula

Participation rate (%) =

$(\text{total team points} \div \text{maximum possible team points}) \times 100$

## GHG Emissions Avoided

- Represents the amount of carbon dioxide equivalent (CO<sub>2</sub>e) not released into the atmosphere when choosing active travel instead of driving
- Highlights the environmental impact of your trips – the more distance you travel using active modes, the more emissions you help avoid

### Formula

GHG Emissions Avoided (Kg of CO<sub>2</sub>e) =

$(\text{average vehicle fuel efficiency} \times \text{carbon intensity of gasoline} \times \text{total active travel distance}) \div 1,000,000$

# Track Your Progress

## My Profile

After registering, log in to your account to:

- Enter your trips each day
- Track your points, participation rate, and GHG emissions avoided
- View your team's progress

## Leaderboard

Participants can follow overall results on the public leaderboard which shows:

- Team rankings by category
- Points by travel mode
- Participation rates
- GHG emissions avoided

Participants can also view at a glance, the top three teams in each category.

## Frequently Asked Questions

### Can I log trips after the day I travelled?

Yes. Trips can be entered retroactively throughout May until June 5.

### Can I count weekends?

Yes. Trips taken on weekends count toward your total throughout the month of May.

### Do all team members need to log trips every day?

No. Participation is flexible, but teams with more consistent participation will have higher participation rates.

### Why are other destinations included?

While traveling to work or school is the focus, trips for errands or recreation are also included to encourage choosing active travel more often and reducing the number of car trips.

### Can I earn points for both active and shared travel in one day?

Yes, if you use different modes for different trips (e.g., one way to or from work and other destinations).

### Why is busing included?

Transit is a lower-emission alternative to driving because it moves more people using less fuel per person. Since buses are already in service, increasing ridership makes more efficient use of them.

### Why is carpooling included?

Carpooling reduces emissions by sharing one vehicle among multiple people, lowering the emissions per person compared to driving alone.