Dear Readers,
Welcome to this issue of the NJ Walks and Bikes Newsletter, a bi-monthly service prepared by the New Jersey Bicycle and Pedestrian Resource Center (NJBPRC). If you would like to learn more about NJBPRC, please visit us [here](https://ui.constantcontact.com/visualeditor/visual_editor_preview.jsp?agent.uid=1119489275949&format=html&print=true).

**NJDOT’s Complete Streets Planning and Design Workshops**
**Locations in Southern New Jersey**

New Jersey is recognized by the National Complete Streets Coalition as having the nation’s strongest Complete Streets policy. As such, NJDOT has developed an educational curriculum for counties across the state. This past week, on December 12th, NJDOT completed its second workshop in Burlington and Camden Counties with 20 participants. The week before, on December 4th, a workshop was hosted in Atlantic and Cape May Counties with 52 participants. NJDOT will be hosting another workshop this week, December 17th, for Mercer, Middlesex and Somerset Counties.
Complete Streets in Redwood, NJ

Bicycle Safety in New Jersey
Keeping Pace with the Bicyclists

A news article from myCentralJersey.com reported on the push from several New Jersey communities for Complete Streets policies. The article stresses that while this push is amiable, the bicycle and pedestrian infrastructure the policies promote is not being installed as quickly as it is needed. Senior Research specialist, Charles Brown was interviewed for the article, stating that "the amount of infrastructure has not kept pace with the number of bikes on the road." The next step after adopting a Complete Streets policy is adopting a plan to make roads equitable for all modes of transportation. To date, several eastern Monmouth towns are developing a regional plan to address the need for more bicycle infrastructure.

Active Commutes: Healthy Lifestyles
Active Commutes are Happy Commutes

As the most urbanized state in the United States, New Jersey is not a stranger to long commutes. Here, as the saying goes, distance is measured in time rather than miles. And while New Jersey residents are familiar to long commutes, research shows they could be detrimental to health. Extensive research looking at commute-related stress has found that lengthy commutes increase stress, decrease sleep quality, and can negatively impact social interactions. These factors are magnified by the lengthier the commute. Economists have found that "a commute of 45 minutes carries such a cost to well-being..."
that economists have found you have to earn 20 percent more to make the trip worth it”. Thus, commutes not only affect physical health, but mental health as well.

To read the full article, click here.

COMPLETE STREETS IN NEW JERSEY
An up-to-date list of Complete Street policies in New Jersey

There are currently 111 municipalities and 7 counties with Complete Streets policies in NJ, with **Buena Borough in Atlantic County and the Borough of Haddon Heights in Camden County (NJ)** being the most recent additions. This brings the total NJ population living in municipalities with Complete Streets policies to over 3 million people or 35.62% of the population. Essex County leads the way with 14 municipalities having adopted policies, followed by Bergen County (13) and Mercer County (11). Salem and Passaic Counties remain the only counties without any municipal Complete Streets policies.

To access the most up-to-date list of Complete Streets policies adopted in the state, please click here.
Students learn safe ways to walk to school in Garfield
NorthJersey.com - December 4th

Another link in the "chain"
NorthJersey.com - December 11th

Good retail bike parking ain't rocket science
Walk Bike Jersey - December 7th

Safe Routes To School encourages safe walking
Bonner County Daily Bee - December 14th

The high cost of unwalkable school districts
Streetsblog.org - December 15th

What's the skinny on "road diets?"
New York Bicycling Coalition - December 5th

For more local NJ bike/ped headlines, national news, opinion pieces, and the crash report, click here!

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