

N O R T H C A R O L I N A

BIKE & WALK SUMMIT



OCTOBER 19 to 20
RALEIGH

BIKEWALKNC.ORG



Dear Bike Summit Attendees,

On behalf of BikeWalk NC and the Summit Planning Committee, welcome to our 7th annual advocacy, education, bicycling and walking stakeholder summit. We hope you will be inspired with opportunities for engagement as we work toward making North Carolina the premier bicycling and pedestrian friendly state in programming, design, funding, construction and fatality elimination.

As the new director of BikeWalk North Carolina, I am proud to contribute to the conversation and provide solutions to our most pressing issues, many of which are featured in this year's Summit. Vision Zero, Active Routes to School, policy and advocacy around safe active transportation, the financial and health benefits of cycling and walking and more will be highlighted with the most respected educators, authors, managers and engineers as presenters and speakers.

North Carolina is not isolated in the problems we face; our sidewalks don't always provide continuous linear facilities and are being asked to do more and more with new business and travel modes. Our streets are facing the same sorts of stress and need attention in state funding to advance Complete Streets Policy to codification across all of North Carolina. These are not the only solutions needed to make our active transportation choices safer and institutionalized. BikeWalk North Carolina continues to support education and safety training at every level to build communities that are safe and easy to walk and cycle to work, for recreation, for health benefits and for economic advancement, no matter where you may be in North Carolina.

This year's summit is proud to be in our state's capital city to shine the light on all the great work being done and the hard work that still calls us forward. We are proud to have such a committed planning committee, members, presenters, sponsors, advocates, environmental partners, engineers, business and health professionals supporting our organization and this important summit. Enjoy your time at the 7th Annual BikeWalk Summit and we hope you will commit to working with us to make our transportation network safe and efficient for everyone!

Terry Lansdell



October 19, 2018

WELCOME!

On behalf of the Raleigh City Council, it is my pleasure to welcome and extend warm greetings to the attendees here today for the "2018 NC Bike/Walk Summit". We are glad you are here!

The City of Raleigh has been designated as a Bicycle Friendly Community by the League of American Bicyclists since 2011. Increasing numbers of Raleigh's residents are relying on bicycling and walking for transportation, recreation, and exercise. The City of Raleigh promotes and encourages alternate transportation and our community members and leaders are committed to planning for the future with more complete streets projects like Hillsborough St.

As you share ideas and participate in the meetings I hope you will have the opportunity to take some time to see for yourselves our walkable downtown, bike lanes, and possibly explore some of our growing greenway system. Thank you all for your interest and dedication to improving the lives and health of our citizens with your hard work.

With best wishes,

A handwritten signature in black ink that reads "Nancy McFarlane". The signature is written in a cursive style with a large, stylized "N" and "M".

Nancy McFarlane
Mayor

FEATURED SPEAKERS



Professor Mike Munger is Director of Undergraduate Studies in the Political Science Department at Duke University. Author of 7 books, 200 articles and papers and a free online course entitled “Capitalism & Political Economy” at <https://sites.duke.edu/intrope/>. His latest book about the sharing economy is entitled *Tomorrow 3.0*. Dr. Munger’s keynote message will weave together walkability and his message on transactional costs.



Ken Rose is a Senior Advisor for Policy in CDC’s physical activity and health program and serves as an expert in strategies to promote active living environments through CDC programs. He helps to coordinate Active People, Healthy Nation, Creating an Active America, Together. This is a CDC initiative to get 27 million people more physically active by 2027. It promotes activity friendly routes to everyday destinations as a way to integrate safe and easy opportunities for physical activity into daily life. He was also a co-author of CDC’s Transportation Recommendations and the Surgeon General’s Call to Action to promote Walking and Walkable Communities. He helps chart active transportation priorities for his program at CDC, regularly works with many national organizations in this area, and is also active in his own community around these issues.



Paula Flores is Transportation Planning Practice Leader with Greenman-Pedersen, Inc. Her varied experience includes managing transportation projects that create transportation choices in urban environments. During her term as International President of the Institute of Transportation Engineers, Paula called on the board of directors and all members to rally behind the Vision Zero movement, a strategy to eliminate all traffic fatalities and severe injuries. The Vision Zero movement believes no loss of life on the transportation system is acceptable, pushing aggressively towards zero deaths on our nation’s roadways. During her term, the board of directors adopted a formal resolution committing ITE leadership to take a stronger advocacy position in support of Vision Zero. Paula believes as transportation professionals, we have no greater responsibility than to protect the lives of the public we serve.



Hanna Cockburn, AICP has practiced transportation and land use planning in the public sector in North Carolina since 1998. Hanna joined NCDOT in February 2018 as the Director of the Bicycle and Pedestrian Transportation Division. 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 of the American Planning Association, and serves on both the AASHTO Council on Active Transportation and Technical Committee on Non-Motorized Transportation.



John Torbett John is a member of the North Carolina House of Representatives, representing District 108, which encompasses most of Eastern Gaston County. He was first elected to the House in 2010. His committee work spans a myriad of complex issues with a strong leadership role in the Transportation sector, serving currently as Chairman of the following Standing or Select Committees:

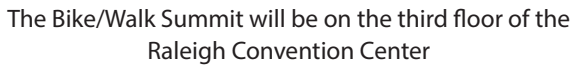
Appropriations Committee on Transportation, House Select Committee on Strategic Transportation Planning and Long Term Funding Solutions, and Transportation as well as the non-standing Joint Legislative Transportation Oversight Committee. He serves as Chairman of the important House Select Committee on School Safety and Vice Chair of appropriations. Representative Torbett previously served on the Gaston County Board of Commissioners from 2002 to 2010. Formerly Vice President of North Carolina Operations for Defense Technologies, Inc., and NextWave Technologies, Inc. and previously CEO within the Pulp and Paper Industry. Representative Torbett and his wife Viddia have been married for 38 years. They have a daughter and two grandchildren.



Sig Hutchinson is Vice Chair of the Wake County Board of County Commissioners and President of Sig Hutchinson Communications. Starting his career with the Dale Carnegie organization, Mr. Hutchinson used his public speaking skills to help transform his community by leading six bond initiatives in Wake County and the City of Raleigh totaling \$300 million dollars for open space preservation, parks, greenways, transportation and affordable housing.

He serves as chair of the Upper Neuse River Basin Association; is former commissioner on the Bicycle Pedestrian Advisory Commission for Raleigh; former vice chair, Triangle Land Conservancy; former board member, NC Alliance for Health; former chair of Triangle Transit, former chair of the Open Space & Parks Advisory Committee for Wake County; and former chair for Advocates for Health in Action. As a former president of the Triangle Greenways Council, Sig was a driving force behind the creation of more than 200 miles of interconnected greenways. Sig and his wife Nancy have one son and three grandchildren.

Layout of 300 Level



302: All of the meals and the Keynotes are here.
We will start here both days

304: Presentations 1.4, 2.4, 3.4

FRIDAY AT A GLANCE

8:00 Registration and Continental Breakfast

8:30–10:00 Let's Get Started!

Welcome, Opening Remarks

Keynote MIKE MUNGER:

The Economic Return on Investments in Walkable Communities

10:30–11:30 Presentations

1.1. Improving Biking and Walking through Public Engagement

1.2. Making the Case for Complete Streets

1.3. Equity and Access for Healthy Communities

1.4. Promoting Safe Routes to School in the Triangle

11:45–1:00 Grab some lunch and be inspired!

Announcements, Awards

Keynote KEN ROSE:

Communicating the Health Benefits of Walking and Biking

1:30–2:30 Presentations

2.1. Getting to Zero: Vision Zero in North Carolina and Beyond

2.2. Building Better Bike Networks in North Carolina Cities

2.3. Promoting Safer Streets and Physical Activity in All Communities

2.4. Building Momentum for Safe and Active Travel to School

**2:30–3:00 Break and Dessert. Check out the Raffle, too,
before heading to the next presentation!**

3:00–4:00 Presentations

3.1. Connecting Health and Transportation

3.2. Advancing Bicycling and Walking in Small Towns

3.3. Proactive Approaches for Improving Safety

3.4. Turning Policy into Action

4:30–7:00 PM

Reception at Stewart, Tours of new Amtrak Station

Remarks from Representative John Torbett

Remarks from Wake County Commissioner Sig Hutchinson

Dinner on your own.



Interior of new Amtrak Station

SATURDAY AT A GLANCE

8:00 Registration and Continental Breakfast

8:30–10:00 The Summit Continues!

Remarks from Hanna Cockburn,
Director of the Bicycle and Pedestrian Division of NCDOT

Keynote PAULA FLORES: Vision Zero / Complete Streets

10:30–11:30 Presentations

4.1. The Many Benefits of Multi-Use Paths and Trails

4.2. Creating Walkable and Livable Communities

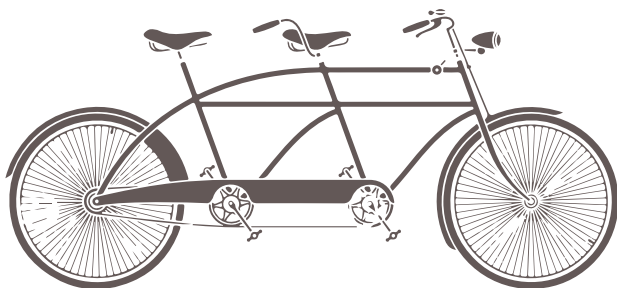
4.3. Better Together - Partnering to Advance Bicycling & Walking

12:00 Join in Raleigh's largest Matrimonial Bike Parade

led by newly married bicycle advocate Kristy Jackson and Chris Graham. Meet at Halifax Mall (See map page 23). The ride will be approximately 12 miles round trip from Halifax Mall to the Art Museum Gyre Rings and back. It will proceed "procession style" behind the bride and groom along roads and greenways. Kristy suggests you wear something "tweedish" and that you pack a picnic lunch or grab something at the museum. (One option is to call in a lunch and pick it up on the way to Halifax Mall from Order Lucette grace boxed lunch to go - <https://lucette-grace.com/shop/lg-box-lunch/>)

2:30 Check out the pedestrian improvements around Raleigh

Meet in the lobby of the RCCC. The walk will be 2 miles long and will look at a variety of pedestrian-related improvements and initiatives in downtown Raleigh.



SESSION 1. FRIDAY, 10:30–11:30 AM

1.1. Improving Biking and Walking through Public Engagement

As emphasis on walking and biking in transportation planning and design continues to grow, many municipalities are seeking new and meaningful ways to engage citizens, whether to gain insights into what a community needs or to help build support for programming and infrastructure improvements. This session showcases how public engagement is helping create better environments for biking and walking in two North Carolina cities: an advocacy organization working with the City to make Charlotte a better place to bike, and a unique placemaking event in Fayetteville that turned planning into a party.

Kate Cavazza, Sustain Charlotte

Eric Vitale, Fayetteville MPO

1.2. Making the Case for Complete Streets

As a shared public resource, our roadways need to accommodate all types of users. However, many streets fall short. Implementing Complete Streets design, policies, and programming is one proven approach for creating inclusive transportation networks. Gaining support from local stakeholders and decision-makers first is critical to continued success. Developing or updating bicycle- and pedestrian-focused action plans can also help shift focus to those user types, but tight timelines and budgets can present obstacles. This session will help you convert Complete Streets skeptics into believers and explain how to use accelerated bike/ped action plans to get the most out of small-budget and short-timeline planning efforts.

Matt Hayes, Alta Planning and Design

Ernie Boughman, Toole Design Group

1.3. Equity and Access for Healthy Communities

Research shows that access to parks, open space, and active transportation modes can help reduce negative health outcomes like heart disease, obesity, stress, and mental illness. Yet, these benefits are distributed unevenly in many of our communities, with low-income and minority populations often gaining the least benefits. This session asks how we can make parks more accessible and equitable, explores the spectrum of reasons people walk or bike, and provides strategies for creating advocacy efforts that are sensitive to the needs of underrepresented groups.

TJ McCourt, City of Raleigh Parks and Recreation

Daijah Street Davis, Healthy Places by Design

1.4. Promoting Safe Routes to School in the Triangle

In the growing metropolitan regions of our state, increasing population sizes means more children in local school systems. With this growth comes a need to provide more students with safe and active transportation to and from school. This session details Apex's comprehensive efforts to implement and evaluate its Safe Routes to School program, which

include collaboration with multiple agencies and stakeholders, community input, walking audits, and prioritization for pedestrian and bicycle improvements near schools. At the county level, the Wake County Model Safe Routes to School program shows how partnerships of advocacy groups, municipalities, and national experts both create environments that are safer for more kids and families to bike, walk and take transit to school; and support the school system in promoting awareness.

Jenna Shouse, Town of Apex

Shannon Cox, Town of Apex

Sara Merz, Advocates for Health in Action

SESSION 2. FRIDAY, 1:30 – 2:30 PM

2.1. Getting to Zero: Vision Zero in North Carolina and Beyond

Across the nation, Vision Zero and other data-driven, interdisciplinary initiatives to eliminate roadway fatalities and serious injuries are gaining traction at the state and local levels. This session offers perspectives from three ongoing Vision Zero efforts: data visualization and updates from North Carolina's statewide Vision Zero program, initial data and challenges from Vision Zero Greensboro, and insights from the City of Denver's Vision Zero 5-year Action Plan development process.

Tracy Anderson, Institute for Transportation Research and Education

Lydia McIntyre, Greensboro Department of Transportation

Rachael Bronson, Traffic Planning and Design

2.2. Building Better Bike Networks in North Carolina Cities

Learn more about how Raleigh, Durham, and Charlotte are working to improve their bicycle networks. As bicycling has grown in popularity across communities in North Carolina, transportation agencies are looking for unique and innovative ways to develop safe, comfortable and connecting bicycle networks. In particular, newer facilities like separated bike lanes are making their way into the mainstream. Panelists will share experiences planning and designing bicycle networks for users of all ages and abilities.

Eric Lamb, City of Raleigh

Dale McKeel, City of Durham

Todd Delk, Stewart

2.3. Promoting Safer Streets and Physical Activity in All Communities

In many areas of North Carolina, the health, economic, and safety benefits of active transportation initiatives are not shared equally by all community members. Successful efforts to reverse the pattern should balance the need for outside resources and guidance with the duty to empower affected communities to advocate for themselves. In Greensboro, one neighborhood is involved in a collaborative effort to improve health through access to better housing, safer streets, and economic opportuni-

ties. Orange County's Communities on the Move program and research study promotes physical activity in several low-income communities of color by providing resources to community leaders.

Josie Williams, Greensboro Housing Coalition

Judit Alvarado, UNC Center for Health Promotion and Disease Prevention

Mariela Hernandez, Families Success Alliance

2.4. Building Momentum for Safe and Active Travel to School

Creating opportunities for safe, active transportation to and from school may be contagious – in a good way! This session demonstrates how improving pedestrian facilities and policies at and near neighborhood elementary schools can benefit the surrounding community; and explores how one successful Active Routes to School program has partnered with the local public health agency and its CDC-funded REACH grant team, two school districts, local government and public health community partners to develop and expand to others in the region. Panelists will also share lessons learned from implementing the Bicycle Friday program to encourage bike riding to school in Charlotte. The presentation will emphasize the necessity of solid partnerships and consensus-building and will highlight the value of coincidental synergies across grants, sectors and even jurisdictional lines.

George Berger, Active Routes to School Region 4 Coordinator

Alicia McDaniel, Cabarrus Health Alliance

Alyssa Smith, Healthy Rowan

Bethanie Johnson, Two-Wheel Tuesday and Bicycle Friday

Heather Ruckterstuhl, Two-Wheel Tuesday and Bicycle Friday

SESSION 3. FRIDAY, 3:00–4:00 PM

3.1. Connecting Health and Transportation

This session will explore the role that data can play in understanding the health impacts of transportation investments, as well as the role of health professionals in discussions about active transportation. This session will explore how wellness data has helped transportation professionals and elected officials understand the health impacts of transportation investments. Learn about the data being used to prioritize and contextualize investments as part of the Active Routes to School (ARTS) Program. Panelists from the City of Raleigh will discuss how this data informed the development of the Blue Ridge Road Corridor Plan, and review some of the projects being implemented based on its recommendations.

Dr. Stuart Levin, Blue Ridge Corridor Alliance

Eric Lamb, City of Raleigh

Sam Thompson, North Carolina Division of Public Health

Seth LaJeunesse, UNC Highway Safety Research Center

3.2. Advancing Bicycling and Walking in Small Towns

Throughout North Carolina, small towns and rural communities are recognizing the benefits of biking and walking. Historic, walkable downtowns are becoming more desirable and the expansion of multi-use trails and greenways around the state are resulting in more bicycling and pedestrian traffic. Communities are embracing the enhanced livability resulting from people using the streets and planning accordingly. In this session, two North Carolina towns share their experiences and prove that small towns can see big results from focusing on pedestrians and bicyclists.

Kate Allen, Town of Beaufort

Eddie Madden, Town of Elizabethtown

Daniel Cobb, City of Brevard

3.3. Proactive Approaches for Improving Safety

The approach to transportation safety has traditionally been reactive, but the benefits of proactive, systemic safety improvements – evaluating the network as a whole rather than focusing only on high-crash locations – are becoming increasingly evident. This session highlights results from a case study application of the FHWA Systemic Safety Project Selection Tool, and it describes the experiences and lessons learned from communities across America who have adopted the systemic safety approach. The objective of this session is to inspire and guide North Carolina communities to be more proactive in improving transportation safety.

Sarah Johnson, UNC Chapel Hill / North Carolina State University

Jared Draper, Toole Design Group

Trung Vo, Toole Design Group

3.4. Turning Policy into Action

One strategy for improving safety for bicyclists is policy change. Learn about the steps taken by a coalition of organizations and stakeholders to promote safer passing of bicyclists in North Carolina, as well as efforts to develop safety-driven action plans through a series of workshops delivered around the State by the Watch for Me NC program.

Steven Goodridge, Bike Walk NC

Sarah O'Brien, UNC Highway Safety Research Center

SESSION 4. SATURDAY, 10:30–11:30 AM

4.1. Creating Age Friendly and Livable Communities

Many communities share the goal of becoming more “livable.” What does a livable community look like? How is livability connected to economic development and age-friendly communities? Panelists from AARP and the City of Raleigh will explore the necessary ingredients for creating livable, age-friendly communities, and all of their associated benefits. Through creative transportation planning, a community can create a far more age friendly environment especially for many older Americans. Enhancing pedestrian and bicycle travel safety are fundamental in creating

and maintaining a livable community. Specific examples of available planning tools will be discussed as will examples of communities in the Triad and nationally which have become more age friendly.

John Merrell, AARP Advocacy Lead from the Triad

Ken Bowers, City of Raleigh

4.2. Better Together - Partnering to Advance Bicycling and Walking

Now more than ever, the need for active transportation like bicycling and walking is recognized by those in the public health, environmental, technology, and transportation sectors. This common interest and collective responsibility have created opportunities for different types of organizations and agencies to collaborate and share their resources to address barriers to active transportation. This session describes several such partnerships across the state that aim to improve conditions for bicycling and walking.

Ed Johnson, North Carolina Department of Transportation

Mary Bea Kolbe, North Carolina Department of Health & Human Services

Seth LaJeunesse, UNC Highway Safety Research Center

Taylor Davenport, Active Routes to School Region 10 Coordinator

Kellen Long, Active Routes to School Region 9 Coordinator

Ritchie Rozzelle, Land of Sky Regional Council / Strive Not to Drive

4.3. The Many Benefits of Multi-Use Paths and Trails

Multi-use paths and trails provide communities with opportunities to improve a region's mobility, economy, identity, policies, and attitudes about active travel. In this session, learn how Rutherford County's Thermal Belt Rail Trail has resulted in health-centered partnerships, multiple jurisdictions working together to create bicycle and pedestrian connections, and increased participation in active living programs. Glimpse the future of greenways across North Carolina with an overview of the long-term greenway plans in the six major metropolitan regions and cities and how they fit into larger trail projects such as the Mountains to Sea Trail and East Coast Greenway. Finally, cycle from the mountains of Brevard to Duck's coastal boardwalk to learn about the economic benefits to businesses, community members, and trail users from a study of four trails across the state.

Karyl Fuller, Isothermal RPO

Paul Black, Capital Area MPO

Sarah Searcy, Institute for Transportation Research and Education

Steve Bert, Institute for Transportation Research and Education



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

Kate Allen, Town of Beaufort. Kate Allen served in the Army as an Intelligence Analyst for around four years, stationed in Vicenza, Italy and Fort Bragg, North Carolina. Prior to accepting the Town Planner position in Beaufort, NC, Kate worked in the Cumberland County Planning Department and the Fayetteville Area MPO.

Judit Alvarado, UNC Center for Health Promotion and Disease Prevention. Prior to joining The Center for Health Promotion and Disease Prevention in Chapel Hill, Judit Alvarado was a partner in several UNC-CH community-engaged research partnerships throughout Orange County including the Latinx Community. Outside of work, Judit likes spending time with her family, especially a day outdoors with her three daughters and husband. She is excited to continue building her knowledge through programs that translate research into public health practice.

Tracy Anderson, Institute for Transportation Research and Education. Tracy Anderson is a Research Associate with the Institute for Transportation Research and Education (ITRE) at NC State University in Raleigh, North Carolina. Tracy serves as Program Coordinator for NC Vision Zero, a state-wide traffic safety program designed to eliminate roadway deaths and serious injuries in North Carolina. She specializes in transportation safety research, health behavior change campaign development, qualitative research design, and social marketing strategies. Tracy holds a master's degree in Communication from North Carolina State University.

George Berger, Active Routes to School Region 4 Coordinator. George Berger is the Region 4 Coordinator for the NC Active Routes to School (NC-ARTS) project, which includes Alexander, Cabarrus, Catawba, Cleveland, Gaston, Iredell, Lincoln, Mecklenburg, Rowan, Stanly and Union Counties. He has worked since 1993 as a community planner, currently as an active transportation professional in the interface between planning and public health. He received his master's degree in Community Planning from Auburn University and his bachelor's degree from Washington & Lee University. He is a member of the American Planning Association's American Institute of Certified Planners, and of the Association of Pedestrian and Bicycle Professionals. Berger is a League Cycling Instructor for the League of American Bicyclists. He lives in Davidson where he currently serves as Vice-Chair of the town's Livability Board. In his spare time he races cyclocross, a winter cycling discipline in which riders don't have to be slim to be fast – they just have to accept being muddy and cold.

Steve Bert, Institute for Transportation Research and Education. Steve Bert is a Research Associate with the Institute for Transportation Research and Education in Raleigh, North Carolina. He specializes in economic appraisals and quality of life assessments, including the following project research: The Economic Benefits of Transit, The Benefits of State-Supported Passenger Rail Services, and The Economic Evaluation of Shared Use Paths. He is a member of Transportation Economics (ABE20) and Transportation and Economic

Development (ADD10) standing committees of the Transportation Research Board. He holds a master's degree in Transportation Policy, Operations, and Logistics from George Mason University and a bachelor's degree in Economics from University of Illinois.

Paul Black, Capital Area MPO. Paul Black, AICP, GISP, is a Senior Transportation Planner at CAMPO. Previous jobs include GIS Planner in Boone, Garner, Wake County, and the Durham City/County Planning Department, private consulting in Upstate New York; Research Analyst for Lowes Inc.; Assistant Director of Planning & Development at UCPCOG in Rocky Mount; Principal Planner for TJCOG in Raleigh-Durham; and Director of FBRMPO in Asheville. His B.A. is from UNC Chapel Hill and M.A. from Appalachian State, both in Geography. He served on the Town of Cornelius Planning Board in the early 2000s. He currently serves as the Co-Chair for Communications for the APA state chapter in NC. He is also a board member of the Triangle Greenways Council and the Town of Cary Greenway Committee.

Ernie Boughman, Toole Design Group. Ernie Boughman, AICP, is Director of Operations for the Southeastern US for Toole Design Group. His work has enabled clients to expand their perspective of what streets should and can be – multimodal public spaces that enhance quality of place. Ernie has provided leadership for the planning and design of transportation facilities that increase the safety, comfort, and convenience of people driving cars, riding bikes, walking, and using transit, enabling people of all ages and abilities to harmoniously travel together.

Ken Bowers, City of Raleigh. Ken Bowers, AICP, joined the City of Raleigh in 2006 as Deputy Planning Director. His responsibilities with the City include management and oversight of the Long Range Planning and Zoning programs, as well as supporting the Planning Commission. He served as Project Director for the 2030 Comprehensive Plan and the recently completed Capital Boulevard Corridor Study. Prior to returning to Raleigh, he was a consultant and principal with the New York City-based firm Phillips Preiss Shapiro Associates, where he authored plans, market studies, and revitalization strategies for clients in the New York metropolitan region and beyond.

Rachael Bronson, Traffic Planning and Design. Rachael Bronson is a transportation planner with Traffic Planning & Design. She has more than a decade of experience working in research, land conservation and transportation, where her focus has been on access and safety for the most vulnerable users of our streets. Most recently, Rachael worked as a transportation planner with the City and County of Denver, where she led projects in bicycle transportation and Vision Zero. Rachael is a Charleston, SC native and holds a Masters of Engineering from the University of Colorado Denver.

Kate Cavazza, Sustain Charlotte. Kate Cavazza works to support a connected network of protected bike lanes that will make it possible for residents of all ages and abilities to safely ride a bike to the places they need to go. Prior to Sustain Charlotte, she advocated for smart growth principles at Renew Lehigh Valley as a Lehigh University Community Fellow while she complet-

ed her M.A. in political science. She completed her B.A. in political science and French language studies at Susquehanna University, concentrating her research interests on mobilization politics and sustainability issues.

Daniel Cobb, City of Brevard. Daniel Cobb, AICP is the planning director for Brevard, North Carolina. He has been with the city since 2008 and serving as the director since 2015. He earned his undergraduate degree in Geography and Community and Regional Planning at Appalachian State University. In 2012 was lucky enough to work on the Bracken Preserve trail project which is one of many successes of Brevard's bike and trail system. Most of his work day was spent in the woods for nearly six months. In 2017 Daniel had the opportunity travel to with Brevard's Mayor to their Sister City in Pietroasa, Romania where he discussed these same issues with local mayors and members of various city and town councils. Pietrosa is similar to Brevard in size and environment and wanted help developing their own trail network. Daniel is currently pursuing a Master's Degree in Public Administration at Villanova University. Outside of work Daniel enjoys spending time under water scuba diving with his partner Kristy, who introduced him to the sport just last year.

Shannon Cox, Town of Apex. Shannon Cox, AICP, has served as the Senior Transportation Planner for the Town of Apex since 2016. In this role she is responsible for transportation planning across all modes. She maintains the Town's Transportation Plan, serves as the Town's technical representative on regional transportation planning committees, coordinates with the North Carolina Department of Transportation, and works to implement priority transportation projects. Shannon is currently managing two long-range planning efforts for the Town – Advance Apex: The 2045 Plan and Bike Apex. She has more than 15 years of professional experience and is certified with the American Institute of Certified Planners. Shannon graduated from Duke University with a master's degree in Environmental Management from Augustana College with a bachelor's degree in Geography.

Taylor Davenport, Active Routes to School Region 10 Coordinator. Taylor Davenport received her bachelor's degree in Public Health from East Carolina University, along with her master's degree in Health Education. Taylor has been the Region 10 Active Routes to School Coordinator for two years, serving nine counties in eastern North Carolina. This position involves working with elementary and middle schools to get more students active through walking and bicycling programs. She grew up in Pitt County and now resides in Martin County with her husband. Taylor is very passionate about improving the health of her community through health promotion and education programs.

Daijah Street Davis, Healthy Places by Design. Daijah Street Davis is a Project Manager with Healthy Places by Design in Chapel Hill, North Carolina. As Project Manager, Daijah contributes to the development and delivery of Healthy Places by Design's consultation, technical assistance, training, and evaluation services. She also provides research, assessment, evaluation, event planning, writing, and communications support. Daijah holds a master's degree in Public Health from the University of North Carolina at Chapel Hill.

Todd Delk, Stewart. Todd Delk is a 18-year transportation professional with experience in both public and private sectors. He serves as the Bike/Pedestrian Practice Leader at Stewart, where the team focuses on providing innovative designs and plans for all modes of active transportation. With staff in both Raleigh and Charlotte, the practice has grown from focusing primarily on greenways to a wide range of planning and design projects for urban bikeways and pedestrian facilities, trails, and greenways.

Jared Draper, Toole Design Group. Jared Draper is the North Carolina Market Lead for Toole Design Group. Based in Raleigh, Jared is motivated to bring a blend of public and private planning experience to increase multimodal mobility to projects across the state. 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 Complete Streets experience and has utilized GIS and 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 transportation solutions that improve functionality and address local goals.

Karyl Fuller, Isothermal RPO. Karyl Fuller has been employed with Isothermal Planning and Development Commission since August 2008 and as the Director for Isothermal RPO since November 2012. As director, she has been involved with a variety of transportation plans from the Rutherford County CTP to the recently completed Isothermal Bicycle Plan. She has also played a small role in planning and implementing the Thermal Belt Rail Trail.

Steven Goodridge, Bike Walk NC. As a BikeWalk NC board member, Steven Goodridge is involved in education and advocacy efforts on behalf of bicyclists and pedestrians. Steven teaches the Traffic Bicycling for Transportation Professionals course and developed the Bicyclist Safety and Law Enforcement in-service training program used by multiple police departments in North Carolina.

Matt Hayes, Alta Planning and Design. Matt Hayes is a Vice President of Alta Planning + Design. He brings 18 years of experience leading multimodal transportation and greenway planning efforts across North Carolina and the Southeast. As a recognized leader in the bicycle and pedestrian planning field, he has laid the groundwork for communities, both large and small, to accommodate sustainable modes of transportation.

Mariela Hernandez, Families Success Alliance. Mariel Hernandez was born in Guanajuato Mexico, and raised in Chapel Hill, NC, by immigrant parents. Mariela has been working with her community since her teen years, when she translated for her neighbors and family friends. She became the resources parent for the Latinx community at her daughter's school and also worked for the WIC program for 10 years. For the past three years, Mariela has been working with the Family Success Alliance as a Zone 6 navigator, assisting families with basic needs and helping them navigate the school system as well as health and community issues, showing them how to advocate for their community. She is an avid runner, and mother to three children.

Bethanie Johnson, Two-Wheel Tuesday and Bicycle Friday. Bethanie Johnson has worked with children for twenty years now as both a mother and educator. For the past sixteen years she has been a Teaching Assistant at Park Road Public Montessori school. For the past four years, she has co-lead Bicycle Friday with a close friend and fellow teaching assistant. For the past three years, Bethanie has been the co-founder/leader of CLT Bike Camp. She teaches an Earn a Bike Class at Trips for Kids. In that time, Bethanie has developed a skill for getting children around Charlotte on bicycles and is excited about the work that's happening in the Charlotte Bike Community.

Ed Johnson, North Carolina Department of Transportation. Ed Johnson is the Safe Routes to School Coordinator for the Division of Bicycle and Pedestrian Transportation at NCDOT. He has worked several years in the fields of landscape architecture, transportation engineering and grants administration. Ed is a graduate of Florida A&M University and has a master's degree in Landscape Architecture from the NC State University. He is a member of the American Society of Landscape Architects in the North Carolina Chapter.

Sarah Johnson, UNC Chapel Hill / North Carolina State University. Sarah Johnson is a graduate student pursuing a dual master's degree in City and Regional Planning at UNC Chapel Hill and Landscape Architecture at NC State. She is an avid proponent of streets as public space and loves a well-planted streetscape. Sarah also serves on the steering committee for the NC Chapter of the Association of Pedestrian and Bicycle Professionals.

Mary Bea Kolbe, North Carolina Department of Health and Human Services. Mary Bea Kolbe is the Healthy Eating and Active Living Coordinator for the Community and Clinical Connections for Prevention and Health (CCCCPH) Branch in the NC Division of Public Health. In this role, Mary provides project management and oversight to various healthy eating and active living strategies, with a focus on physical activity and the built environment. She serves as the Project Manager for Active Routes to School, a project designed to increase the number of elementary and middle school students that safely walk and bike to school.

Seth LaJeunesse, UNC Highway Safety Research Center. Seth LaJeunesse joined the University of North Carolina (UNC) Highway Safety Research Center as a Research Associate in 2010. Seth evaluates behavioral interventions designed to enhance bicycle and pedestrian safety and access, and designs studies that draw from psychology, sociology, and systems science. He primarily focuses on studying youth traffic safety and discerning ways to accelerate the diffusion of effective road safety practice. Seth serves as the principal investigator of several state and federally funded research endeavors, including projects funded by the NC Department of Transportation, NC Governor's Highway Safety Program, the Collaborative Sciences Center for Road Safety – a National University Transportation Center funded by the U.S. Department of Transportation, and the U.S. Department of Agriculture. Across all research projects, he aims to advance safe, equitable access to physical activity and community life.

Eric Lamb, City of Raleigh. Eric is a giant traffic geek with over 20 years of transportation engineering and planning experience in the public sector. Hailing originally from Greensboro, NC, he currently serves as the Transportation Planning Manager for the City of Raleigh. Eric and his team are responsible for planning and programming all transportation projects in the City. His staff is also responsible for developing and administering the City's transportation plan, and for managing programs for bicycles, pedestrians, transit planning, and streetscape improvements. He is an alumnus of NC State University, where he received a Bachelor's degree and a Master's degree in Civil Engineering, and he inherited a lifelong series of sports-related disappointments. Eric and his wife, Hilary, have two teenage boys who both swear they will never, ever work in the transportation field.

Dr. Stuart Levin, Blue Ridge Corridor Alliance. Stuart Levin, MD, FACP, FCCP has been in full-time practice at Wake Internal Medicine Consultants in Raleigh since 1994. Dr. Levin works on and lives near Blue Ridge Road in west Raleigh, and founded the Blue Ridge Corridor Stakeholder Advisory Group in 2008 to coordinate planning in this strategically significant area. Following adoption of the District plan by the city of Raleigh in 2012, Dr. Levin became president of the Blue Ridge Corridor Alliance, a 501(c)3 dedicated to implementation of the plan. He also advocated for the process, which led to the grant to fund North Carolina's first comprehensive Health Impact Assessment in conjunction with planning for the Blue Ridge Corridor. Dr. Levin is vice chair of the newly formed Wake County Population Health Task Force.

Kellen Long, Active Routes to School Region 9 Coordinator. Kellen Long received her bachelor's degree in Urban and Regional Planning from East Carolina University with a focus in Community Planning and a minor in Public Administration. During her studies, she interned for the Town of Southern Shores on the Outer Banks of North Carolina and helped establish the Town's first historic district, with a focus on flat top roof houses designed by the artist Frank Stick. Kellen is currently the Region 9 Active Routes to School Coordinator for 15 counties in Northeastern, North Carolina.

Eddie Madden, Town of Elizabethtown. Edwin H. (Eddie) Madden, Jr. has been the Town Manager of Elizabethtown, NC for eleven years and holds a Master's Degree in Public Administration from Western Carolina University. An avid road and mountain biker, Madden assisted with planning routes for East Coast Greenway and the Mountains to Sea Trail through Bladen County. He worked to develop a 7-mile mountain bike park, and to introduce bike and running events in his community. He also helped Elizabethtown host Cycle NC—an event he has completed four times—in October 2018. Madden's grant-writing efforts have contributed over \$20 million to the development of new parks such as Lloyd Park, King Street Skate Park, Tory Hole Park, and Greene's Lake Conservation Park. Madden is married to Dawn Madden and has four children.

TJ McCourt, City of Raleigh Parks and Recreation. TJ McCourt, AICP, is a Planning Supervisor in Raleigh's Parks, Recreation & Cultural Resources

Department. His work involves analyzing Raleigh's open space goals from a systems perspective, exploring how parks and recreation fit into a broader context of city planning, community development, public health, and natural resource conservation. TJ holds a B.A. in English and JD in Environmental & Land-Use Law from the University of Florida as well as a Masters in Urban Planning from the Harvard University Graduate School of Design.

Alicia McDaniel, Cabarrus Health Alliance. Alicia McDaniel currently serves at the Cabarrus Health Alliance (CHA) as the Racial and Ethnic Approaches to Community Health (REACH) Program Manager and the Executive Management Team At Large Member. She received her master's degree in Public Health in Health Promotion, Education and Behavior from the University of South Carolina and her bachelor's degree in Biochemistry from Furman University. She is also a Certified Health Education Specialist with focused health promotion efforts in physical activity, nutrition, and health equity. Alicia has coordinated open use policy development and implementation in both faith communities and schools. She is also an active member of the Cabarrus Farm and Food Council, Long Term Hunger Relief Team and the CHA Employee Engagement and Recognition Committee. Originally from Anchorage, Alaska, she enjoys returning home to visit family and friends, hiking, and eating authentic Thai cuisine.

Lydia McIntyre, Greensboro Department of Transportation. Lydia M. McIntyre is a Transportation Planning Engineer for the Greensboro Department of Transportation. Lydia received her B.S. in Civil Engineering and Masters of Public Administration Degrees from N.C. State University. She has been working in the transportation planning profession since 1998 and began her career with NCDOT in the Transportation Planning Branch. She has been with the City of Greensboro since 2005. Her primary responsibilities are project development, travel demand modeling support, performance measures, and most recently Vision Zero Greensboro.

Dale McKeel, City of Durham. Dale McKeel works as the bicycle and pedestrian coordinator for the City of Durham and the Durham-Chapel Hill-Carrboro Metropolitan Planning Organization, a position he has held since 2006. Previously he was transportation planner for the Town of Carrboro, and executive director of Scenic North Carolina. A native North Carolinian, McKeel has a B.A. in English, and a Master's in City and Regional Planning, both from UNC-Chapel Hill.

John Merrell, AARP Advocacy Lead from the Triad John was Planning Director for Danville, VA, Fayetteville, AR, Missoula, MT, Yuma County, AZ, Spartanburg, SC, Lauderhill, FL, and Ottawa, KS. He also worked as a city planner for two architectural firms and was a Federal agent for U.S. DHS/FEMA. John's work in city planning was highly political and he frequently served as a political advisor to elected and appointed officials. He was responsible for preparing long-range plans, ordinances, technical guides, press releases, and speeches. John became a volunteer for Kansas AARP in 2014. John and his cat Molly moved home to Greensboro in 2015 and he has enjoyed working for Triad NC AARP which he serves as Advocacy Coordinator.

Sara Merz, Advocates for Health in Action. Sara Merz has led Advocates for Health in Action since 2014, working in partnership with community organizations, municipalities, County government and the business community. AHA's mission is to improve health and well-being in Wake County through policy, systems and environmental change. AHA has a 10-year history of advancing healthy eating and physical activity, including biking and walking to school and complete streets; getting fresh local food into child cares and other settings; and now the Adverse Childhood Experiences (ACEs) Resilience in Wake County initiative, a cross-sector initiative to prevent and address childhood trauma, shown to have a substantial impact on health. Merz also co-founded the Capital Area Food Network, focused on creating local food systems to benefit farmers and consumers. Her passion is for improving people's lives.

Sarah O'Brien, UNC Highway Safety Research Center. Sarah O'Brien is a Senior Research Associate at the UNC Highway Safety Research Center. She has more than ten years of experience in non-motorized planning, education, policy, design, and research. Her primary focus is conducting research and providing technical assistance to improve walking and bicycling within communities. She is currently the project manager for the Watch for Me NC program. Nationally, Sarah is a member of the TRB Bicycle Transportation Committee and chairs the Bicycle and Pedestrian Data Subcommittee.

Ritchie Rozzelle, Land of Sky Regional Council / Strive Not to Drive. Ritchie Rozzelle is the Transportation Demand Management Coordinator at Land of Sky Regional Council. Through Strive Not To Drive and Go Mountain Commuting, he engages in events and messages that persuade people to think twice before taking every trip by car. His work is accomplished through many community partnerships across 5 western NC counties.

Heather Ruckerstuhl, Two-Wheel Tuesday and Bicycle Friday. Heather Ruckerstuhl is a parent to 14 & 17 year old girls. She is an Assistant Teacher at Park Road Montessori and Girl Scout leader. Heather is a co-leader and co-founder with Bethanie Johnson of Two Wheel Tuesday & Bicycle Friday. Two Wheel Tuesday is a 14-mile round trip bicycle commute with middle and high school students that attend Williams Montessori in Charlotte, NC. Bicycle Friday is a weekly 3-mile round trip bicycle commute with elementary students that attend Park Road Montessori in Charlotte, NC.

Sarah Searcy, Institute for Transportation Research and Education. Sarah Searcy is the Bicycle and Pedestrian Program Manager at the Institute for Transportation Research and Education in Raleigh, North Carolina. In addition to project management, she specializes in statistical and GIS analyses for motorized and non-motorized transportation research projects. She holds a Graduate Certificate in GIS from NC State University and an M.A. in Sociology and a B.A. in Art and Anthropology from East Carolina University. Sarah currently leads or assists with several multimodal research projects at ITRE.

Jenna Shouse, Town of Apex. Jenna Shouse serves as the Long Range Planner for the Town of Apex. In this role she is leading a Safe Routes to School

analysis. Jenna graduated from the UNC Chapel Hill with a master's degree in City and Regional Planning and from NC State University with bachelor's degrees in Political Science and Environmental Science.

Alyssa Smith, Healthy Rowan. Alyssa Smith serves as the Executive Director for the community collaborative, Healthy Rowan. Healthy Rowan seeks to work across organizations to advocate, collaborate, and educate towards a healthier Rowan County. Ms. Smith holds a Bachelors in Psychology from UNC Chapel Hill and a Masters of Public Health from University of South Carolina. Her focus is on community health development and childhood obesity. Ms. Smith's favorite part of working with community partners is discovering new ways to make health fun and accessible for all!

Sam Thompson, North Carolina Division of Public Health. Sam Thompson serves as the Lead Evaluator for the Community and Clinical Connections for Prevention and Health (CCCCPH) Branch of the NC Division of Public Health (DPH) - collecting, analyzing and interpreting program data and making the associated information presentable and available to CCCPH's, funders, partners and the public. Prior to CCCPH, Sam evaluated programs to promote physical activity and healthy eating for DPH's Physical Activity and Nutrition Branch, coordinated the WIC Farmers' Market Nutrition Program in DPH's Nutrition Services Branch and set up farmers' markets to process Credit/Debit and EBT (Food Stamps) for the 21st Century Farmers' Market program at the non-profit, Leaflight. Sam's interest in local food and food access stems from a prior career in the culinary industry in Oregon and Massachusetts.

Trung Vo, Toole Design Group. Trung Vo spent seven years in Raleigh in the public and private sectors planning, designing, and implementing projects and programs to make bicycling and walking safer and more comfortable for everyone. As a planner and engineer, his experience includes developing multimodal transportation plans at the local and regional scales, engaging the public with a lens of equity, and advancing innovative designs for bicycle and pedestrian infrastructure. As a League Cycling Instructor, he also teaches new and prospective bicyclists how to ride safely and confidently. Trung now resides in Denver where he spends his weekends hiking and biking with his wife and two-year-old son.

Josie Williams, Greensboro Housing Coalition. Josie Williams serves as the Greensboro Housing Coalition's Project Coordinator for the Blue Cross Blue Shield Community-Centered Health and BUILD Health Challenge grant initiatives in the Cottage Grove neighborhood of Greensboro, NC. Josie engages neighborhood leaders and community agencies to implement policy, environmental and systems change to promote health and prevent diabetes and asthma. She builds coalitions and mobilizes community to progress upstream community led change. Previously, she worked as a Advocacy Specialist, assisting low income residents living in one of the most disenfranchised communities in Washington.

MAPS AND MORE



Points of Interest

- 1 Artspace (D, 5)
- 2 City Market (D, 5)
- 3 City Plaza (C, 5)
- 4 City of Raleigh Municipal Complex (B, 4)
- 5 City of Raleigh Museum (C, 4)
- 6 Contemporary Art Museum (A, 5)
- 7 Duke Energy Center for the Performing Arts (C, 6)
- 8 Memorial Auditorium
- 9 Fletcher Opera Theater
- 10 Meymandi Concert Hall
- 11 Kennedy Theatre

- 12 Pope House Museum (C, 5)
- 13 Federal Government Complex (E, 4)
- 14 Greater Raleigh Chamber of Commerce (C, 6)

★ Raleigh, N.C. Visitor Information Center (C, 5)

- 15 Haywood Hall House and Gardens (D, 3)
- 16 L.L. Polk House (D, 1)
- 17 Marbles Kids Museum/Wells Fargo IMAX Theatre (D, 4)
- 18 N.C. Executive Mansion (D, 3)
- 19 N.C. Museum of History (C, 3)
- 20 N.C. Museum of Natural Sciences (C, 3)
- 21 N.C. State Archives (D, 3)
- 22 N.C. State Capitol (C, 3)
- 23 N.C. State Legislative Building (C, 3)
- 24 Raleigh Convention Center (C, 5)
- 25 Red Hat Amphitheater (B, 5)
- 26 Wake County Courthouse (C, 5)

Transit

- 27 Amtrak Station (A, 5)
- 28 City Bus Terminal (D, 4)

- 29 R-Line Stops (route runs counterclockwise)
- 30 R-Line route after 6:30pm

Hotels

- 31 Holiday Inn Raleigh Downtown (B, 3)
- 32 Days Inn Downtown Raleigh (B, 2)
- 33 Raleigh Marriott City Center (C, 5)
- 34 Residence Inn Raleigh Downtown
- 35 Sheraton Raleigh Hotel (C, 5)
- 36 Hampton Inn & Suites Raleigh Downtown/Glenwood South (A, 1)

Symbols

- P Parking
- ◀ Parking entrance
- ☐ Post office
- i Visitor information
- Flow of traffic
- Railroad

1. Raleigh Convention Center
2. Stewart Inc. (Reception Friday at 5)
3. Union Station (take a tour on Friday between 4 and 7)
4. Halifax Mall (starting point of Bicycle Parade on Saturday at noon)

WIN A BIKE

One of these two gorgeous E-Bikes could be yours!

Cruiser Mixte Vario by *Riese & Müller*



EVO ECO by *Emotion Bikes*



Bike Walk NC is raffing off two E-Bikes, generously donated by *E-Bike Central*. If you don't win at the Summit, you have another chance to win in December!

THREE WAYS TO ENTER!

1. Attend the NC Bike/Walk Summit in October
2. Join BikeWalk NC
3. Buy additional chances for \$20.





*North Carolina's advocate
for safe cycling and walking*

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

Only \$30 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 6, 2018

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Raleigh Convention and Visitors Bureau

Andrew Pottkotter

for the fabulous “Sir Walter” poster seen on the front cover

NOTES

NOTES

We love our
S P O N S O R S

PRESENTING LEVEL



TOURING LEVEL



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