

Nonmotorized Update--Spring 2009

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Greetings Windbenders!

Ha! We thought we were busy all winter. Now that spring is around the corner, we will be even busier trying to fit biking, hiking and running into our bursting schedules. I have been helping the Missouri Bicycle Federation with their legislative agenda and fund-raising. I highly encourage all who can to donate to this worthwhile effort to make Missouri a better place in which to walk and bike. See ... www.mobikefed.org for the homepage and <http://mobikefed.org/membership.php> for online donation information.

BICYCLING NEWS

May is Bike Month--Bike to Work Week is May 11 to 15 and Bike to Work Day is Friday, May 15. See ... <http://www.bikeleague.org/programs/bikemonth/>.

Bike Month Guide ... http://www.bikeleague.org/programs/bikemonth/pdf/national_bike_month_guide.pdf.

Bike Month Events ... <http://www.bikeleague.org/programs/bikemonth/events.php>.

National Bicycle Route Approved--The American Association of State Highway and Transportation Officials (AASHTO) approved a National Corridor Plan laying out the framework and guidelines for the development of a national bicycle transportation system. The corridors cover over 50,000 miles, which will create the largest official bicycle route network in any country or on any continent. See ... <http://www.adventurecycling.org/routes/nbrn/usbikewaysystem.cfm>.

Tour of Missouri 2009--This professional bicycle race money-maker will return to our state September 7-13. Host cities will be St. Louis, Ste. Genevieve, Cape Girardeau, Farmington, Rolla, St. James, Jefferson City, Sedalia, Chillicothe, St. Joseph and Kansas City. This year the race will start in St. Louis and finish in Kansas City. Sponsors include: Edward Jones, Drury Hotels and Emerson. See ... www.tourofmissouri.com.

Name Change for Thunderhead--Thunderhead Alliance, the North American coalition of 140 biking and walking advocacy organizations, has changed its name to Alliance for Biking and Walking. See ... <http://www.peoplepoweredmovement.org/site/>.

WALKING NEWS

ADA Standards Information--Changes in transportation facility requirements for pedestrians are being planned. Keep track by checking the US Access Board website. The most recent guidelines were adopted on November 29, 2006. The latest news is that the new national administration had placed a hold on all new pending regulations. See ... <http://www.access-board.gov/ada-aba/ada-standards-dot.cfm>.

Pedestrian Navigation--Some new Garmin GPS units are now featuring pedestrian navigation capability through optional CityXplorer maps. These maps sell for \$10 to \$15 and include a public-transit mode that lets users plan routes using bus, tramway, metro and suburban rail systems. See ... <http://www.pcmag.com/article2/0,2817,2342262,00.asp>.

Pedestrian Forum Newsletter--Each year pedestrian fatalities comprise about 11 percent of all traffic fatalities with a total of 4,600 pedestrian deaths. Another 70,000 are injured in roadway crashes annually. The Federal Highway Administration Office of Safety has established a goal of reducing pedestrian fatalities and injuries by 10 percent by the year 2011. See ... <http://safety.fhwa.dot.gov/fourthlevel/pedforum.htm>. Send subscription requests to Tamara Redmon at tamara.redmon@dot.gov.

HEALTH AND PHYSICAL FITNESS

Walking Recommended Form of Exercise--Howard Oxley of the Organization for Economic Cooperation and Development found that health benefits can be obtained from regular physical activity of moderate intensity rather than formal exercise programmes aimed at achieving high levels of physical fitness. Walking at a brisk pace is considered to be the cheapest and the most acceptable form of exercise. See ...

[http://www.oalis.oecd.org/oalis/2009doc.nsf/LinkTo/NT00000BDE/\\$FILE/JT03259727.PDF](http://www.oalis.oecd.org/oalis/2009doc.nsf/LinkTo/NT00000BDE/$FILE/JT03259727.PDF).

Bikes Belong Urges Transportation System Change--Bikes Belong took the lead in a partnership of 171 national, state and local organizations to ask Congress to recognize the role the government takes on how surface transportation affects public health—in particular, air quality, physical activity and safety. The \$60 billion per year spent on our transportation infrastructure is dwarfed by the costs to our country resulting from the negative health impacts of transportation. Americans spend \$76 billion a year on health care costs related to physical inactivity, partly because many individuals cannot safely walk, bicycle or access public transit; \$164 billion a year on health care costs associated with traffic injuries and deaths; and between \$40 and \$64 billion a year on health care costs associated with asthma and other health conditions related to high rates of air pollution. See ...

<http://www.saferoutespartnership.org/national/45755/45848>.

Obese Kids Have Middle-aged Arteries--The neck arteries of obese children and teens may have as much plaque buildup as 40-year-old adults. The blood vessels of obese youngsters age more rapidly than those of their normal-weight counterparts. See ...

<http://www.webmd.com/heart-disease/news/20081111/obese-kids-have-middle-aged-arteries/>

Walking Provides Health Benefits--A *USA Today* article, part of the online series called “A Better Life,” states that if you live in a neighborhood where you can easily walk to nearby shops, you are likely to be more active and thinner than if you live in a place where you have to drive everywhere. People engaged in 40 to 50 minutes more physical activity per week if their neighborhoods were designed for pedestrians, regardless of whether they lived in higher-income or lower-income neighborhoods. See ...

<http://blogs.usatoday.com/betterlife/2009/03/the-benefits--1.html>.

MoCAN Addresses Missourian's Health--The vision for the Missouri Council for Activity and Nutrition is that Missourians will make healthy food choices and be physically active. The mission is to implement Missouri's Nutrition and Physical Activity Plan. See ...

www.kchealthykids.com/mocan and <http://www.dhss.mo.gov/Obesity/ObesityBurdenWebversion.pdf>

PARTNER INFORMATION

MODOT Uses Stimulus Money for Bridge Bike/Ped Lane--The Missouri Department of Transportation allocated \$4.5 million in stimulus money for rehab work on the Heart of America Bridge, which will include a new bike/pedestrian lane. See ...

http://www.kansascity.com/news/breaking_news/story/1133368.html.

Transportation for America Encourages Legislation--Complete streets are cost-effective, allow people to fight climate change by leaving cars at home, improve safety for everyone using the road and encourage active lifestyles that will reap benefits for a generation. We must change the status quo and make our streets safe and accessible for everyone. That change can start with this complete streets legislation. Email Ilana Preuss at

info@t4america.org. Contact federal legislators in support ...

<http://org2.democracyinaction.org/dia/track.jsp?v=2&c=QqfPVBzbZh9tRVvaWzogc0YWZggnaccv>.

LAB Supports Bike Legislation--The League of American Bicyclists is lobbying to include the Complete Streets Act of 2009 in CLEAN-TEA: The Clean, Low-Emission Affordable, New Transportation Efficiency Act. See ...

S.584 at <http://www.govtrack.us/congress/bill.xpd?bill=s111-584>

H.R.1443 ... <http://www.opencongress.org/bill/111-h1443/show>

S.575 ... <http://www.govtrack.us/congress/bill.xpd?bill=s111-575>

H.R. 1329 at ... <http://www.govtrack.us/congress/bill.xpd?bill=h111-1329>

One Street Provides Data on Economics and Tourism--Bicycle sales continue to outpace car sales. Demand

for quality, affordable transportation bicycles for new riders continues to rise. Bicycle tourists generally come from higher income brackets than other tourism sectors, making cycle tourism one of the great, untapped economic opportunities. See ... [www.onestreet.org/Economics and Tourism.htm](http://www.onestreet.org/Economics_and_Tourism.htm).

ERTA Opens Swope Park Trail--Earth Riders Trails Association is a recreational trails advocacy group whose mission is to increase the quantity and quality of sustainable, multi-use trails throughout the Midwest. Currently maintaining over 100 miles of single-track trails, ERTA's most recent accomplishment is the opening of the Swope Park Recreational Trail in cooperation with the Kansas City, MO Parks and Recreation Department. The 16-mile trail was built by 40 volunteers who invested over 600 hours in design and construction. See ... www.earthriders.org.

Healthier Generation Helps Schools--Those interested in making schools healthier places for students to learn and staff to work can join the Healthy Schools Program's Network at and receive access to a wealth of resources for free. See ... <http://healthiergeneration.org/schools.aspx>.

The Coalition Against Bigger Trucks Reports--Lobbyists representing large trucking companies and shippers have argued that allowing bigger trucks on the road would help solve the nation's highway congestion problem, reduce fuel consumption and help the environment. Facts show that the opposite is true, plus bigger trucks mean a greater burden for taxpayers to pay for infrastructure damage caused by vehicles too heavy for the current road design. See ... <http://www.cabt.org/>.

Colon Cancer Alliance Reports Facts--Colorectal cancer is the second leading cause of cancer death in the United States, second only to smoking-related lung cancer; Each year, more than 150,000 people in the US will be diagnosed with colorectal cancer and as many die each year from colon cancer as breast cancer and AIDS combined. People who are diagnosed in the earliest stages of the disease have a 90 percent chance of being cured, yet only a small percentage are staged early due to a lack of screening or awareness. See ... <http://www.ccalliance.org/>.

TRAINING

Bicycle Video on YouTube--The Iowa Bicycle Coalition has launched a bicycle safety video. See ... <http://iowabicyclecoalition.org/helmets.htm>

Health Video--The Alliance to Make us Healthiest has posted a very interesting video. See ... <http://www.healthiestnation.org/>.

Imagine KC on April 22--Four live, televised public forums will be held to collect ideas about how the region should spend money and effort on in order to create a vibrant, connected and environmentally sound future for our community. See ... <http://www.onekcvoice.org/Issues/Environment/ImagineKC/evites/imaginekceventinvite.htm>.

Bike Video--Fox News reporter creates bicycling footage of unsafe motorists. See ... <http://www.youtube.com/watch?v=wJmxCuPiM0c..>

National Bike Summit Videos--John Z. Wetmore has provided videos of key speakers at the National Bike Summit. See ... US DOT Secretary Ray LaHood at <http://video.google.com/videoplay?docid=-5323865082882842828>. See ... US Representative Earl Blumenauer (OR-3rd) at <http://video.google.com/videoplay?docid=-5527072340327644893>. See ... US Representative Daniel Lipinski (IL-3rd) at <http://video.google.com/videoplay?docid=-2784701150857668849>. See ... US Representative Doris Matsui (CA-5th) at <http://video.google.com/videoplay?docid=5225171971519783674>.

Perils For Pedestrians--John Wetmore produces a monthly television series promoting awareness of issues affecting the safety of people who walk and bicycle. He interviews advocates and government planners about problems such as missing sidewalks and crosswalks, dangerous intersections, speeding traffic and obstacles to people with disabilities. See ... <http://www.pedestrians.org/>.

LEGISLATION

Federal Complete Streets Bill Heard--The Complete Streets Act of 2009 defines effective complete streets policies that are flexible enough to use in daily transportation planning practice. Many organizations, including the YMCA and the National Association of Realtors, support this legislation due to the benefits complete streets will provide to address the obesity epidemic, reduce greenhouse gas and provide inexpensive transportation alternatives in tough economic times. See ... <http://www.completestreets.org/>.

Federal Bill Encourages Biking--Employees can receive tax-free dollars to offset biking costs and employers will save money on both Federal and State income taxes, and get other payroll advantages. The health benefits employees acquire from riding a bike such as lowered stress levels, enhanced mood and better focus, will translate into company productivity and lower health care costs. See ... http://www.wellsteps.com/news/Biking_law_press_release.pdf

Missouri House Bill 925--This bill was sponsored by Rep. John Burnett and co-sponsored by Rep. Mike Sutherland and heard in the Crime Prevention committee March 11. The bill requires an additional two points be assessed against a person's driver's license when a serious injury occurs and an additional 12 points when a death occurs as a result of a violation to help prevent nonmotorists from being run over. See ... <http://www.house.mo.gov/content.aspx?info=/bills091/bills/HB925.htm>.

Missouri House Bill 642--This bill was sponsored by Rep. Mike Sutherland and Co-sponsored by Rep. Vicki Englund and heard in the Transportation Committee March 3. This bill requires the Department of Transportation to provide full consideration for bicyclists, pedestrians, disabled persons and transit users in its plans, programs and projects. See ... <http://www.house.mo.gov/content.aspx?info=/bills091/bills/hb642.htm>. and for photos of Bicycle Day at the Capitol see ... <http://www.mobikefed.org/2009/03/photos-from-bicycle-day-at-capitol-2009.php>.

Missouri's DeSoto and Ferguson Adopt Complete Streets Policy--Complete Streets is an innovative solution to the obesity epidemic, a problem these communities are taking a stand against at the policy level. The policy also supports increased independence of the aging population and safe routes for children walking or biking to school. The policy adopted states that each community will design, build, and maintain streets in a manner that accommodates safe and contiguous travel for all users: seniors, persons with disabilities, children, pedestrians, bicyclists, transit-users and motorists. See ... http://www.trailnet.org/p_healthyactive.php#completestreets.

US Stimulus Bill--The bill is a \$789 billion economic stimulus package that provides \$27.5 billion to modernize roads and bridges and includes a 3% set-aside of each state's share of the \$27.5 billion for the Transportation Enhancements program. In sections of the bill there are possible funding sources for bicycle and pedestrian infrastructure. 1) \$3.2 billion is provided for the Energy Efficiency and Block Grant Program which provides formula funding to cities, counties, and states to undertake a range of energy efficiency activities with one eligible use of funding for bicycle and pedestrian infrastructure. 2) States will be receiving \$53.6 billion in state fiscal stabilization funding with an eligible activity under this section to provide funding to K-12 schools and institutions of higher education to make repairs, modernize and renovate to meet green building standards, including bicycle and pedestrian facilities and access to the school. 3) There is \$170 million for Park Roads and Parkways with a chance for bike projects in National Parks See ... <http://appropriations.house.gov/>.

Studies for Historic Trails Authorized--The US House of Representatives passed HR-146, the Omnibus Public Land Management Act of 2009 that includes authorization to study 64 routes and cutoffs of the Oregon, Mormon Pioneer, California and Pony Express National Historic Trails, including over a dozen trail segments in the greater Kansas City metropolitan area. See ... <http://www.govtrack.us/congress/bill.xpd?bill=h111-146>

Oregon Passes Vulnerable Road User Law--The 2007 Oregon Legislature passed HB 3314, creating an enhanced penalty for careless driving if it contributes to serious physical injury or death to a vulnerable user of a public way that went into effect January 1, 2008. See ... <http://www.oregoncycling.org/2007/10/vulnerable-roadway-users/>

TECHNICAL Q & A

Q: What are the standards regarding railing heights along shared use paths?

A: Railing heights should be a minimum of 42 inches with no protrusions into the path travel area.

See 14.7 ... <http://www.fhwa.dot.gov/environment/sidewalk2/sidewalks214.htm>

See 16.2 ... <http://www.fhwa.dot.gov/environment/sidewalk2/sidewalks216.htm#bri>

GRANTS

Pedestrian Safety Grants--The Highway Safety Research Center (HSRC) is seeking proposals (http://www.walkinginfo.org/res_guide/RFP.cfm) from up to ten communities or neighborhoods to pilot test the use of a newly developed guidebook (http://safety.fhwa.dot.gov/ped_bike/ped/ped_walkguide/) on how to improve pedestrian safety in neighborhoods. Each selected site will be provided \$2,000 as well as technical assistance from pedestrian safety experts. A conference call for potential applicants will be held May 1 and applications are due May 29. See ... <http://www.walkinginfo.org/newsroom/2009-03-23.cfm>.

CALENDAR

Ozark Greenways Adventure Race is May 16--See ... <http://www.greenwayrace.org/>.

National Trails Day is June 6--See ... <http://www.americanhiking.org/NTDGeneralInfoFaq.aspx>.

International Walk to School is October 7--The 2009 International Walk to School is an international event where communities from over 40 countries join together to walk and bicycle to school. See ... <http://www.walktoschool-usa.org/faq/index.cfm>.

Missouri Trail Summit is October 7 to 9--Springfield will host the annual Missouri Parks and Recreation Association conference. See ... <http://www.mopark.org/>

BikeMO 2009--Ride the Missouri Bicycle and Pedestrian Federation charity ride to raise money for bicycle and pedestrian advocacy on Saturday October 17, 2009 from Holt's Summit, Missouri at 9 am. See ... <http://bikemo.org/?p=11>.

Bicycle Day at the Capitol--Join the Missouri Bicycle and Pedestrian Federation to lobby state legislators in February 2010. See ... <http://mobikefed.org/2009/02/cant-attend-bicycle-day-feb-24th-but.php>.

Ride with State Legislators--Ride the Katy Trail any distance on an out and back from the Jefferson City trailhead on Monday, April 19, 2010 at 1 pm to enjoy a great sport while talking to state legislators. See ... <http://mobikefed.org/calendar/1226-JEFF-Katy-Trail-Ride-with-Legislators>.

GIFT IDEA

Bicycles In Glass--Bicycles hand sculptured in glass. See ... <http://www.lymans.com/akiss> and <http://www.lymans.com/bike/glassrecumbentbikes.htm>.

INFORMATION HUB

Nonmotorized Solutions presents training programs for educators, city government personnel, parks professionals, engineers, planners and advocates to promote the various aspects of a healthy lifestyle. Please send your news about nonmotorized programs, health and fitness to nonmotorizedsolutions@mchsi.com. Informed people make better decisions!

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