

2

**Susan Gouveia**

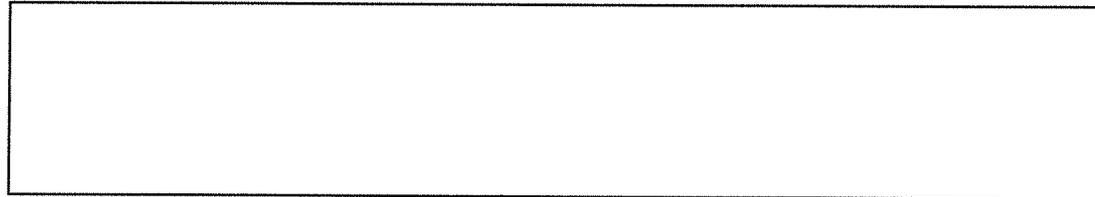
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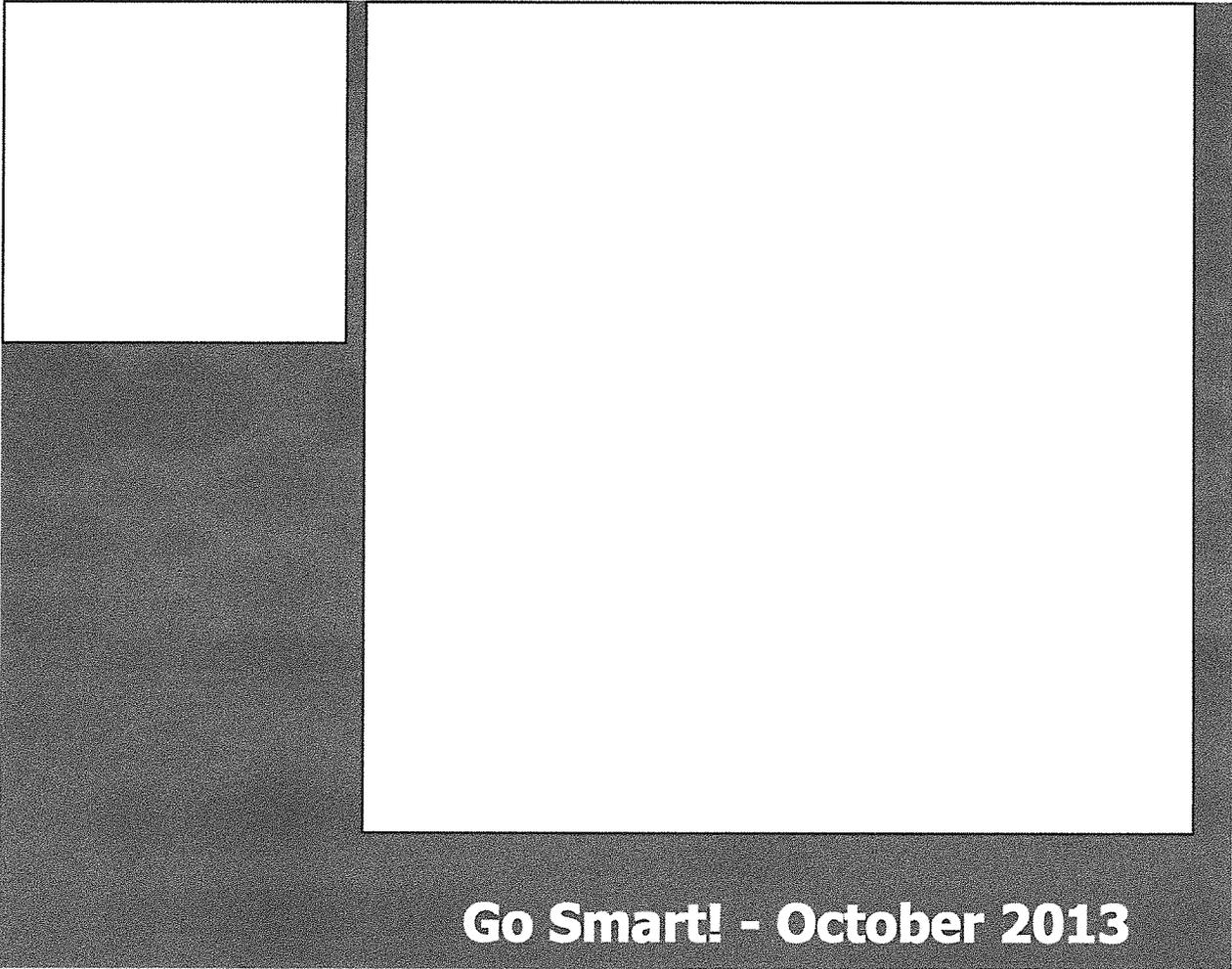
**From:** Lashway, Lisa  
**Sent:** Friday, October 11, 2013 11:59 AM  
**To:** Canning, Sean; Susan Gouveia  
**Subject:** FW: Walk This Way Going Strong, Walk To School Day and More! | Go Smart! with TransOptions  
**Attachments:** ~WRD000.jpg; image001.jpg; image002.jpg; image003.jpg; image004.jpg; image005.jpg; image006.jpg; image007.jpg; image008.jpg; image009.jpg; image010.jpg; image011.jpg; image012.jpg

Lisa Lashway  
Mt. Olive Twp. Clerk  
973-691-0900 Ext. 7291  
FAX 973-691-2080  
PO Box 450  
Budd Lake, NJ 07828

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**From:** TransOptions [mailto:info@transoptions.org]  
**Sent:** Friday, October 11, 2013 10:20 AM  
**To:** Lashway, Lisa  
**Subject:** Walk This Way Going Strong, Walk To School Day and More! | Go Smart! with TransOptions





**Go Smart! - October 2013**

## In This Issue

[Walk This Way](#)

[Walk To School Day](#)

[2013 Walking Summit](#)

[Walk Safe for Halloween](#)

[Sussex County Complete Streets](#)

## Quick Links

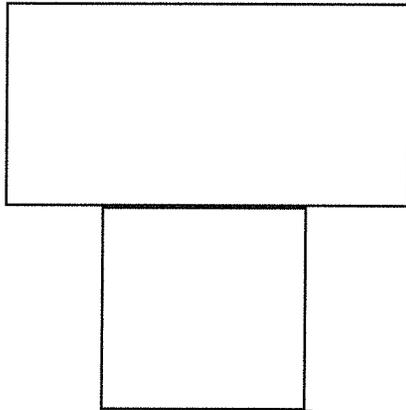
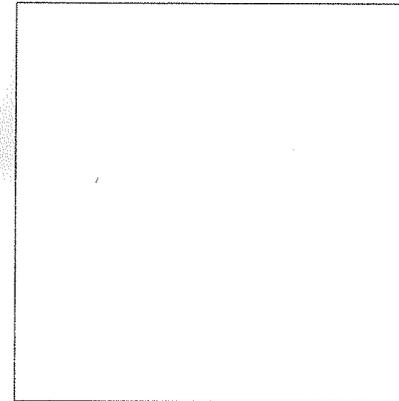
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## Walk This Way Going Strong!

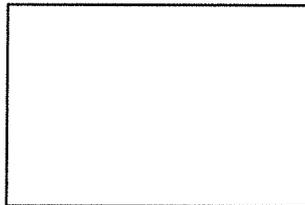
October is the month for walking and our Walk This Way Campaign is well underway! Our challenge participants have already logged hundreds of miles, but don't worry! If you haven't registered yet, there's still time to hit your stride and win some great prizes. Don't miss out, register today! [Read more...](#)



## International Walk To School Day

More than a dozen schools throughout TransOptions' service area participated in Walk To School Day this week, spreading the message of safe walking and healthy living!

## Call for Volunteers

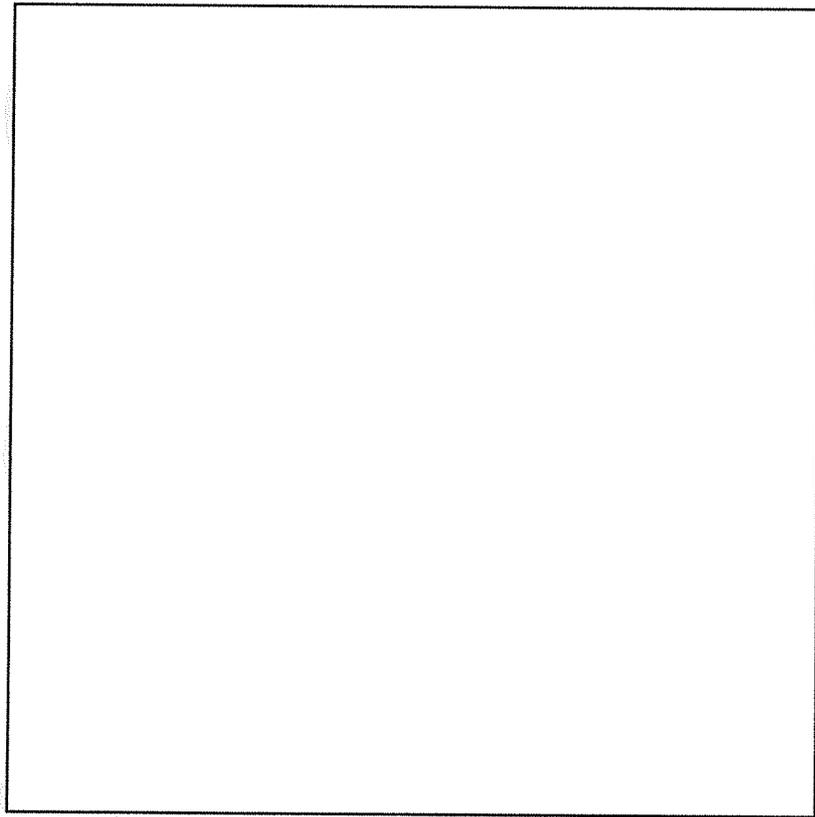


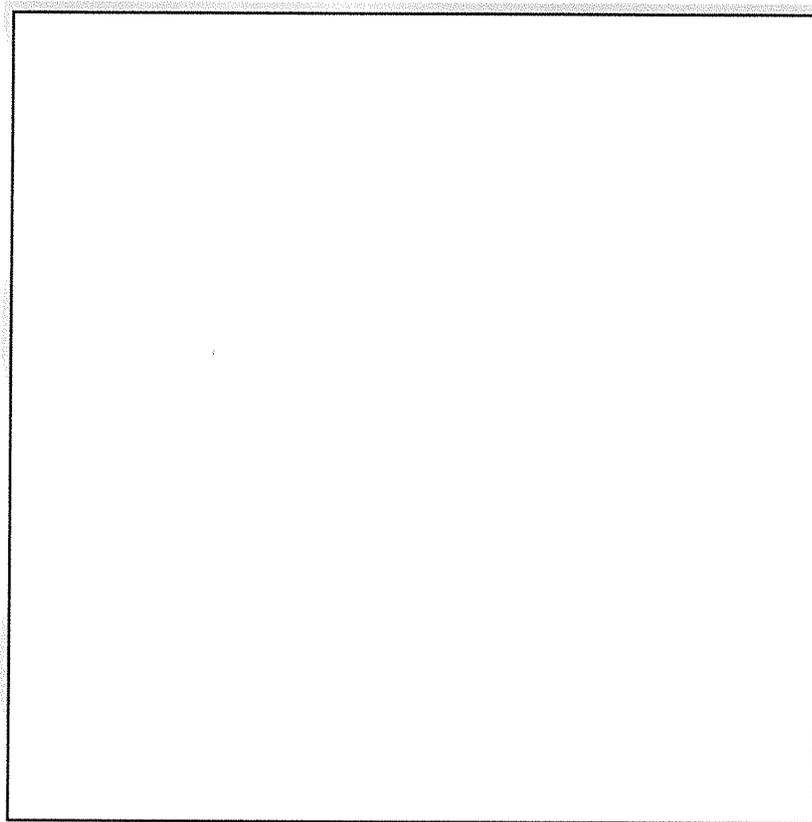
Our Hydrogen Fuel Cell Model Car Challenge is on its way and we need your help! Check out this great, hands-on

volunteer opportunity! [Read more...](#)

## Upcoming Events

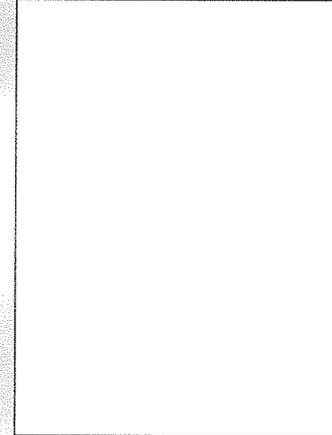
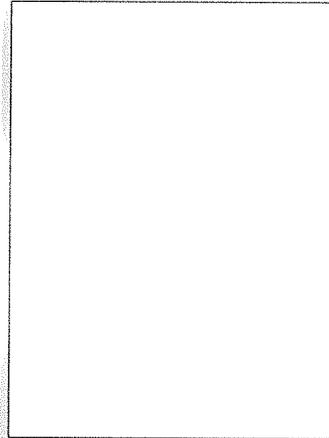
- [Walk This Way](#)
  - October 1-31
- [Learn to Ride](#)
  - October 12
- [REI Garage Sale](#)
  - October 13
- [See all...](#)



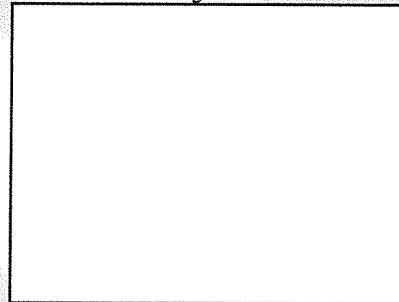


## 2013 Walking Summit

Over 400 pedestrian safety advocates, "Safe Streets" representatives, wellness advocates and walking enthusiasts converged in Washington, D.C. earlier this month for the 2013 Walking Summit.

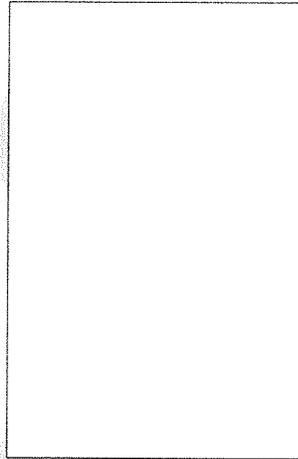


Their objective was to raise awareness of the positive economic impact generated by pedestrians and provide documentation on the health benefits and budget savings that result from a 150 minute-per-week walking regimen.



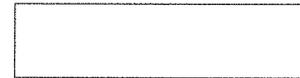
TransOptions participated in the Summit, gaining valuable insights and witnessing first-hand how attendees "walked the talk."

## Halloween Safety

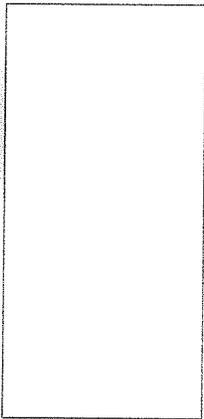


Costumes, candy and distracted pedestrians walking in the dark are all part of the brew on Halloween night. While enjoying the excitement of trick-or-treating, you're also four times more likely to be struck by a motor vehicle, according to the Centers for Disease Control and Prevention. Check out our tips on how to stay safe while you and your family are out and about for Halloween. [Read more...](#)

## Sussex County Complete Streets



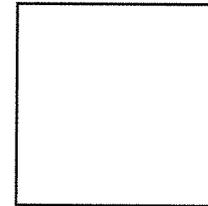
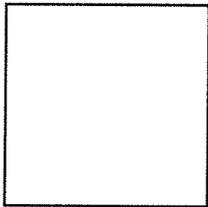
The Sussex County Complete Streets Study Team is asking residents to provide feedback on the materials presented at their September 30th community meeting. To view the virtual meeting or fill out the online questionnaire, visit [SussexCountyCompleteStreets.com](http://SussexCountyCompleteStreets.com).



## Helmet Safety Message Sticks

After being fitted for a helmet at Stillwater Day in Sussex County last month, Aidan refused to take the helmet off, even after being off his bike and in the safety of his home. Check out our kids' bicycle safety programs and Learn To Ride classes [here](#).

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