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## ***Mercer & Ocean In Motion***

**Getting You from Here to There**

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### **Rideprovide.org's New Look**

Greater Mercer RideProvide is GMTMA's community-based non-profit transportation service for seniors 65 and older and visually impaired adults living in Mercer County, Plainsboro and the southern portion of Montgomery NJ. This door-to-door transportation service, all in private cars, allows our growing population of senior adults and the visually impaired -- people who might otherwise be struggling with the limitations of not being able to drive -- an alternative mode of transportation.

Annual membership is \$40 for an individual and \$60 for a family. Then GMTMA helps you set up a pre-paid account to pay for the rides. Cash is never exchanged at a ride, and tipping is not permitted. Ride fees are based on a zone system. Each zone is roughly equal to a municipality in Mercer County.

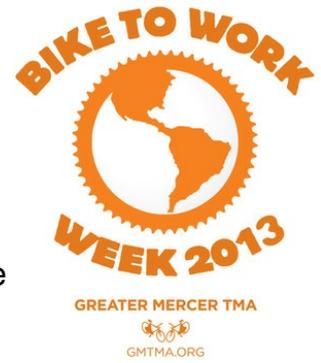
Even better, GMTMA has just updated and revamped the RideProvide website -- [www.rideprovide.org](http://www.rideprovide.org) -- to allow members to reserve rides online. Check out the new website to learn more about this great transportation service and sign up today!



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**Bike to Work 2013: Better Than Ever**

For the first time in three years, we finally had decent weather during Bike to Work Week – mostly sunny, not too hot, not too cold. All in all, it was a perfect week to get out on the bike and remember how great biking can be. This year we had 147 registrants, an all-time high and a 10 percent increase over last year. Additionally, the 61 riders who filled out the post-event survey rode 2420.5 miles this year –745 more miles than the 2012 total of 1675 miles. That’s about 2,000 pounds of carbon dioxide that didn’t get emitted into the air that week! More Bike to Work by the numbers:



- 17% were first time bike commuters
- 27% reported that they rode all five days of Bike to Work Week
- 70% of registrants were male
- 55% usually drive to work
- 22% regularly ride their bike to work
- 39% were biking to Princeton

“Biking to work was challenging and rewarding. I rode more in one week than I have in the last five years combined and while I am still a little sore I feel like I pushed myself and achieved something worthwhile.” --Bike to Work participant

Participants had some ideas for how to expand the Bike to Work offerings for next year, including organizing a sponsored group ride; offering basic bike education for road riding; giveaways of reflective materials in addition to the t-shirts; more education and promotion of bike amenities in the area; and more direct outreach with large employers. Do you have any ideas for how to improve and expand our Bike Month events next year? Let us know by emailing [rhersh@gmtma.org](mailto:rhersh@gmtma.org).

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## Is Today An Air Quality Action Day?

In June, the GMTMA region had two Air Quality Action Days due to hot, hazy, humid weather. This means that the air quality was particularly unhealthy for sensitive groups, including the elderly, young children, and people with breathing conditions like asthma. Do you know if today is an air quality action day? Do you let your staff and customers know about these days, and offer them tips for what they can do to stay safe and help improve air quality?

Unfortunately, these Air Quality Action Days happen many times over the course of the summer, every year. The best thing we can do is to be aware of when the air quality is a problem and know what actions we can take to lessen the problem.

A great way to get the word out to employees, customers, and visitors is to use a desktop display in your main office or security desk. Greater Mercer TMA and The Air Quality Partnership are distributing free a-frame desktop displays for businesses. These small signs can be displayed on Air Quality Action Days to make people aware of the air pollution danger. In addition, GMTMA has Unhealthy Air Quality flags that can be used for the same purpose.



These materials are free to any business that wishes to convey environmental health information to their employees and visitors.

You can sign up for Air Quality Alerts at [Enviroflash](#) to make sure you receive alerts on Air Quality Action Days.

Interested in learning more about the Air Quality Action Day desktop sign and the flag? Contact [Aly Dyson](#).

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## Your Jersey Summer Is Back on Track

With service to the Jersey Shore, Six Flags, Monmouth Park and more, NJ TRANSIT gets you to summertime fun throughout the Garden State - without the hassles and expense of driving. NJ TRANSIT offers an array of special summertime deals - including money-saving beach packages to the Jersey Shore.

All summer long, NJ TRANSIT customers can take advantage of special offers and money-saving discounts, including:

- **Jersey Shore:** Avoid traffic, tolls and high gas prices with a NJ TRANSIT Beach Package for Long Branch, Asbury Park, Ocean Grove, Bradley Beach, and Belmar. Customers can save up to \$6.50 with a NJ TRANSIT beach package.
- **Six Flags Great Adventure:** Customers can save up to \$37 when they ride NJ TRANSIT to Six Flags Great Adventure and Safari or Hurricane Harbor.
- **Monmouth Park:** Save up to \$5.50 with a Monmouth Park Racetrack Package and enjoy live thoroughbred racing while strolling the beautiful grounds, picnicking in the

shade, or stopping for a game of golf at the new Bluegrass Mini Golf Course.

- **Mountain Creek:** NJ TRANSIT customers can save \$8.00 on the \$39.99 adult admission price on a Mountain Creek Waterpark admission ticket when they ride NJ TRANSIT's #304 bus from the Port Authority Bus Terminal in New York City, Weehawken, Union City, North Bergen and NJ TRANSIT's Wayne Transit Center.
- **Baseball:** Ride NJ TRANSIT to two of New Jersey's most popular baseball teams, the Camden Riversharks and Newark Bears.
  - Ride the train to a Newark Bears game and save as follows:
    - Buy One Admission and Get One Admission FREE
    - Group Specials and Discounts (dates and pricing varies)
    - Kids 12 and under eat Free specials on Sunday home games
    - \$1 Beer night (various dates)
  - Ride the train to see the Camden Riversharks, and save \$3 on Riversharks tickets on a 100 level seat 200 level seat at any 2013 home games. Offer valid through September 8, 2013.

Want to learn more? Visit [www.njtransit.com/summer](http://www.njtransit.com/summer).

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