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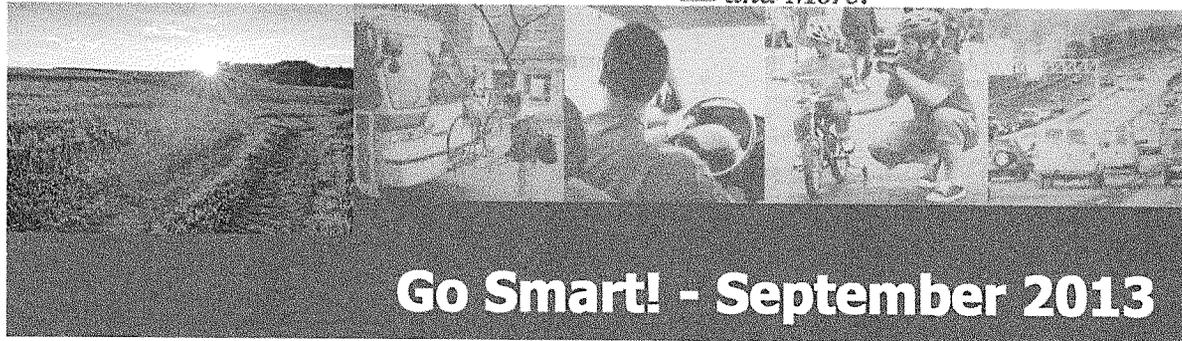
Susan Gouveia

From: Lashway, Lisa
Sent: Friday, September 13, 2013 3:36 PM
To: Canning, Sean; Susan Gouveia
Subject: FW: Great Prizes in Walk This Way, International Walk To School Day and More! | Go Smart! with TransOptions

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From: TransOptions [mailto:info@transoptions.org]
Sent: Friday, September 13, 2013 2:21 PM
To: Lashway, Lisa
Subject: Great Prizes in Walk This Way, International Walk To School Day and More! | Go Smart! with TransOptions

 **TransOptions**
Managing Your Ways To Work... and More!



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Sussex County Complete Streets Events



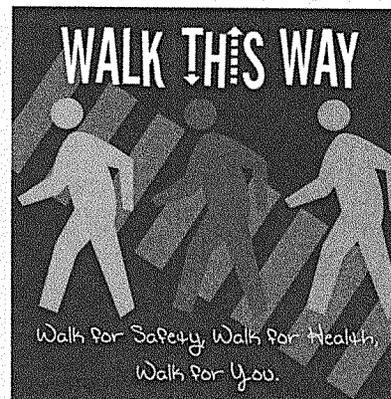
Sussex County and the North Jersey Transportation Planning Authority (NJTPA) will be hosting two community open houses and a special presentation regarding the county's complete streets study on September 30, 2013 and December 5, 2013. Save the dates and make sure your voice is heard! [Read more...](#)

Upcoming Events

- [Walk This Way Registration Opens](#)
 - September 15
- [Learn to Ride](#)
 - September 29

Walk This Way Is Back!

Join us throughout the month of October to promote pedestrian safety awareness in northwestern New Jersey by becoming a Partner in the Walk this Way Challenge! The Walk this Way Challenge is a FREE, fun and friendly opportunity for you to get out and walk. The challenge is open to all ages and we encourage you to walk alone or form a team, invite your friends, coworkers and family to participate. [Read more...](#)



International Walk To School Day

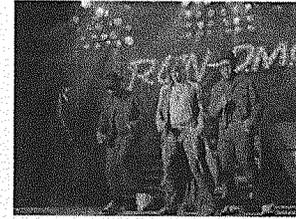


Wednesday, October 9 marks International Walk To School Day, a worldwide effort to get more students walking to and from school to improve health and safety while reducing air pollution. Last year, New Jersey had 134 schools participate. Help us beat that number this year, by registering your school at www.walkbiketoschool.org!

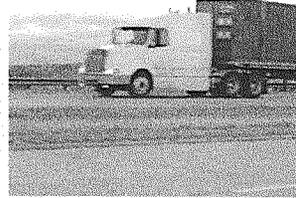
- [Sussex Complete Streets Open House](#)
 - September 30
- [Walk This Way Starts](#)
 - October 1
- [Defensive Biking Skills](#)
 - October 8
- [International Walk to School Day](#)
 - October 9
- [Learn to Ride](#)
 - October 12
- [See all...](#)

Our Walking Soundtrack

In celebration of this year's Walk This Way Challenge, we are making a walking playlist of our favorite walking songs! Many artists and songwriters have made walking the topic of famous hits throughout the decades and this year we are dedicating them to our Walk This Way walkers! [Read more...](#)



Roads In Poor Condition



The nation's infrastructure continues to age, leaving many U.S. roadways with poor pavement condition and numerous deficient bridges! See this article from USA Today and check where New Jersey ranks among all states with over 44 percent of our roadways in poor condition. [Read](#)

[more...](#)

Albert Simon Receives Bike Helmet from TransOptions

This article originally appeared in the Morris Habitat for Humanity September Newsletter:

Albert Simon, a ReStore warehouse expeditor, rides his bike from the center of Rockaway to the ReStore in Randolph almost every day. Luckily, despite not having a helmet to wear, he was unhurt in a recent accident. When TransOptions learned about his situation they donated a new helmet and safety care package.



Shown here is Albert and Cathy Boccard, Director of Business Services from TransOptions. TransOptions encourages alternative means of commuting to work. As Albert has proved, biking to work is possible, but having the right equipment is essential!! Thank you TransOptions for your generosity.

Cognitive Load Addressed in New Distracted Driving Study



Say you're driving while talking on your cell phone. We all know that no matter the subject, your phone call is a matter of life and death. When you're maneuvering a ton of steel, flesh and flammable fuel down the highway, talking on a phone quadruples the risk of an accident.

That danger isn't diminished if you're using your phone hands-free. It's the conversation, not the physical device that distracts and kills. [Read more...](#)

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