

What's Healthier than a Bike Fest at the Farmers Market?!?



GMTMA in partnership with the New Jersey Partnership for Healthy Kids sponsored a Bike Fest last month at the Greenwood Avenue Farmers Market in Trenton. The Bike Fest included a bike rodeo skills course, helmet fittings, slow bike race, bike inspections, bike safety education, and GMTMA's bike safety wheel quiz with lots of prizes.

GMTMA brought helmets for the children that did not bring one, and after getting the proper safety gear children were ready for the bike course set up in the Farmers Market parking lot. They learned how to handle their bike, how to stop, turn, signal, and other bike skills.

Adults were also able to gain valuable bike safety information and those with a need for safety equipment received helmets, reflective items and had lights installed on their bike as part of GMTMA's *Be safe Be seen campaign*.

Many thanks to the YMCA Partnership for Healthy Kids, REI, TCNJ's Bonner Scholars, the Trenton Boys and Girls Club, and BikeExchange volunteers who helped during the event.

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Reminder!

If you haven't yet, please RSVP by October 18th
GMTMA Annual Luncheon and NJ Smart Workplaces Awards
at the Hyatt Regency Princeton.

[Click here to RSVP.](#)

Invitation only

Bayhead and Lavallette Schools Ride for Peace



Over 130 children from Lavallette and Bay Head schools rode their bikes on September 21, 2015 to celebrate the International Day for Peace.

GMTMA's Safe Routes to School Coordinator, Jerry Foster, was there to talk safety with the student cyclists. The ride was part of the Mayor Bill Curtis Campaign to promote healthy living and an active lifestyle.

Fall Safety Tips



In October the days are shorter and it is getting dark earlier which means you have to pay extra attention when you are on the road.

When driving:

- Be careful when the road is covered in wet leaves, they may cause your car to slip.
- Watch for deer, they are very active between dawn and dusk this time of year.
- Pay particular care for bicyclists and pedestrians who can be more difficult to see during low light hours.
- Adjust your lights to low beam when driving through fog.
- Always wear your seatbelt and do not use electronic devices while driving.

When walking or biking:

- Make sure you have bright/light clothing, reflective gear, a glow stick, or a reflective band.
- Cyclists must have lights on the front and rear of their bike. It's safer and the law!
- Pedestrians can also carry a flashlight and should always use the sidewalk when available.

- If possible walk/bike in groups to be more visible.

Stay safe and enjoy all the beauty of the fall!

What's Happening this Month

October is Walk to School Month

October 31st – Halloween

National Breast Cancer Awareness Month - Campaign to increase awareness about the disease. Details and resources [available here.](#)

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