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D.C. Area Drivers: Beat the Heck Out of Your Commutes at “The Great Commuter Stress Out”

*Telework Exchange and HP Sponsor Free November 10 Event Located at 13th Street and Pennsylvania Avenue
in D.C.*

ALEXANDRIA, Va., October 26, 2009 – Telework ExchangeSM, a public-private partnership focused on eliminating telework gridlock, today announced “The Great Commuter Stress Out,” an event focused on helping D.C. area commuters de-stress their lives and promote the value of telework as an alternative to daily commutes. In collaboration with HP, the free event will take place on Tuesday, November 10, 2009, from 11:00 a.m. to 2:00 p.m. EST at the Woodrow Wilson Plaza on 13th Street and Pennsylvania Avenue NW in Washington, D.C.

At “The Great Commuter Stress Out,” commuters can take a whack at car-shaped piñatas, enter to win desktop punching bags, and enjoy complimentary massages, food, beverages, and entertainment. According to Telework Exchange research, the average American spends 264 hours commuting annually¹. By teleworking two days per week, the average commuter would get 105 hours of his or her life back and save more than \$500 a year in gas alone².

“Employers and employees can both realize significant benefits by incorporating telework into day-to-day operation plans,” said Cindy Auten, general manager, Telework Exchange. “From improving recruitment and retention to enabling business continuity, telework provides endless benefits to organizations and individuals. ‘The Great Commuter Stress Out’ event will not only

¹Telework Exchange, “How Much is Too Much – America’s Addiction to Gasoline and Its Impact on the Workforce”, June 10, 2008

²Based on average \$2.50/gallon of gas (Average cost in October 2009)

offer an opportunity to ‘beat your commute,’ but also provide a learning experience on how telework can help de-stress your lives.”

“Telework, enabled by mobile technology, is a valuable solution to the arduous commute many Metro-region citizens face each year,” said Christina Morrison, government marketing manager at HP and D.C. area teleworker. “We encourage all to join us on November 10 at ‘The Great Commuter Stress Out’ and to learn how to join the telework movement.”

For more information and to RSVP for the “The Great Commuter Stress Out” event on November 10, visit www.teleworkexchange.com/greatcommuterstressout.asp

About Telework Exchange, LLC

Telework Exchange is a public-private partnership focused on demonstrating the tangible value of telework and serving the emerging educational and communication requirements of the Federal teleworker community. The organization facilitates communication among Federal teleworkers, telework managers, and IT professionals. For more information on Telework Exchange, please visit www.teleworkexchange.com.