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**Subject:** Follow up: Taking the National Week without Driving Challenge  
**Date:** Tuesday, September 19, 2023 10:26:22 AM

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**Hello!**

**Thank you** for joining Bike Durham and leaders from across the country who are taking the National Week Without Driving challenge, which runs from Monday, October 2 to Sunday, October 8, 2023.

We will share resources and information to help you participate as we approach the week. For now, here's a recap of what the week is all about.

**First, why are we here?** For people with disabilities, young people, seniors and people who can't afford cars or gas, this is our every day. We encourage everyone participating to read about the experiences of nondrivers in this Washington state [story map](#) and consider how nondrivers in your area may experience similar barriers with everyday mobility.

**How the challenge works:**

- You can get around however you want, but the challenge is not to drive yourself in any car. This applies to all your activities — not just your work commute. If you normally transport other family members or friends, it applies to those trips too.
- You can ask someone else to drive you, but make a note of how much you “owe” this person in their time, and if you felt obligated to support them in other ways (ie, doing all the dishes). You can use taxis or ride hail if they exist where you need to go, but again, think about how the cost could impact your decision to take this trip if this was regularly your only option.
- We'll provide you with tools to prepare for the #WeekWithoutDriving and prompts during the week to reflect on what you're learning and share with your community and other participants across the country.
- **This isn't a disability simulation or a test of how easily you can find alternatives. We know that it is far easier to give up your keys if you can afford to live in a walkable area well served by transit, or can outsource your driving and other transport and delivery needs to other people. *Having to drive during the challenge does not signify failure. The point is to consider how someone without that option would have coped, and what choices they might have made.***

### **A couple of other notes:**

- Just as the week is not a simulation of how easily you can find alternatives, the week is not a celebration of car-free living or a Bike Everywhere event. If you live car-free or bicycle by choice, take this week to consider how you would get around without those options or if they were less available to you.
- It may be tempting to clear your calendar for the week of the challenge, stock up on groceries, minimize travel to work meetings, and otherwise plan ahead to minimize the need to travel. However, to better understand the on the ground reality for nondrivers, who do not have the privilege of planning ahead like this, we strongly encourage you to treat the week like any other by not clearing your calendar or otherwise minimizing your typical travel during the week. If you must rearrange a commitment, consider how you would have handled that commitment as a nondriver without the option to reschedule.

**Get ready to reflect and share, with us and on social media.** You can **start today** by using the #WeekWithoutDriving hashtag to share why you are taking the challenge. Be sure to link to the National Week Without Driving [webpage](#) so your followers can learn more. Please tag @bikedurham in any posts as well.

**Let us know if you have any questions, and watch your inbox for occasional news and resources in the lead up to the National Week Without Driving.**

You can reach us at [Surrayyah@bikedurham.org](mailto:Surrayyah@bikedurham.org)

**Thank you,  
Bike Durham**