



# NEWS

**FOR IMMEDIATE RELEASE**

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**CONTACT:** Tom Flannigan

415.749.4748

## ***Tenth annual Dump the Pump Day encourages Bay Area residents to try a better way to work***

***National event on Thursday, June 18, promotes lifestyle, health benefits of taking transit***

**SAN FRANCISCO**—The Bay Area Air Quality Management District is encouraging Bay Area residents to ditch their cars and find a better way to work on Dump the Pump Day, Thursday, June 18.

The Air District's Spare the Air campaign encourages people to try alternative commutes every day. In honor of *Dump the Pump Day*, the Air District is asking residents to take a pledge to get out of their cars and try a better way to work to improve air quality, public health and traffic congestion.

"Gridlock on Bay Area roads is a major contributor to smog and impacts our health and quality of life," said Jack Broadbent, executive officer of the Air District. "We're challenging residents to 'Dump the Pump' every day to experience how leaving your car at home can have a positive impact on your overall health and lifestyle."

Residents can take a pledge to try transit and sign up for Spare the Air emails and news alerts by visiting the Spare the Air Facebook and Twitter pages. In return, the Air District will randomly choose 10 residents to receive Spare the Air shopping bags and \$25 Clipper Cards. Sign up before June 18.

A survey conducted by the Bay Area Council says 68 percent of respondents drive alone to work and never use transit. These findings, coupled with the Air District's research identifying motor vehicles as responsible for 75 percent of smog in the Bay Area, provide clear evidence that alternatives to driving solo are important to our health and quality of life.

Additionally, according to the 2013 TomTom Traffic Index Report, San Francisco has the second-worst traffic congestion in the U.S. and drivers with a 30-minute commute spent about 83 hours stuck in traffic that year.

The Air District supports the "Dump the Pump" concept all year long and has recently launched its summer Spare the Air season, which encourages employers and their employees to look for ways to share, shorten or change their commutes. Since 2014, the Air District's Commuter Benefits Program has made it a requirement for employers with 50 or more full-time employees in the Bay Area to offer commuter benefits to their employees. For more information, visit [commuterbenefits.511.org](http://commuterbenefits.511.org) or employees can ask about commuter benefits at their workplace.

The Bay Area Air Quality Management District ([www.baaqmd.gov](http://www.baaqmd.gov)) is the regional agency responsible for protecting air quality in the Bay Area. For more information about Spare the Air, visit [sparetheair.org](http://sparetheair.org).

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