



#WEEK WITHOUT DRIVING

OCTOBER 2-8, 2023

what we learned...

"I biked on multi-use paths and neighborhood streets where possible. It's illegal to ride on sidewalks but sorry, I'm not riding in traffic with a 2-year-old on the back."

-Colin Lentz

Senior Transportation Planner
Strafford Regional Planning Commission



"Imagine what our transportation would look like if it were planned first around pedestrians and non-vehicular traffic, and vehicles second. We'd be healthier, more social, errands would be more convenient, and we'd have less landscapes of parking lots and air pollution!"

-Em Friedrichs

Durham Town Councilor &
Climate Electoral Fellow, 350 NH



"Not driving for the week made me think more about how I scheduled meetings and errands, but in the end, helped me appreciate and enjoy the day much more by being outside and on a bike rather than in a car. It's still a struggle in the North Country if one needs to travel longer distances as there are no good options if you don't have a car."

-Bruce Caplain

Bike the North Country &
Bike-Walk Alliance of NH



"On my bicycle, it takes me 9 min to get to the grocery store.. and 5 min to get home! And there I am, home again and 13 years old again!"

-Chris Sweeney

Co-owner of Crumb Bum
Bakery and Slim Pickins



"Having the *option* to take transit is a luxury. Being transit *dependent* is really challenging. Commuting by bus took me 6.5 hours longer than driving over the course of the week."

-Tammy Zamoyski

Regional Planner
Southern NH Planning Commission



"It was a reminder that just because a public transit option existed, that didn't mean it was convenient or fully met my needs. Public transit in New Hampshire continues to improve but there's more to be done with regard to route frequency, hours of service, and other system connectivity in order to bring transit from something you can use if you have to and turn it into something you choose to use because it meets your needs."

-Mike Whitten

Executive Director
Manchester Transit Authority



"I'm finding it easier to incorporate mindfulness back into my day when I choose walking over driving short distances. On the other hand, the increase in time spent traveling reminds me that time is a valuable commodity, and unlike money, is non-refundable."

-Mikayla Jerominek

Regional Planner
Rockingham Planning Commission

