

## Frequently Asked Questions

### 1) How do I register?

Go to [www.commuteSMARTseacoast.org](http://www.commuteSMARTseacoast.org) homepage, click the "Register" button and fill out the fields. In the "employer" drop down menu, click on your company. You will receive an automatic welcome email and you're good to go!

### 2) I participated last year. Do I need to re-register?

No, as a team member you do not need to re-register. Simply navigate to <https://trips.commutesmarnh.org/login>, login and begin documenting your trips. If you are a team captain who has previously competed we do ask that you still fill out our [registration form](#). This helps us update your team size record.

### 3) Where do I log my trips?

Go to the "Log Trips" button on the [www.commuteSMARTseacoast.org](http://www.commuteSMARTseacoast.org) home page.

### 4) Where do I find my team's ranking?

Click on the "Log Trips" button. This will show your team's ranking. If you click on your team name, you will see your ranking within your team.

### 5) Why do you count trips, not miles, for winning?

The goal of the Challenge is to reduce drive-alone trips to work. Someone walking a mile to work is just as important as a carpooler who travels 25 miles.

### 6) Do I have to log my commute twice a day?

No, only one entry per day. We assume you went home!

### 7) What if I carpool in and take the bus home, or put my bike on the bus and ride the rest of the way?

Enter the trip as "multi-modal".

### 8) What if I carpool to an all day, off-site meeting?

It only counts if you meet your colleagues off-site. If you drove alone to work, then carpooled, that's great, but it didn't reduce a drive alone trip to work. If you drove alone to an all-day meeting, that doesn't count.

### 9) How do you calculate who wins the "Most Sustainable Trips" award?

We take the total number of trips logged and divide that by the total number of employees (not just those who are participating). That gives a *per capita* (per person) count, which is a very accurate and fair measure of the relative percentage of trips per person in a company.

If we simply used total trips, a larger employer would have an unfair advantage over a smaller one. If we used the total number of employees participating, there's no incentive for as many people as possible to commute sustainably.

**10) Do weekend work trips count?**

Yes.

**11 Why does working from home count?**

A teleworker is “commuting” sustainably because he or she is taking a car off the road by working from home. Teleworkers are eligible if they live within a reasonable commute to their worksite and would otherwise drive.

**12. I missed signing up before the start-date. Can I still participate?**

Absolutely! Every smart commute helps your team, your pocketbook, your well-being.

**13). How do I log my telework miles?**

Enter the roundtrip miles from your home to work.

**14) Park and Rides – are they ok?**

Yes. For folks coming from Dover/Durham, Newick's on Boston Post Road is allowing us to park there. For Mainers from Eliot/ S. Berwick, consider Eliot Commons (avoid 362 the rest of the way by going left onto Beech Rd, then left onto State Rd or 103 into Kittery.)

**15) Does carpooling with a person from another company count?**

Yes! It takes a car off the road.

**16) How do I see how my team is doing?**

Click on the name of your team and a page will open with everyone listed, from the most to the least # of trips per person.

**17) Is it ok to log trips ahead of time?**

You can log up to 7 days ahead and 30 days behind.