

Spring 2017

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Sarah Cushman and her daughter, Cedar, fording a stream in Indiana on the family's cross-country bicycling tour. (See story on page 24.)



MAINE CYCLIST

THE VOICE OF BICYCLISTS IN MAINE



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FROM THE PRESIDENT

by Phil Coffin, Board President

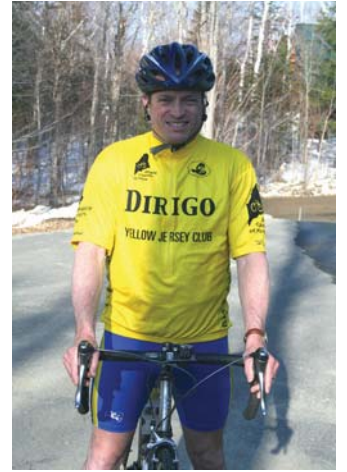
Time flies when you're having fun! The Bicycle Coalition of Maine marks its 25th anniversary in 2017, and our organization's many accomplishments and milestones, as well as our significant growth, prove that it's been a great ride so far.

I can't help but be proud of what we have achieved in only two and a half decades. Even in the last year our progress has been substantial – just check out the 2016 Annual Report on page 15! From our beginning as a volunteer-led group that enlisted advocates to show up at town meetings to speak out for bicyclists' safety, to our now 13-person staff and hundreds-of-volunteers-strong organization, we've come a long way.

In its first 25 years, the Coalition has emerged as a national leader in bicycle safety education, advocacy, and encouragement, and a model for other states' bike-ped advocacy organizations. Did you know that the League of American Bicyclists gave the Coalition the Bicycle Education Leadership Award at its first National Education Leadership Conference in 2002? Or that, in just six years, the Coalition has been able to train more than 125 local bicycle and pedestrian advocates through our Community Spokes program? Or that we were the driving force behind the passage of three bills that improved the safety of bicyclists and pedestrians in Maine, as well as the Maine Department of Transportation's adoption of a Complete Streets Policy?

“Our common vision for Maine as a place where bicycling and walking are safe, supported, widespread activities enjoyed by people of all ages is one that has brought many people together, in rural and urban communities, across the state.”

I am grateful for the community established through the Bicycle Coalition of Maine, and the headway we've made in the last 25 years energizes me for what we have in store for the next 25. Together, we can achieve our vision. Thank you for your support, and thank you for riding and walking with us.



IT'S TIME TO CHANGE OUR TRANSPORTATION PRIORITIES

by Nancy Grant, Executive Director

As I sat down to write this message, the news broke that a pedestrian had been struck by an SUV in Brunswick and died a few hours later at Maine Medical Center in Portland. The victim was a young man, only 20 years old.

This young man, who had his whole life in front of him, became Maine's third pedestrian fatality of 2017 and if history is any indication, he won't be the last. In 2016, 16 pedestrians and four bicyclists were killed on Maine roads.



On October 12, 2016, Dr. Carol Eckert, a long-time Coalition member and lifelong cyclist, was struck by a pickup truck while bicycling home from work in Windsor. She died three days later.

On November 3, 2016, 13-year-old Jayden Cho Sargent, was killed while walking to Lewiston Middle School. Over the years, local parents had organized and communicated their concern about the hazards on that intersection, but minimal steps were taken. Jayden had recently been told by his physician that he needed to increase his physical activity, so he had started walking to school. Now he's gone.

We need to take action so that our leaders move away from outdated car-centric policies and build our roads so that all users are safe. We need to convince our leaders that streets are for people – regardless of whether those people are in a car, on a bicycle, or on foot – and that safety trumps speed.

As always, help from our members is critical. We need our members and other friends to act locally on your support of our mission. Please turn your interest in and passion for biking and walking into action.

Imagine if every Mainer who owned a bike and rode it at least once a year became a member of the Coalition. Imagine if every visitor who came to Maine to bike donated something to our cause. What if every Maine resident who rides a bicycle committed to one meeting a year with a select board member, state legislator, or municipal staff to express their support of a more bike/ped friendly town and state? Wouldn't change happen faster if every time a municipality or the Maine Department of Transportation held a public meeting about roads, there was standing room only because so many bike/ped advocates showed up?

Making our roads safe for bicyclists and pedestrians is important work. We can't let up. Let's use the power of our community, which unites people from all walks of life, crosses all ideological lines, and is truly, "bike-partisan," to be active about our values!

Our Coalition is strong, but to make meaningful change, we need to increase our effort and impact. Please help us maintain our momentum so that we can realize our vision. This issue of the Maine Cyclist offers several ways you can get involved. I hope you'll join us. I also hope you'll ask your cycling friends to join us and consider increasing your support. Act on your love of bicycling and walking!

We can't do this work without you.

Maine Cyclist is published by the Bicycle Coalition of Maine. The Coalition is the statewide voice of cyclists and pedestrians. Since 1992, the Bicycle Coalition of Maine has led the effort to make Maine better for bicycling and walking by protecting the rights and safety of cyclists and pedestrians through education, advocacy, legislation, and encouragement. We support biking and walking for health, transportation, recreation, and fun.

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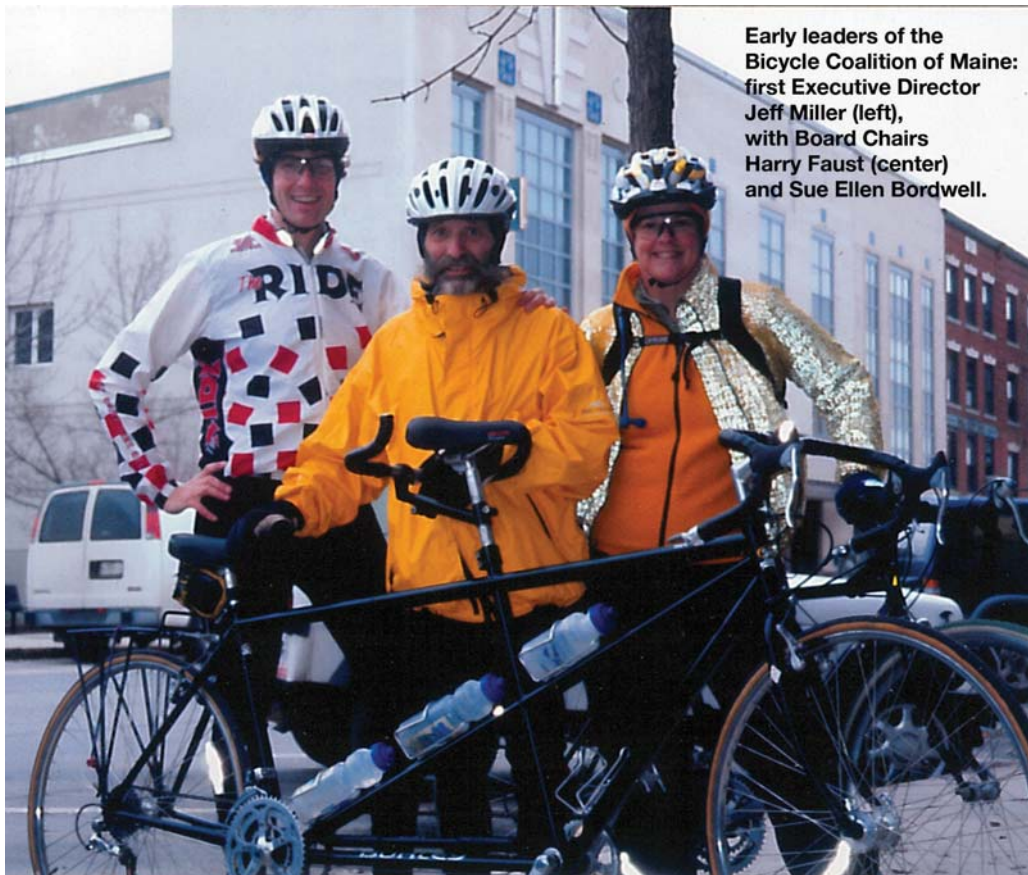
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Early leaders of the Bicycle Coalition of Maine: first Executive Director Jeff Miller (left), with Board Chairs Harry Faust (center) and Sue Ellen Bordwell.



Coalition founder Charley LaFlamme, preparing to meet with Maine's Congressional delegation in Washington D.C., during one of his many trips to the National Bike Summit.

BECOMING THE BICYCLE COALITION OF MAINE:

LOOKING BACK ON 25 YEARS OF EDUCATION AND ADVOCACY

Twenty-five years ago, in 1992, a handful of dedicated cyclists launched the Bicycle Coalition of Maine on little more than youthful energy and a strong desire for change. Today, the organization has emerged as the voice of cyclists and pedestrians across the state and a national model of how to do advocacy right.

Charley LaFlamme, one of the Coalition's primary founders, said that back then, cyclists had virtually no voice at all in policy development. Most bureaucrats remained, at best, indifferent to their message.

"I'd go to some DOT (Department of Transportation) meetings, but most of the time you couldn't say anything and, if you did, they didn't listen to you unless you were an engineer or represented a big paving company or something," Charley said. "It felt like a David-and-Goliath thing."

Looking to change that situation, he enlisted the help of some fellow cyclists. They printed flyers and set to work, operating mostly out of the backs of their cars and the back pockets of their jerseys.

Getting traction at first proved difficult, Charley said, but they persevered.

"One day Fred Nutter, who did these editorials on WCSH, came on with a comment about bicyclists and how they clog up the roads and aren't courteous and don't know the rules and so on and so forth," LaFlamme said. "We'd been formed for about a year and a half, and at the end of his comments there was always an invitation to respond. So I did, and they put me on TV and there we were on TV, the Bicycle Coalition of Maine, and that really legitimized us."



Fred Robie at the Capitol in Washington D.C.



Former Board Chair Larry Rubinstein provides direction at the inaugural BikeMaine in 2013.

"The change in attitude toward bike/ped issues is amazing. Years ago, people looked at me like I had three heads if I brought up bicycle and pedestrian concerns. Now it comes up before I even open my mouth. Even if we have no formal role in the process, bicyclists are represented. A lot of that energy can be attributed to the Bicycle Coalition of Maine."

From there, Charley said, things began to roll. As media coverage increased and more people discovered the Coalition, the membership began to grow. Before long, the Coalition claimed more than 300 members in good standing and was gaining credibility with transportation policy makers.

"We were lucky to get some good people right at the beginning," Charley said. "Steve Oliveri from Pittsfield; Chuck Hillier from Augusta; David Auclair, of Auclair Bicycle & Ski in Augusta; and Fred Robie from Freeport. Fred came on board soon after we formed. Both David and Fred were on the board as long as I was, almost from the beginning."

Robie, who remains an emeritus member of the Coalition's Board of Directors, said he'd met Charley and some like-minded cyclists at a Trek Across Maine and wound up signing on to the nascent organization.

"I became a bit attached to trying to get this organization off the ground," Robie said, "but a lot of what I did was just show up. I'm a great cheerleader."

And while some might take issue with Fred's self-deprecating characterization of his part in launching the organization, both he and Charley agreed that a man named Harry Faust played a pivotal role in the Coalition's development.

"Harry Faust was absolutely crucial in the formative years," Fred said, adding that Faust was an institution unto himself in Maine cycling. Faust, he said, ran a framing shop in Waterville and made thousands of dollars in in-kind contributions to cycling events across the state, donating certificates, frames, and others materials whenever they were needed.

He also contributed a significant part of his estate, including a folding bike, to the Coalition when he passed away in 2002, a gift that helped the organization continue to develop and expand.

Beyond his generosity, though, Faust was very adept at keeping his eye on the proverbial ball. It was Harry, Fred said, who pointed out that having a lot of good ideas was not the same as growing the organization.

"He wasn't very loud, but he would not be ignored," Fred said. "He was absolutely and totally unwilling to be cut off when people were anxious to proceed with whatever they thought was more important. It was awesome, and usually what he had to say was important and got us back on track."

Sue Ellen Bordwell, an early member of the Coalition's Board of Directors, got involved with the organization circa 1997, when she encountered the group and its first Executive Director, Jeff Miller, during the civic discourse around the replacement of the Martin's Point Bridge.

"I went to a meeting and somehow I got involved," she said. "Jeff Miller needed a place for the Coalition Board of Directors to meet in

continued on page 33

BICYCLE COALITION PRESENTS 2016 AWARDS

Each year, the Bicycle Coalition of Maine honors deserving individuals and organizations for their commitment to making Maine better for biking and walking. On Feb. 2, at the annual Kickoff Party, the Coalition presented awards to six individuals and two organizations who exemplify what is best about cycling and walking in Maine. We're proud to honor their efforts.



KRIS CLARK

Jeff Miller Spirit of Cycling Award

Honoring the Coalition's first Executive Director and awarded to a Mainer who demonstrates Jeff's joy in all aspects of biking.

Kris took over running the Community Cycling Club of Portland rides, as well as the management and promotion of the club, in 1997. Since then, he has led more than 700 club and special event rides and in those 20 years, increased membership from 20 to 88 members, total riders per week from 15 to more than 100, and grown the club so that it now has a mailing list of over 600 people. As leader of the club, he implemented a policy whereby 20 percent of all club membership dues and sponsorship money goes to bike related non-profits, including the Bicycle Coalition, Community Bicycling Center, Bikes for All Mainers, and others.



ANNE DOUGLASS

Next Generation Award

Presented to a Mainer who instills a love, interest, and appreciation of bikes in the next generation.

Anne's passion for cycling, coupled with her career in education, has resulted in huge contributions to her community in promoting better and safer biking and walking for the next generation. She runs annual bike/pedestrian safety presentations to grades 2-5 at Deer Isle-Stonington Elementary School and holds an annual bike rodeo. She acquires and distributes bike helmets to those school children who can't afford them. She hosts "summer walks," three-mile walks from her house where she teaches basic pedestrian safety, and she regularly helps area residents identify safe places to ride.



CRYSTAL HITCHINGS

Sally Jacobs Community Spokesperson Award

Named in honor of Sally Jacobs, one of the most impactful bike advocates in Maine.

Crystal's work with the Washington County Council of Governments introduced her to the concept of economic development through cultural/heritage tourism and she has embraced bicycle tourism as a huge opportunity for her part of the state. Her involvement in the planning and implementation of 2016 BikeMaine was essential to the success of last year's event. She is a key partner in the development of the new Bold Coast Scenic Bikeway, which will make our BikeMaine route in Washington County into a permanent bicycle destination. She is working with local, regional, and state partners to engage local businesses and organizations in the planning process for the new Bold Coast Scenic Bikeway. This pilot project could become a model for developing Scenic Bikeways across the state.



PETER GARRETT

Harry Faust Leadership Award

Named for one of our most dedicated and effective board presidents.

Peter was the founder of the Kennebec Messalonskee Trails, served as the president, and led the development of this comprehensive trail system for more than 10 years. Peter served on the Bicycle Coalition of Maine Board of Directors for three years, from 2013-2015, and during that time advocated for better biking and walking at the State House in Augusta and in Washington, D.C. He is also a Community Spoke.



KRIS SORNBERGER

Muddy Wheel Award

Given to a mountain biking leader in Maine.

Kris has been instrumental in developing the trail system at Orono's Newman Hill, where he built the entire single-track trail system almost single-handedly over many years. He's also been a key figure in slowly developing the old Veazie railroad into a Bangor-to-Old Town Rail Trail. He puts in countless hours of trail work throughout the community each year, helping area organizations that work for trails and mountain biking: the Orono Land Trust, the Caribou Bog-Penjajawoc Lands Project, and Penobscot Region NEMBA.

LAW ENFORCEMENT COLLABORATIVE

Just Do It Award

Awarded annually to public servant professionals who have provided outstanding service to the bicycle and pedestrian community in Maine.

The Bicycle Coalition of Maine's Law Enforcement Collaborative is a team of police officers, county sheriffs, bike commuters, planners, and bike law experts that explores the specific challenges concerning bicycle and pedestrian law enforcement. This group is responsible for our Law Enforcement Reference Guide, a tool to help local officers, on the road, identify and respond appropriately to bicycle and motorist violations. This team also developed a resource called, "Driving Near Vulnerable Users," that will be incorporated into the State's driver's education program and shared statewide with other driver education programs. The officers and departments on the Law Enforcement Collaborative are:

- Captain Dave Grover, Scarborough
- Lieutenant Frank Clark, South Portland
- Sergeant Eric Nevins, Portland
- Falmouth Police Department
- Detective Steve Gorham, Cumberland County Sheriff's Office
- Lieutenant Dean Perry, Yarmouth
- Officer Fred Munsen, Westbrook
- Cape Elizabeth Police Department



RANSOM CONSULTING

Business for Better Bicycling Award

Awarded to a Maine business that encourages and supports bicycling within their business and community.

Ransom Consulting, a diversified engineering and consulting firm, joined the Coalition as a business member in early 2016, and immediately became immersed in our advocacy work. Ransom has extensive experience helping Maine communities with trail, sidewalk, road, and streetscape design, and encourages their clients to embrace multi-modal design and a Complete Streets orientation. Their mission is to help create a sustainable future, and they see bicycling and walking as crucial to successfully achieving it. In 2016, Ransom Consulting sponsored our Community Spokes programming as well as our Great Maine Bike Swaps. They also sponsored and provided engineering expertise for Imagine People Here installations. Ransom Consulting encourages their employees to bike to work by providing indoor bike parking options and incentivizing alternative transportation for commuting.



SCOTT SPAULDING

Volunteer of the Year

Awarded to a volunteer who has contributed extraordinary time, effort, and energy to the Coalition and our mission.

Scott started volunteering for the Coalition when his wife, Pamela Fischer, joined the Coalition board six years ago. He helped in a variety of ways at our different events but truly became irreplaceable when we started BikeMaine. Scott has volunteered the full week at BikeMaine for four years in a row. He is one of the first ones up each day and the last one to stop working, sometimes long after our riders have gone to bed. On top of his work ethic, he has a great sense of humor, always shows up with a huge smile, and gets along with everyone. Many of our riders probably assume Scott is a paid staff!

COALITION ADVOCACY PROJECTS ON TAP FOR 2017

The Bicycle Coalition of Maine is gearing up for an exciting year of advocacy in 2017!

The Coalition works at the local, state, and federal levels to improve the bicycling and walking conditions in Maine. We approach our advocacy from many different angles. Here are our focus areas for 2017:

TRAFFIC SAFETY EDUCATION LEGISLATION

In the past year, the Coalition's Legislation and Policy Committee has been hard at work formulating a bill to ensure that all school children receive education on how to use roadways safely.

The bill, L.D. 1130, titled an "Act to Provide Traffic Safety Education in Maine Schools," seeks to provide Maine students in grades two through 12 one hour of age-appropriate education about how to use the public roadways safely and courteously. Content will include best-practices information for walkers, bicycle riders, and motor vehicle drivers, and teachers will have the option of either using the Coalition's turn-key curriculum (designed by teachers for teachers! or having one of our authorized instructors come in to provide the instruction.

Now the real work begins! To get this bill passed, we need your help. Here are three things you can do that will help enact this important legislation.

▶ JOIN US AT TRAFFIC SAFETY DAY AT THE CAPITOL ON TUESDAY, APRIL 11

The Coalition will be coordinating a Traffic Safety Day at the Capital from 9 a.m. – 12 p.m. on Tuesday, April 11, providing you with some training and an opportunity to meet with your legislator right after a session. It's a fun and empowering event and your participation will help us promote our bill.

▶ TAKE THE COMMUNITY SPOKES TRAINING IN ROCKLAND ON WEDNESDAY, MAY 3

Join the ranks of more than 125 trained community leaders who work at the local level to make Maine a better place to bike and walk. Our next all-day training session is in Rockland on Wednesday, May 3. To learn more, contact Sam Herr at sam@bikemaine.org.

▶ JOIN US AT THE LEGISLATORS WALK AND RIDE DAY IN AUGUSTA ON WEDNESDAY, MAY 10

The Coalition will be coordinating a Bike and Walk at the Capital on Wednesday, May 10. Join us and many legislators for an easy 5-mile ride or a 1-mile walk where we'll talk about the importance of safe roadway conditions.

To learn more, and to get involved with the effort to pass the bill, please visit <http://www.bikemaine.org/advocacy/bikewalk-friendly-legislation> and join the legislative mailing list.



IMAGINE PEOPLE HERE

Now in its third year, Imagine People Here is an innovative program that creates temporary demonstration projects on municipal streets to show how communities can become more bike- and pedestrian-friendly. This year, the Coalition has been funded by a grant from the Northern New England Chapter of the American Planning Association to create an Imagine People Here Toolkit.

This resource will include information to guide people through the planning and implementation of quick, low-cost, and creative projects that demonstrate the potential for streets that are safe for bicyclists and pedestrians. These projects – such as curb bump-outs, bike lanes, and safer intersections – inspire residents and civic leaders to experience and shape street spaces in new ways, and offer a means to gain public and government support for investing in permanent improvements.

For example, in February, the City of Bangor approved the permanent installation of new, wayfinding signage along a two-mile route that takes in some of the city's economic hubs, a project that first emerged as an Imagine People Here effort last summer.

The Coalition will be implementing at least four demonstration projects in conjunction with the development of this toolkit. We'll also be creating informational reports that will be shared with other bicycle and pedestrian advocates around the country.

If you have an idea for a project in your community, we'd like to hear from you. You can submit your ideas for an Imagine People Here project at bikemaine.org/imagine.


PEDESTRIAN SAFETY FORUMS

The Coalition is working with the Maine Department of Transportation (MDOT) to host 16 pedestrian safety forums across Maine. This effort is a response to Maine's high pedestrian fatality rates over the past two years. In these forums, we seek to learn where the safety problem areas are for the people who live, work, and go to school in these communities, and figure out what we can do to fix these problems in the short and long terms. Following the forum, we engage residents in a walking audit – an unbiased evaluation of the walking and biking environment in any given area – and submit recommendations to MDOT. Stay tuned for a pedestrian safety forum that may be happening near you.


COMMUNITY SPOKES PROGRAM

The Community Spokes, which trains and supports Mainers who want to make their towns more bicycle and pedestrian friendly, is in its seventh year! With each year, we grow our network of bicycle and pedestrian advocates around the state. We hold two trainings each year for folks who would like to become Community Spokes. These are free, one-day trainings. The next training session will be held on May 3 in Rockland. Our November training will be in Farmington, although the date has not yet been set. We also have an exciting webinar series planned, as well as a live skill-share and networking event for all Spokes. You can find more information about the Community Spokes program at the Coalition web site, bikemaine.org.

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A BARN FULL OF BIKES: STEV PARKER'S ANTIQUE BICYCLE COLLECTION

Falmouth Resident Stev Parker Has Been Collecting Old-Time Bicycles For Nearly 40 Years

Stev Parker doesn't just like bicycles, he loves them. Particularly old bikes. Really old bikes. Antiques.

"I eat and breathe bicycles," Stev said. "I don't sleep them, but I definitely eat and breathe them."

He readily admits his passion borders on obsession. Over the years he's built up an impressive collection of antique bicycles that today numbers around 100, some of which date back to the time of the Lincoln administration.

His house in Falmouth is full of them. So is his barn. And his office in the Old Port. And a storage space in New Hampshire.

"I'm running out of places to put them," he said.

Stev started collecting almost by accident. Back in the late '70s, he'd opened a bicycle shop in Rochester, New York, where he specialized in used bikes. Word got around, and people started bringing bikes by the shop to see if he was interested in them.

He started his collection with a pair of fat-tire cruisers, circa 1940.

"One day an older lady came in with this pair of bicycles, these cruisers that had been in her house for years," he said. "She said she'd like to sell them and asked me if I'd be interested in buying them. I offered her what I thought was a fair price. She said that sounded about right, so I bought them. And that's how I got started."

He got those bikes for \$25 a piece. But the really hard-to-find machines can fetch significantly higher prices. A rare bike in good condition, Stev said, can sell for as much as \$20,000.

Stev's bikes aren't just display pieces. He rides them every chance he gets.

His favorite ride, he said, is a high-wheel bicycle – also known as an "ordinary" or as the British call it, a "Penny-Farthing," owing to the relative size of the wheels, with the large front wheel designated the penny and the much smaller rear wheel tagged as the farthing – that was made by Columbia. It features a nickel-plated finish known as the All Bright.

"I'll ride them any time I can," he said. "People ask me to ride them in parades, which I'm happy to do."

One place where you might see a few of Stev's bikes is at the Bicycle Coalition of Maine's Great Maine Bike Swap. This year's swap will be held in Portland at the University of Southern Maine on April 23.

Stev volunteers at the Swap every year, helping wherever he can and doing whatever needs to be done, and in years past he's brought along a few bicycles from his collection for demonstration purposes. If there's room, he said, he'll bring a few this year, too.

"There's nothing more fun than riding a bike," he said.

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SPOTLIGHT ON EDUCATION

The Bicycle Coalition of Maine Education Program works to ensure that Maine bicyclists, pedestrians, and motorists of all ages have the knowledge and skills to safely share the road, sidewalk, or trail.

BANGOR HIGH SCHOOL BICYCLE CLUB HITS THE TRAIL

In the Fall of 2016 the Bicycle Coalition of Maine partnered with Bangor High School (BHS) to kick-start a new after-school bicycling club! The club began under the arm of the Coalition's Offroad Bicycling Education (ORBE) Program, which supported students in building new trails, and improving their mountain bike skills.

The new club's first trail project saw them mapping a proposed new trail segment, writing an official proposal to the City of Bangor, meeting with the Parks & Recreation Director, and receiving the thumbs-up to move forward. Then they got busy building three-quarters of a mile of new single-track with hand tools and hard work. The new trail is awesome, and it provides the club, fellow students, and the local community with a new and exciting place to walk, run, and bike!

On riding days, the group focuses on building confidence while riding narrow, bumpy, rocky, rooty, good ol' Maine trails. The basics of riding on the road are covered, too, as some of the destinations require a short ride to the trailhead, and knowing the rules of the road is essential. A handful of students bring bikes from home, the rest borrow bikes from the school's equipment shed - BHS is fortunate to have a class-sized fleet of shop-quality mountain bikes.

Are you interested in starting an on-or off-road bicycle club at your local school? Contact Coalition Education Program Coordinator Erik daSilva by emailing erik@bikemaine.org.

RODEOS, RODEOS EVERYWHERE!

In addition to working with high school students and adults, the education program provides technical assistance to communities or schools that want to hold bike rodeos.

Bike rodeos are popular community events that actually get kids riding and learning about road safety and bike handling. The events typically include a helmet check, a bicycle condition check, and a "Continuous Flow," traffic skills course. Participants can be given a "report card" that assesses their equipment and skills, if desired. The course is perfect for kids 5-10 years old, and older kids can try more challenging activities, including skill drills and neighborhood rides.

The Coalition supported 28 rodeos in 11 different Maine counties during the 2015-16 season. These are terrific teaching events and are a great fit for all children. Let us know if you'd like to host a rodeo (or other safety event) in your community! Visit mainebpse.org to fill out a request form or contact Education Program Coordinator Erik daSilva (erik@bikemaine.org) with questions.



WALKING SCHOOL BUS EXPANDS ITS FOOTPRINT

Four new schools have joined the Bicycle Coalition of Maine's Walking School Bus (WSB) Program, bringing the total number of WSB schools to nine.

The Coalition's been coordinating the Maine Walking School Bus (WSB) Program for more than four years through a grant from the Maine Center for Disease Control and Prevention. This past winter, through a competitive application process, the Vine Street and Abraham Lincoln schools in Bangor, the Farwell school in Lewiston, and Riverton Elementary in Portland were selected to join the program. They'll launch daily walking schools buses this spring.

The WSB Program provides technical and financial assistance to local schools: the funding supports a stipend for a WSB Coordinator within the school, safety equipment, marketing materials, and ongoing guidance from program staff.

Those four new schools will join five other schools from across Maine that have worked with the statewide program over the past four years: Portland's East End Community School, Norway's Guy E. Rowe School, Ellsworth's Elementary-Middle School, Waterville's Albert S. Hall School, and Bangor's Downeast School.

To learn more, visit the WSB Program website: walkingschoolbus.me





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COMMUNITY SPOKE KIM STEWART: WORKING FOR CHANGE IN HER HOMETOWN

The Community Spokes program trains and supports local advocates who want to make their communities more bike/ped friendly. Here's an interview with a new Spoke from Bangor.

Can you tell us a bit about who you are, where you live, and what you like to do for fun?

My name is Kim Stewart and I am a native of Bangor, Maine. Early on, I discovered a love for photography and spent countless hours meandering through town capturing the things I love so much about Bangor. I work at the Maine Discovery Museum as the Director of Programs and Community Engagement and every day at work is a fun new adventure working with the families in my community!

Why did you want to join the Community Spokes network?

I had many reasons for becoming a Community Spoke. My mother is legally blind and growing up we never had a car. We have a non-motorized transportation advocacy group here called Bangor Walk-n-Roll and I became involved with them after graduating from UMaine. I joined mostly because I wanted to be an advocate for my mom, whose experience walking in Bangor was one that none of the policy makers could relate to. After joining, I quickly became more involved in the education side of things.



Kim Stewart (left) with her Mom, Karen Stewart.

Since becoming a Community Spoke, what has been the focus of your efforts to get more people biking and walking in Bangor?

My focus is education. My background is in elementary education, so it seemed like a perfect fit. We're getting ready to host our second annual Bike Rodeo this spring and I'm working with the schools to bring smaller activities to the different neighborhoods in Bangor. I'd love to be able to have a small event at each of Bangor's schools once a year so that we can reach all the children.

Why do you think biking and walking are important?

The three areas where you can see the most obvious impact of biking and walking are health, environment, and the economy. The economic impact is a key piece when you are trying to convince policy makers that walking and biking are important. The Bicycle Coalition of Maine recently hosted a webinar (<https://recordings.join.me/SCWKOUvQQUqq-QgVm0kYOA>) on the economic impacts of walking and biking in the community, and I definitely recommend it to anyone who hasn't seen it yet!

Are you a biker/walker or both and can you tell us what you like/love/enjoy most about biking and walking in Bangor?

I am definitely a walker most actively! I am hoping to become more of a biker, but I am not confident about riding in traffic, so I'm taking baby steps.

What are you looking forward to most in your bike/ped advocacy work in 2017?

In 2017, I'm looking forward to making connections with the area schools and figuring how to best reach as many children in Bangor as possible. We definitely need a cultural shift to see walking and biking as valuable alternatives to driving, and I think involving children in advocacy early on plants those roots so we can begin to grow a generation who see the value in non-motorized transportation.

What is one piece of advice that you would give someone starting out as an advocate in their community?

I would tell anyone starting out to create a network of like-minded people in their community. It's easy to ignore one voice, but bring a crowd of 15 people to a city council meeting and they are more likely to listen to you! Find people in your community with a variety of skill sets so that someone can write the press releases, someone else has a knack for understanding legal documents, another member of the group has the skills to do a pop-up bike repair shop. Surround yourself with other advocates so you can help each other through the difficult times and share in successes together.

2016

ANNUAL REPORT

The Bicycle Coalition of Maine is the statewide voice of cyclists and pedestrians. Founded by a small group of cyclists in 1992, the Bicycle Coalition has grown into one of the most effective bike advocacy groups in the country.

Now in our 25th year, the Coalition works to protect the rights of cyclists and pedestrians by improving **infrastructure**, **education**, **encouragement** and **enforcement**, as well as enhancing the **reputation** of our state as a **leader** in **advocacy** of bicycling and walking for transportation, health and recreation.

Our five-year strategic plan guides our work to expand biking in Maine, improve bike and pedestrian safety, pass bike/ped-friendly laws and spread a love of cycling to children and adults. This Annual Report outlines the accomplishments of the past year as we work to meet the goals articulated in that plan.



Bicycle Coalition of Maine

bikemaine.org | 207.623.4511

PO Box 15272, Portland, ME

INFRASTRUCTURE

Increase safe, accessible, and inviting bicycle and pedestrian infrastructure throughout Maine.

The Bicycle Coalition of Maine is committed to creating the best possible environment to support walking and bicycling.

1 ON-BIKE TRAINING FOR MAINEDOT ENGINEERS

The Bicycle Coalition of Maine conducted three On-Bike Training sessions in 2016. These sessions included Maine Department of Transportation (MDOT) staff, as well as outside consultants and contractors who help design and build road projects. Together, the trainings reached 27 MDOT engineers, designers, and consultants, including Commissioner David Bernhardt, Planning Director Herb Thomson, and senior staff in the department's Multi-Modal and Highway divisions.

2 BOLD COAST SCENIC BIKEWAY

In 2016, the Bicycle Coalition of Maine, in partnership with a broad coalition of stakeholders throughout the state, began work to create Maine's first scenic bikeway along a route that highlights the historical, cultural, and scenic points of interest in Downeast Washington and Hancock counties. The Bold Coast Scenic Bikeway is an extension of the BikeMaine 2016 event, which was held in Downeast Maine, and will be a permanent route, complete with wayfinding signage and mapping. Our partners in the project include the Maine Office of Tourism, Maine Department of Transportation, Washington County Council of Governments, Downeast & Acadia Regional Tourism, the University of Maine at Machias, the National Park Service, Tourism New Brunswick, and Roosevelt Campobello International Park, as well as several local towns and land trusts. The Bold Coast Scenic Bikeway is on schedule to open in early 2018.

3 BIKEMAINE COMMUNITY GRANT: GARDINER

In August 2016, BikeMaine awarded a \$12,300 grant to the City of Gardiner, a 2014 BikeMaine host community, to stimulate local investment in a multiuse connector trail from downtown Gardiner to the Kennebec River Trail. Grant funds will be dispersed in 2017.





ADVOCACY

Provide leadership and inspire activism for effective policies, programs, and projects that have a positive impact on bicycling and walking in Maine.

At its core, the Bicycle Coalition of Maine is an advocacy organization, and in 2016 the Coalition championed better biking and walking across the state at all levels.

1 IMAGINE PEOPLE HERE

The Coalition's *Imagine People Here* campaign creates temporary demonstration projects to show how easy it is to make improvements to bicycle and pedestrian infrastructure. In 2016, the Coalition completed six installations, in Bangor, Lewiston, Sanford, Scarborough, Waterville, and Yarmouth. Three of these projects, in Bangor, Scarborough, and Yarmouth, are on the path for permanent installation. In addition, the Northern New England Chapter of the American Planning Association awarded the Coalition a grant of \$50,000 in December to create an *Imagine People Here* Toolkit. This Toolkit will pull together, in a single, easy-to-use resource, information that guides people through the planning and implementation of low-cost, creative demonstration projects.

2 COMMUNITY SPOKES

The Community Spokes program creates a statewide network of bicycle and pedestrian advocates at the local level, empowering Mainers to become champions of better biking and walking through advocacy training, education, and ongoing technical support. In 2016, the Coalition held two day-long Community Spokes training sessions in Machias and Waterville. As a result of these sessions, 23 new Spokes were engaged, bringing the total number of active Community Spokes to 126, representing all 16 of Maine's counties.

3 LEGISLATION

Working with state Rep. Mattie Daughtry (D-Brunswick), the Coalition submitted a bill to the 128th Maine Legislature in December 2016. The bill, L.D. 1130, formally titled an "Act to Provide Traffic Safety Education in Maine Schools" is more popularly known as the Traffic Safety Education Act. If enacted, the bill will provide Maine students in grades two through 12 with an hour of age-appropriate traffic-safety education each year. In the coming year, the Coalition plans an active agenda of activities in support of this legislation, including a Traffic Safety Day at the Capitol on April 11 and a Legislators Walk and Ride Day on May 10.

BIKING by the NUMBERS



126

active Community Spokes

79%

of the campaigns Spokes worked on in 2016 yielded measurable improvements to biking and walking infrastructure

23

new Community Spokes trained in 2016

71

Maine communities represented by Community Spokes

EDUCATION

Ensure that Maine bicyclists, pedestrians, and motorists have the knowledge and skills to safely share the road.

The Bicycle Coalition of Maine's education program fields a team of professional educators to coordinate statewide safety, education, and encouragement programs. This team provides a local presence in nearly every county of the state, education programming to nearly 10,000 children and adults annually, and basic technical assistance on infrastructure projects and walk/bike-to-school initiatives.

1 SAFE ROUTES TO SCHOOL (SRTS)

During the 2015-16 school year, more than 9,800 students participated in walk- and bike-to-school activities at 34 schools in 13 counties across Maine. The SRTS program provided safety and programmatic materials, incentives for students, and technical assistance at each event. The activities included bike trains, Footloose Fridays, and walking school buses, held on a monthly, weekly, or daily basis during the spring and fall.



2 BICYCLE & PEDESTRIAN SAFETY EDUCATION (BPSE)

The BPSE program provided 348 individual presentations to children and adults during its 2015-16 season, educating a total of 8,551 Mainers about safe biking and walking. Events included classroom presentations, bicycle safety rodeos, new instructor training webinars, instructional rides, workplace lunch & learns, and more. The BPSE program also produced a pair of safety education videos, *The Basics of Bicycle Safety* and *The Basics of Pedestrian Safety*. The videos were posted to the Coalition's YouTube channel where they are freely available to all.



3 THE MAINE WALKING SCHOOL BUS (WSB)

In January 2016, the Maine WSB Program enrolled two new schools to launch daily walking school buses: the Downeast School in Bangor and the Albert S. Hall School in Waterville. Three other schools, Portland's East End Community School, Norway's Guy E. Rowe School, and Ellsworth's Elementary-Middle School, successfully cycled out of the two-year, grant-funded program to become self-supported programs. In the autumn of 2016, the Maine WSB Program selected four more schools to join the program: the Vine Street and Abraham Lincoln Schools in Bangor, Farwell Elementary School in Lewiston, and Riverton Elementary School in Portland.



4 MOUNTAIN BIKE SKILLS CLASSES

The Coalition's Off-Road Bicycle Education (ORBE) program teaches Mainers to operate mountain bikes in a safe and environmentally sensitive fashion and how to lay out and build sustainable, environmentally conscientious trails that serve the needs of cyclists, hikers, runners, and snowshoers. In 2016, ORBE sessions were held in Westbrook, Greenwood, Cape Elizabeth, and Yarmouth, and 130 people were involved in trail design or construction efforts. In addition, 82 people received mountain bike skills training, either in school or at a community ride.

5 BIKES FOR ALL MAINERS

The Bikes for All Mainers Program is a partnership between the Bicycle Coalition of Maine, the Portland Gear Hub, and the MaineDOT. The program is for adults who do not have financial access to bikes and provides a bicycle to those individuals who complete our on-road safety education training sessions. In 2016, the Bikes for All Mainers program expanded its partnership with the Portland Gear Hub to include four hours of mechanical training, in addition to four hours of traffic skills instruction. In 2016, the program ran six times and 24 people completed the training.

6 ANTHEM SUPPORT OF BIKE HELMET PROGRAM

Anthem Blue Cross and Blue Shield has been a BikeMaine Lead Sponsor since 2013. In 2016, Anthem signed on as a Presenting Sponsor and, among other things, donated a 2017 BikeMaine rider registration through our Super Raffle. That registration in turn funded the purchase of bicycle helmets, some of which were distributed during a bike rodeo at the Lubec Elementary School. Others will be given to Maine kids who otherwise couldn't afford a helmet.

ENCOURAGEMENT

Encourage new bicyclists and seasoned enthusiasts through a range of traditional and innovative rides and events.

Growing the number of Mainers on bicycles lies at the heart of the Bicycle Coalition of Maine's mission. Achieving that goal rests, in no small part, on effectively communicating the joy of cycling to those who are new to the activity, helping those who've put it aside rediscover what it is they used to enjoy, and engaging riders who haven't yet become members. The Coalition's encouragement activities reach cyclists of every age and ability, helping them to make cycling a part of their daily lives.



1 BICYCLES WELCOME

In 2016, the Coalition launched Bicycles WelcoME, a training and certification program dedicated to making businesses more aware of and appealing to cyclists, whether they are locals on a lunch ride or visitors on a vacation tour. The training teaches businesses how to attract and support bicyclists. We launched the program in Washington County, to complement our BikeMaine efforts there and nineteen Washington County businesses participated. Coalition branding materials help bicycle riders identify businesses that are part of the Bicycles WelcoME network.

2 EVENTS

With the help of more than 500 volunteers, the Coalition produced five major events in 2016: the Great Maine Bike Swaps in Orono and Portland, the Maine Women's Ride, the Maine Lobster Ride, and BikeMaine. The Swap events found new homes for more than 800 used bikes. The 2016 Lobster Ride, which included a first-ever mountain bike option, was held at the Camden Snow Bowl for the first time and drew its largest number of riders to date.

3 BIKEMAINE

BikeMaine continued to grow in popularity and impact. The 2016 ride, which drew 400 riders, sold out in March – its earliest sell-out to date. In addition, the event contributed an estimated \$626,000 to the Downeast regional economy, bringing the event's total four-year economic impact to more than \$1.7 million.



ENFORCEMENT

Strengthen enforcement of bicycle and pedestrian law through expanded education and training with Maine law enforcement officers, attorneys, and prosecutors.

The Bicycle Coalition of Maine believes strong, working relationships with Law Enforcement Officers (LEOs) are critical to improving road safety and protecting bicyclists' rights.

1 LAW ENFORCEMENT COLLABORATIVE

The Law Enforcement Collaborative brings together representatives from five southern Maine law enforcement agencies, as well as an attorney, a transportation planner, bicycle commuters, and Coalition staff. The Collaborative met seven times in 2016 to talk about safety, behavior, and the law.

2 PROTECTING VULNERABLE USERS

In 2016, the Collaborative made presentations about vulnerable roadway users to the Maine Chiefs of Police Association and the Maine Criminal Justice Academy. The Collaborative also helped coordinate a vulnerable-user enforcement detail with five law enforcement agencies in Cumberland County. This action resulted in 27 citations and 51 warnings to motor vehicle drivers who were speeding or distracted, as well as four citations and eight warnings to bicycle riders who were breaking the law. In addition, the Coalition also met with Androscoggin County District Attorney Andrew Robinson to discuss bicycle case prosecutions.

3 LAW REFERENCE GUIDE

The Coalition finalized and distributed the Law Reference Guide, which provides LEOs with an easily accessible, in the police car reference on priority bicycle/motorist violations and the fines associated with them. The reference guide was endorsed by Maine Association of Police, the Maine Association of Police Chiefs, and the Maine Association of Sheriffs.

4 DRIVERS EDUCATION

The Coalition also presented information to the Maine Driver's Education Association to more effectively instruct drivers how to operate near vulnerable users, and developed a resource on this topic for the Bureau of Highway Safety's Driving Dynamics driver's education course.





REPUTATION

Elevate Maine's reputation as a bicycle and pedestrian friendly state and an extraordinary bicycling and walking tourism destination.

Increasing the number of cyclists who visit our state to ride is good for everyone. The Coalition's efforts focus on teaching community and business groups that cycling means business, and helps to grow our state's economy. More cyclists, in turn, will lead to increased support for infrastructure, education, and legal changes necessary to make biking and walking safer and more prevalent in Maine.

1 MOUNTAIN BIKE STRATEGIC PLAN

In 2016, the Bicycle Coalition of Maine began a strategic planning process around mountain biking. We are working to identify needs and opportunities where we can support mountain biking in Maine. The planning process includes stakeholders from across the state.

2 WHERE TO RIDE WEBSITE

In response to overwhelming demand from visitors both physical and digital, the Coalition began development of a Where to Ride web site that will allow users to enter location data and download curated ride information about the best places to ride, available services, and bicycle-friendly businesses in the area. We partnered with the Center for Community GIS and plan to do a soft launch of the site as early as April.

3 BIKEMAINE

BikeMaine continues to elevate our state's profile as a cycling destination through collaborations with Maine Office of Tourism and local tourism offices, as well as an international marketing plan. As a result, BikeMaine received Downeast & Acadia Regional Tourism's 2016 Award for Tourism Excellence.



The Bicycle Coalition of Maine is making Maine a better place for biking and walking with a clear, strategic direction, a strong board of directors, capable and supported staff, engaged members, and organizational structures in place to ensure fiscal, governance and operational efficiency, and sustainability. Strong leadership is the foundation from which all our work and success develops.

LEADERSHIP

Advance the Coalition's role and growth as the leading organization making Maine better for bicycling and walking.

1 MEMBERSHIP & FUNDRAISING

Dollars derived from membership and financial donations represent a mission-critical revenue stream that directly affects the Bicycle Coalition of Maine's impact and sustainability. In 2016, the Coalition dedicated more resources to membership development and fundraising. As a result, in 2016, the Coalition's income from membership grew by 15 percent and the total number of donors increased by 4 percent. Additionally, our targeted fundraising appeals exceeded expectations: the Summer and Annual Appeals generated more than \$14,000. The Coalition further diversified fundraising capacity by expanding sponsorship opportunities and increasing grant applications.

2 BOARD

In August, the Coalition celebrated the outstanding long-term and generous contributions of Charley LaFlamme, Fred Robie, Dean Read, David Auclair, and Larry Rubinstein, each of whom had served between 10 to 24 years on our board. The Coalition recruited five new board members: Eileen Johnson of Bowdoin, and Nathan Hagelin, Jim Hettenbach, Coco Kazadi, and David Kurtz, all of Portland.

3 STAFF

The Coalition hired two highly qualified and accomplished full-time staff members: Community Advocacy Coordinator Sam Herr and Communications Director Frank Gallagher. In addition, Darcy Whittemore was promoted to Education Program Manager and was joined by two new Education Coordinators to facilitate statewide programming: Shannon Belt, who is based in Portland, and Erik daSilva, who is based in Orono.

4 MANAGEMENT

The Coalition improved financial management by overhauling accounting procedures to more accurately reflect expenses related to programs, events, and operations. The new system provides more detailed financial data, supporting better informed programmatic and planning decisions.

BIKEMAINE 2017: PATHWAY TO THE PEAKS

Now in its fifth year, BikeMaine has emerged as one of the most highly anticipated rides in the state, and its reputation nationally is growing as well. **THE 2017 RIDE IS NOW SOLD OUT!**

Each year, cyclists from all over – in the past, riders have come from 43 states, six Canadian provinces, and five countries – eagerly anticipate the unveiling of the BikeMaine route, which traditionally takes place at the Bicycle Coalition of Maine's annual Kickoff Party. This year was no different: more than 100 people attended the party at the Hathaway Creative Center in Waterville on Feb. 2, and hundreds more followed the action online via livestreaming on Facebook.

They learned that this year's event, which runs from Sept. 9 through Sept. 16, will wind through central Maine, with stops in Skowhegan, Pittsfield, Kingfield, Rangeley, Hartford, and Farmington. Dubbed the "Pathway to the Peaks," the 2017 BikeMaine offers riders a chance to take in an impressive array of scenery, through gently rolling hills and small towns rich in local culture, enjoying farm-fresh, locally sourced foods and relatively calm, quiet roadways along the way.

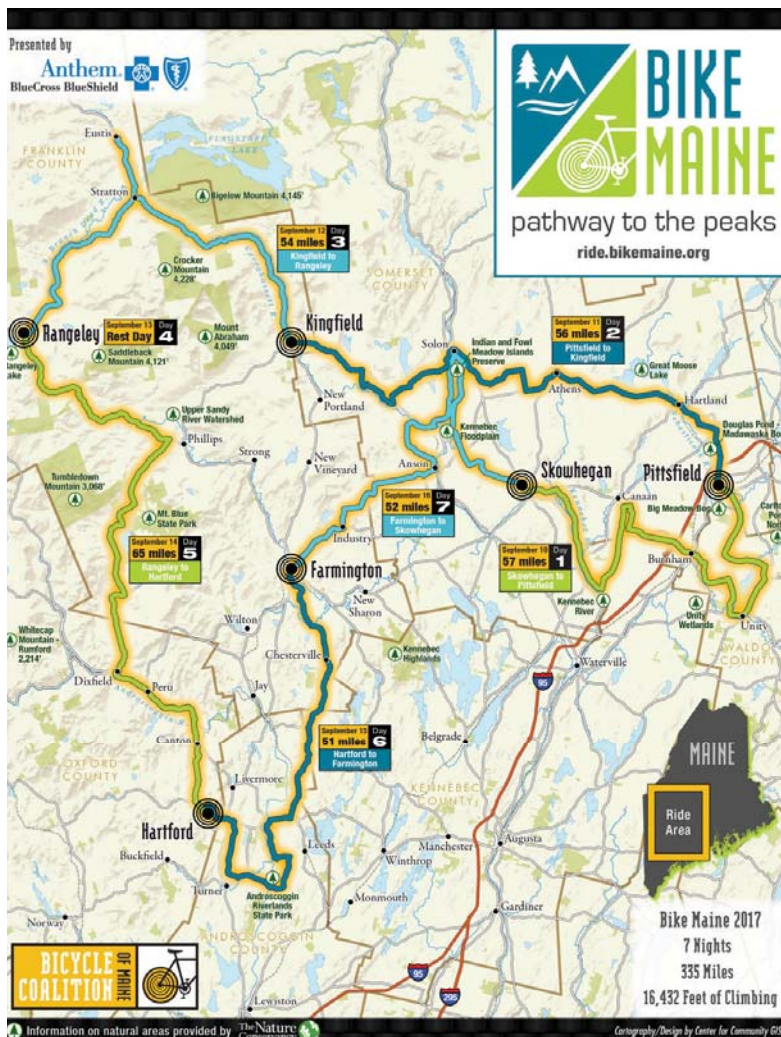
Since 2013, BikeMaine has visited four different Maine regions and stopped over in 24 different host communities. Ridership has increased each year, from 250 in 2013 to 400 riders in 2016, and as the peloton has burgeoned, so has the event's economic impact. BikeMaine has pumped nearly \$1.7 million into the local economies of the four regions it has visited. Last year's sold-out ride in Downeast Maine generated \$626,000 in direct economic impact, including \$400,000 spent by riders during the ride, and \$226,000 spent by the Coalition to produce the event.

Perhaps more importantly, though, BikeMaine is demonstrating that it has a lasting and positive impact on the areas it visits. In 2016, using a portion of the profits accumulated since the first ride, the Coalition presented the City of Gardiner, a 2014 host community, with the first BikeMaine Community Infrastructure Grant. This \$12,300 grant is being used to spur local investment in a connector trail from downtown Gardiner to the Kennebec River Trail.

But let's be clear: the bottom line is, BikeMaine is fun. There's something about getting on your bike and just riding for mile after mile that simply can't be duplicated. And if you can indulge in carefully curated daily routes paired with welcoming host communities and, of course, the freshest and tastiest food Maine has to offer, so much the better.

Sound good? Looking for a way to get involved in this exciting experience?

Interest in BikeMaine continues to be strong, with 2017 registration already sold out. If you still want to be involved, consider volunteering. BikeMaine volunteers are critical to the success of the event and our volunteers tell us they have just as much fun as our riders. For more information about volunteering for BikeMaine visit ride.bikemaine.org/volunteer.



Skowhegan | Pittsfield | Kingfield | Rangeley | Hartford | Farmington

BIKE MAINE
pathway to the peaks

September 9-16, 2017
400 Riders
350 Miles / 55 Miles Daily

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Crossing over the Rockies involved climbing eight passes over six weeks. Cedar is a little more relaxed pedaling in her WeeHoo recumbent attachment.



There's a reason Rob, Sarah and Cedar's blog was titled, "Six Months, Six Wheels, Lots of Ice Cream."



Taking backroads across the agricultural Midwest. Cedar is on her own bike and using the tow-bar attachment for a little pull assist.

FROM DELAWARE TO AS FAR AS WE GET: A FAMILY'S CROSS-COUNTRY JOURNEY BY BICYCLE

It takes a certain something to attempt a cross-country odyssey on a bicycle. It takes something else altogether to make that trip with a child along for the ride. Some might call it crazy and, to be sure, there were times, as Sarah Cushman, her husband, Rob Levin, and their 10-year-old daughter, Cedar, pedaled from Delaware to Seattle, that she wondered if perhaps that's exactly what she was.

The family began their trip on April 1, 2016, and rolled into Seattle five and a half months later, on Sept. 8. Cedar, Sarah said, was bound and determined to ride her own bike the whole way. And while they did end up using a trail-behind device some of the time, pedal she did, with her sleeping gear strapped to a rack mounted on the back.

"It was a small miracle that we made it," Sarah said. "There's a reason we kept saying 'from Delaware to as far as we get'."

Cycling has always been a big part of their lives, and while that can change with the arrival of a child, the family has made a conscientious effort to stay in the saddle - around town and also far from home. The Seattle excursion was, in fact, their second long-distance tour with Cedar.

"Cedar wasn't as psyched for this trip as the four-month tour we took through Maine, Atlantic Canada, and Quebec when she was five," Sarah shared. "She had a blast on that one. On this one she really enjoyed time off the bike each day, but she missed home more and riding day-to-day felt harder. We had to adapt and were so fortunate that we were able to."

On a long-distance bicycle tour, Sarah said, little things that would be no big deal at home become huge. Food. Water. Going to the bathroom.

And dogs. Lots of dogs.

"Once we crossed over into Indiana, the leash laws changed, and we got chased by a lot more dogs," Sarah said. "That really stressed Cedar. We yelled and used an air horn and I started waving a length of PVC pipe I was carrying for the ones that got too close."

And then there's the roadkill. On a bicycle, it's not just something you pass at high speed on the highway. It's right there, in your face, up close and personal. For a child that can be difficult, to put it charitably.

"There's a lot of roadkill out there," Sarah said.

Going into the trip, Sarah said, she was concerned that the Great Plains would prove to be the most difficult stretch, with the potential for loneliness, the unchanging terrain, and relatively fewer services readily available.

In fact, though, the western states proved much more daunting.

"I have to say, the western roads – Yellowstone, Montana, Washington state – were actually some of the hardest riding," Sarah said. "They were beautiful, but the traffic volumes were much higher than the Midwest and the only route options were limited back roads with very loose gravel, or really busy, high-traffic state roads - all posted at 70 mph with really narrow shoulders. I think the drivers were feeling the pressure of oncoming traffic and they would often blast the horn when they passed us, as if to say, get the heck off the road. It was really stressful."

That said, though, the trip was an amazing experience and well worth the evanescent difficulties and discomfort.

The biggest gift, by far, she said, was coming face to face with whole sections of the country with which she'd had little experience. Biking across this slice of America, she said, she fell in love with people and places all across the heartland.

"As a Mainer, I think I'd often dismissed those flyover states. The trip was humbling on so many levels. For example, who knew the Sand Hills and Niobrara River valley of Northern Nebraska were so beautiful! And people were so incredibly kind to us," Sarah said. "Perfect strangers were loving and supportive. It made such a divisive election cycle seem far away. The generosity of everyone who let us camp in their town park or make emergency use of their farmhouse water or bathroom was amazing, and this happened over and over again."

The family kept an online journal during their ride, called, "Six Months, Six Wheels and Lots of Ice Cream," which you can read here: <http://www.crazyguyonabike.com/doc/sixmonthssixwheels>.

"There's nothing like bike touring," Sarah said. "The landscape physically imprints on you, like nothing you'd experience in a car. I feel like we have so much more appreciation now for the breadth of life and place in our country."

2017 TREK ACROSS MAINE

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JUNE 16 – 18

2-DAY OPTION JUNE 17 & 18

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The 2 day option provides all the entertainment and fun associated with the Trek, with shorter mileage – 97 miles – and a shorter time commitment. The ride begins at Colby College on Saturday, June 17 and finishes on the coast in Belfast on Sunday.



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- ▶ Set up to make easy, recurring monthly payments that will continue until your credit card expires or you contact the Coalition.
- ▶ Your ongoing support helps the Coalition better plan for the future and continue its work to make Maine better for biking and walking.

Please visit our website to sign up as an EverCycle Member today!

bikemaine.org/evercycle

NEW FACES AT THE COALITION



Rob Mueller



Frank Gallagher

Rob Mueller joined the Bicycle Coalition of Maine as Event Manager in January. In his new position with the Coalition, Mueller will manage the production of three of the organization's annual events: The Great Maine Bike Swap, The Women's Ride, and The Lobster Ride. He'll also support Event Director Zach Schmesser, helping with the production on the Coalition's eight-day event, BikeMaine.

Rob's a graduate of Webster University in Geneva, Switzerland, and he's passionate about getting everyone active through the creation of inclusive events. He has spent more than 20 years working in adaptive sports programs from Alaska to Argentina. He came to the Coalition from the Washington D.C. metro area, where he most recently served as the Training and Education Manager for Disabled Sports USA.

Cycling and walking have played a huge part in his life and he's excited to support the mission of the Bicycle Coalition of Maine. In his free time, he can be found teaching his daughters about the world through travel, cooking, and playing outside.

Frank Gallagher joined the Coalition as Communications Director in December 2016.

Frank grew up in Bangor, graduated from Bangor High School and, eventually, the University of Maine at Orono with a degree in Journalism. In between high school and college, though, he spent a few years in San Francisco, working as a bike messenger and playing in a rock band.

Ultimately, he decided that maybe journalism was a better career path than working as a bike messenger, so he came back to Maine to finish his degree. Following graduation, he made his way back to San Francisco, where he covered City Hall and local politics for a San Francisco newspaper, the San Francisco Independent.

As a reporter, the San Francisco Bicycle Coalition awarded him their coveted Golden Wheel award, citing his coverage of political and policy matters that treated cycling as a legitimate mode of transportation. Cycling remains one of his primary interests, along with politics, media, and music. He lives in Portland with his wife and three children.

Sunday, September 10, 2017

10, 28, 50, 76 & 100 mile routes



Post-ride celebration. Commemorative shirts. Prize drawings. This fully supported ride benefits Bangor Land Trust.

Join the fun!

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JOHN ANDREWS

This issue of the Maine Cyclist is dedicated to John Andrews, the Founder of the Eastern Trail and a lover of all things biking and walking. John passed on Feb. 20, at the age of 79, after a short illness. He inspired all of us at the Coalition with his, "patience, persistence, and politeness," as he advocated for safer and better biking and walking in Maine. The following was written by Sue Ellen Bordwell, a former board chair of the Coalition and one of John's many fans.

"Some say John was the heart and soul of the Eastern Trail. True. He was also its brilliant strategist. Never departing from the vision, John knew when to compromise and when to hold his position. His sense of timing was strategic. In the mid-nineties, John led a small delegation making a presentation to town councils and select boards along the Eastern Trail route. As a member of the delegation, representing the East Coast Greenway, I watched John answer a question at the end of each presentation: 'Are you asking for money?' John would emphatically answer, 'No!' and leave with his endorsements of the Eastern Trail. A year later, John returned to these same councils saying, 'You endorsed the Eastern Trail. Now you need to put up some money.' Just brilliant was John."

- Sue Ellen Bordwell



NEW COALITION HOUSEHOLD MEMBERS

We welcome these new household members joining from October - April

Jennifer Aalto Saco
Rachel Albert Portland
Peter Aten Portland
Laurie Belden Durham
Breeana Blalock Jamaica Plain, MA
Andrew Bloom Portland
Barbara Boes Windham
Nancy and Steve Boucher Portland
Allen Browne Falmouth
Terry Chapman Nobleboro
James Cradock Portland
Patrick Decker Bucksport
Daniel Eccher Oakland
Catherine Elliott Falmouth
Kendra Emery Rockport
Joan Farren Palmyra, VA
Patrick and Monica Jamaica Plain, MA
William Finley Portland
Samuel Frankel Portland
Mary Fuller portland
Bruce and Lindy Gallup Turner
Dawn Gee Norridgewock
David Geoffrion Seattle, WA
Dave Getchell Camden
Ben Grant Bowdoin

Robyn Graziano Readfield
Peggy Greenwald and Jack Richards Hallowell
Veronica Haskell Raymond
Sergio Hernandez Portland
Andy Hoffman Somerville, MA
Jason Huckaby Portland
Margaret Imber Turner
Steven Inkellis Harpswell
Ann Irving Burlington, MA
Michael Kalaher Murphysboro, IL
Paula Kazarosian Rumford
Jeffrey Kreher Reading, MA
Jessica LaChance Lisbon Falls
Mark Lawrence Portland
Kristin Lawson Portland
Gloria Legere Lyman
Jane Leung and Ed Linde Wyckoff, NJ
Stephanie Mace Oakland
Ward and Genevieve MacKenzie Bass Harbor
Sean Mahoney Falmouth
Ben Marcus Cumberland
James Merrick Mount Vernon

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Cliff Oliver Wells
Greg Paulson Lancaster, PA
Samantha Piro Portland
Nancy Randolph and Peter Caron Topsham
Erik Rider Auburn
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Peter Trafton Providence, RI
Rod Vogel Cumberland
Molly Walpuck Bethesda, MD
Thomas Ward Cape Elizabeth
Darryll White Sidney
John Whitman Peaks Island
Kathy Wilson Brunswick

GET READY TO RIDE: TEN QUICK CHECKS TO TUNE UP YOUR BIKE FOR SPRING

Just because you're into bicycle riding doesn't necessarily mean you're into bicycle repair, but with Spring upon us, it's time to start thinking about getting your ride ready to go. If your bike's been in storage over the winter, it's going to need some attention, even if it doesn't require any major repairs, to stay safe on the road or trail.

First up: a good cleaning. Bicycles are dirt magnets, particularly in and around the all-important drive train. You can give your ride a good washing by simply hosing it down to remove dirt and mud. Then you can dig in and see what else might need to be done. A brief check-up that takes in all of the areas below will have you out and about, with confidence, in no time.

1 TIRES

Bikes that have been sitting for a while will almost certainly need some air in the tires, because tires by their nature lose air even if they haven't sprung a leak. They may not look under-inflated, but check the pressure anyway. Listen for the hiss of escaping air as you inflate them. That sound could indicate a leak that requires further attention.

2 SPOKES

Check your wheels to make sure they're true. This is easily done: simply lift each wheel off the ground and give it a good spin. If it wobbles or looks warped, check for loose spokes. If a spoke twists in your hand, use a spoke wrench to tighten the spoke at the base. It's a good idea to check your spokes every few months, even if you don't notice anything wrong.

3 BRAKE LEVERS

Brakes are critical for safe riding. Give your brake levers a pull to see that they engage both sides of the brakes on each wheel. If the pull on the lever is too soft, unscrew the barrel adjuster – the small, adjustable, barrel-shaped mechanism located where the brake cable connects to the brake lever – a few turns and test it. Brakes should not stick and should fully stop the wheel in motion. Cables that stick or are obviously frayed will probably need to be replaced.

4 BRAKE PADS

The full length of your brake pads should press against the rim when in use and they should not wiggle or be loose. Worn brake pads should be replaced.

5 DERAILLEURS

With your bike on a stand, or upside down, run it through the full range of gears while you spin the cranks. Look to see that the derailleurs shift smoothly and that they're centered on the gears and chain rings at each shift point. Use a small Phillips-head screwdriver to adjust the derailleurs, if necessary.

6 CHAIN

The chain should be snug, but not too snug. You can check your chain tension by pressing down against the top chain. It should not move more than a quarter- to a half-inch. If your chain is too loose, it could come off while riding. If it's too tight it can damage your gears. Loosen the rear wheel nuts on each side to pull the rear wheel back to take slack out of the chain.

7 LUBRICANT

Drive trains need lubrication to run at the peak of performance. Consider applying a dry lubricant – which doesn't attract dirt and particulate matter as much as a wet lubricant – to the cassette, the chain rings, the chain, and all the moving parts of the crankset. Also hit the front and rear wheel bearings on each side with a bit of lubricant.

8 SAFETY GEAR – LIGHTS, REFLECTORS, ETC.

Maine state law requires cyclists to have, at a minimum, a front light that emits a white light and is visible from at least 200 feet, a red or amber reflector in the rear that's visible from at least 200 feet, and reflectors on the pedals or reflective bands on the cyclist's ankles. If you don't have these lights and reflectors in place, you'll need to get some, and you may want to go above and beyond what's required. Let's stay safe out there.

9 CHILD SEAT

Make sure the child seat attached to your bike is firmly fixed to the frame or rack as per the manufacturer's instructions. Take a look at the seat belt and any safety bars to make sure they're in good, working condition and not frayed or cracked.

10 VISIT YOUR LOCAL BIKE SHOP

Your local bike shop is fully equipped to handle everything from major repairs to minor adjustments you might not feel comfortable making yourself. You can find a list of local bike shops that support the Bicycle Coalition of Maine on page 30.

JOIN US AT THE BICYCLE COALITION OF MAINE'S 2017 EVENTS, WEBINARS, TRAININGS, AND DEMONSTRATIONS!

April 11	Augusta	Traffic Safety Education Day at the Capitol
April 12	Online	Webinar: bicycle & pedestrian safety education
April 23	Portland	Great Maine Bike Swap
May 3	Rockland	New Community Spokes Training
May 10	Augusta	Legislator Ride and Walking Tour
May 10	Statewide	National Bike to School Day
May 19	Statewide	National Bike to Work Day
June 4	Freeport	16th Annual Maine Women's Ride
June 28	Online	Webinar: How to Plan and Implement Your Own Imagine People Here Demonstration Project
July—TBD	TBD	Community Spokes networking event and celebration of successes
July 23	Camden	16th Annual Maine Lobster Ride
Sept 9-16	Various	BikeMaine 2017: Pathway to the Peaks (Skowhegan, Pittsfield, Kingfield, Rangeley, Harford, Farmington)
October 4	Statewide!	National Walk to School Day
October 4	Online	Webinar: Trail Building
November 8	Farmington	New Community Spokes Training
December 6	Online	Webinar: Bikeshare for Urban & Rural Communities: Options, approaches, and opportunities

For more information, more events, or to register for upcoming Coalition events, please visit **bikemaine.org**.

The Bicycle Coalition of Maine is a nonprofit, membership organization that works to make Maine better for biking and walking through education, advocacy, encouragement, and legislation.

To join as a member and invest in the future of biking and walking in Maine, please visit **bikemaine.org**.



YELLOW JERSEY CLUB BUSINESS PROFILE

This business member generously supports the Bicycle Coalition of Maine's work with an annual membership of \$1,000 or more

Turning Point Cycle & Fitness Studio opened their doors in September 2016, and they are the newest member of our Yellow Jersey Club. Located in Scarborough, Turning Point Cycle & Fitness Studio is Maine's premier indoor cycling and fitness studio, providing a welcoming, encouraging, and motivating atmosphere to improve fitness. Turning Point's owner, Melissa McAllister, is a certified personal trainer and certified Spin instructor. Melissa and her instructors at Turning Point provide indoor cycling and small-group fitness classes, as well as one-on-one personal training.

HOW DID YOU COME TO OPEN TURNING POINT CYCLE & FITNESS?

I've been a personal trainer for about four years and I really thought there was a need for it in Scarborough and its surrounding towns. We have some big cycling communities in the area, and being an avid outdoor rider myself, paired with my background, it just kind of fit, so I made a leap of faith. I also wanted to show my two daughters that bringing an idea to life, making it into something real, can be done with hard work and motivation.

THE NAME OF YOUR BUSINESS, TURNING POINT CYCLE & FITNESS, SPECIFICALLY CALLS OUT THE CYCLING COMPONENT IN THE CLASSES AND SERVICES YOU OFFER. CLEARLY, CYCLING IS IMPORTANT TO YOU. HOW DID YOU GET IN TO IT?

I started spinning years ago when I was preparing for my first triathlon. It was winter time and I needed to train, and spinning was something that helped me do that. I love my time in the saddle on my road bike exploring all that Maine has to offer. Indoor Cycling the off season is an amazing way to stay in shape, increasing your stamina and endurance for those long rides.

WHAT ABOUT SOMEBODY WHO'S NOT TRAINING FOR A TRIATHLON OR A CENTURY RIDE? IS INDOOR CYCLING SOMETHING THAT CAN BENEFIT ANYONE?

Absolutely. It's a great way to build strength and endurance even if you're not training for something specific. We have six instructors who are teaching classes every single day, so it's really something you can do at your own pace, which is great for someone who's a beginner and thinking about giving it a try. You can come and go as you please and see what it's all about. All levels are welcome, and I wanted Turning Point to be that way. It's a very encouraging atmosphere for seasoned cyclists, as well as somebody who hasn't been on a bike since they were a kid.

ANYTHING ELSE YOU'D LIKE PEOPLE TO KNOW ABOUT TURNING POINT CYCLE & FITNESS?

There's something for everyone at Turning Point. We've got two studios. One is for indoor cycling and is equipped with 20 Keiser M3i indoor cycles that incorporate Bluetooth and wireless technology. They're amazing. The other room is where we do small-group fitness classes, weight training, one-on-one personal training, and boot camp-style classes. If you're looking to improve your fitness, Turning Point provides a motivating and encouraging atmosphere that you will not find any place else.



turningpointcycle.com

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YELLOW JERSEY CLUB MEMBERS

These members support the Bicycle Coalition of Maine's work with annual memberships of \$1,000 or more

After ten years of incredible support from our Yellow Jersey Club, now with over 60 household members, the Coalition has implemented new established giving levels to recognize donations at the \$2,500 and \$5,000 levels. For more information about these new levels and their membership benefits, please visit bikemaine.org/joinrenew.

YJC PRO (\$5,000+)

Jonathan Ayers Portland
Tom and Evon Cooper Seal Cove
Nancy Grant and Mike Boyson Portland
Cynthia Sortwell South Portland

YJC PODIUM (\$2,500+)

Dan Emery North Yarmouth
Barbara and Richard Trafton Auburn

Yellow Jersey Club (\$1,000+)

Joseph + Susan Alexander Falmouth
Justin + Rachael Alfond Portland
Cindy Andrews + Thomas Whyte Cumberland Foreside
Chris + David Beneman Scarborough
Paula + Stephen Birmingham Cape Elizabeth
Moe + Loraine Bisson Brunswick
Bill + Marcy Black Cumberland Foreside
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Chris + Matti Bradley Belgrade Lakes
Carol Bult + Lili Pew Seal Harbor
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Jay Evans + Martha Palmer Cape Elizabeth
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Lisa Gorman Yarmouth
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GIVING by the
MONTH
EVERCYCLE MEMBERSHIP

Do you want to make an even bigger impact on biking and walking in Maine? Sign up as an **EverCycle Yellow Jersey Club Member** to give \$100/month to the Bicycle Coalition of Maine.

Your continued support helps the Coalition plan for the future and continue its work to make Maine better for biking and walking. Please visit our website to sign up as an EverCycle Member today!

bikemaine.org/evercycle

BECOMING THE BICYCLE COALITION OF MAINE

continued from page 5

meet in Portland. I was working at USM at the time and I got him the space at the campus. From then on, I was sort of hooked.”

Miller, who was the Executive Director from 1996 to 2007, was almost a force of nature in his zeal as the organization’s leader. When Jeff got deep into a project it was not uncommon to find email from him that had landed at two or three in the morning.

Tony Barrett, who got involved with the Coalition around 2000 and continues to serve as a volunteer, echoed that sentiment. One of his most vivid memories of working with the organization involves Miller.

“It was at an event at Mount Desert Island promoting tourism in the state, and we were taking the ferry from Bar Harbor to Winter Harbor with our bikes,” Barrett said. “On the bike ride over, Jeff came up to me, right in my face, and pulled on my helmet and said, ‘This is way too loose. Look at all this space.’ Back then a lot of people didn’t even wear helmets. Now it’s kind of drilled into our heads, but I had never thought of it before. It was shortly after that I took the training to become a bike safety instructor.”

Today, of course, safety education – including how to properly fit a bicycle helmet – is one of the core practice areas at the heart of the Coalition’s efforts.

To a person, though, Barrett, Bordwell, LaFlamme, and Robie said that the Coalition’s success in reframing the debate around transportation is perhaps the organization’s greatest achievement.

“The change in attitude toward bike/ped issues is amazing,” Bordwell said. “Years ago, people looked at me like I had three heads if I brought up bicycle and pedestrian concerns. Now it comes up before I even open my mouth. Even if we have no formal role in the process, bicyclists are represented. A lot of that energy can be attributed to Bicycle Coalition of Maine.”

Bordwell said the Coalition’s evolution over the years would lend itself to a fascinating case study.

“If anybody ever wrote a book on organizational development, I think it’s about the Coalition’s growth from a single-cell, personality-driven interest group to a well-funded, well-stewarded organization serving everybody in the state of Maine,” Bordwell said.

LaFlamme concurred, adding that the true strength of the Bicycle Coalition of Maine comes from its membership.

“There are so many people who have done so much hard work for this organization, and all volunteer,” he said. “Without them, we’d never have been able to come this far.”



These bicycle shops give at the Yellow Jersey Club level (\$1,000 annually). Please stop by and thank them for their generosity!



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Seasonal Hours:
Seven Days A Week
8:00am-6:00pm

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gorhambike.com

MANY THANKS TO OUR VOLUNTEERS!

We're always looking for volunteers! If you can help, please contact us at info@bikemaine.org, call 623-4511, or sign up on our website: bikemaine.org

IN OFFICE VOLUNTEERS

Margaret Bean
Haley Fallon
Julie Grant

Leonard Howard
Gail Perry
Darcy Starrett

*These businesses give at the Yellow Jersey Club level (\$1,000 and above annually).
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BIKEMAINE.ORG

The Bicycle Coalition of Maine is a member-supported non-profit organization. Your membership helps us achieve our mission!
Please donate today.

The Coalition is looking forward to another great season of events. For the most up to date information, please visit our website: **bikemaine.org**



GREAT MAINE BIKE SWAP

Portland | April 23, 2017

Come join us to buy or sell a bike!

At the swaps, you can choose from hundreds of bikes, including hybrids, road bikes, mountain bikes, children's bikes, recumbents, and more.

The inventory covers all price ranges, so you're sure to find something that suits your budget.

BIKEMAINE.ORG/SWAP



THE WOMEN'S RIDE

Freeport | June 4, 2017

Every woman, any bike, one ride.

This ride is a celebration of women and bicycling. This year's event offers a friendly, supportive atmosphere geared toward girls and women of all ages and abilities.

The ride will include four routes for riders of all ages, experience, and ability levels.

MAINEWOMENSRIDE.COM



THE LOBSTER RIDE

Camden | July 23, 2017

The Lobster Ride features multiple distance options, including a family-friendly 15-miles, several intermediate distance loops, and of course the 100-mile century that was recognized by Bicycling Magazine as one of the TOP TEN centuries in the country.

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