

November 4-6, 2021
W. G. Pearson Center, Durham, NC

10TH ANNUAL
NC BikeWalk Summit
Moving Forward, Safely Connected



PROGRAM



Durham has welcomed us back this year to complete what we began last year. In 2020, our Summit theme highlighted the equity issues of transportation. This year, we are adding a hybrid/ in-person format to experience all that is Durham. We hope to advance the understanding of equity issues we featured last year and focus on the Durham built environment with new in-person walking, biking and transit sessions.

We are so proud that members and volunteers from across the state that wanted to highlight the progress the leadership of Durham has made and to center our base of operations at last year's site choice, the historical location the WG Pearson Center. Our organizing committee was open to all ideas and considered so many amazing opportunities to share with you. We wish we could have brought them all to you this year, but we are proud of the agenda for our 10th annual NC BikeWalk Summit. We see Durham not just as a pro-forma standard of how to transition to a sustainable transportation system representative but serving all. In their example, is a shining example for everyone in North Carolina, all 100 counties, of how to create a better quality of life for all.

We want to thank everyone who contributed their ideas, time, effort, and financial support for this year's Summit. We hope you enjoy all the aspects of each in person and online event and can use the information and partnerships you form, To Move Safely Together!



2021 NC BikeWalk Transportation Summit Committees

BikeWalk NC Executive Director, Terry Lansdell

BWNC Board Members

Ted Silver	Ann Groninger
Nicole Van Baelen	Sarah Parkins
Heidi Perov Perry	Ritchie Rozelle
Debra Franklin	Carol Stein
Deana Acklin	Garet Johnson
Dan Besse	Kenneth Withrow
Mary-Jo Gellenbeck	

Committee Members

Deana Acklin	Dale McKeel
Dave Connelly	Heidi Perov Perry
Debra Franklin	Ritchie Rozelle
Mary -Jo Gellenbeck	Carol Stein
Shuchi Gupta	John Tallmadge
Terry Lansdell	

AICP Certification Maintenance (CM) Credits available
The ID # is 9224463 (see APA Website for hours offered).

Local Partners



TRIANGLE
TRANSPORTATION
CHOICES

The W.G. Pearson Center

The W.G. Pearson Center is named after William Gaston Pearson who was born as a slave on a Durham County plantation. At the age of 21, after being self-taught throughout childhood, he continued his education at Shaw University. Upon graduating, Pearson dedicated his life to ensuring others could receive a quality education. In 1886, Pearson created The Royal Knights, a progressive reform group that focused on helping southern African-Americans advance socially and economically. As a result of his decades of teaching and leading schools, William Gaston Pearson became known as “Durham’s Black Superintendent.” Pearson empowered young black students with a thirst and demand for the rigorous and enriching education they deserved until the end of his career. Pearson spent his lifetime working to increase opportunities for those around him, and ever since, the building named for him has continued to house his value of education, fierce belief in all students, and hope of a better Durham.

Important Information

COVID 19 Protocols for the City of Durham require face coverings to be worn indoors, even among those who are fully vaccinated.

If you are feeling ill or have a fever, stay home and watch the Summit remotely.

Space out at all indoor events. We will have vegetarian bagged lunches for registrants on Friday and pizzas on Saturday, with vegan and gluten free options, so people can grab something to eat before the Transit tour and the Pop Up Traffic Garden. There are places to sit outside if the weather cooperates, and we can use all of the rooms inside the WG Pearson Center to space out if we need to eat inside.



PRE-SUMMIT WEBINARS (all Virtual)

THURSDAY, OCT. 28

- 6:00–6:30 pm **Virtual Social Gathering**
Log in early and say hi, and interact
- 6:30–7:00 pm **Updates from the League of American Bicyclists**
Bill Nesper, Executive Director of the League of American Bicyclists (bikeleague.org), will join us to go over what the new infrastructure bill (should it pass) might mean for bicycling and what is new on the national front for the future of bicycling. Bill is always fun and informative, and he talks so fast you'll get 2 hours worth of information in 30 minutes!
- 7:15–7:45 pm **Unveiling of the NC Bicycle Safety Quiz**
BikeWalk NC is excited to share with everyone the online NC Bicycle Safety Quiz, which was adopted from a similar quiz that has been used by RideIllinois for the past several years. Heidi Perov Perry, BWNC board member, will go over this new educational tool and its many possibilities.

MONDAY, NOV. 1

- 1:00–1:45 pm **If You build the infrastructure, will the children be able to use it?**
Miriam Kenyon, Director of Health and Physical Education at Washington DC Public School (DCPS), saw bicycle infrastructure being built in her city and pondered the question: Will the children of DC have the skills to access affordable transportation by riding a bicycle in bike lanes? The answer she heard was no, which set her in motion to launch bicycle education in the school district's 2nd grade PE Classroom.
Its Bike In The Park PE program begins with bike riding skills and ends with a bike ride to a community destination. Staff and parent volunteers guide students off the school property to a beautiful resource in their community using the city's infrastructure. Miriam's goal was to show how school properties are just a bike ride away to wonderful community resources for their students and families to access and enjoy.
We'll hear about lessons learned and the community engagement that accomplished more than teaching a child to ride a bike, it provided cross-discipline partnerships and empowered goals to be achieved.
- 3:00–4:00 pm **Vision Zero: What's being done to get us there?**
What is being done in the area of automated cars to make it safer for those traveling outside of them? What is happening on the state level? What initiatives from FHWA are the most effective, low-cost ways to make our streets safer?
Moderator, Becky Naumann, Asst. Professor, Dept. of Epidemiology at the University of North Carolina at Chapel Hill (UNC) and Core Faculty at UNC's Injury Prevention Research Center
Jessica Cicchino, Vice President, Insurance Institute for Highway Safety (IIHS)
Mark Ezzell, Director, NC Governor's Highway Safety Program (GHSP)
Tamara Redmon, Pedestrian and Bicycle Safety Program Manager Federal Highway Administration (FHWA)

**IN PERSON SESSIONS WITH LIVE STREAMING
FROM W.G. PEARSON CENTER**

THURSDAY, NOV. 4

1:00–3:00 pm

Bike the American Tobacco Trail



The American Tobacco Trail is North Carolina's longest rails-to-trails project (22 miles), managed by three different jurisdictions. The ten foot wide trail in Durham is asphalt-paved, with soft shoulders. The ATT is a designated portion of the East Coast Greenway. You will ride out to the iconic pedestrian bridge over I-40 and back to the W.G. Pearson Center. Approximately 1.5 hours. **Meet at the American Tobacco Trailhead at Morehead Avenue and Blackwell Street at 12:50.** Dress appropriately, bring water. Ride will be canceled if it is raining. Led by local bicycle, greenway, and rails-to-trails advocate, Dave Connelly.

3:00–4:30 pm

Bicycle Friendly Driver Class



The Bicycle Friendly Driver program is a 1 hour interactive class, aimed at educating all drivers on the best and safest ways to share the road with people on bicycles. Developed by Fort Collins Bicycle Ambassador Program, the class addresses:

- Common crashes and how to avoid them
- What's legal and what's not legal, for both motorists and bicyclists
- Why bicyclists "take the lane" and what motorists should do in response
- Why sharing the road is the safest alternative for both motorists and bicyclists
- How to navigate bicycle related infrastructure including sharrows, bike lanes, and separated paths.

This class provides excellent training for any company that employs or manages drivers, including transit and delivery companies. It also provides great tools for all motorists, including young drivers and aging drivers. Upon successful completion of the class, participants will receive a Bicycle Friendly Driver sticker that can be displayed on their vehicle. Certificates sent upon request. Bumper sticker or Window Sticker upon completion of class.

Deana Acklin, Adjunct instructor of cycling specific certifications at Lees-McRae College, certified League of American Bicyclist Cycling Instructor.

5:30– 8:00 pm

Socialize, Eat, Make New Friends, Discover Durham

FRIDAY, NOV. 5

- 8:30–9:00 am **Welcome** from Durham and
from Terry Lansdell, BikeWalk NC Executive Director
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- 9:00–9:30 am **Introduction to Durham**
Dr. Henry McKoy, Faculty member and Director of Entrepreneurship
at North Carolina Central University in Durham, North Carolina
- 9:30–10:30 am **KEYNOTE**
Dr. Karilyn Crockett author of *People Before Highways*
Moving to Freedom: Answering the call to Action & Power
Exploring lessons from Boston’s successful 1960s-era fight to halt interstate
highway expansion and the enduring impact of U.S. Black freedom move-
ments that shaped the path to victory.
Dr. Karilyn Crockett’s research focuses on large-scale land use changes in
twentieth century American cities and examines the social and geographic
implications of structural poverty and race.
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- 11:00–12:15 pm **All Kids Bike In North Carolina: Implementing bicycle education
programs in rural and urban public school systems**
Bicycle education in public schools builds equitable access to bike riding
skills and gains confidence in both students and their community to travel
by bicycle safely. Join us for the panel discussion All Kids Bike In NC Schools
featuring urban and rural solutions to increase road safety in our communi-
ties. Each community comes with its own challenges making one size fits all
an incomplete approach.
Mary-Jo Gellenbeck, Moderator
Dick Winters, Bicycle advocate, and teacher
Wayne Lilly, Director of Development for All Kids Bike, Hickory, NC
Jackie Moore, Safe Routes to School coordinator
- 11:00–12:15 pm **The Transit Experience: Fayetteville Street Mobile Tour and
discussion of the GoDurham “Better Bus Project”**
Public transit is a key way for people to access the social and economic life of
a city and region. But it can only be useful if there is safe walking and biking
access to and from transit stops and the transit itself is fast, frequent, and
reliable. Panelists will discuss how a current project on Fayetteville Street in
Durham will improve access to transit and the experience of riding the bus
along that street and how this project fits within a larger vision of the com-
munity.

Erik Landfried, Moderator
Angel Dozier, member of Fayetteville Street Fellows
Joe Furstenberg, NCDOT
Sean Egan, Transportation Director, Durham
Phillip Vereen, Director of Transportation and Parking, NCCU

■ 12:30–2:00 pm

Lunch / Fayetteville Street Mobile Tour

Following the Access to Transit panel, summit participants can join a Mobile Tour of Fayetteville Street, which is just one block from the summit location in Durham. City of Durham staff will lead the tour and discuss how the ongoing GoDurham Better Bus Project will improve access to bus stops and make bus service faster and more reliable in the corridor. (There will be options for grabbing a bite to eat before going on the tour, which will be about 1 mile long)

Sean Egan, Transportation Director, Durham
Brian Taylor, Transportation Planner, City of Durham

■ 2:00–3:30 pm

Vision Zero in North Carolina

NC's Vision Zero Communities talk about their accomplishments with a Pecha Kucha format

Elyse Keefe, UNC Injury Prevention Research Center, Introduction
Ellen Walston, Greenville
Will Washam, Charlotte
Grady Hunt, Robeson County
Lydia McIntyre, Greensboro
Leslie Tracey, Durham
Eric Lamb, Raleigh
Russell Dalton, Apex
Erika Martin, Mooresville

■ 4:00–4:30 pm

Updates from NCDOT's Director of Integrated Mobility

We will get an annual update on what is happening at the Bicycle and Pedestrian level at NCDOT.

Ryan Brumfield, Director of Integrated Mobility, NCDOT

■ 4:30–6:00 pm

Walk through History

Dave Connelly will lead a walk around Durham, pointing out interesting highlights and history as we go. (2.15 miles) We will start and end at the W.G. Pearson Center.

SATURDAY, NOV. 6

■ 8:30–10:30 am **Discover Durham Bike Ride**

Dave Connelly will lead a no-drop ride around the city, touching on the American Tobacco Trail and pointing out bike infrastructure and other highlights as we go. Meet at W.G. Pearson Center at 8:15. Ride length is 12 miles at an easy pace. Dress appropriately.

■ 11:00–12:00 pm **What Grows in a Traffic Garden**

Traffic Gardens are designed to replicate miniature street infrastructure that includes traffic signage, street markings, traffic calming designs, and traffic flow patterns known by drivers. Its power to increase safety for all road users comes from its ability to teach young and old alike about the rules of the road through hands-on learning. It provides a secure and relaxed environment to talk about transportation infrastructure. Join us as we dive deeper into the purpose, design, and implementations of Traffic Gardens.

Mary Elbech, Mobycon

Mary-Jo Gellenbeck, Active Transportation Advocate

■ 12:00–2:00 pm **Pop-Up Traffic Garden**

Durham's Parks and Recreation Department will implement a pop-up traffic garden at the WD Hill Center (1308 Fayetteville St, Durham, NC 27707) Saturday afternoon. Please stop by to see one in action!

Dylan Horne, Pedal Factory, Salisbury

Andre White, City of Durham Parks and Recreation



KEYNOTE: DR. KARILYN CROCKETT



Dr. Karilyn Crockett's research focuses on large-scale land use changes in twentieth century American cities and examines the social and geographic implications of structural poverty and race. Karilyn's book, *People before Highways: Boston Activists, Urban Planners, and a New Movement for City Making*, (UMASS Press 2018) investigates a 1960s era grassroots movement to halt urban extension of the U.S. interstate highway system and the geographic and political changes in Boston that resulted. In 2019 this book was named one of the "ten best books of the decade" by the Boston Public Library Association of Librarians. Previously Karilyn co-founded Multicultural Youth Tour of What's Now (MYTOWN), an award winning, Boston-based, educational non-profit organization. MYTOWN hired public high school students to research their local and family histories to produce youth-led walking tours for sale to public audiences. During its nearly 15 years of operation, MYTOWN created

jobs for more than 300 low and moderate-income teenagers, who in turn led public walking tours for more than 14,000 visitors and residents. In a White House ceremony, the National Endowment for the Humanities cited MYTOWN as "One of ten best Youth Humanities Programs in America."

Karilyn holds a PhD from the American Studies program at Yale University, a Master of Science in Geography from the London School of Economics, and a Master of Arts and Religion from Yale Divinity School. Karilyn served for four years with the Mayor's Office of Economic Development as the Director of Economic Policy & Research and the Director of Small Business Development for the City of Boston. She recently completed her service as the City of Boston's first Chief of Equity, a Cabinet-level position Mayor Walsh established to embed equity and racial justice into all City planning, operations, and work moving forward. She holds a faculty appointment as professor of urban history, public policy and planning in MIT's Department of Urban Studies & Planning. Karilyn's career mission is to continue to work at the nexus of education, economic development policy and urban revitalization.

PRESENTERS



Deana Acklin serves as the Campus Bicycle Coordinator and adjunct instructor teaching cycling specific certifications at Lees-McRae College. She also serves as co-chair on the Banner Elk Bicycle/Pedestrian Committee and is a certified League of American Bicyclist Cycling Instructor.

Deana has ridden a bicycle since the age of 5 while recovering from open-heart surgery, to benefit her own health and gain the confidence to challenge her body. As an adult, riding a bicycle has allowed her to continue to pedal toward her best self.

Her love of biking has enabled her to travel and explore the United States and Europe by bicycle, lead cross country bicycle tours, and connect with the environment and the communities she has lived in. She is dedicated to connecting people with the simple joy of riding a bicycle for one's personal health, to encourage discovery, and to bring people together.

Deana completed advanced bicycle mechanics courses at the United Bicycle Institute in Ashland, Oregon to further her goal of empowering individuals with the skills and knowledge necessary to choose a bicycle as an environmentally friendly option for transportation and for the lifelong health benefits.



Ryan Brumfield is currently the Director of NCDOT's Integrated Mobility Division. Ryan joined the Integrated Mobility Division in April 2020 as the Innovations and Data Branch Manager. Ryan was previously the Senior Transportation Advisor for the Appalachian Regional Commission where he led efforts to improve transportation access to opportunities and services for Appalachian residents and businesses. Prior to his work with ARC, Ryan was with the Federal Highway Administration for seven years, most recently as the national manager of the TIGER (recently BUILD,

now RAISE) discretionary grant program. Ryan has bachelors and masters degrees in civil engineering from the University of North Carolina at Charlotte and is a registered professional engineer.



Jessica Cicchino is Vice President for Research at the Insurance Institute for Highway Safety in Arlington, VA. She conducts and oversees research on a variety of traffic safety issues, including pedestrian and bicyclist safety, speed, and how drivers use vehicle technology. Prior to joining the Institute as a research scientist in 2012, Dr. Cicchino was a research psychologist with the National Highway Traffic Safety Administration. She holds a B.A. from Vassar College and a Ph.D. in psychology from Carnegie Mellon University.



Dave Connelly advocates for greenways, rails-to-trails, and other bicycle-pedestrian accommodations. He has lived in Durham since 1987 and is a retired library assistant at Duke. Dave leads a weekly bike ride in the Triangle area. His current involvements include the Durham Open Space & Trails Commission (DOST), the Carolina Tar-wheels Bicycle Club, the East Coast Greenway, and mall walking with his wife Renee.



Russell Dalton is a professional engineer with over 20 years of experience in the transportation field. He has a Master of Science degree in civil engineering from NC State University. Russell started his career in private sector focused on traffic impact analysis and traffic simulation before joining the Town of Apex in 2005 as the first traffic engineer for the town. Apex has more than doubled in population since 2005 to over 70,000 residents today. He manages transportation capital projects, traffic engineering recommendations for rezoning and development plans, and traffic operations as the Traffic Engineering Manager. Russell has been involved with Vision Zero since 2020, supervising the town's program while working closely with Police, Long Range Planning, and Town Administration.



Angel Iset Dozier is a creative strategist, conceptual teaching artist, and an urban visionary, having contributed to writing ed curriculum at the Ferguson Uprisings in 2014. This work led to establishing Be Connected Durham & Beyond, a community education initiative that addresses disparities, fosters equity, connects audiences, and bridges access gaps using the arts, culture, and live music, as the vehicle for socio-political change.

Angel Iset has 19 years of experience integrating science, technology, and the arts across K-12 disciplines and learning intelligences, a skill that has served as the foundation for Be Connected Durham. Her love for both the arts and sciences has driven her career in education and STEAM curriculum development within public and independent school systems. Her current project is LIVE! From The Fayetteville Street Corridor, a 3rd Friday Art & Business Walk implementation series in the historic Hayti District. As a general practice for life and work balance, Angel walks and bikes to most places.



Sean Egan joined the City of Durham in November 2019 as Director of Transportation. The City's Department of Transportation is responsible for local and regional transportation planning, traffic operations, parking and transit. He previously served in state, local and regional government positions, in the budget, transit and transportation agencies of the State of Maryland and in Washington, DC, at the District Department of Transportation and Washington Metropolitan Area Transit Authority.



Mary Elbech. With a working background in active transportation planning from Denmark and the Netherlands, Mary has 10 years of experience in adapting international best practices in Safe Systems to work within a local context. Since 2011, she has supported communities in becoming safer and more bicycle and pedestrian friendly through leading-edge projects around new mobility, shared spaces, community-led design, 20 mph zones, Complete Streets, and safe and active school zones. She worked on the FHWA Bike Facility Selection guidelines, developed a tactical urbanism workshop series around community-led solutions for safer streets, and is currently leading Mobycon's role on the NCHRP Guidebook for Urban and Suburban Cross-Sectional Roadway Reallocation. Since 2018, she has been a guest lecturer for the University of North Carolina's Complete Streets course in the Department of City and Regional Planning. She is a graduate of the University of North Carolina, and heads Mobycon's US office in Durham, NC.



Mark Ezzell was appointed by Governor Roy Cooper to lead the NC Governor's Highway Safety Program in 2017. In this role, Ezzell directs a group of dedicated professionals working to reduce traffic deaths and injuries in North Carolina by funding over 100 local and state traffic safety initiatives. In addition, he serves as Governor's Representative for Highway Safety, responsible for coordinating policy efforts that will lead to safety transportation options for everyone.

Mark has over 20-year leading public health and public safety funding efforts. Previously, Mark served as Executive Director of the Addiction Professionals of North Carolina (APNC), the statewide association of substance use disorder treatment and prevention professionals. He also directed tobacco-free schools & college efforts for the NC Health & Wellness Trust Fund, a statewide public health foundation, and has directed external relations for the NC Governor's Crime Commission.

Mark also has a long history of civic engagement. He has previously served as chair of the Board of Elections in Wake County, the most populous county in North Carolina, and has also served as chair of the NC Council on Developmental Disabilities.



Joseph Furstenberg is the Statewide Programming and Policy Unit Manager with the Integrated Mobility Division (IMD) of the North Carolina Department of Transportation (NCDOT). Joseph has served as a transportation professional with NCDOT since 2018, coordinating statewide multimodal policy and facility design for all state-funded highway projects and non-highway projects. Joseph manages the Statewide Programming and Policy Unit of the Integrated Mobility Division, overseeing the project review and complete streets program, Safe Routes to School program, transit prioritization projects, TAP funded projects and programs, and other multimodal programs, projects, and research initiatives. Joseph also serves on the leadership of the North Carolina Chapter of the Association for Pedestrian and Bicycle Professionals (APBP). Prior to his role at NCDOT, Joseph served as the Economic Development Planner for the Piedmont Triad Regional Council (PTRC). Joseph's educational background includes a Masters' of Public Administration (MPA) from the University of North Carolina at Greensboro, where he was a Marvin Hoffman Scholar, and a Bachelor of Arts (BA) in Political Science from North Carolina State University. A Rockingham County native – Joseph has a long-standing appreciation for trails and the community and economic development opportunities that exist because of investments in trails and multimodal infrastructure.



Mary-Jo Gellenbeck, Active Transportation Advocate, became interested in active transportation when her teenage twin sons showed no interest in driving for transportation. (Both are now in college and still haven't found the need or desire to have a driver's license.) Mary Jo is a member of the Raleigh Bicycle and Pedestrian Committee (BPAC) and a board member of BikeWalk NC. She is excited to share her experience working with the City of Raleigh DOT and City of Durham Parks & Recreation Department to design and implement Pop-Up Traffic Gardens for community en-

gagement events.



Dylan Horne is a bicycle mechanic, transportation equity advocate, and community builder from Salisbury, NC. They work at The Pedal Factory, Salisbury's community bike shop, which provides an open shop for bike repair, earn-a-bikes in return for volunteer service, youth bike programming, and bicycle repair instruction. Dylan also serves on the City of Salisbury's Greenway, Bicycling and Pedestrian Committee, where they are organizing and advocating for active transportation inclusion throughout the community. In 2019, Dylan earned a PhD in Civil Engineering from

Oregon State University, focusing on active transportation infrastructure. Dylan's touring bicycle has been on display at the NC Transportation Museum's Eccentric Cycles exhibit for its remarkable 2015 journey of 7,000 miles around 25 states.



Grady Hunt joined the N.C. Board of Transportation in March 2017 and represents Division 6 on the board.

He has practiced government, education and real estate law for more than 32 years. He is a partner at the law firm of Hunt & Brooks and has served as legal counsel to several rural municipalities, including the Town of Pembroke and the Town of Maxton. He currently serves as legal counsel to the Board of Education for the Public Schools of Robeson County and Hoke County.

Grady is a member of the North Carolina Bar Association, the Robeson County Bar Association, the North Carolina Advocates for Justice, and the North Carolina Counsel of School Attorneys.

A native and resident of Robeson County, Grady is a graduate of Prospect High School, Pembroke State University (now known as the University of North Carolina at Pembroke) and the University of North Carolina at Chapel Hill School of Law. He is also a veteran of the U.S. Air Force.



Elyse Keefe. As a Project Manager at the UNC Injury Prevention Research Center, Elyse contributes to a variety of projects and programs focused on advancing Safe Systems approaches to road safety using a public health framework. She currently coordinates technical assistance and leadership development efforts for Vision Zero communities across North Carolina as well as a number of other projects to advance systems thinking for a variety of audiences. Elyse holds master's degrees in public health and social work from UNC-Chapel Hill.



Miriam Kenyon began her career with D.C. public schools as a health and physical education teacher and currently serves as the Director of Health and Physical Education. Prior to serving as the Director, Miriam served as a Master Educator, where she observed and evaluated over 1,000 lessons. This experience provided a unique lens of the instructional quality in health and physical education classroom across the district.

In her current role as the Director of Health and Physical Education, Miriam provides professional development and creates curricular resources to support teachers and ensure a high-quality health and physical education programming and instruction. One highlight is the Biking in the Park Cornerstone, which is a program that teaches all second graders how to ride a bike safely and culminates the learning with a ride with their class to a park. Over 18,000 students have gone through this program in the 80 different schools in the district.

Miriam is passionate about creating a model program for the country where all students are equipped with the skills, knowledge, and confidence to enjoy a lifetime of healthful physical activity and health enhancing behaviors.



Keith Kraemer has served 20 years in education. Keith earned his Bachelor of Science degree in health and physical education from Wingate University. He instructed physical education for 15 years. He is currently in his seventh year as a central office resource teacher working for a large urban school district. He earned Action Based Certification in 2016 and helped create B3: Brain, Body, Behavior. Keith is also the co-host of the Pizza & PE Podcast.

Keith has presented at numerous local, state and national conferences highlighting the importance of movement into classroom instruction. In addition, Keith's mission is to help teachers understand childhood trauma and how to support these students by addressing their physical and emotional needs. He is passionate in helping all students learn how to cope and overcome adverse childhood experiences. Follow Keith @CMSHPE225



Eric J. Lamb, PE, FITE is the Transportation Planning Manager for the Raleigh Department of Transportation and is responsible for developing and administering the City's transportation plans. This includes the management of programs for street planning, bicycles, pedestrians, streetscapes, and long-range transit planning. He is responsible for planning and programming all of the City's transportation projects, and his division coordinates with the North Carolina Department of Transportation (NCDOT) on all Transportation Improvement Program projects in the City's jurisdiction.

Eric works with planners, engineers, and citizens in coordinating multimodal improvements on all City street improvement projects. He serves as the staff liaison for the City's Bicycle & Pedestrian Advisory Commission, and as Vice-Chair for the Technical Coordinating Committee of the Capital Area Metropolitan Planning Organization (CAMPO).

Eric holds a Bachelor of Science in Civil Engineering and a Master's of Civil Engineering from NC State University. He is a Fellow with the Institute of Transportation Engineers, where he is a member of the executive committee of ITE's Public Agency Council. He served previously as President of the North Carolina Section of ITE (NCSITE) and currently serves as a representative to ITE's Southern District.

Eric is retiring from public service in December 2021 after serving the City of Raleigh for 22 years and NCDOT for six years.



Erik Landfried is on the Board of Bike Durham and manages the Transit Equity Campaign, which is focused on ensuring that the needs of transit riders, transit workers, and low-wealth communities of color are the first priority in an update to the Durham Transit Plan. He received his Master's degree in City & Regional Planning from UNC in 2007 and worked as a transit planner for GoTriangle until 2020. He is committed to working towards a more equitable and sustainable transportation system in Durham.



Les Leathem is a life-long bicycle driver who has been involved with many types of riding: urban, suburban, rural; short- and long-distance (week-long, 500-mile rides). As a cycling advocate, he rewrote state driver manuals, created and edited bicycle safety materials for public and law enforcement use, and testified before municipal and state committees. His career in marketing and research consulting built success creating and delivering presentations and teaching audiences, large and small. Les is excited to teach not only standard League curricula, but also custom courses based on LAB material that he has developed for specific needs in groups ranging from bicycling clubs to Cub Scouts to law enforcement.



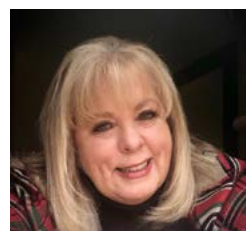
Wayne Lilly, Director of Development for All Kids Bike, Hickory, NC. All Kids Bike is a national movement led by the Strider Education Foundation to place Kindergarten PE Learn-To-Ride Programs into public schools for free, using donations from individuals, businesses, and organizations. Wayne joined AKB in January 2018 and works to connect funding partners to assist schools with budgetary needs to launch youth bicycle education in its PE classrooms. As of August 2021, 348 Schools Funded and 315,768 students have been impacted by the All Kids Bike program. Wayne can be contacted at wayne@allkidsbike.org



Erika G. Martin, AICP, is Transportation Planner for the Town of Mooresville. When Ms. Martin was interviewed by the Town of Mooresville in 2019, she made it clear if she were to join the team she was interested in expanding the Town's bike-ped network. Fortunately, Mooresville's citizens had recently completed a town wide survey stating they wanted the same. Ms. Martin and a like minded town engineer teamed up to form "Conversations Without Cars" where they started to change the dialogue to explore and include alternative transportation options in private site plan review and public projects. The conversation began moving outward when a well known cyclist was fatally struck on an area road. Mooresville's Town Board and leadership team are dedicated to eliminating fatalities and serious injuries on Mooresville streets through Vision Zero: made evident by multiple infrastructure grants, safety campaigns, updated planning documents, and more. Ms. Martin graduated from Appalachian State University in 2005 with a BS in Community and Regional Planning.



Dr. Henry McKoy is a former banking executive and from 2010-2012, served in the North Carolina Governor's Cabinet as Assistant Secretary of the North Carolina Department of Commerce. He has served on numerous appointed economic development boards and commissions from the local to the federal. Throughout his career, he has engaged in the investment and development of hundreds of inclusive development projects in communities in areas of infrastructure, affordable housing, construction, nonprofit engagement, human services, sustainable community and economic development, and small business. He continues to advise local governments and officials on inclusive economic development strategies across the United States and globally. Dr. McKoy holds appointments and academic affiliations with several universities including North Carolina Central University School of Business, Kenan Flagler School of Business at UNC-Chapel Hill, Duke University's Sanford School of Public Policy and the Samuel DuBois Cook Center on Social Equity, and Harvard University's Kennedy School of Government. He holds a BSBA from UNC-Chapel Hill's Kenan-Flagler Business School, a Master's in Policy and Leadership from Duke's Nicholas School of the Environment, and PhD from the University of North Carolina's Department of City and Regional Planning with a concentration in economic development and entrepreneurship. Dr. McKoy serves on dozens of community and philanthropic boards.



Jackie Moore served as the Active Routes to School coordinator covering 8 Counties in Western NC for 5 years. Jackie became a League Cycle Instructor in 2015. In 2020 she became the Safe Routes to School Program Coordinator serving 4 Counties in Western North Carolina. SRTS is an approach that promotes walking and bicycling to school through infrastructure improvements, enforcement, tools, safety education and incentives to encourage walking and bicycling to/at school. SRTS initiatives are to improve safety and levels of physical activity for students K-8.



Lydia M. McIntyre, EI, Sr. Transportation Planning Engineer, Greensboro Metropolitan Planning Organization, Greensboro Department of Transportation, City of Greensboro

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 in the Transportation

Department since 2005 where her primary responsibilities are providing technical assistance for the MPO including project development, travel demand modeling support, and performance measures. In addition, she is serving as the Project Manager for Vision Zero Greensboro, a new departmental initiative.



Dr. Becky Naumann, PhD, MSPH, is an Assistant Professor in the Department of Epidemiology at the University of North Carolina at Chapel Hill (UNC) and Core Faculty at UNC's Injury Prevention Research Center. She received her Bachelor of Science in Environmental Health degree from the University of Georgia, Master of Science in Public Health degree from Emory University, and her doctorate in Epidemiology from UNC. Prior to beginning her doctoral training, Dr. Naumann worked as an epidemiologist on the Transportation Safety Team at the Centers for Disease

Control and Prevention for seven years. Her work is focused on understanding risk factors and trends of transportation injury, evaluating transportation-related injury prevention interventions, and supporting coalition building efforts around Vision Zero.



Bill Nesper is Executive Director of the League of American Bicyclists. He first joined the League in 2002 and brings a deep knowledge of all of the League's programs and work throughout the country. Bill started at the League as a membership assistant and directed the Smart Cycling bicycling education program and the Bicycle Friendly America certification programs before being appointed Executive Director. A national leader in bicycle programming, planning and policy, Bill has supported local and state advocacy bike advocacy, led workshops for local communities across the country,

and contributed to bicycling policy and planning guidance. As Executive Director, Bill has a passion for supporting the incredible staff at the League, building stronger partnerships, and making the League more effective at building a bicycle-friendly America for Everyone. He holds a BA in History from the University of Florida and an MA from George Mason University.



Heidi Perov Perry is a long-time bicycling and safe streets advocate from Carrboro, and is a founding member of the Carrboro Bicycling Coalition (BikeCarrboro). She has worked on several statewide BikeWalk Summits, and has participated in the NC delegation that lobbies once a year on Capitol Hill, is engaged in BWNC's safety advocacy work and participates in our ongoing education program development work with NCDOT. Heidi has been a certified League of American Bicyclist Cycling Instructor (LCI) since 2013, and uses the bike as her main form of transportation. She

embraces the idea that a community that walks and bikes is a healthier and more equitable community. Retired from a career in book publishing, well-designed and well-written books still bring her much joy.



Tamara Redmon is the Pedestrian and Bicycle Safety Program Manager in FHWA's Office of Safety, where she has worked for 24 years. In her job she develops programs and resources to help reduce pedestrian and bicyclist crashes, fatalities, and injuries. Recent accomplishments include the updated Pedestrian and Bicyclist Safety RSA Guidelines and Prompt Lists, development of a Guide for Scalable Risk Assessment Methods for Pedestrians and Bicyclists (and accompanying Areawide Exposure Tool), and completion of a Bikeway Selection Guide and supplemental resources on Parking and Intersections. She is a recent recipient of the FHWA Administrator's Superior Achievement Award (2019) and both the Administrator's and the Secretary's Award for the Ped and Bike Program Area (2020). She has a B.A. from Virginia Tech and an M.A. from Marymount University.

Leslie Tracey is the Engineering Manager for the Operations Division of the Department of Transportation in the City of Durham. She has worked as a traffic engineer in Durham since 2007. She manages the Vision Zero program for the city and oversees the traffic engineers who perform safety studies. She earned a bachelor's degree in Civil Engineering from North Carolina A&T State University in 2007 and a bachelor's degree in Journalism from the University of North Texas in 1996. She is a licensed Professional Engineer in North Carolina and is certified as a Professional Traffic Operations Engineer and a Road Safety Professional Level 1.



Phillip Vereen, MS, GISP, has served as Transportation Director at North Carolina Central University (NCCU) since May 2020. Prior to coming to NCCU, Vereen served with the North Carolina Department of Transportation (NCDOT) for seven years.

He has held other career positions with City of Winston-Salem Department of Transportation, the Piedmont Regional Council and the Charlotte-Mecklenburg Police Department. Vereen has previously held positions as the Greater Durham Chamber of Commerce, including as Vice President of Government Relations. He was directly involved in the development of the American Tobacco Campus and the Streets at Southpoint Mall, and in securing federal funding for the construction of the American Tobacco Trail.

Mr. Vereen is a proud Durham native and is a two-time graduate of North Carolina Central University with an undergraduate degree in Political Science ('97) and a graduate degree in Geography/Earth Science ('01). He is a certified Geographic Information Systems Professional (GISP).

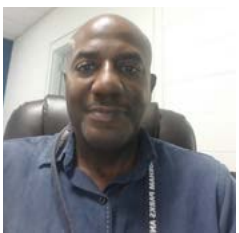


Will Washam Will is the Bicycle Program Coordinator for the Charlotte Department of Transportation where he guides bicycle planning, infrastructure development, education, and public outreach alongside his colleagues at CDOT. He has been working in municipal and transportation planning for 9 years and is a proud graduate of Appalachian State University's department of Geography and Planning. Will is an avid cyclist who enjoys riding on city streets, mountain trails, and anywhere in between.



Ellen M. Walston has been the injury prevention program coordinator for the Eastern Carolina Injury Prevention Program at Vidant Medical Center in Greenville, North Carolina since 2006. Ellen is the coalition coordinator for Safe Kids Pitt County. She has presented at the Lifesavers Highway Safety conference, the Safe States conference, the Governor's Highway Safety Traffic Safety Expo, the North Carolina Bike Walk Summit, Safe Kids Worldwide PREVCON conference, and Safe Kids North Carolina conference. Ellen has written and managed over 2 million dollars in external funds for community child safety grants.

Ellen has a Bachelor of Arts degree from Salem College and a Master of Social Work degree from Florida State University.



Andre' White's career has spanned 35 years, working in Municipal Government and the nonprofit field, as well as offering consultantancy in the New York City and North Carolina Regions. Projects and work experiences have ranged from housing revitalization and grassroots organizing to community development and youth empowerment. For the past 15 years he has been employed by Durham Parks and Recreation, specializing in the establishment of community partnerships and developing health and wellness programs which addresses local health disparities.

Andre' holds a bachelor's Degree in Psychology from Ithaca College and a Master's Degree in Public Administration from Texas Southern University. Through the National Parks and Recreation Association, Andre' is a Certified Parks and Recreation Professional.



Dick Winters. What I can now look back on as a life-long passion was fully awakened about 15 years ago when I learned there was a growing cycling community in Charlotte, NC. I got involved in everything that promoted bicycling, especially on Charlotte's streets. I volunteered with Trips for Kids Charlotte, a local non-profit that engages with kids from underserved neighborhoods through bicycling and am still involved with them. I joined City and County advisory groups that support building a greenway network and making bicycling easier and safer throughout the City. I left a

three-and-a-half-decade career to join a public health initiative to get fellow citizens walking and bicycling more as an antidote to our rising obesity rates.

Two fellow cyclists and I started a free, open-to-the-public learn to ride event teaching kids the balance bike approach to riding on two wheels. That expanded to include people of all ages! I have provided bicycles and training to elementary PE teachers so they could create bicycle safety classes. A connection in 2018 between Mecklenburg County Public Health and Strider Education Foundation made it possible to start equipping elementary schools with the tools needed to teach all kindergarten students the life skill of riding a bicycle. With over 200 elementary schools in the Charlotte region, my retirement is pretty well mapped out! And being an All Kids Bike Ambassador makes this chapter of my life even more fun!

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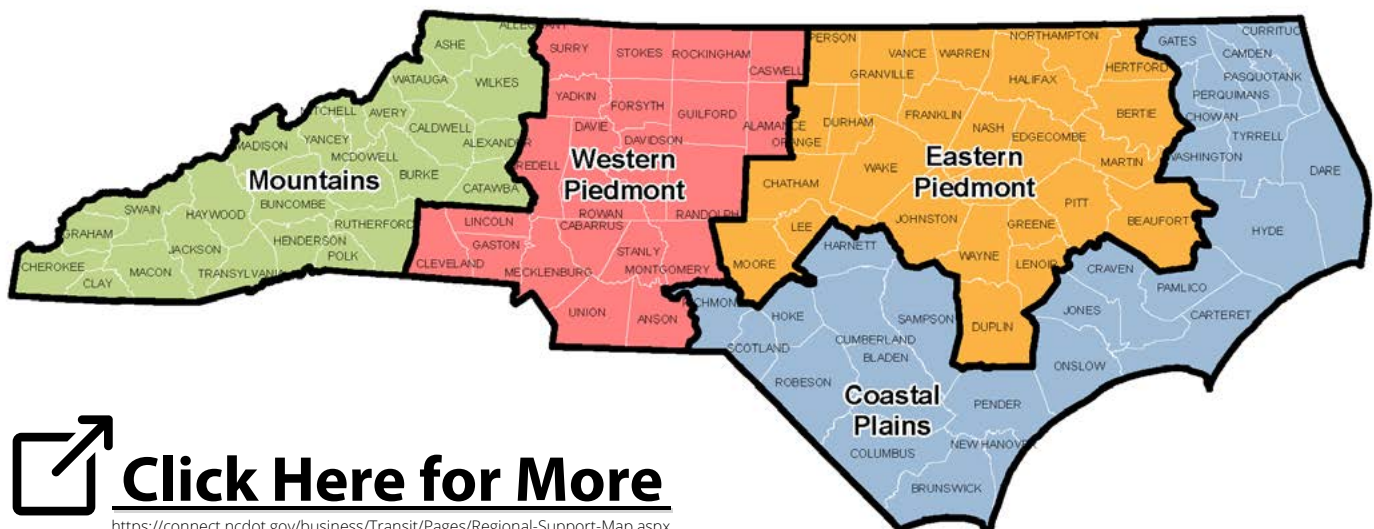


Integrated Mobility Division
N.C. DEPARTMENT OF TRANSPORTATION



NCDOT Integrated Mobility Division

NCDOT's Integrated Mobility Division (IMD) has developed a new regional structure to more effectively assist our citizens and partners. This regional approach is applied across multiples sections within IMD, including Finance, Grant Administration, Planning, and Safety, Education & Compliance. Initiatives involving bicycle and pedestrian plans and projects will primarily fall within the Planning section – please contact your regional representative for more information.



Click Here for More

<https://connect.ncdot.gov/business/Transit/Pages/Regional-Support-Map.aspx>

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Watch HDR's video [HERE](#)



Long Branch Trail RAISE Grant Application | HDR completed a full RAISE Grant Application in less than six weeks for the Long Branch Trail Extension in Winston-Salem.

The HDR team is **passionate** about making it easier to walk and roll.

Contact our Multimodal Experts to learn more:

Kevin Walsh, AICP, ENV SP, LEED AP | kevin.walsh@hdrinc.com

Patrick McDonough, AICP | patrick.mcdonough@hdrinc.com

Ethan Wright, PE | ethan.wright@hdrinc.com



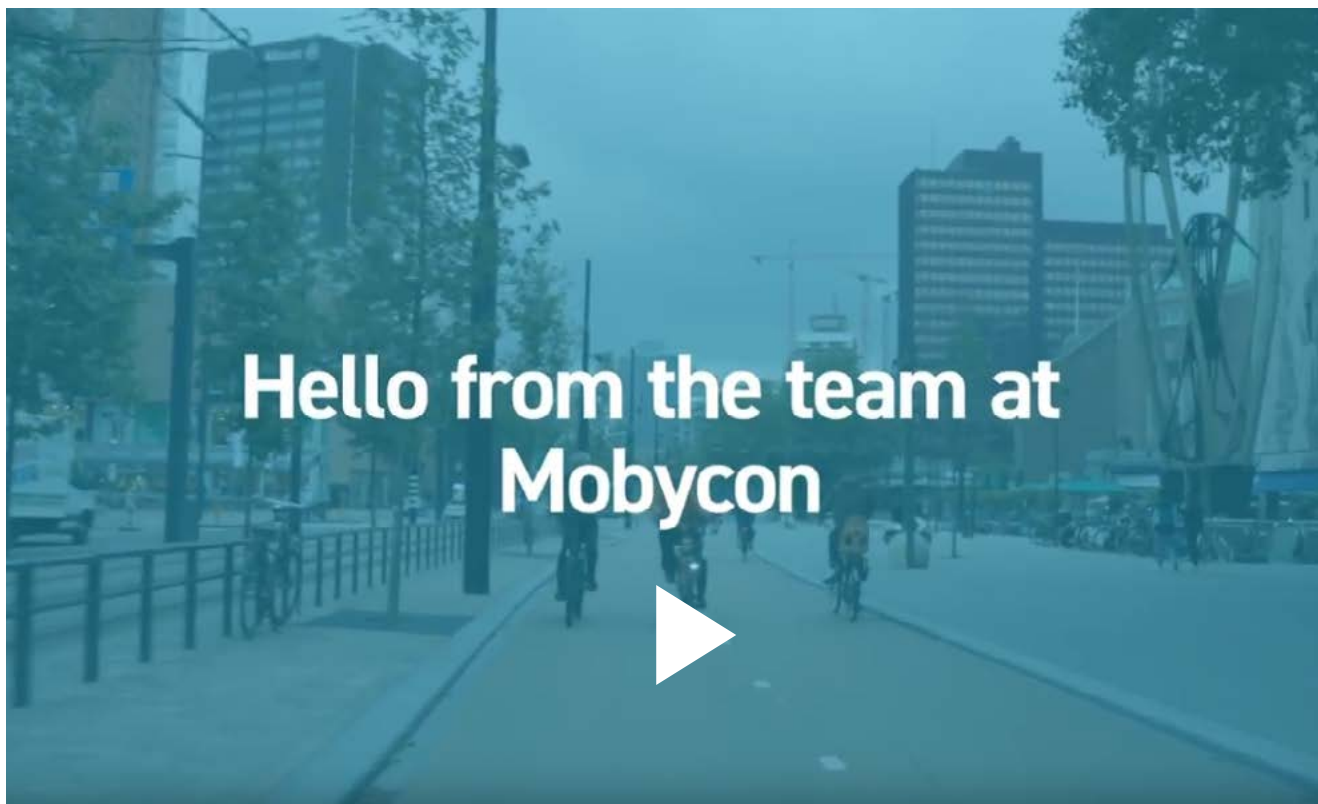
Western Avenue Infrastructure & Surface Enhancements | HDR's design for Western Avenue in Cambridge, MA incorporated innovative features including a raised, pervious asphalt cycle-track; rain gardens; and transit amenities including curb-extension bus stops and shelters.

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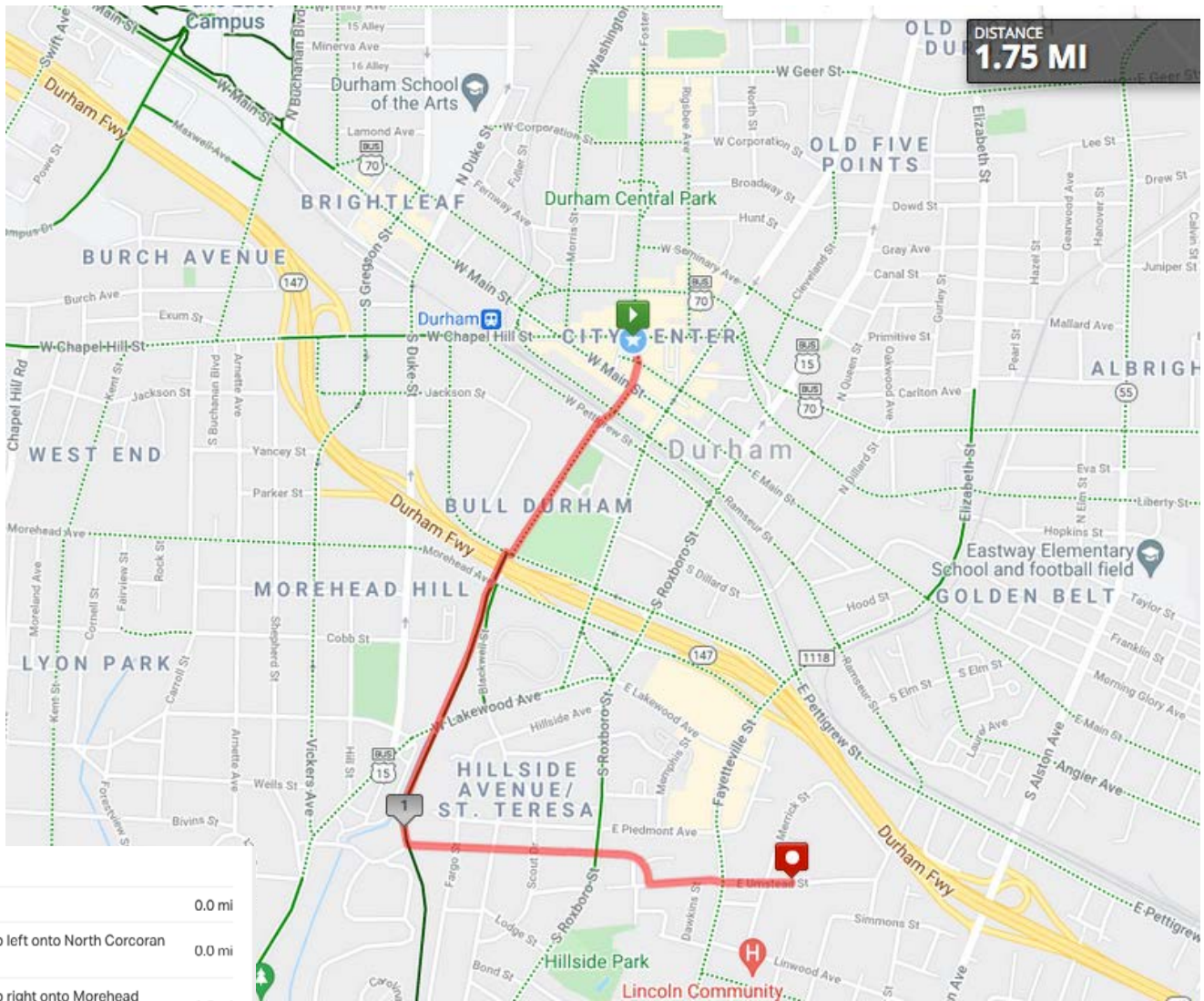
Kenneth Withrow
Raleigh, NC

Join our board!

We are 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 discription of your skills and strengths that you can bring to our organization. A brief outline of what the position entails can be found here.



Best Biking route from Unscripted/Downtown to WG Pearson Center



Cuesheet

← Turn left	0.0 mi
↖ Turn sharp left onto North Corcoran Street	0.0 mi
↗ Turn sharp right onto Morehead Avenue	0.5 mi
↖ Turn sharp left onto American Tobacco Trail	0.5 mi
→ Turn right onto American Tobacco Trail	0.5 mi
← Turn left onto West Enterprise Street	1.0 mi
→ Turn right onto South Street	1.2 mi
← Turn left	1.2 mi
← Turn left onto Scout Drive	1.2 mi
→ Turn right onto East Enterprise Street	1.2 mi
← Turn left onto East Umstead Street	1.5 mi
→ Turn right onto Fayetteville Road	1.6 mi
← Turn left onto East Umstead Street	1.6 mi
↗ Turn sharp right	1.7 mi
↖ Turn slight left	1.7 mi

<https://ridewithgps.com/routes/37874038>

