

NORTH CAROLINA **BIKE·WALK** **SUMMIT**

WINSTON-SALEM
NOVEMBER 8-9, 2019

BikeWalkNC.org





BikeWalk North Carolina is excited to host you in Winston-Salem for the 8th annual BikeWalkNC Summit. This year's program, led by many of you in this room on the planning committee, brings you a Summit packed with content-rich presentations and industry leading speakers. As this is the only statewide conference focused on the active transportation infrastructure, funding and policy, Winston-Salem is an exciting showcase for us to experience, learn and be inspired by.

We'll all be sharing lessons we've learned throughout the Summit. This year's program should appeal to everyone involved in the active transportation sector whether an engineer, advocate, policy maker, tactical urbanist, health practitioner, sustainability professional, someone who rides bikes on or off roads for transportation, recreation, or health, e-Biker, walker, runner, public transportation user or greenway advocate.

Winston-Salem was selected based on our ability to meet and interact with the local leaders making it happen here. The location of this year's venue also allows BikeWalk NC to make available local staff, leaders in the field and examples of the built environment sometime during the summit. The hotel was selected for its value and its willingness to offer the Summit's sessions and event in one place. We hope that you venture out and share your experience with other Summit participants to engage in active transportation advocacy at every level with a renewed sense of purpose. It's ours to make happen.

Director, BikeWalkNC





City of Winston-Salem

OFFICE OF THE MAYOR

POST OFFICE BOX 2511 • WINSTON-SALEM, NC 27102

J. ALLEN JOINES
MAYOR



November 8, 2019

Greetings from the Office of the Mayor!

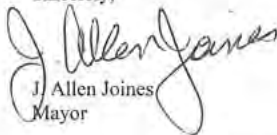
As Mayor of Winston-Salem, I am pleased to welcome Bike Walk NC to our city for the 2019 North Carolina Bike Walk Summit.

Bike Walk NC is the statewide advocacy organization working to educate, advocate, and promote walkable, bicycle-friendly communities that are sustainable, equitable and economically vibrant. The 2019 NC Bike Walk Summit is an important event bringing together a diverse audience from all across the state to focus on how we can collectively promote healthy, active communities with a carbon free transportation future. The event is sure to foster a relationship between various bicycle and walking movements. This summit will also educate local government staff, bicycle and pedestrian advocates, and showcase North Carolina's dedication toward becoming a premier walkable, bicycling-friendly state.

As you enjoy the planned events, I hope you will find some time to enjoy the many attractions Winston-Salem has to offer. You will find wonderful museums, art galleries, first class restaurants, and beautiful parks and greenways.

Best wishes for a successful conference.

Sincerely,


J. Allen Joines
Mayor

101 NORTH MAIN STREET • WINSTON-SALEM, NORTH CAROLINA 27101
PHONE 336-727-2058 • FAX 336-748-3241 • allenj@cityofws.org

FEATURED SPEAKERS



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.



Mike Sewell, P.E., LCI, 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 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 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, his advocacy efforts for bicyclists and pedestrians have helped forge many important relationships within his local communities and the broader transportation industry. 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 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.



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 Win-

ston-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. She completed a postdoctoral fellowship at the University of Pennsylvania School of Medicine (2000 – 2002).



Hanna Cockburn, AICP has practiced transportation, recreation, land use and sustainability planning in the public sector in North Carolina since 1998. Hanna joined NC-DOT in February 2018 as the Director of the Bicycle and Pedestrian Transportation Division and in May 2019 was appointed Director of Integrated Mobility – formed by the merger of Bicycle, Pedestrian and Public Transportation Divisions. In her current role she focuses on the intersection of active transportation, micro-mobility and public transportation.

Hanna holds a Bachelor of Arts from Cornell College and a Master of Arts in Urban and Regional Planning from Minnesota State University. She is a member of the American Planning Association, the American Institute of Certified Planners and a 2015 Local Government Fellow. She serves as the Vice President for Professional Development for the North Carolina Chapter APA and Chairs the APA Education Committee. She serves on the AASHTO Council on Active Transportation, Council on Public Transportation and Technical Committee on Non-Motorized Transportation; is a member of the Transportation Research Board Standing Committee on Transportation Needs of National Parks and Public Lands (ADA 40) and has been a Greensboro Housing Authority Board Member since 2018.

PRESUMMIT WORKSHOPS

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 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. (8 CM hours have been approved for planners, and PDH credit has been approved for engineers)

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. (5 CM credit hours have been approved for planners, and PDH credit has been approved for engineers)

For those in town Thursday night: Social/Gathering around 7pm at Foothills Brewpub, 638 W. 4th St., Winston-Salem, NC 27101 (meet in the back). Join us!

FRIDAY SCHEDULE

8:00 REGISTRATION AND BREAKFAST

8:30–10:15 **OPENING PLENARY**

Remarks from Mayor Joines

Remarks from Hanna Cockburn, Director of NCDOT's newly formed Department of Integrated Mobility

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

10:30–11:30 **CONCURRENT SESSIONS**

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

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

1-C. Embedding Safe Routes to School in School Transportation /
Why We Need a Common Goal toward Improving Bicycle and Pedestrian Safety

11:45–1:00 **LUNCH PLENARY**

Announcements

Mike Sewell: Engineering Healthy Communities

1:30–2:30 CONCURRENT SESSIONS

- 2-A.** Understanding Bicyclists’ Road Rights /
Update on North Carolina Bicycle Laws and What
to Expect Down the Road
- 2-B.** Intercity Rail | Assessing First-Mile Last-Mile Connections
along the Piedmont Crescent
- 2-C.** Does it Count? Ensuring Quality Bicycle and Pedestrian
Volume Data

2:30–3:00 BREAK

3:00–4:00 CONCURRENT SESSIONS

- 3-A.** Jane Jacobs Walk
- 3-B.** Experiences and attitudes about bicycling among African
American riders and non-riders in Winston-Salem, NC
- 3-C.** Shared Micromobility, The North Carolina Experience

5:00–7:00 RECEPTION AT HAWTHORNE INN

Remarks from Dan Besse

7:00 DINNER ON YOUR OWN

SATURDAY SCHEDULE

8:00 BREAKFAST

8:30 – 9:45 OPENING PLENARY

Announcements for the afternoon

Melicia Whitt-Glover:

Equity Considerations for Bicycling and Walking

10:00 - 11:00 CONCURRENT SESSIONS

- 4-A.** Bicycle Tourism: If You Build It, Will They Come? /
Long Branch Trail: a Public/Private Partnership Project
- 4-B.** Bike Walk Transit - Best Practices for All Users /
Blind Spot: The Importance of Public Transportation and
How it is Overlooked
- 4-C.** Using Greenways to Combat Climate Change
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11:30 GATHER IN LOBBY TO HEAD TO LUNCH

12:00 **Brown bag lunch: "First Aid on the Road."** Presented by
Great Outdoor Provision Company. We will meet at the Bai-
ley Power Plant and sit outside if the weather is nice. If not,
we'll grab a big table at the nearby Cugino Forno Pizzeria
Restaurant. We'll learn the most important first aid appli-
cations to know for the road, and go over some essential
items to carry while touring or on longer rides.

1:00 **Greenway Ride:**
Michael Hosey will lead those interested on a
greenway ride of approximately 8 miles.

We'll plan to start from the lunch location.



1-A. **Amsterdamize? What can U.S. Cities learn from Dutch / Cultural Strategies for Transforming N.C.'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, University of Tennessee, Knoxville

Seth LaJeunesse, University of North Carolina Highway Safety Research Center

Stephen Heiny, University of North Carolina Highway Safety Research Center

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 Coalition 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, City of Winston-Salem

Kristen Haaf, Roots First Design

Amy Hubbard, Simon Resources, Inc.

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 BikeWalk-NC 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, Consultant

Tadhg O'Gara, Wake Forest Baptist Medical Center

2-A. 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, BWNC Board Member

Ann Groninger, North Carolina attorney, member of
National Bike Law network

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 NCDOT 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, Triangle J COG

Katherine Hebert Godwin, Centralina Council of Governments

Anna Leonard, Piedmont Triad Regional Council

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, Institute for Transportation Research and Education (ITRE) at North Carolina State University

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. (This session will involve walking outdoors. Please dress appropriately.)

Eric Howell, (re)Empowering Communities

Eric Vitale, Fayetteville Area MPO

3-B. 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, Wake Forest School of Medicine

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, City of Winston-Salem

John Cock, Alta Planning + Design

David Harrison, City of Charlotte

Dianna Ward, Charlotte B-Cycle

Fontaine Burrus, City of Raleigh

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.

(2) 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, Traffic Planning and Design

Christy Turner, Stimmel Associates

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, Toole Design

Ashley Schultz, Toole Design

Phillip Summers, City of Winston-Salem

4.C. Using Greenways to Combat Climate Change

Motorized transportation is the second largest source of greenhouse gas emissions in North Carolina and the primary source in the United States. As North Carolina experiences record heat waves, intensified storm events, and other impacts from climate change, we must turn our attention to clean forms of transportation.

The use of greenways can decrease greenhouse gas emissions and create communities that are more resilient to climate change. On a state level, increasing the use of greenways for transportation can align with Governor Cooper's Executive Order 80 to address climate change in North Carolina. In this presentation, Sarah will explain how greenways can be used to combat climate change and discuss what we need to do to break down barriers to greenway usage.

Sarah Sanford, East Coast Greenway

P R E S E N T E R B I O G R A P H I E S

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.

Fontaine Burruss is a Transportation Planner for the City of Raleigh Department of Transportation, where she works on the City's streetscape improvement projects. Previously, Fontaine served as the City's Bikeshare Coordinator and oversaw the planning, installation, and launch of the City's bikeshare system, Citrix Cycle, while also assisting with the research and policy development for dockless scooters and bikeshare. Fontaine earned her Masters in Urban and Regional Planning from the University of Colorado – Denver.

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.

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.

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.

Katherine Hebert Godwin, AICP, 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.

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.

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.

David Harrison is a transportation planner for the Charlotte Department of Transportation where he has worked for five years on a variety of topics such as capital programming, long range regional planning, development review, policy and ordinance updates, and most recently, e-scooter program management. Originally from Orlando, FL, David earned a bachelor's degree in Environmental Science from the University of Central Florida and a master's degree in Urban and Regional Planning from Florida State University.

Stephen Heiny is a Research Associate with the UNC Highway Safety Research Center (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.

Eric Howell has focused on community development, transit and transportation policy and planning. His academic research focused on developing innovative public engagement strategies within state-level transportation planning. His professional and research specialties include Civic Engagement Practices; Participatory Planning & Budgeting; Community Empowerment Planning Practices; Evaluation of Systems Planning Approaches; Regional Transportation Policy and Planning; and Neighborhood Planning.

He is a Certified National Charrette Institute (NCI) Charrette System Member and NCI Management and Facilitation Member. He holds a BS in Urban Studies from Tennessee State University and an Associate of Science degree from American Sentinel University.

Eric currently supports the Transportation Research Board Committee on Public Involvement in Transportation (ADA60). He serves on the Leadership Committee with the North Carolina Association of Pedestrian and Bicycle Professionals.

Amy Hubbard, Senior Planner at Simon Resources, has worked in the Winston-Salem office since 2007 advocating the philosophy of Simon Resources, Inc. She has worked a variety of projects that include transportation planning, transit, bicycle, streetcar and ADA studies. She enjoys being on the "front" line of public outreach and community involvement.

Amy received her BS in Business Administration and Marketing from High Point University. She and her family find fulfillment in volunteering for Meals on Wheels and supporting the Arts and Dance community in Winston-Salem.

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

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.

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.

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.

Sarah Sanford is the Virginia and North Carolina Coordinator for the East Coast Greenway Alliance. Based in Durham, NC, Sarah leads the development of the Greenway in the southeast. Before coming to the Alliance, Sarah worked in the environmental field as a consultant, naturalist, and environmental educator. She holds a master's degree in Environmental Management from Duke University and a bachelor's degree in Environmental Science from the College of William and Mary. Sarah is passionate about connecting people to nature and she enjoys exploring the outdoors by bike, by boat, and on foot.

Ashley Schultz is a planner at Toole Design's Raleigh office. She draws on her spatial and policy analysis skills, as well as her community engagement expertise, to make the places we work, live, and play more equitable, livable, and sustainable. Prior to joining Toole Design, Ashley helped craft community engagement activities and policies for public transportation projects in North Carolina's Triangle region. Ashley has a master's degree in public health with a concentration in health behavior from the University of North Carolina at Chapel Hill. While there, she developed an Aging Plan for the Chatham County Council on Aging that recommended policy and infrastructure changes to better support the older adults that call the County home. This experience inspired her to bring her public health expertise to the planning and design field.

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.

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.

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 Wauhtown 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.

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.

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.

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.

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.

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-scootering. 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.

Win this bike!
Turn the page to
find out how!



Bulls Cross E Wave, 43 cm. Image is similar but not identical to actual prize bike.

Why join BikeWalkNC?

BikeWalk NC is the only statewide advocate for people who bike and walk, and our bicycling and walking advocates work hard for you, attending more meetings than you can imagine, so we can be sure we have a seat at the table when important issues are discussed and decided. Show your support by adding your name to BikeWalkNC's list of members. Together, our voice is strong.

Want even more incentive?

Join or renew your membership with BikeWalk NC during our fall-winter membership drive (now through Dec. 31, 2019), and be entered for a chance to win a beautiful Bulls Cross E Wave e-bike (demo model), courtesy of eBike Central.

Join BikeWalk NC today, and support our work to
make transportation safe for all road users.

• • •

The special summit rate of \$20 buys you
not only a 1-year membership
but also a chance to win an e-bike! Act soon,
though, because this deal ends December 31, 2019

One of last year's winners, Averi Ritchie, had this to say about her e-bike:



Averi Ritchie, with her Reise and Müller bike, and Joe Michel, from eBike Central. Photo credit: Heidi Perry

I've had a great year with my Riese and Müller cruiser (now named Ferris Müller). I am a more confident biker on longer trips and have found ways to incorporate this new confidence into my work. I am looking at current and proposed bike lanes in the four county region served by the Greater Hickory MPO. What better way to test routes than to ride them?

Considering where I live, I am still largely a recreational rider. I am, however, in the process of moving from my current very rural location to the Hickory urbanized area. Once hauling my bike to more "bikeable" areas is no longer a concern, I can easily see biking becoming more integrated into my daily routine. Looking forward to biking in new areas!



Thank you

2019 NC BikeWalk Summit Committee:

Bonny Bernat, Matthew Burczyk, Amy Easter, Sabrina Glenn,
Roger Henderson, Michael Hosey, Terry Lansdell, Anna Leonard,
Heidi Perov Perry, Andrea Pollard, Ritchie Rozzelle,
Mike Sule, Gayle Tuch, Judi Lawson Wallace,
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Cover Design: Mike Lento. Rendering of Green Street pedestrian bridge
in “Contractor’s Vision” for Business 40 (NCDOT).
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BikeWalk NC is always looking for good, hard-working Board members with a wide representation around the state. If you are ready to take your advocacy to a new level, send a note to director@bikewalknc.org. Describe your previous work, your NCDOT region, and a brief description of your skills and strengths that you can bring to our organization.



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