

Bike Month Roundup!



Photo credit: Jacquelin Giacobbe

More than 130 people took part in GMTMA's Bike to Work Week promotion. Participants committed to biking to work at least one day during the week of May 16-20, many of them as part of an employer team. Together, they biked over 2200 miles in just one week! The Employer Team Challenge included teams from Princeton University, Bristol Myers Squibb, TYCO, SRI International, REI Princeton, GMTMA, Isles INC., and Axens NA. GMTMA would like to thank everyone for their participation and many thanks to all the *Bike to Work Week* sponsors. Winners will be announced Monday, June 13th. Follow us on social media and on our blog to find out who will win this year's prizes.

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Air Quality Action Days



The warm temperatures are here and that means starting now through September there is a greater chance that we will have an Air Quality Action Day. Air Quality Action Days are declared when the ozone and/or particulate matter in the air reaches levels that are [Unhealthy for Sensitive Groups](#) (Code Orange) or higher. A Code Orange means that people with lung disease, older adults and children are at a greater risk from exposure to ozone and the presence of particles in the

air. Here are some small changes we can all do to protect the air:

1. Instead of driving alone, carpool, use public transit, telecommute or walk or bike.
2. Take your lunch to work. Or walk to a nearby restaurant to keep cars off of the road during the midday.
3. Refuel in the evening. Ozone levels are usually highest in mid to late afternoon.
4. Don't "top off" your tank when refueling. Spillage adds two tons of air pollution daily.
5. Get the junk out of your trunk. An extra 100 pounds reduces gas mileage by up to 2%.
6. Change your oil. Using a manufacturer recommended grade motor oil improved fuel economy by 1-2%.
7. Get regular tune-ups and car maintenance checks. A properly running vehicle emits less pollution and saves gas.
8. Turn it off. Idling your vehicle wastes gas and pollutes the air.
9. Keep the right amount of air in the tires. Proper tire pressure saves gas and the air.
10. Slow down and save. Each 5 MPH that you drive over 60MPH reduce fuel economy by up to 5%
11. Avoid aggressive driving. Speeding, rapid acceleration and hard braking can reduce gas mileage by 33% at highway speeds.
12. Tighten you gas cap. This is one of the easiest ways to keep gas in your tank.

Sources: www.airqualitypartnership.org, www.dvrpc.org

Mercer County's First Bicycle Friendly Businesses



GMTMA congratulates REI Mercer Mall and Whole Earth Center of Princeton for becoming Mercer County's first Bicycle Friendly Businesses! Mercer County is the only New Jersey County where every maintaining jurisdiction - state, county and municipal - has adopted Complete Streets policies, which provide for support for all road users as improvements are made. In addition, NJDOT, Mercer County, East Windsor and Princeton are working to develop a more detailed bicycle and pedestrian plan, as Hamilton, West Windsor, Trenton and Lawrence have done.

GMTMA serves on some of these plan steering committees, and hosts the Mercer County Bicycle and Pedestrian Task Force, which serves as the county's steering committee. As part of GMTMA's Bike to Work program, we developed a "lunch and learn" Introduction to Bike Commuting talk, which has been given at some area employers and to the public at REI Mercer Mall as an evening program (contact us to host at your employer location or community organization).

Last, congratulations to Princeton University for the very successful bike share system launch at their Princeton and Forrestal Campuses!

Safe Routes to School Recognition for NJ Schools and Municipalities

In recognition of their programming and commitment to creating safer passages to school, Safe Routes to School NJ acknowledges schools that have gone above and beyond to support the Safe Routes to School Program. GMTMA's Safe Routes to School Coordinators can assist municipalities and schools with nominations and SRTS events. To learn more about the recognition levels and requirements, please go to

<http://www.saferoutesnj.org/levels/> or contact one of our Safe Routes to School Coordinators at ihenderson@gmtma.org or jfoster@gmtma.org.



The 2016 Safe Routes to School Recognition Program Winners are:

Gold SRTS Recognition Program Winners: Bay Head, Lawrence Township, Princeton, Trenton, and West Windsor Municipalities

Silver SRTS Recognition Program Winners: Johnston Park Elementary, Lawrence Intermediate Elementary, Riverside Elementary School, and Brick Township.

Bronze SRTS Recognition Program Winners: Community Park Elementary, Martin Luther King Junior Elementary School, Paul Robeson Elementary School, and Slackwood Elementary School

First Steps SRTS Recognition Program Winners:

Bay Head Elementary School, Columbus Elementary School, East Dover Elementary School, East Windsor Regional School District, East Windsor Regional School District, Grace N. Rogers Elementary School, Grant Elementary School, Herbertsville Elementary School, Hopewell Elementary School, John Witherspoon Middle School, Joyce Kilmer Middle School, Kisthardt Elementary School, Lanes Mill Elementary School, Lavallette School, Littlebrook Elementary School, Lucy N. Holman Elementary School, Maurice Hawk Elementary School, Melvin H. Kreps Middle School, Newgrange School, Ocean Road Elementary School, Toll Gate Grammar School, Town Center Elementary School, and Woodrow Wilson Elementary School.

Congratulations to all the winners and thank you for your commitment to provide safer and more accessible walking and bicycling environments for children!

Travel Training Workshop June 28. Sign-up Now!

Healthcare workers, social workers, and discharge planners are encouraged to attend this free workshop. GMTMA and NJTIP@Rutgers, in partnership with RWJ Hospital have teamed up to present this program. Don't let transportation be a barrier to accessing healthcare for your clients. To register contact cdixson@gmtma.org. [Click here](#) for more information.

Exiting News!



Princeton keep your eyes peeled for new wheels will be revealed!

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