



CommuterSmart New Hampshire (CSNH) is a partnership between the state's nine regional planning commissions (RPCs) and specific transit agencies (partners), working in collaboration with other transit providers, state agencies, municipalities, businesses, and public health organizations. CSNH is dedicated to encouraging and assisting people to choose sustainable transportation options in place of driving single occupancy vehicles. Partners actively support the development and provision of strategies and policies to reduce travel demand across the state including walking, bicycling, carpooling and using public transportation.

## CommuterSmart New Hampshire NEWS & EVENTS

### Upcoming Events

#### Capital Region

##### 5-2-1-0 Health Fairs

5-2-1-0 Healthy NH is a statewide public education campaign to bring awareness to daily recommendations for nutrition and physical activity. Its message is simple and clear and represents some of the most important steps families can take to prevent childhood obesity.



Upcoming health fairs at capital region schools will introduce students to the 5210 message, provide interactive experiences based on the message of 5 fruits and vegetables, screen time limited to 2 hours, at least 1 hour of exercise, and 0 sugary drinks per day.

- 4/13: 9:00am - 11:30am at Abbott Downing Elementary
- 4/18: 11:00am - 1:00pm at Christa McAuliffe Elementary
- 4/20: 9:00am - 11:00am at Allenstown Elementary
- 5/16: 11:00am - 1:00pm at Beaver Meadow Elementary

##### Well Done Awards - May 9th at Delta Dental

The Well Done Awards, put on and sponsored by the Capital Area Wellness Coalition, recognize healthy eating and/or active living initiatives that have made a positive impact in our community. Nominees can be from a business, community agency, school, volunteer group or an individual. Winners will be recognized by Concord Mayor, Jim Bouley, on May 9th.

##### Commuter Challenge: May 14th - May 18th

The annual Commuter Challenge is back! Log in or sign up at [CommuterSmartNH.org](http://CommuterSmartNH.org) to log all of your smart commute trips taken between May 14th and May 18th. You'll be able to compete with others around the region and be eligible to win prizes!

Join us for a commuter breakfast on Friday, May 18th 7-9AM at the State House Plaza in Concord.

Coffee and bagels provided by The Works!

### **10th Annual Community Bicycle Swap**

The Central New Hampshire Bicycling Coalition (CNHBC) is holding the 10th Annual Concord Area Bicycle Swap with the goal of raising thousands of dollars to support bicycle programs and projects in Concord and the surrounding communities. The Bicycle Swap will be held at [S&W sports](#) and is a fun event for families and for bicycle riders of all ages and abilities. Whether you are looking to buy, sell, or donate a bike, you don't want to miss this event! Drop off for consignment: anytime between 11am-6pm Weds, and 11am-7pm the Thurs and Fri before the swap.

**Drop off for donation:** anytime between now and May 18

**Sale:** May 19th 9am-5pm and May 20th 9am-1pm

**Pick up:** by Tuesday following the event, bikes and checks not picked up at this time will be donated.

Additional information can be found through the [CNHBC webpage](#).

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## **Capital Region News**

### **The Merrimack River Greenway Trail**

If you're a smart commuter, you might have heard about the Friends of the Merrimack River Greenway Trail. They are a small but dedicated group that is working hard to make your future commuting as smart as it can be. Their goal is to build a paved bike path from Boscawen and Pembroke to Downtown Concord. What could be smarter than riding your bike to work on a beautiful off-road paved bike path?

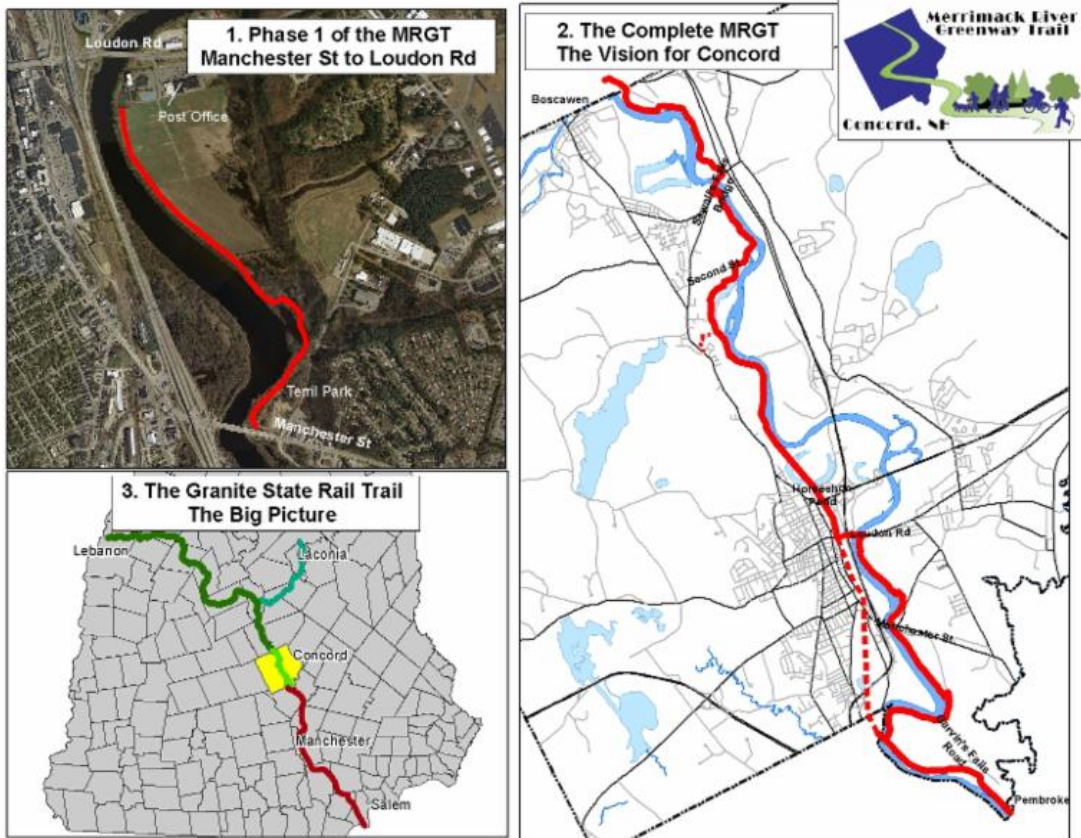
The northern section will connect to the Northern Rail Trail and follow the now abandoned railroad right of way to Downtown. The southern section will follow the banks of the Merrimack River through Garvin's Falls and Terrill Park, crossing the Merrimack on or near Loudon Road...again to Downtown.

Don't get too excited yet though! There is still a long way to go. It's a big project. The FMRGT has been working on funding, planning and engineering for more than six years. If all goes well, the first section-merely 250 feet long-will be built this year.

If you want to help out, fire off an email to [info@MRGT.org](mailto:info@MRGT.org) or (wink) send money.

To learn more about the MRGT, visit [MRGT.org](http://MRGT.org) and/or "Like" them on [Facebook](#).





## Southern NH News

### 2018 Manchester Bicycle and Pedestrian Counting Program

After a very successful inaugural counting season in 2017, SNHPC has begun planning its second season of pedestrian counts. [SNHPC](#)'s infrared counter will gather directional data in two- to three-week intervals, with the hopes of collecting at roughly a dozen sites between April and November. The list of 2017 count locations (in no particular order) is as follows:

Commercial & Granite	Hanover (vicinity of Palace Theatre)
Elm (vicinity of City Hall)	Amory & Notre Dame
Elm (vicinity of Veteran's Park)	Elm & Harrison
Bridge & Elm	Granite & Canal
Vicinity of Victory Park	Dorris Pond Trail @ Livingston Park

In addition to these urban pedestrian counts, several trail counts took place in cooperation with [Rockingham Planning Commission](#) and the [Windham](#) and [Salem](#) trail groups in July. These shared counters, which collect both cyclist and pedestrian data, were deployed along the Salem to Londonderry stretch of the [Granite State Rail Trail](#).

Additional non-Manchester locations, potentially to include Downtown Goffstown and Derry, are targeted for data collection in 2018. Letters were distributed to all SNHPC towns in mid-March soliciting potential locations.

Data will be shared with municipal officials and used to establish a baseline of how many pedestrians and cyclists use local roads and trails; by counting some of the same locations several years running, a reliable baseline can be established for how much non-motorized traffic

uses a given sidewalk or pathway. For more information, please contact Adam Hlasny at [ahlasny@snhpc.org](mailto:ahlasny@snhpc.org).



Photo Credit: Adam Hlasny

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