ACTIVE TRANSPORTATION: BIKING AND WALKING

IN MERCER COUNTY





Walking and biking combine fun, fitness and transportation. When you have the opportunity to safely walk or bike to your destination, do it! This section offers safety tips and resources to help you get started and keep you moving.

WALKING IN MERCER COUNTY

Walking is a healthy and simple way to get where you need to go— it can also save a lot of gas money! Get out and walk and when you do, remember these safety tips:



1. Use sidewalks and crosswalks, wherever possible. When sidewalks are unavailable, walk facing traffic. When crossing at mid-block without a crosswalk, you must yield to vehicles.

2. Obey traffic signs and signals. Cross only when the pedestrian light says it's safe to do so!

3. Always look before crossing. Be sure all lanes are clear. Before crossing, stand clear of visual obstacles like a parked car or bus that might prevent a driver from noticing you.

4. Be alert and avoid distractions. **Head up, Phones down!** Listen for engine noise or backing lights near parking spaces or lots.

5. **If you can, walk with a buddy!**

Contact tma@gmtma.org for more information

RESOURCES FOR WALKING IN MERCER COUNTY

GMTMA's Trail Plan and interactive maps

Learn about existing and proposed trails for biking and walking.

gmtma.org/greater-mercer-trails-plan/





Stay healthy, mobile, and confident with the Greater Mercer TMA's Pedestrian Safety Program.

GMTMA offers a free pedestrian safety program geared specifically to older adults at senior centers, senior housing and other community facilities. For more information contact tma@gmtma.org

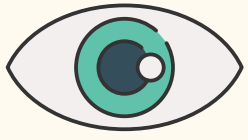
BIKING IN MERCER COUNTY

There are many reasons why you might opt to commute by bike in Mercer County. It is a fun, free, healthy, and environmentally friendly way to get around. When commuting by bike you:



- Lessen your impact on the environment. Biking has virtually no carbon footprint.
- Improve your health and reduce stress. Cycling counts towards your daily exercise!
- Save money. Gas (and wear and tear on your car) is expensive; pedal power is free.

Every person riding a bicycle on a roadway is granted all the rights and subject to all of the duties of the motor vehicle driver. Practice safe cycling habits on the road:



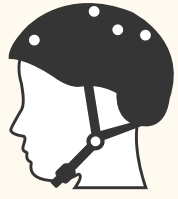
Be Seen
A front white light and rear back light are essential and required.



Be Heard
Let others know you're approaching. Bells are required.



Be Right
Ride in the same direction as traffic, as far to the right as practicable.



Be Headstrong
It's always smart to wear a helmet. Under 17 it's required.

RESOURCES FOR BIKING IN MERCER COUNTY



Greater Mercer TMA provides bike safety education for schools, business and community organizations.

Contact us at **609-452-1491** and visit **gmtma.org/biking** for more maps, resources, and information.

The following resources provide further information on bike regulations in Mercer County

NJDOT Biking Regulations	www.nj.gov/transportation/commuter/bike/regulations.shtm
E bike regulations	www.nj.gov/transportation/commuter/bike/regulations.shtm

There are also several Bicycle Advocacy and Cycling Groups in Mercer County.

- **Trenton Cycling Revolution** trentoncycling.org
- **West Windsor Bicycle & Pedestrian Alliance** wwbpa.org
- **Princeton Freewheelers** princetonfreewheelers.com