



ACTIVE TRANSPORTATION PLAN

ACTIVE TRANSPORTATION SUMMIT

March 3, 2016

10:00 am – 3:00 pm

Amish Acres, Nappanee, IN

Agenda

- » Active Transportation Plan Overview
- » Presentation, Kären Haley
- » Working Session 1 - Mapping
- » Lunch & Networking
- » Presentation, Robin Vida
- » Working Session 2 - Strategies
- » Next Steps

ACTIVE TRANSPORTATION PLAN OVERVIEW

Active Transportation is...

human-powered transportation that engages people in healthy physical activity while they travel from place to place. Additionally, active transportation is necessary to support public transit to allow for more accessibility within and among communities.



Purpose of an Active Transportation Plan

Identify needs, resources, and strategies for improving and increasing all active modes of transportation in the region



Purpose of an Active Transportation Plan

Realize benefits in access to destinations and services, mobility, quality of life, safety, air quality, health, and economy



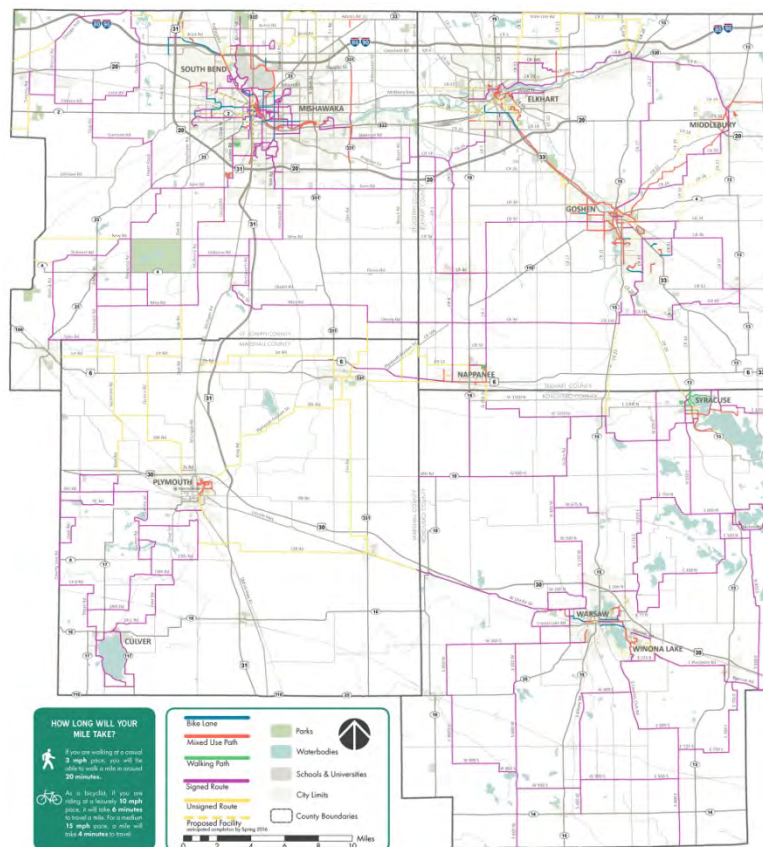
Purpose of an Active Transportation Plan

Serve as MACOG's overall strategy for funding and implementing active transportation facilities and programs



Purpose of an Active Transportation Plan

Provides guidance to support communities in the region that are expanding the bicycle and pedestrian network



Active Transportation Plan Goals

Connectivity

Accessibility

Culture

Health

Safety

Quality of
Place

PLANNING PROCESS

Advisory Groups

Steering Committee

- » Guide the planning process
- » Shape focus & deliverables
- » Technical review
- » Approve plan for Public Review

Focus Group

- » Provide support to the Steering Committee
- » Generate ideas, recommendations, strategies
- » Familiarize and promote plan in their communities

Timeline

» November

- » **Steering Committee**
Vision & Goals

» December/January

- » **Focus Group**
Goshen & South Bend

» January

- » **Steering Committee**
Objectives &
Performance Measures

» March

- » **Focus Group**
Active Transportation
Summit
- » **Public Engagement**
Online Survey &
Interactive Map
- » **Steering Committee**
Implementation
Strategies &
Recommendations

Timeline

» April

- » Public Engagement
Online Survey &
Interactive Map

» May

- » Steering Committee
Review Draft Plan

» June

- » Public Engagement
Open Houses &
Comment Period
- » Focus Group
Open House &
Comment Period

» July

- » MACOG Policy Board
Plan Approval

Goals for Today

1. Map potential regional Active Transportation facilities
2. Identify current program/projects
3. Propose future potential programs/project

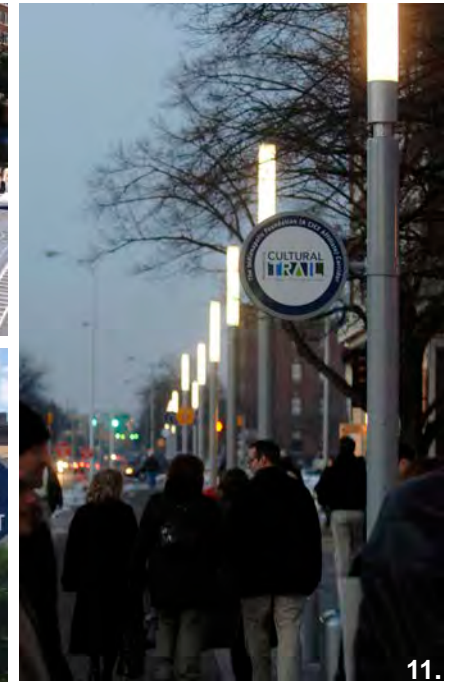


KÄREN HALEY

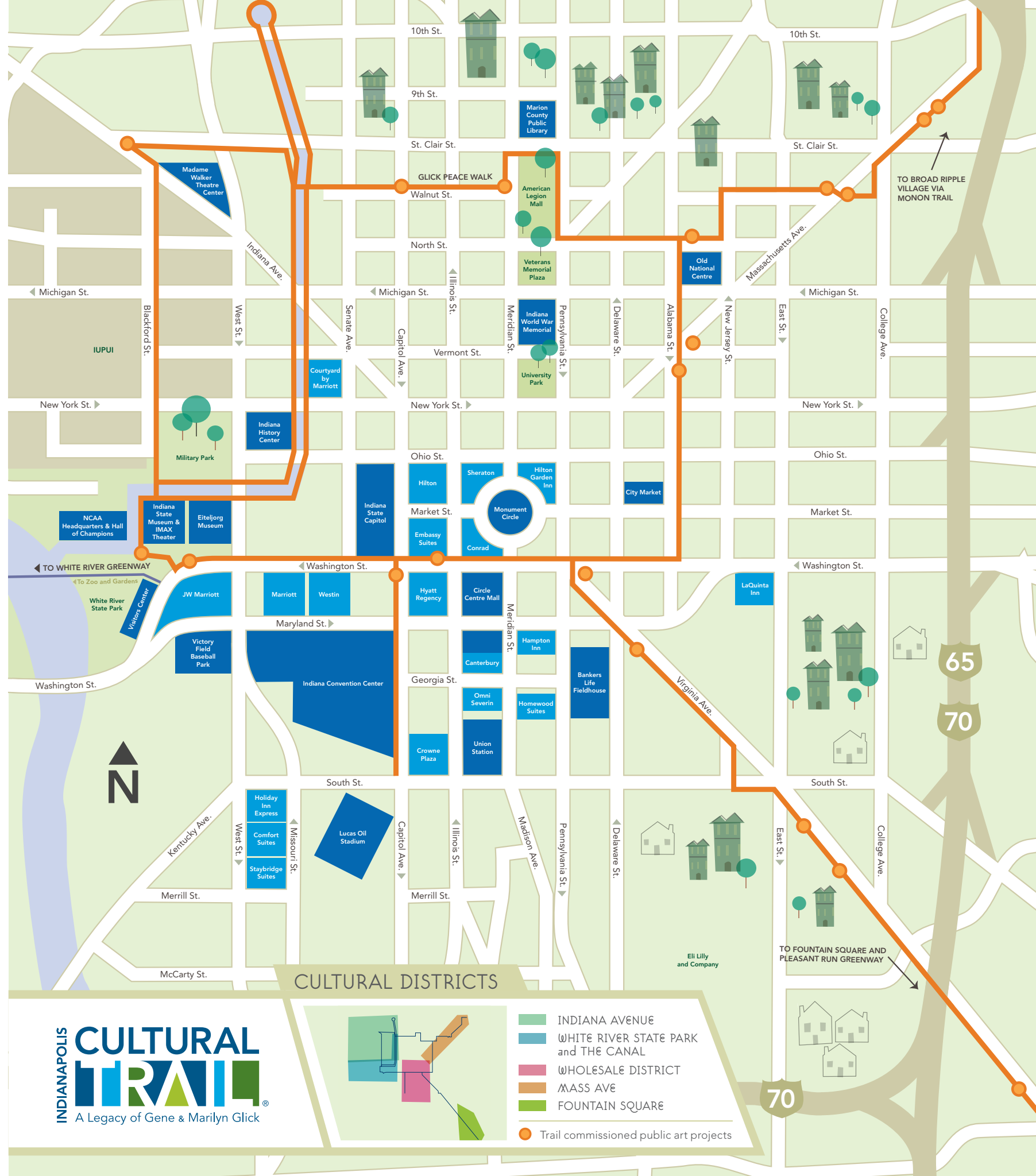
» Executive Director of the Indianapolis Cultural Trail, Inc

INDIANAPOLIS CULTURAL TRAIL™

A Legacy of Gene & Marilyn Glick

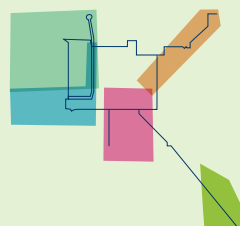


- Key**
- 1. Stormwater Planters
 - 2. Bike racks and trash receptacle made from recycled materials
 - 3. "Ann Dancing" by Julian Opie, public art installation
 - 4. New infrastructure installed
 - 5. Bicyclists on Alabama St. Trail
 - 6. Inspiring new business along the Trail
 - 7. Green roof
 - 8. Community gathering space
 - 9. Separated Trail
 - 10. Beautiful landscaping
 - 11. Nighttime lighting = safety
 - 12. Aerial view of Trail intersection



INDIANAPOLIS
CULTURAL TRAIL
A Legacy of Gene & Marilyn Glick

CULTURAL DISTRICTS



- INDIANA AVENUE
- WHITE RIVER STATE PARK and THE CANAL
- WHOLESALE DISTRICT
- MASS AVE
- FOUNTAIN SQUARE
- Trail commissioned public art projects



The Trail:

- 8 mile urban bicycle and pedestrian path
- Linear park
- Downtown hub for Central Indiana Greenway system
- Intersects with City bike lanes
- Provides access to every major art, cultural, sporting and entertainment destination in downtown
- Connects 5 downtown cultural districts
- Includes \$2M in public art
- Beautifully maintained
- Cleared of snow and ice



Good Design Makes Economic Sense

Design Excellence

Shared Streets

- Took a lane away from cars to create a protected travel space for peds and cyclists

Safety

- New large intersection plazas
- New signal timings with protected crossings for Trail users
- Brightly colored cross walks
- Evenly lit ped & bike path
- Signage



Design Excellence: Universal Accessibility

Curb ramps to access on street parking

New compliant ramps at 73 intersections

Audible pedestrian signals at 35 signalized intersections

Wider sidewalks with few obstructions



Before...



The geometry of the design—taking a lane from cars...



The design approach accommodates clean transportation alternatives and enhances walkability and cycling in urban neighborhoods & the urban core.



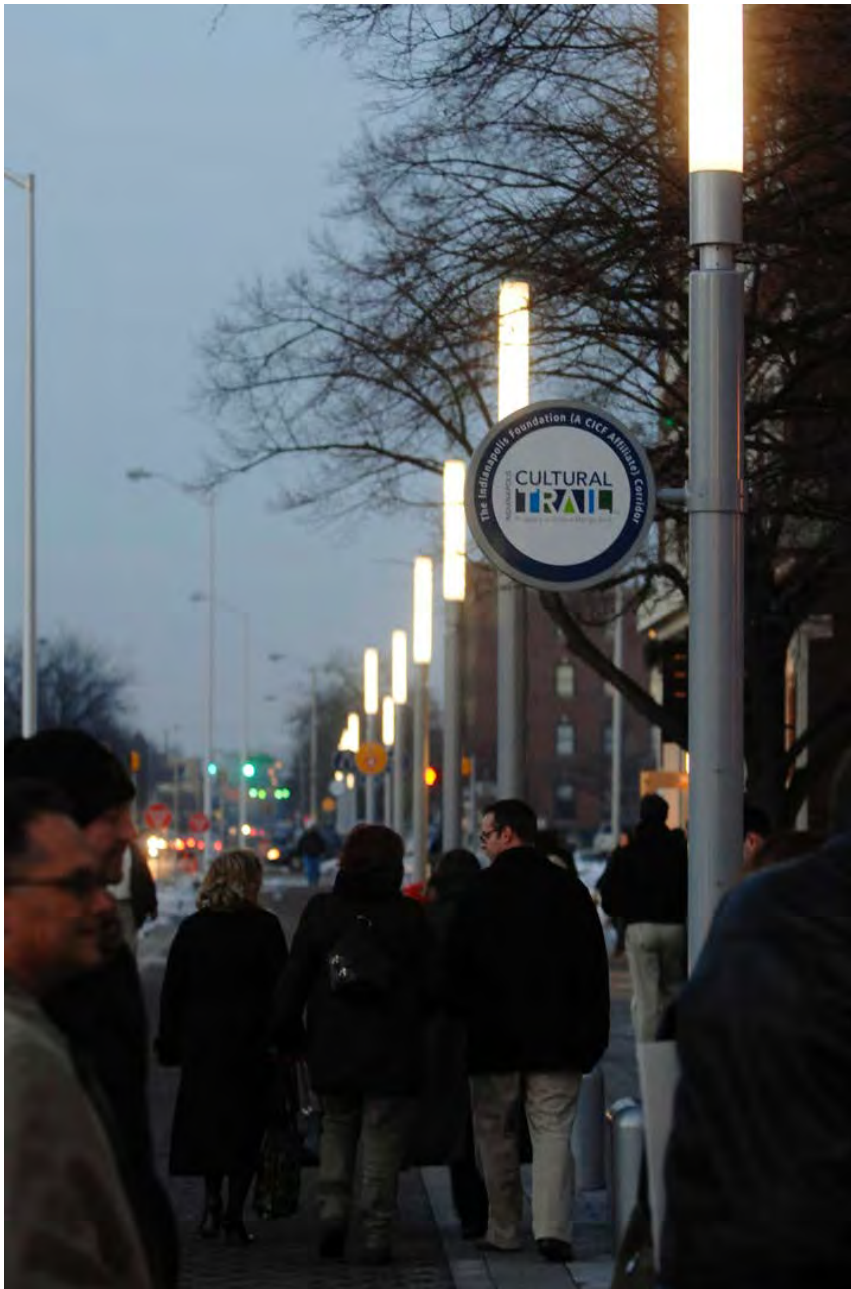








Accessible 24/7, 365 Days a Year





PacersBikeshare.org
IndyCulturalTrail.org
Customer Service:
317.653.1947



Indiana Pacers Bikeshare is a program of Indianapolis Cultural Trail, Inc.





26 Stations 250 Bikes

PRICING

USAGE FEES FOR EACH CHECKOUT

\$8 24 HOUR	+	First 30 minutes	30-60 minutes	Each additional 30 minutes
\$80 ANNUAL		INCLUDED	+ \$2	+ \$4



First Month of Operation

Trips: 13,017

Average Trips per Bikes: 52

Annual Members: 775

24 Hour Passes: 4,348

Average Trip Time: 17 minutes



In just 1 year, Indy rode

108,049

total bike share trips

... WOW!



Year 1

**Top Rider: 819 Miles/
540 Trips**

Trips per Bike: 433

Busiest Weekend: July 4

..... WHO IS RIDING?

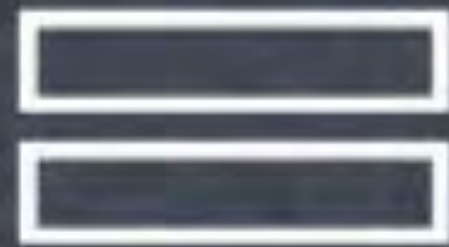


28,206
DAY PASS
USERS



1,636
ANNUAL
MEMBERS

218,260 Miles Traveled
(9 trips around the world!)



8.67 million
CALORIES BURNED

206,374 lbs
CARBON OFFSET

Why Do People Use Pacers Bikeshare?



Existing Bike Infrastructure (The Cultural Trail)



It's Easy and Accessible



ICT & Pacers Bikeshare: A Great Way to Get to Work



What Worked Well– Planning

- Public Feedback on Station Locations
- Stakeholder Involvement
- City Support
- Due Diligence
- Dense Station Map



Pacers Bikeshare By the Numbers

April 22, 2014 - December 31, 2015



2,600+ Annual Members
53,000+ Day Passes
206,000+ Rides

441,000+ Miles
17,500,000+ Calories Burned
418,000+ lbs carbon reduced





Kären Haley
Executive Director, Indianapolis Cultural Trail, Inc.
email: khaley@indyculturaltrail.org
indyculturaltrail.org
pacersbikeshare.org

WORKING SESSION - MAPPING

LUNCH & NETWORKING

ROBIN VIDA

» Director of Health Education for St.
Joseph County Health Department

Active Transportation: A Local Perspective

Robin Vida, MPH, CHES
Director of Health Education
St. Joseph County Health Department



Infrastructure

- Let's Move City- All Star Strategies
 - Strategy 1- Bicycle Friendly Community
 - Recommended actions include:
 - Enforcement of 3' rule
 - Bicycle Parking Ordinance
 - Safety and education program for youth using public service professionals (police & fire)
 - Strategy 3- Slow Zones
 - Recommended actions include:
 - Signage along walking school bus route
 - Street painting along walking school bus route
 - Slower speeds near schools, parks, etc.
 - Mayors Challenge, Safer People, Safer Streets
 - Complete Streets Approach
 - Identifying & Addressing Barriers to making Streets Safe and Convenient for All Users
 - Gathering Bike and Walking Data
 - Education on Proper Road Use Behavior

Step It Up!

- The Surgeon General's Call to Action to Promote Walking and Walkable Communities
 - Walking is an easy way to start and maintain a physically active lifestyle
 - Most can do it
 - Little resources are needed from the individual
 - Walking can serve several purposes:
 - Catching up with friends and family
 - Getting to school, work, or a nearby store
 - Exercise



How to Make Communities More Walkable

- Design communities to make it safe & easy for people of all ages and abilities to walk
- Promote programs and policies to support walking where people live, learn, and play
- Provide information to encourage walking and improve walkability



STEP IT UP!

EVERYONE CAN HELP
MAKE OUR COMMUNITIES
MORE WALKABLE

WORKSITES:

Implement workplace policies and programs to promote walking.

PARKS AND RECREATIONAL AND FITNESS FACILITIES:

Provide access to green spaces and recreation areas.

MEDIA:

Spread the word about walking and creating safe and easy places to walk.

SCHOOLS:

Implement safe routes to school and daily physical education programs.

INDIVIDUALS & FAMILIES:

Walk with friends, family, and work colleagues.

TRANSPORTATION, LAND USE, & COMMUNITY DESIGNERS:

Design safe and easy places to walk.

PUBLIC HEALTH:

Provide information to plan, implement, and evaluate walking programs.

HEALTH CARE PROFESSIONALS:

Talk to patients about physical activity.

VOLUNTEER & NONPROFIT ORGANIZATIONS:

Offer free or low-cost community walking programs.



Step it up! Help make your community more walkable. Learn how by visiting
www.SurgeonGeneral.gov

What are (can) WE (be)doing?

- **DOC Walk Program**
 - Piloted in summer of 2015
 - Weekly walks organized by medical residents as an alternate way to connect with patients and community
 - Patients, community members, etc. walked 2 mile route and could discuss their health, etc.
- **Family Passport to Play Program**
 - Monthly FREE event in a local park
- **Mayor Walks**
 - Coming in 2016!
 - Getting community leaders to lead walks throughout the city/county
- **Walking Meetings –Let's Move City Business Recognition program**
 - Encouraging businesses that sign on to our Let's Move City initiative to do walking meetings, lunchtime power walks, etc
- **Walking School Bus Program with local schools**

Doc Walk Thursdays

Walk with the doctors of the E. Blair Warner Family Medicine Center!

- Every Thursday at 5:30pm starting June 4.
- Meet on Bartlett St. in front of the E. Blair Warner Center.
- Walks range from ½ mile to 3 miles along the beautiful St. Joseph River and East Race.
- Walks will take place rain or shine (exception for lightning).
- All fitness levels welcome!
- For more information please contact St. Joseph County Health Dept. at 574-245-6749



Exciting games and activities for the whole family! And, it's FREE!

Get Ready for Fun-filled Adventures!

Family Passport to Play

Spring-Summer 2014

Family Passport to Play is an amazing adventure that begins April 25. Free family fun at area parks! A different event each month!

YOUR ADVENTURE GUIDE TO FAMILY FUN			
Beach Bash Friday, April 25, 2014 5:30 to 7:30 p.m. HealthWorks! Kids Museum	Think Spring! Saturday, May 17, 2014 2 to 4 p.m. Kim Village Nature Center and Park	Summer Splash and Landin' Saturday, June 28, 2014 11 a.m. to 1 p.m. Kennedy Water Playground	Party in the Park Saturday, July 19, 2014 11 a.m. to 1 p.m. Howard Park
Outdoor Explorer Wednesday, August 6, 2014 6 to 7:30 p.m. St. Patrick's County Park – Brown Barn	ROC UR Body Friday, Sept. 12, 2014 5:30 p.m. to 7:30 p.m. Howard Park	Family Fun Fair Saturday, Sept. 27, 2014 10 a.m. to 3 p.m. Kim Village Park	

Family Passport to Play is powered by the following sponsors:

For more information, call 574-647-8195 or check us out on Facebook! search "Family Passport to Play."

Walking School Bus Program

- Began in Fall of 2015
- Piloted through National Walk to School Day, 2013-2015
 - Used community leaders as walking school bus leaders to build engagement.
- A walking school bus is when children are dropped at a safe location, met by peers, school personnel, parents, etc. and walk safely the rest of the way to school.
 - On average students walk about 8-12 blocks to school.
 - Add on an additional 15-18 minutes of physical activity.
- 7 Primary centers in South Bend Community School Corporation currently enrolled.

Walking School Bus Program Cont.

- Coordinated through the St. Joseph County Health Department and Reducing Obesity Coalition of SJC.
 - ROC member is paired with each school to offer technical assistance, walk with the kids to school, etc.
- School principals are given a WSB toolkit that gives:
 - Walking School Bus Plan template-completed by school and given to the health department and ROC member
 - School is asked to have a walking school bus at least once a month with an end goal having it weekly.
 - School also identifies a school champion (school RN, teacher, parent, principal, etc.)
 - Sample fliers promoting the bus
 - FAQs and letters for parents and staff
 - Sample incentive activities to encourage participation
 - Safe Routes to School Walking School Bus Guide
 - Walking Assessments



HARRISON FAMILIES COME TOGETHER FOR A WALKING SCHOOL BUS!!!!

WHEN: October 8th at 7:30am, walking bus departs promptly at 7:45

WHERE: Cul-de-sac on S. Kentucky St., & Vermont Place

WHAT: Walk to school with your friends, family, South Bend Mayor Pete Buttigieg and other South Bend community leaders and school staff.

What is a walking school bus?

A Walking School Bus is a group of children walking to school with one or more adults.

How does it work?

Students and school staff meet at a safe and specific meeting place at a specific time. Then the children walk to school together.

Who's involved?

PARENTS, School Staff, Local Police, and other Community Leaders

Questions?

Contact – Robin Vida, MPH, CHES
(574) 245-6749

rmeleski@co.st-joseph.in.us

Sponsored by:



The Walking School Bus: Combining Safety, Fun and the Walk to School



Prepared by the National Center for Safe Routes to School and the Pedestrian and Bicycle Information Center, both part of the University of North Carolina Highway Safety Research Center, with funding from the National Highway Traffic Safety Administration.



Questions?

Contact Information

Robin Vida, MPH, CHES

Director of Health Education

St. Joseph County Health Department

(574) 245-6749

rmeleski@co.st-joseph.in.us

WORKING SESSION - STRATEGIES

next steps



» Public Engagement

» Begins TODAY!

» www.macog.com/activetransportation

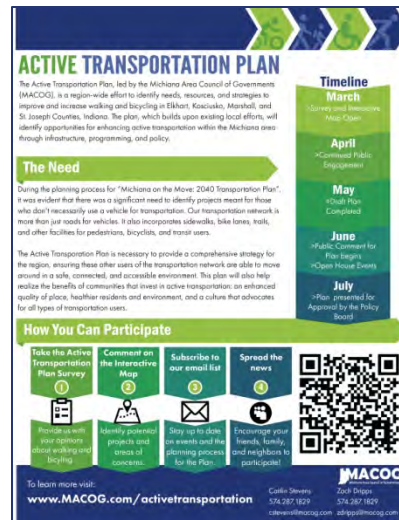
» Online Survey

» Interactive Map

Spread the News

POSTCARDS

FLYERS

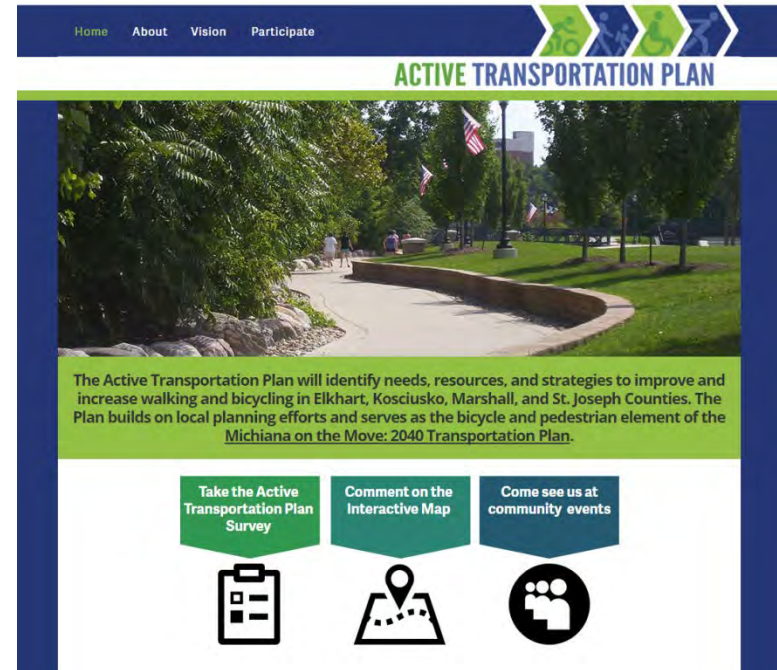


EVENTS

1st Fridays



WEBSITE



SOCIAL MEDIA



ACTIVE TRANSPORTATION PLAN

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