Thank you for joining the call. This website will allow you to see the presentation today.

In order to hear panelists and participate in the call, please use your telephone to dial 302-202-5900 and enter access code 899-858-373#.

Once on the call, if you are not speaking, please press *6 to mute your phone, or use the mute button on your device.
Maine is the most rural state in the nation, according to data from the U.S. Census Bureau.

On this month's call we'll hear about solutions from partners here in Maine and across the country that apply to creating safer streets for the 61% of Mainers that live in rural areas.

Agenda:
1. Welcome and Introductions
2. Improving walkability on Main Streets in Maine
3. Increasing bike/ped safety on rural roads in Vermont
4. Safe Bike Touring on rural routes across the country
5. Q&A
Today’s Speakers

Anne Ball - Maine Development Foundation

Nick Meltzer - Vermont Agency of Transportation

Kerry Irons - Adventure Cycling Association
The Community Spokes Program

- One-Day Training
- Ongoing technical Assistance
- Committee Support
- Online Toolkit
- Advocacy Events and Webinars

- 94 Trained Community Spokes
- 57 communities
- All 16 counties

- www.bikemaine.org/advocacy/community-advocacy
Remaining Webinar and Events in 2015

Community Spokes Training
Wednesday, November 18th, 2015 in Belfast

Webinar: Age-Friendly Communities and the Bike/Ped Movement
Wednesday, December 16th from 8am - 9am
Put us together and you get:

• Creating vibrant downtowns through community leadership focused on developing place-based worksite wellness.

• Healthy Maine Streets connects small businesses with creative opportunities to make the healthy choice the easy choice.

• Healthy people build downtown vitality, fuel economic growth and strengthen our quality of place for future generations

Healthy Communities are Good Business

**Healthier Communities**
- Healthy place to live: gardens, farmers market, options to buy local, get active, meet neighbors
- Many choices downtown for healthy eating, walking, celebrating, breathing
- More opportunities to eat healthy, walk, reduce stress
- Improved health, lower stress, more energy, higher quality of life

**Economic Impact**
- Growing population, strong business sector, solid tax base
- Increased foot traffic, increased sales
- Lower maintenance costs
- Higher productivity, fewer absences, lower costs
- Lower medical costs, fewer purchases, more opportunities to thrive
Think About New Partners

Healthy Maine Partnership

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Source: Healthy Maine Streets Quarterly Reports, December 2013

YMCA, Rec Department, Public Parks and Trails Etc.

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Source: Healthy Maine Streets Quarterly Reports, December 2013
Design for People

Human Scale Design refers to size, texture and articulation of physical elements that match the size and proportions of humans and equally important correspond to the speed at which humans walk. Building details, pavement texture, street trees and street furniture are all physical elements that contribute to human scale.
Lisbon enjoys newly opened section of the Androscoggin River Trail, with downtown access, Summer 2014
Summary

The language around health in communities is changing - It is not just healthcare we are talking about, but where you live, what you eat, and how you move.

Downtown organizations are a good partner and an excellent delivery system for health and wellness content. They have relationships with and understand small businesses.


Rural communities should think about how to be efficient with volunteer labor, committees, etc. Can you combine committees that have similar goals (i.e. parks and recreation with trails). Form an ACET (Active Community Environment Team) Look to partners around your town that also have similar goals (i.e. community hospital)

Encourage Healthy Community Design in your municipality. Make it a priority that planning and design make it easier for people to live healthy lives and are designed to a human scale. (i.e. school placement, trail access, sidewalks, cross walks...)
Maine Active Community Environments Workshops

Working to improve your community’s built environment? Want to make it easier for people in your community to be more active where they live, work and learn? The Maine Active Community Environments workshops can help community members build places where people of all ages and abilities have the opportunity to have an active lifestyle through many venues including transportation, walking and biking. Learn how!

**Take-aways:**
- opportunities for healthy active living
- success stories
- financial resources
- networking with neighboring communities
- resource materials and hands-on map work.

### 3 WORKSHOP OPPORTUNITIES

**Thursday, November 12** - Bangor, City Hall, 73 Harlow St. 2 pm - 4 pm

**Wednesday, March 2** - Lisbon, MTM Rec. Center, School St. 10:30 am - 12:30 pm*

**Wednesday, March 9** - Rockport Opera House, 6 Central St. 8 - 10 am

Register on line at [http://tinyurl.com/2015-16-ACE](http://tinyurl.com/2015-16-ACE)

All sessions are free of charge and include all materials and light healthy snack.

Bring a team from your city or town for the best results.

*In conjunction with a Maine Downtown Institute at 8:30-10:30 am. Information provided separately.

Workshops brought to you in collaboration with Maine’s statewide Active Community Environment Workgroup
A Vermont Perspective

Nicholas S. Meltzer, P.E.
Assistant Bicycle & Pedestrian Coordinator
Vermont Agency of Transportation
A Little Background
Maine vs. Vermont

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<th>Vermont</th>
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<td>Size (sq. miles)</td>
<td>35,385</td>
<td>9,616</td>
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<td>Population</td>
<td>1,330,089</td>
<td>626,562</td>
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<td>Density (ppl/sq mi)</td>
<td>43</td>
<td>68</td>
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<td>Cities over 10,000</td>
<td>11</td>
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<td>Cities over 5,000</td>
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- The character of towns and villages is still “rural urban”
- Many towns have state routes as Main Streets
Accept that not everyone is going to travel by walking or biking

BUT, we still need to accommodate those who want to

And, can we get people out of their cars more of the time

Source: Breckenridge, CO
Work with communities on paving projects to achieve multiple objectives

Make slight changes to state policies that have big impact for active transportation

- Lane widths
- Marking bike lanes
What Is Vermont AOT Going to Do?

- Currently looking long term
  - On road bicycle plan will identify priority routes for improvement
  - Developing road diet policy to identify and implement across the state (and subsequently pair with other projects to save money)

- Standardize treatments that accommodate bicycles/pedestrians

- Revise road design standards to meet next generation trends
Legislatively..

- Act 34: Complete Streets Policy
  - Requires documentation of compliance or exception for all Agency projects
  - Exceptions mostly around unrelated projects (new signs, crack filling, etc.)

- Looking to initiate 3 foot passing law this legislative season
What’s Important For You to Know?

- Believe the community wants this
  - There’s a lot of negative attitudes
- The public wants convenience, regardless of mode choice
- Design solutions exist (no community is that unique)
How Can You Make Change?

- Find an internal ally

- Do as much conceptual work as you can
  - Bring them a solution, not a problem

- Communicate that a small investment equates to a big return
Lastly...

- Don’t be afraid to call/write/email your representative!
Thanks!

Nick Meltzer
Assistant Bicycle and Pedestrian Coordinator
Vermont Agency of Transportation
Nicholas.Meltzer@Vermont.gov
Adventure Cycling Association

- The Essence of our Rural Cycling Safety recommendations:
  - Bicycle-Friendly Rumble Strips
  - Paved Shoulders
  - Signage
  - Education (motorists and bicyclists)
Q&A - THANK YOU

Contact Info:

- Anne Ball - aball@mdf.org
- Nick Meltzer - Nicholas.Meltzer@vermont.gov
- Kerry Irons - kirons@adventurecycling.org
- Abby King: abby@bikemaine.org or 207-956-6538

Follow-Up:


COMMUNITY Spokes 2015