

Wheels and Heels – May 2007

Email news from MoDOT Bicycle/Pedestrian Coordinator Caryn Giarratano

Greetings Windbenders,

This fireball is ready to IGNiTe!! ... The bicycle and pedestrian accommodations training called *Infrastructure Guidelines on Nonmotorized Transportation* (IGNiTe) is “this close” to being ready to roll out to the personnel in all ten MoDOT districts. It has been tightened to less than four hours with PowerPoint, a workbook called a *Toolkit* and a small group activity to redesign an intersection to make it more bike/ped friendly. Lava Girl, stand back!

Tour of Missouri Month -- Gov. Matt Blunt presented Mike Weiss, president of the Missouri Bicycle Racing Association and the Tour of Missouri venue manager, with a proclamation declaring September Tour of Missouri Month in honor of Missouri’s first ever statewide professional bicycle race. The first annual Tour of Missouri race is scheduled for Sept. 11-16. See ...

<http://www.gov.mo.gov/press/Cycling041107.htm> and www.tourofmissouri.com/.

MoDOT Long Range Plan – MoDOT has released the latest long-range transportation plan, Missouri Advanced Planning (MAP). This document includes a summary of transportation discussions and the current status of our transportation system. See ...

http://www.modot.mo.gov/plansandprojects/documents/Map_000.pdf.

Bike Commuting Tracking Tool – The Missouri Bicycle Federation has created a tool to track bicycle commuting in the Kansas City area. See ... <http://kcbike.info/bike2work/2007/>.

Bike Month Celebrations – Many communities across the state staged bike, walk and wheel activities to celebrate Bike Month and Bike to Work Week. See ... www.ozarkgreenways.org, <http://www.pednet.org/>, <http://www.columbiamissourian.com/stories/2007/05/18/event-get-students-out-cars-and-feet/>, www.bridgingthegap.org, <http://mobikefed.org/news.php>, <http://www.bikeleague.org/programs/bikemonth/>, http://www.bridgingthegap.org/PROGRAMS/business/atworkCleanCommute_b2ww07.htm, <http://upcoming.yahoo.com/event/169237/> and http://www.trailnet.org/transport_events.php.

Bikes Belong Gives Award to Missouri – The Missouri State Parks Foundation was awarded \$10,000 towards the \$1.6 million needed for the local match to construct a bike/ped bridge across the Missouri River, connecting the Katy Trail to Jefferson City. This \$6 million project will connect bicyclists and walkers from the nation’s longest rail trail to restaurants, lodging and bike shops in Jefferson City. See ...

<http://bikesbelong.org/page.cfm?PageID=405>.

Bike Train Pilot in Columbia – After years of success with the Walking Schoolbus, PedNet is reaching out to kids who may be too far from school to walk. This spring, PedNet Executive Director Ian Thomas and four children who attend Fairview Elementary, rode to school one day per week. The participating children first completed the youth bicycle proficiency program, Bike Pro, as part of the focus of promoting physical activity. See ...

http://www.gocolumbiamo.com/Public_Comm/Public_Information/Press_Releases/5_1_07pednet.php

St. Louis Sees Increase in Bike Commuting – The increased cost of gasoline has prompted a movement away from the family car for getting to and from work. More bicycles are competing with cars and trucks for space on the streets. Public transportation has gained new favor with commuters. Carpooling to work is becoming more fashionable. Business is doing its share to encourage the move to alternate modes of transportation. Several companies - along with public institutions, such as universities - are subsidizing the cost of public transportation and a growing number of employees are taking advantage of the offer. See ...

http://suburbanjournals.stltoday.com/articles/2007/05/23/news/sj2tn20070522-0523flo_travel_1.ii1.txt

Map My Trip – Road construction in St. Louis will be heavy this summer. MoDOT has designed a new tool to help travelers avoid delays. See ...

<http://www.modot.org/newsandinfo/District0News.shtml?action=displaySSI&newsId=10110>

NATIONAL NEWS

Rescissions Affect Bike/Ped -- In 2006, state federal fund balances were reduced by about \$600 million as part of a rescission of federal transportation funds. The tables reflecting states' responses to the FY 2007 rescission are posted at http://www.fhwa.dot.gov/rescissions/pl110_5/ and a link has been added to the notice at <http://www.fhwa.dot.gov/legsregs/directives/notices/n4510643.htm>.

May Was Bike Month – Fifty-one years after Bike Month was launched, Bike to Work Day is still getting great coverage. From National Public Radio to *Business Week*, from a pod cast on the Associated Press to lots of Internet coverage, the gas prices and burgeoning obesity crisis have everyone convinced that bicycling is a fantastic alternative to driving. See ... <http://www.bikeleague.org/programs/bikemonth/> and <http://www.thatscrispy.com/index/news-app/story.2002/title.andy-clarke-and-bike-to-work-day>.

Ride of Silence – The Ride of Silence, honoring fallen bicyclists, happened in 272 communities around the world May 16, more than doubling international participation since 2006. The ride is a 12-mile silent ride that honors cyclists who have been killed while riding. See ... <http://www.rideofsilence.com/main.php>.

U.S. Bicycle Route System Update – In 2004, AASHTO's Standing Committee on Highways created a Task Force to develop a national system or corridor-level plan for use by state departments of transportation and other agencies in designating future U.S. bicycle routes. See the update ... www.adventurecycling.org/routes/nbrn/factsheet.pdf. See the map ... www.adventurecycling.org/routes/nbrn/nsbrtmap.jpg.

Bicycle Safety: What Every Parent Should Know – Active Living Resource Center safety materials include a new release of this bike safety book. For a full list of available resources, see ... <http://www.activelivingresources.org/library.php>. To see a copy of the bike safety book, see ... http://www.activelivingresources.org/assets/parents_pamphlet.pdf.

OTHER NEWS

English Kitty Commutes by Bus – A cat has stunned bus drivers by commuting on a busy route most days for three months. The mystery cat jumps on the No 331 service in Wolver Hampton and rides it two stops down the road before leaping off near a fish and chip shop. See ... <http://www.thesun.co.uk/article/0,,2-2007160369,00.html>.

Hyperbike – This prototype of a human-powered tricycle traveling machine has eight-foot wheels, provides a full-body workout and goes 50 mph. See ... <http://www.hyperbike.info/>.

Bike Rock Music -- Attila Horvath has recorded an album filled with songs about bicycling. See ... <http://www.bikerockmusic.com/>.

Bike Furniture – Bicyclists who have a taste for modern art and clean-lined furniture may wish to look at amazing designs by Andy Gregg. See ... <http://www.bikefurniture.com/>.

Office Computer Linked to Treadmill -- Obese people can lose up to 30 kilograms a year by replacing their traditional desk with a vertical workstation, strolling gently on a treadmill as they type, read email or answer the phone. While sitting at a normal desk, the group of 14 women and one man burned about 72 calories an hour. But alternately walking and standing on the treadmill, averaging 1.7 K an hour, they burned 191 calories an hour. See ... <http://www.canada.com/topics/bodyandhealth/story.html?id=d7d33660-5b01-4e62-bd24-266f8115bfd0&k=53011>.

SOURCES OF INFORMATION

Click this link for other state agencies connected to bicycle and pedestrian issues, state bicycle coordinators' contact information, bicycle organizations, pedestrian information, advocacy contacts and research sources ... http://www.modot.mo.gov/othertransportation/bike_ped/bicyclepedprogram.htm.

CALENDAR

June 2 – Celebrate National Trails Day by using trails to hike, bike, ride horses and paddle. See ... <http://americanhiking.org/events/ntd/index.html>.

June 16 – Rollin' for the River Katy Trail bike ride and canoe / kayak float trip on the Missouri River from Rocheport to Cooper's Landing is a fundraiser for the Missouri River Communities Network. See ... www.moriver.org and <http://www.moriver.org/Rollin%20for%20the%20River%202007%20Flyer.pdf>.

June 23 -- The 6th Annual Tour de Corn charity ride will be held in East Prairie with a mass start at 7:30 a.m. The ride features three routes ranging from 15 to 60 miles. The terrain is flat, scenic and rural. See ... www.tourdecorn.com.

July 13 to 15 – Thunderhead Training, Louisville, KY. See ... <http://www.thunderheadalliance.org>.

July 24 to 28 – Missouri River 340: the World's Longest Nonstop Canoe and Kayak Race from Kansas City to St. Charles. Contact Brad Hargrave, Missouri River Communities Network, 573-256-2602, 913-530-3643, bjh427@gmail.com, www.rivermiles.com.

Sept. 11 to 16 – Tour of Missouri professional bicycle race across the state, beginning in Kansas City and ending in St. Louis. See ... <http://www.tourofmissouri.com/>.

Oct. 3 – Walk to School Day. See ... <http://www.walktoschool-usa.org/>.

Oct. 13 – BikeMO, the Missouri Bicycle Federation sponsored ride to raise money for bicycle and pedestrian advocacy in Missouri, offers a choice of routes and begins at 9 a.m. from Holts Summit (just north of Jefferson City). See ... <http://www.bikemo.org/>.

Oct. 16 – White Cane Day, see Public Law 88-628 (approved Oct. 6, 1964), <http://www.blindaccessjournal.com/2006/10/president-bush-proclaims-october-15.html>, <http://www.whitehouse.gov/news/releases/2001/10/20011015-12.html>

Oct. 25 to 27 – Crossroads of the Midwest, the 4th annual Missouri Trail Summit will be held at Powder Valley Conservation Nature Center, 11715 Cragwold Road, Kirkwood 63122. See ... www.mopark.org

Nov. 5 to 7 – First National Safe Routes to School Conference: Creating, Building and Sustaining Momentum, Dearborn, MI. See ... <http://www.saferoutesmichigan.org/nationalconference.htm>.

Dec. 9 to 12 – Mid America Trails and Greenways Conference in Chicago, IL. See ...
<http://www.openlands.org/resources.asp?pgid=363>.

NEXT YEAR – 2008

May 18 to 21, 2008 – TRB National Roundabout Conference in Kansas City, MO. See ...
http://gulliver.trb.org/news/blurbs_detail.asp?id=7349.

Sept. 2 to 5, 2008 – Pro Walk/Pro Bike Conference in Seattle, Washington. See ...
<http://www.bikewalk.org/conference.php>.

Please forward this newsletter to anyone you feel may be interested. If you are not on the mailing list and would like to be added, please tell me!

Tailwinds, Caryn

Caryn Giarratano, Ph.D.
MoDOT Transportation Planning Specialist
Bicycle and Pedestrian Program Coordinator
573-522-9297, caryn.giarratano@modot.mo.gov
P.O.Box 270, Jefferson City, MO 65102-0270, 573-526-8052 (fax)
www.modot.mo.gov/othertransportation/bike_ped/Bikepedprogramintro.htm

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