

Preliminary agenda for 2019 NC BikeWalk Summit, Winston Salem, NC

Please note that there may be adjustments to this schedule. Summit events will take place at the Hawthorne Inn. The pre-Summit Workshops will be located off-site. Please continue to check the website for updates!

Pre-Summit Workshops Thursday, November 7

Workshop 1: Traffic Bicycling for Transportation Professionals, Law Enforcement, and others (8 am–6 pm)

(all-day workshop; requires separate registration)

The **Traffic Bicycling** class (see <http://www.bikewalknc.org/traffic-bicycling-for-transportation-professionals/> for more details) is oriented toward transportation engineers, planners, and police, but open to all adults. This intensive 9-hour on-bike training course teaches best practices for bicycle operation in urban traffic. Participants improve their understanding of effective traffic negotiation techniques and relevant traffic laws while enhancing their bike handling skills and increasing their confidence. Common bicyclist crash types are examined in the context of operator behavior. Implications for transportation planning, facility design, and law enforcement are discussed. Students will receive certification for completing League of American Bicyclists Traffic Skills 101, which is a prerequisite for LCI certification. The class is taught by Master LCI Instructor Steven Goodridge, and includes both classroom and on-bike portions. Steve has taught this class at the last several Bike Summits to rave reviews. (We are applying for PDH credit for engineers and CM credit for planners for this course.) Cost: **\$50**. Class location: TBA. NOTE: You do not have to register for the NC BikeWalk Summit in order to take this class.

Steven Goodridge, Ph.D., is a board member with BikeWalk NC who has served on the NCDOT Bicycle Safety Committee and the HB232 Bicycle Safety Law Study Committee to promote best practices for motorist/bicyclist traffic interactions. Steven developed the Bicyclist Safety and Law Enforcement in-service training program used by multiple police departments across the state, and teaches the Traffic Bicycling for Transportation Professionals course at the annual NC Bike/Walk Summit. Steven is a certified League Cycling Instructor through the League of American Bicyclists and a certified Cycling Savvy Instructor through the American Bicycling Education Association.

Workshop 2: Building Community Engagement with a Walk: Learn to Lead a Walk Audit (noon–5 pm)

(half-day workshop; requires separate registration)

Be the change you want in your community! This workshop is offered by the energetic nationally-known public health and transportation consultant and former Olympic race walker Mark Fenton, who will instruct you in how to be a Neighborhood Walk Auditor, capable of spotting problems and confident in your new ability to show others how to identify problems and communicate with decision-makers. This class will run from noon to 5. This is an excellent training course for public health officials, Town employees, planners, engineers, advocates for safe routes to school and other advocates for safer, more equitable communities. (We are applying for PDH credit for engineers and CM credit for planners for this course.) Cost: **\$50**. You do not have to register for the BikeWalk Summit in order to take this class. Class location: Winston-Salem City Hall, 101 N Main St, Winston-Salem, NC 27101.

Mark Fenton, nationally recognized public health, planning, and transportation consultant, adjunct associate professor at Tufts University, advocate for active transportation, and former host of “America’s Walking” on PBS television, has led training and planning processes for pedestrian-, bicycle-, and transit-friendly designs in communities across the US, Canada, and Australia. Mark studied engineering and biomechanics at the Massachusetts Institute Technology (BS and MS) and at the U.S. Olympic Training Center, and has published numerous articles and books related to exercise science, physical activity promotion, and community interventions. He also tries to practice what he preaches, having served on his community’s planning board, and walking and cycling for as many routine trips as possible.

Thursday evening 7:00 pm

Casual meetup at Foothills BrewPub on 4th: join us if you are already in town and meet old/new friends.

Summit Program November 8 and 9

Friday morning 8:00–10:00

Coffee and continental breakfast. Welcome from Mayor and Keynote will begin at 8:30

Update from **Hanna Cockburn**, Director of the NCDOT Integrated Mobility Division (the merged Bicycle and Pedestrian Division and the Public Transportation Division)

Keynote: **Mark Fenton: From Pilots to Policy: Advocating for Economic, Environmental, and Public Health**

- **Mark Fenton**, nationally recognized public health, planning, and transportation consultant, adjunct associate professor at Tufts University, advocate for active transportation, and former host of “America’s Walking” on PBS television, has led training and planning processes for pedestrian-, bicycle-, and transit-friendly designs in communities across the US, Canada, and Australia. Mark studied engineering and biomechanics at the Massachusetts Institute of Technology (BS and MS) and at the U.S. Olympic Training Center, and has published numerous articles and books related to exercise science, physical activity promotion, and community interventions. He also tries to practice what he preaches, having served on his community’s planning board, and walking and cycling for as many routine trips as possible.

Session 1 - Friday, 10:30 - 11:30 am

1-A. Amsterdamize? What can U.S. Cities learn from Dutch / Cultural Strategies for Transforming North Carolina’s Roadways

In the first part of this presentation, we will hear about The Netherlands, where 25% of the trips are bicycle trips. Because of this and the massive amount of infrastructure dedicated to cycling, cities around the world that aim at creating healthy, active and sustainable communities through cycling have turned to Dutch cities for inspiration. As a bicycle advocate himself, the Yi Wen will share what he has learned about the impacts of history, policy, infrastructure, planning and culture on the success of Dutch cycling during his recent course studies in Holland, and discuss how it can be applied into the U.S. context.

Following this overview, the focus will turn to North Carolina, where the benefits of seeing more North Carolinians cycling and walking are undeniable. Over the past three decades, a growing body of research has highlighted the sundry health, safety, and well-being gains borne from investing in quality cycling and walking infrastructure. Though diverse communities across North Carolina are incrementally building places for people to bike and walk, the pace of these necessary changes is frustratingly slow and often riddled with social and political challenges. In this presentation, Seth LaJeunesse and Stephen Heiny with the UNC Highway Safety Research Center will explore: (1) why it is so difficult to wholesale import European strategies into American contexts; (2) how news media often perpetuates our car-centric status quo; and (3) a few promising culturally appropriate pathways toward making cycling and walking, safer, more accessible and equitable throughout our state.

- **Yi Wen** is a PhD student in sustainable transportation at the University of Tennessee, Knoxville. His main research agenda includes reducing reliance on automobiles and promotion of low impact transportation alternatives such as biking, e-biking and e-scooter. Yi received his master’s degree in Environmental Science and Management from University of California, Santa Barbara in 2017. Before joining University of Tennessee, Yi was a bicycle advocate at the San Francisco Bicycle Coalition and a student ambassador at Lime. Inspired by his previous experience, Yi’s current career pursuit is to provide evidence-based research support to promote sustainable transportation.
- **Seth LaJeunesse** is a Research Associate with the University of North Carolina Highway Safety Research Center (UNC HSRC) where he designs studies that draw from psychology, sociology, and systems science to explore ways of accelerating the diffusion of effective road safety practice. Seth is a member of the American Planning Association and TRB’s Pedestrians Committee. Formerly a school psychologist, he holds a Master’s degree in City and Regional Planning from the University of North Carolina at Chapel Hill
- **Stephen Heiny** is a Research Associate with the UNC HSRC where he researches youth active travel safety, manages safety evaluation studies, and incorporates systems thinking into research design. Stephen holds a Master’s degree in City and Regional Planning from the University of North Carolina at Chapel Hill where he specialized in transportation planning. He completed his bachelor’s degree in psychology and sociology at the University of Notre Dame.

1-B. Building a Multimodal Interstate: Welcome to the New Business I-40

The reconstruction of Business 40 (Salem Parkway), scheduled to be completed in 2020, caps off over a decade of planning, design, fundraising, and public outreach efforts to create a new 1.2-mile section of interstate through downtown Winston-Salem. Early in the process, NCDOT, the City of Winston-Salem, and the Creative Corridors Co-

alition collaborated to create a process and product that reflected the will of the community and met the needs of diverse stakeholders in an urban environment. The public was key in choosing a “two-year complete closure” rather than a six-year partial closure of Business 40. Because of the complete closure and numerous innovative partnerships and infrastructure design choices, the Business 40 project serves as a teaching tool for communities undertaking similarly extensive construction projects. The accommodation of all transportation modes through the construction process and final designs, including a cycling/walking path along Business 40 within the highway right-of-way and several bicycle/pedestrian dedicated bridges represents a complete streets approach ingrained in the process. The session will also include the option for a walking tour of the construction corridor to provide a sense of scale for the project and view the development of the innovative cycling and walking infrastructure.

- **Matthew Burczyk** serves as the Bicycle & Pedestrian Coordinator for the City of Winston-Salem and the Winston-Salem Urban Area MPO, where he is working to build a strong cycling and walking environment. Prior to joining the City of Winston-Salem, Matthew served as an active transportation planner for Schreiber Anderson Associates in Madison, Wisconsin, where he worked with communities and school districts to develop and implement Safe Routes to School plans. Previously, Matthew served as the Bicycle & Pedestrian Coordinator for the University of Wisconsin–Madison. He is a League Cycling Instructor through the League of American Bicyclists and is partnering with Winston-Salem organizations to build an active transportation movement.
- **Kristen Haaf** is an environmental designer and Director of Urban Planning at Roots First Design. With training in landscape architecture, urban planning, and environmental science and policy, Kristen brings an interdisciplinary approach to the studio’s work. Kristen works on both design and logistical aspects of project development, including conceptual design, grant writing, community engagement, and strategic planning. She supported Creative Corridors Coalition as project manager through design and project approvals and most recently served as Board Chair for the organization.
- **Karen Simon** is founder and President of Simon Resources, Inc., a professional Women’s Business Enterprise specializing in public involvement and outreach, agency coordination and consensus building for transportation planning projects. Karen began her career as a transportation planner for Greiner, Inc. (now AECOM Corporation) in 1986 and as the Director of Planning and Transportation Programs for the Tampa Downtown Partnership. In 1996, she decided to channel her expertise in public involvement and community outreach to start her own consulting firm with the intent to educate the public about their role in transportation projects, and to develop an effective, proactive and inclusive approach to engaging all, including underserved and minority communities.

1-C. Embedding Safe Routes to School in School Transportation/

Why we need a common goal toward improving bicycle and pedestrian safety

During her 11 years of working with Safe Routes to School (SRTS) across the state but particularly in Forsyth County, Judi Lawson Wallace would have a principal or champion at a school get excited about Walk/Bike to School Day, and parents would support the effort and the children would enjoy it. However, once that principal or champion left the school, SRTS enthusiasm went with them. The presenter began to realize that SRTS should be treated as legitimate transportation options. After a year of lobbying, the Winston-Salem/Forsyth County Schools agreed to put information about walking and biking to school on the transportation page of their website--at the bottom. Given climate and health concerns, not to mention costs of busing and lack of bus drivers, the NC Department of Public Instruction needs to lead the effort to make it safer for more students to bike and walk if they live close enough. Building schools within communities instead of out in the country would also help. As part of the presentation, participants will engage in a discussion of what BikeWalkNC can do to push for these changes at the state level that would also require changes at the local level.

Tadhg O’Gara will join Judi and discuss current options for consolidating advocacy efforts so we can be successful in our mission toward safer streets. An orthopaedic spine surgeon, O’Gara will comment on the horrific personal cost of our unmitigated movement to accommodate the automobile at the expense of all other transportation options. Specific discussion will involve advocating for NACTO guidelines in realizing the common goal of TheVillagePledge: All the community’s children should be able to safely walk or bike to their local schools and DOT infrastructure needs to prioritize this goal immediately.

- **Judi Lawson Wallace** has advocated on behalf of bicyclists and pedestrians for over 30 years. She began one of the first in-school bicycle safety programs, which received an award from NCDOT. Since 1995, she has consulted with state and local governments on bicycle and pedestrian issues. Since 2009, Judi has coordinated Winston-Salem’s Cycling Sundays, Winston-Salem’s open streets event. In 2015, the event was rebranded as Walk & Roll Winston-Salem. Judi is a national trainer for Safe Routes to School, and consults with communities across the state on Safe Routes to School. She holds a bachelor’s degree magna cum laude from St. Andrews Presbyterian College, a master’s degree from the University of

Kentucky and an MBA from Wake Forest University. She chaired The North Carolina Bicycle Committee at the DOT for 7 years and was instrumental in starting the Winston-Salem Bicycle Committee.

- **Tadhg O’Gara** is an orthopaedic spine surgeon at Wake Forest Baptist Medical Center and an Assistant Professor of Orthopaedic Surgery and Neurosurgery. He is also Co-Chair of the Department of Orthopaedic Surgery’s Research Division

Lunch Friday, 11:45-1:15 (included in registration)

Keynote: **Mike Sewell**, Principal & Active Transportation Service Line Leader at Gresham Smith

Details to come

- **Mike Sewell, P.E.**, LCI, is a professional engineer and serves as Gresham Smith’s active transportation service line leader, bringing more than 20 years of experience in the planning, design and implementation of transportation projects. He was named as one of the owners of his firm 6 years ago and uses his platform to strategize about active transportation’s role in positively impacting the communities that we serve.

Leading projects ranging from 100-mile greenway studies to statewide multimodal planning initiatives, Mike has spent the past 15 years focused on complete streets and right-sizing our roadways for all users. A daily bike commuter himself, Mike’s advocacy efforts for bicyclists and pedestrians have helped forge many important relationships within the local communities he serves and the broader transportation industry. As a result of his advocacy efforts, he currently serves on the National Board of Directors for the League of American Bicyclists, where he chairs the equity and fundraising committees.

Mike has been named as the J.B. Speed School of Engineering’s Outstanding Young Engineer, was a recipient of the D.V. Terrell Award by the Kentucky Society of Professional Engineers and has earned a spot among the Business First Forty Under 40. His dedication to his profession has led to recent co-authoring of the widely used National Cooperation Highway Research Program 880, which focuses on providing the appropriate balance of service and safety for all users. He was also invited to testify in front of Congress in the spring of 2019 on the importance of better funding and planning for multimodal connectivity and safety.

Locally, Mike helped to secure federal dollars for the Town Branch Commons project in Lexington, Kentucky, and serves as the project manager for the design of this transformational multimodal installation.

Session 2 - Friday, 1:30 - 2:30pm

2-A. Experiences and attitudes about bicycling among African American riders and non-riders in Winston-Salem, NC

Initiation of regular bicycling among sedentary adults has the potential to contribute to weight maintenance or loss and improved cardiometabolic health. Current data suggests that bicyclists are disproportionately white, male, and are from upper socio-economic strata. This session stems from community members’ efforts to understand barriers to increasing bicycling activity and rider diversity. It examines experiences and attitudes that African Americans residing in Winston-Salem, NC, have around bicycling. The information provided stems from a study in which ten African American adult bicycle riders and ten non-riders complete semi-structured, in-depth interviews about their bicycling behaviors and attitudes. Men and women were equally represented. Interviews were audio recorded, transcribed, and systematically analyzed. The study showed almost all non-riders interviewed reported little interest in bicycling. Both riders and non-riders identified rider safety as a significant barrier. Lack of free time, cost, and trail access were also identified as obstacles. Riders mentioned individual and group strategies to reduce injury risk. Many riders participate in riding groups that provide instrumental and emotional support, potentially increasing motivation. Riders and non-riders gave their opinions on whether or not race was a factor. The presenter will give the results of her study and will bring in members of the local community to give their thoughts and comments.

- **Dr. Joanne C. Sandberg, PhD**, is an Associate Professor in the Department of Family and Community Medicine at Wake Forest School of Medicine in Winston-Salem, NC. She is a sociologist who has experience conducting both quantitative and qualitative research. Her research interests include health communication, patient health beliefs and practices, cancer survivorship, and health equity.

2-B. Intercity Rail | Assessing First-Mile Last-Mile Connections along the Piedmont Crescent

In the spring of 2018, Centralina, Piedmont Triad and Triangle J Councils of Governments were awarded a grant from NC-DOT focused on providing first-mile, last-mile solutions for passenger rail along the Piedmont Crescent. Working from the Triangle, through the Triad and down to the Charlotte region, this grant will address and build partnerships to augment the impact of multi-modal trips to and from the rail corridor. Notably, this grant seeks to create a regional partnership that enables a consistent platform and shared messaging to ensure a cohesive branding and communication strategy.

This session will incorporate information to help planning staff be better equipped to understand efforts and work underway to augment NCDOT’s impact on first-mile last-mile connections for the intercity rail corridor. This session

will include: (a) a discussion of how regional collaboration between Charlotte, Greensboro, and Raleigh-Durham metro areas can change how the Piedmont Crescent uses rail; (b) identification of gaps in transit, bike, and pedestrian infrastructure through walkability and bikeability audits, training, and tours; (c) illustration of the interdisciplinary connection between marketing and transportation planning, helping planners to “think outside of the box” on public outreach and engagement; and (d) demonstration of the nexus between technical competency and public-facing communication on issues relating to first-mile/last-mile solutions.

- **Mary Sell** joined Triangle J COG in March 2015 after working in the Transportation and Sustainability sectors since 2012. Prior professional experiences includes working to advance multi-modal solutions for transportation at both Duke University and with the Ann Arbor Area Transportation Authority. Mary is committed to seeking collaborative solutions that advance a better dialogue regionally and is excited about leveraging her passion and expertise for transportation toward a more multi-modal model for the Triangle. Mary enjoys riding her bike to the bus for her commute in from Raleigh daily and is a Bicycle and Pedestrian Commissioner for the City of Raleigh.
- **Katherine Hebert Godwin** is the Healthy Community Design Specialist for the Centralina Council of Governments and serves as the coordinator for the Centralina Health Solution Center leading healthy community design initiatives. She is an experienced Health Impact Assessment (HIA) practitioner, as well as a national presenter and published author. Katherine has a Masters in City and Regional Planning from the University of North Carolina, Chapel Hill and a Bachelor of Arts in Interdisciplinary Studies, Environmental Policy and Planning from Appalachian State University.
- **Anna Leonard** is the Environmental Programs Coordinator at the Piedmont Triad Regional Council. She has her Master of Public Administration and a BS in Building Science from Appalachian State University. Anna has experience in energy auditing, sustainable buildings, alternative fuels, and public outreach. She works on projects in air quality and clean transportation, environmental planning, grant administration, and current planning across the 12-County Piedmont Triad region.

2-C. Does it Count? Ensuring Quality Bicycle and Pedestrian Volume Data

This session will train attendees to critically analyze data quality by showcasing the Institute for Transportation Research and Education (ITRE)’s automated non-motorized volume data quality assurance and TMAS-capable reporting tool. The tool streamlines the data retrieval, processing, and reporting steps of the established QA/QC protocol that was developed by ITRE for the North Carolina Non-Motorized Volume Data Program (NC NMVDP), one of the largest statewide bicycle and pedestrian counting programs in the United States. Topics will include the evolution of the statistical data quality assurance practices used in the NC NMVDP as well as a tutorial demonstration of the quality assurance tool to both clean a dataset with invalid data and output spreadsheet and TMAS-ready data reports.

- **Sarah Searcy** is the Bicycle and Pedestrian Program Manager at the Institute for Transportation Research and Education (ITRE) at North Carolina State University in Raleigh, NC. Sarah manages the North Carolina Non-Motorized Volume Data Program (NC NMVDP) for NCDOT. She leads or assists with the development and management of proposals, projects, and activities related to bicycle and pedestrian transportation. In addition to project management, her work includes statistical and GIS data analyses, technical writing, presentations and outreach, and stakeholder relations. Sarah’s areas of research include bicycle and pedestrian transportation, occupant protection, and rail safety.

Session 3 - Friday, 3:00 - 4:00 pm

3-A. Jane Jacobs Walk

APBP NC will host a Jane Jacobs Walk in downtown Winston-Salem that celebrates and investigates the people and places that make Winston-Salem great and why. The walk is intended to encourage conversation among participants with lots of personal observations, stories and examples. It will give a short history of Jane Jacobs to set the stage for the importance of observations for preserving livability within neighborhoods. We will then explore unique spaces in Winston-Salem to create discussion around the topic areas of the social and built future of these spaces as well as health and the environment. The tour invites anyone who is engaged in the work of building cohesive cities and improving the walking environment. We will end the tour by sharing tools and tips to perform a Jane Jacobs Walk in your city, town or neighborhood.

- **Eric Howell** joined the Eastern Carolina Council as a Community Planner in 2018. He holds a BS in Urban Studies from Tennessee State University, as well as an Associate of Science degree from American Sentinel University’s School of Information Technology.

Eric has helped shape local and regional planning efforts that have been showcased as best practices or advancements by recognition from: Institute of Transportation Engineers, American Council of Engineering Companies, Federal Highway Administration, Federal Transit Administration, U.S. Centers for Disease Control and Prevention, American Planning Association, American Association of State Highway and Transportation Officials, the Transportation Research Board, Tennessee Department of Safety and Homeland Security and Department of Transportation, university and research institutions, city

and regional planning agencies, and metropolitan planning organizations throughout Tennessee

Eric previously served in executive board leadership roles within higher education and with the American Planning Association and Young Professionals in Transportation.

- ***Eric Vitale** is a transportation planner with the Fayetteville Area MPO where he has served for about four years. He works on various elements of the transportation planning process but his specialty and passion is in bicycle and pedestrian planning. As a graduate of East Carolina University, Eric enjoys working and living in North Carolina. By serving as the co-chair for the North Carolina's Chapter of the Association of Bicycle and Pedestrian Professionals and partnering with various local organizations, Eric strives to make North Carolina and its communities more bicycle and pedestrian friendly.*

3-B. Understanding Bicyclists' Road Rights /

Update on North Carolina bicycle laws and what to expect down the road

Steven Goodridge will give a brief history of bicyclist's road rights and related traffic laws. Past and proposed legal regulation of bicyclists' roadway use, roadway position, speed, and passing are discussed in the context of access, safety, and effective advocacy for bicyclists' interests in North Carolina. Following Steve's presentation, Ann Groninger will discuss recent changes in North Carolina laws, what we can expect in the near future, how to stay informed and how to help protect bicyclists' rights.

- ***Steven Goodridge, Ph.D.** is a board member with BikeWalk NC who has served on the NCDOT Bicycle Safety Committee and the HB232 Bicycle Safety Law Study Committee to promote best practices for motorist/bicyclist traffic interactions. Steven developed the Bicyclist Safety and Law Enforcement in-service training program used by multiple police departments across the state, and teaches the Traffic Bicycling for Transportation Professionals course at the annual NC Bike/Walk Summit. Steven is a certified League Cycling Instructor through the League of American Bicyclists and a certified Cycling Savvy Instructor through the American Bicycling Education Association.*
- ***Ann Groninger** is a North Carolina attorney and member of the national Bike Law network. She has been practicing law for 24 years and fighting for bicyclists' rights and safety for more than 15. Ann is a BikeWalkNC Board Member and in addition to representing individual cyclists and their families, she also travels around North Carolina speaking to groups to educate them about their bicycling rights and responsibilities. Ann rides many bikes - road, mountain, commuter, gravel, classic and tandem.*

3-C. Shared Micromobility, The North Carolina Experience

Dockless bikeshare launched in the U.S. in 2017 as a new type of bike share system, as well as a new business model for funding and operations. In 2018, dockless scooter share became the newest disruption. These shared mobility systems are part of a larger shift toward expanding options for first and last mile access to transit, rightsizing modes, and on-demand transportation. These trends have led to new permitting processes for shared mobility and new considerations for multi-modal infrastructure and curb management. Private companies are increasingly multi-modal such as Uber's acquisition of the e-bike share company JUMP (Social Bikes), Lyft acquiring the bike share operator Motivate, and Lime expanding to include bikes, e-bikes, scooters, and electric cars. This session offers a multi-sector roundtable discussion of what these trends mean for transportation, how cities are responding to these options, and what we can expect in the future. This case study will present findings from Charlotte, Winston-Salem, and Raleigh and cities across North America. The session will address the implications of the new shared mobility platforms for urban design and transportation, and how transportation planners and engineers can design streets and bikeways to better accommodate these new modes. The panelists will also look at how dockless bikes and e-scooters might generate demand for more bicycle infrastructure such as protected bike lanes.

- ***Matthew Burczyk** has served for ten years as the Bicycle & Pedestrian Coordinator for the City of Winston-Salem Department of Transportation and the Winston-Salem Urban Area Metropolitan Planning Organization, where he is working to build a strong cycling and walking environment through infrastructure improvements and educational and promotional programming. Previously, Matthew served as an Active Transportation Planner for Schreiber Anderson Associates and as the Bicycle & Pedestrian Coordinator for the University of Wisconsin – Madison, where he also earned his M.S. degree in Urban and Regional Planning. Matthew is a League of American Bicyclists cycling instructor and an American Planning Association certified planner and is partnering with Winston-Salem organizations to bring active transportation to everyone in the community.*
- ***John Cock** is a principal for Alta Planning + Design's southeastern region. With experience in local government, private, and nonprofit sectors, John has developed expertise in the areas of planning and design for walking and bicycling as well as long range land use and transportation planning; Smart Growth policy, regulatory, and urban design standards; streetscape and roadway design principles for walkability/bikeability; regulatory and policy tools for parking management and transit station area planning; project management; and group facilitation.*
- ***Dianna Ward** is Executive Director of Charlotte B-Cycle, North Carolina's first modern urban bike share system. She is also an officer for NABSA, the National Association of Bike Share Agencies*
- ***Keith Sorensen** is a Transportation Analyst for the Charlotte Department of Transportation. He has been assisting with*

research and policy development for dockless bike and scooter share for the City of Charlotte.

- Fontaine Burruss (bio to come)

Friday Reception, 5:30–7:00 at the Hawthorne Inn

Dinner on your own

Saturday Morning 8:30 – 10:00 am

Breakfast, networking with other attendees

Keynote: **Melicia Whitt-Glover** (details to come)

- *Dr. Melicia Whitt-Glover is President and CEO of Gramercy Research Group in Winston Salem, NC, whose mission is to positively impact and improve the lives of individuals and communities by addressing health and related issues. Dr. Whitt-Glover is also Executive Director for the Center of Excellence for the Elimination of Health Disparities (CEEHD) at Winston-Salem State University. CEEHD strives to promote equity and social justice in health care delivery, treatment, and outcomes by leading collaborative efforts to generate and disseminate evidence-based, policy-relevant solutions, and to educate future leaders how deliberately consider and incorporate equity and social justice in professional practice.*

For over 20 years, Dr. Whitt-Glover has been engaged in research and evaluation projects designed to identify effective strategies to promote adherence to national recommendations for physical activity, diet, and healthy weight gain to address disparities in chronic disease morbidity and mortality. Her research has been funded by the National Institutes of Health, the Patient Centered Outcomes Research Institute, national and local foundations, and local government organizations. She is a member of the 2018 Physical Activity Guidelines Advisory Committee, which is a group of the country's most accomplished physical activity and health expertise who will play a critical role in a comprehensive process, culminating with the publication of the second edition of the Physical Activity Guidelines for Americans.

Dr. Whitt-Glover received her BA (Exercise Physiology, 1993) and MA (Exercise Physiology, 1996) from the University of North Carolina at Chapel Hill. She received her Ph.D. (Epidemiology, 1999) from the University of South Carolina. Dr. Whitt-Glover completed a postdoctoral fellowship at the University of Pennsylvania School of Medicine (2000 – 2002).

Session 4 - Saturday, 10:30 - 11:30 am

4-A. Bicycle Tourism: If You Build It, Will They Come? /

Long Branch Trail: a public/private partnership project

This session will combine the overviews of two separate trail projects.

1. Kristy Carter notes that the City of Ankeny's investment in its local trail network has resulted in an impressive network of nearly 80 miles of local and regional trails. Besides trail investment within the city limits, Ankeny is a partner in developing regional connections through the Central Iowa Trails Network (CITN). The most popular segment of the CITN is the High Trestle Trail (HTT) and High Trestle Bridge - over 250,000 annual visitors travel along the HTT. Uptown Ankeny is home to the HTT's southern terminus. Despite HTT popularity and the local trail network, Ankeny has yet to capitalize on its potential to capture trail tourists. The City of Ankeny's Economic Development Department started the Bicycle Tourism and Economic Development Strategies planning effort in spring 2018. The overall goal of the effort is to identify implementable strategies that will bolster local economic activity through bicycle tourism. Come hear about Ankeny's Bicycle Tourism Plan which outlines the strategies Ankeny can carry out over the next eight years to place Ankeny on the map of every bicycle tourist's list of places to visit.

Christy Turner will give the second presentation and will focus on the planning and development of Long Branch Trail at Innovation Quarter in Winston-Salem. A multi-year planning and design project, Long Branch Trail officially opened in April 2018 and has been growing as a destination for recreation and fitness, and is also being used as a viable option for local commuters. Presentation will focus on the coordination and cooperation between multiple entities, both public and private, to realize this valuable piece of bike/ped infrastructure.

- *Kristy Carter, AICP, is a Senior Project Manager with Traffic Planning and Design (Asheville, NC office). Prior to TPD, Kristy was Principal of Friction Shift Projects, an active transportation and urban planning firm. For nearly 20 years, Kristy has worked across the public, private and not-for-profit community building sectors. Kristy prefers to focus efforts on what she values most – connecting a community's people to their meaningful places. Kristy's project management experience*

ranges from classic planning projects such as comprehensive or small area plans, to detailed economic and market analysis studies, to extensive community engagement efforts. Her current focus is to incorporate all she has gathered from her assorted projects to develop and deliver solutions that improve active connections between people and places.

- **Christy Turner** is a graduate of NC State University, and her background in urban design, master planning, sustainability & client coordination have influenced the transformation of downtown Winston-Salem, especially the Wake Forest Innovation Quarter. With over 18 years in the industry, her experience ranges from New Urbanism and Neotraditional master planning, streetscape and urban design and public space design, to construction in a variety of multi-faceted projects. Floating between large scale master planning and design detail is one of Christy's most unique characteristics. She has been with Stimmel Associates, PA for 11 years.

4-B. Bike Walk Transit - Best Practices for All Users /

Blind Spot: The Importance of Public Transportation and how it is overlooked /

This presentation will focus first on best practices in creating connections for people who bike, walk, and use public transit. It will then examine the public health benefits of Public Transportation, and why we need to do more.

How important is transit to professionals and advocates in bicycle and pedestrian planning and design? The short answer is – not important enough! While creating safe bicycle and pedestrian networks are essential components in developing a community's sustainable transportation system, transit and connections to/from transit stations are critical elements that are often overlooked. Jared Draper will start with an overview of how integrated transit, bicycle, and pedestrian facilities should be and highlight how past planning and design of these facilities has created dysfunctional and often unsafe conditions in the real world. The rest of the presentation will describe best practices for connecting communities to transit and the benefits achieved through thoughtful and equitable planning and design processes. Presenters will provide specific details on 1) bicycle facility connections to stations and across transit corridors, 2) pedestrian infrastructure approaching transit stations, filling gaps in a network, and safe crossing designs, and 3) transit station accessibility and best practices on reducing user conflicts, specifically for users with disabilities. Built examples from North Carolina and communities across the country and world will be identified throughout the presentation.

Public Transportation is an important social service and means of active transportation. It occupies a blind spot in the purview of motorists, pedestrian advocates and policy makers. Riding the bus is stigmatized and avoiding bus riders is part of the harsh racial segregation that persists in the south. Expanding bus service has the potential to ameliorate inequities in health and economic opportunity. In his presentation, Phillip Summers will focus on the public health benefit of public transportation from the perspective of a once community engaged academic researcher turned bus driver.

- **Jared Draper** is Toole Design's North Carolina Market Lead. Based in Raleigh, NC, Jared is motivated to blend his public and private planning experience to increase multimodal mobility to projects across throughout the southeast. His work has enabled communities to realize the value and benefits of planning solutions that are attractive and reflect the local character. Jared brings strong bicycle facility design and Complete Streets experience and has utilized GIS plus on-the-ground site assessments to develop streets for all users. His approach to planning and design is to balance the needs and context of a community with innovative and equitable transportation solutions that improve functionality and address local desires.
- **Phillip Summers** holds a masters in public health from the Leadership Program of the UNC Chapel Hill School of Public Health and a BA in Physical Education from UNC-Wilmington. He lives in Historic Waughtown neighborhood of Winston-Salem with his family where he commutes to work by bike and bus. He is interested in community development, social justice and preventing disease. He blogs about his role as a bus driver at www.blindspot.city.

Saturday 11:30

We will meet after the sessions briefly for door prizes and to coordinate walks and rides

Saturday noon and afternoon

Walks around Winston-Salem to show infrastructure discussed in earlier session – details to come
Organized Ride options – details to come

