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[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 are **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 DecoBike
- 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>

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