



## NEWS RELEASE

### **Commuter Connections and American Lung Association Urge Drivers to go Car-Free on September 22, 2017**

*Annual event helps reduce vehicle emissions and improve air quality*

Washington, D.C. (August 22, 2017) – The Metropolitan Washington Council of Governments Commuter Connections' program and the American Lung Association, Mid-Atlantic Region, have teamed-up to urge motorists to take the [Car Free Day \(CFD\) pledge](#) and go car-free or car-lite on Friday, September 22, 2017 to improve air quality by reducing vehicle emissions.

“Car Free Day is about making a difference. Everyone who participates will shrink their environmental footprint—and save time and money wasted sitting in traffic,” said Nicholas Ramfos, Commuter Connections Director. “Pledging to go car free is a great way to improve air quality so everyone in this region breathes a little easier.”

Car Free Day is an international event to encourage green travel options, environmental awareness, and alternatives to drive-alone transportation. Last year, 5,000 people in the region registered to participate in Car Free Day.

“Going car-free or car-lite is one way to help improve the region’s air quality and we are excited to join forces with Commuter Connections to spread the word about Car Free Day on September 22,” said Deborah P. Brown, American Lung Association of the Mid-Atlantic Executive Vice President. “Both of our organizations support reducing pollution and making sure that the air we breathe is clean and healthy.”

Sign up to take the free pledge at [www.carfreemetrodcc.com](http://www.carfreemetrodcc.com). Everyone who pledges will receive a Buy One, Get One Free offer from Chipotle, and will be automatically entered in drawings for other great prizes, including a Kindle, Capital Bikeshare annual memberships, SmarTrip® cards with \$25 in fare, and much more.

Stay up-to-date on Car Free Day Metro DC, and share your experiences by using #CarFreeDay on Facebook and Twitter. Follow us on Facebook and Twitter: @CarFreeMetroDC and @AmericanLungDC.

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*Commuter Connections is a program of the National Capital Region Transportation Planning Board at the Metropolitan Washington Council of Governments, [www.mwcog.org](http://www.mwcog.org). Commuter Connections promotes bicycling to work, ridesharing, transit, and other alternatives to drive alone commuting, provides ride-matching for carpools and vanpools, and offers the free Guaranteed Ride Home and 'Pool Rewards program. Commuter Connections, [www.commuterconnections.org](http://www.commuterconnections.org) is funded by the District of Columbia, Maryland, Virginia, and U.S. Departments of Transportation.*

*The American Lung Association in the District of Columbia is the leading organization working to save lives by improving lung health and preventing lung disease, through research, education and advocacy. The work of the American Lung Association in the District of Columbia is focused on four strategic imperatives: to defeat lung cancer; to improve the air we breathe; to reduce the burden of lung disease on individuals and their families; and to eliminate tobacco use and tobacco-related diseases. For more information about the American Lung Association in the District of Columbia, a holder of the Better Business Bureau Wise Giving Guide Seal, or to support the work it does, call 1-800-LUNGUSA (1-800-586-4872) or visit: [Lung.org](http://Lung.org).*



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