



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 activities: **June 5**

Register & log activities at:

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 to participate and join or start a team in one of the following categories:

Team Categories

- School (3+ members)
- Business (3+ members)
- NGO (3+ members)
- Government (3+ members)
- Individual (Solo)

If you already have an account, just login and update your profile.

2. Log your activities

Throughout May, log your daily activities using sustainable travel.

Trip Travel Modes

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

Trip Bonus Activities

- Travelling to other destinations (e.g., errands, fun)
- Sharing trips on social or activity apps (e.g., Strava)

You can enter activities retroactively until June 5.

3. Earn points

Daily points are awarded for logging trips and bonus activities.

Active Travel (most points-earner!)

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

Shared Travel

- Bus, carpool – up to 30 pts
- Bonus – Other destinations – 5 pts

4. Track your progress

Follow the public leaderboard to see how your team ranks against others.

Leaderboard Shows

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

View the Leaderboard

activecommutewhitehorse.com/leaderboard

Questions?

Contact the City of Whitehorse at sustainability@whitehorse.ca or 867-687-1478

Team Categories

School (for students)

- Open to whole school, classroom, or club teams from schools in Whitehorse
- One or more teachers and/or parents act as team captains and log trips on behalf of students
- To simplify participation, active and shared trips are entered as daily totals (no distinction between one-way or round trips)
- Distance and bonus activities are not required for school entries
- Team captains are included as participants on the team
- Minimum team size: 3 participants

Business

- Workplace employees in retail, service, or commercial sectors located in Whitehorse
- Each team participant logs their own daily trips and bonus activities
- 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 and bonus activities
- 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 and bonus activities
- 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 participants log their own daily trips and bonus activities
- Solo team size is one

How Daily Points Are Earned

Participants earn more points for using active travel than shared travel when travelling to work, school, or other destinations. Bonus activities are counted once per day, regardless of whether trips are one-way or round trip.

For school teams, trips are entered as daily totals with no distinction between one-way or round trips. Distance and bonus activities are not required. Refer to the tables below for detailed point values.

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		
Activity Category	Trip	Points	Activity Category	Trip	Points
Walk / Run Cycle Roll	Roundtrip	50*	School Bus/ Transit Carpool	Roundtrip	30*
	One way	25		One way	15
Bonus - Other destinations (errands, fun)	Round trip/ One way	10	Bonus – Other destinations (errands, fun)	Round trip/ One way	5
Bonus - Shared trip on social media/ activity app (Strava)	Round trip/ One way	5			

*Refers to school maximum daily trip submission points per participant (one-way or roundtrip)

How Performance is Measured

Participation rate

- Measures how consistently team members log activities and the proportion actively participating
- Reflects overall team engagement and is used to rank team standings
- Ensures fair comparison across team sizes, allowing smaller teams to remain competitive

Formula

Participation rate (%) =
[total team points ÷ (team size × maximum points per participant per day × number of challenge days)] × 100

GHG emissions avoided

- Measures the amount of carbon dioxide equivalent (CO₂e) avoided by choosing active travel instead of driving
- Highlights the environmental impact of your trips - the more you travel using active modes, the more emissions you help avoid

Formula

GHG Emissions Avoided (Kg of CO₂e) =
(average vehicle fuel efficiency × carbon intensity of gasoline × total active travel distance) ÷ 1,000,000

Track Your Progress

My profile

After registering, log in to your account to:

- Enter your activities 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 participation rate by category
- Points by travel mode and bonus activities
- 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 entries 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.