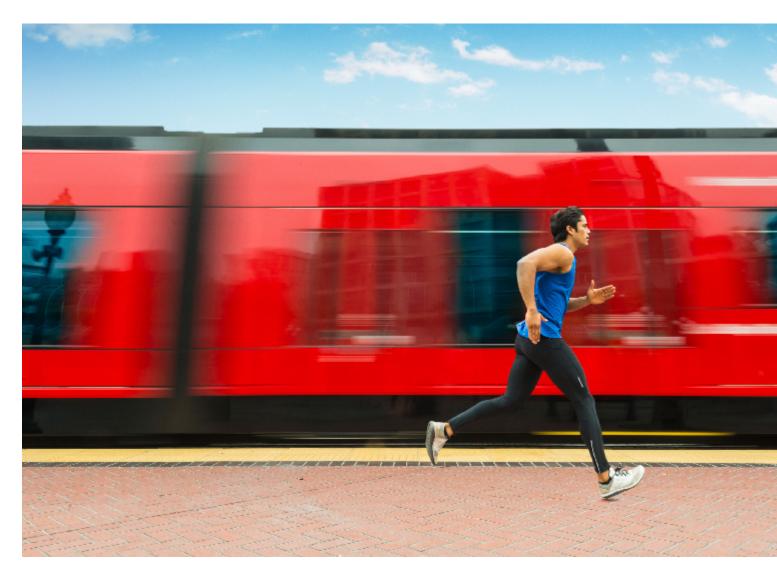
Home > Dump the Pump 2016

## **Dump the Pump 2016**



The 11th Annual Dump the Pump is Thursday, June 16. MTS is inviting San Diegans to **Pump Your Heart & Dump the Pump** in favor of taking transit. Did you know...

- Transit riders ar four times more likely to walk 10,000 steps a day than car commuters.
- Transit riders average more than three times the amount of physical activity in a day than those who don't use public transit.

 Transit riders help contribute to clean air & reduce toxins related to asthma and other lung diseases.

Join the movement & get moving! When you participate in **#DumpthePumpSD**, MTS and its partners will be giving away a wellness package valued at more than \$200. Three **#DumpthePumpSD** participants will be selected to win:

- A new Fitbit Charge activity tracker
- One 30-Day MTS pass
- One month membership (unlimited 30-minute rides) to <a href="DecoBike">DecoBike</a>
- Ear buds
- And more!

Pump Your Heart-Dump the Pump-Ride MTS on June 16! View the full contest rules below for more information on how to enter.

Event Type: San Diego

**Date and Time:** 

Thursday, June 16, 2016 - 12:00am to 11:45pm

Original URL: https://www.sdmts.com/inside-mts/events/dump-pump-2016

Source URL:https://mtsnet.demosite.us/event/dump-pump-2016