

Program for Alternative Transportation and Health (PATH)

Newsletter and Monthly Drawing Reminder

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Thanks to Our Sponsors!

These organizations have recently supported PATH with prizes, donations, and their valuable time. Thank you!

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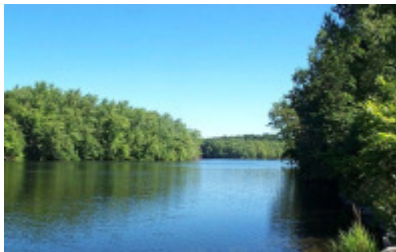
Hello PATH Members! If you are a new member, Welcome!

If you have carpoled, bicycled, walked, or taken transit to work at least 10 times (or about twice per week) during the month of July you are eligible for the PATH monthly drawing for prizes. Simply reply to this email or email path@cnhrpc.org to report your commutes and be entered into the drawing.

As a PATH member you will receive this email once per month with news, stories, and event listings. If you prefer to not get the monthly email, you may unsubscribe at the bottom of the email.

PATH members who carpool or bike to work are also eligible for the Emergency Ride Home benefit. If you or your fellow carpooler gets caught without transportation in the event of an emergency, PATH will reimburse your cost of transportation home according to the rules of the program. Complete rules and instructions can be found at our website www.path-nh.org.

Engineering Study for River Trail Long-Envisioned Trail Moves One Step Closer



Merrimack River near
Manchester Street

Concord residents have long envisioned a path on which they can walk, run, bike, skateboard or rollerblade along the Merrimack River. The path could be used for weekend strolls or bike rides to work. Now, Concord City staff, officials and organizations are teaming together to get Concord one step closer to building this multi-use path.

During visioning sessions for the Concord Bicycle Master Plan, the City of Concord's Pedestrian and Bicycle subcommittees of the Transportation Policy Advisory Committee (TPAC) heard from multiple residents who envision a shared use path along the Merrimack. A similar vision has been heard in various meetings held by Concord 2020, the Conservation Commission, and others.

The study would look specifically at one stretch on the east side of the river from Loudon Rd to Manchester St. It would also study the feasibility of running a path from City line to City line. The hope is that upon completion of the study, Concord will be ready to apply for funds to construct a segment of trail.

Right now PATH, TPAC, Concord 2020, and others are working towards developing a list of interested people and stakeholders, and eventually forming a friends group. If you would like to receive updates on the project during this study and beyond, contact us and we will be sure you are in the know.

For more information, contact Craig Tufts at 226-6020 or ctufts@cnhrpc.org.

Bridge Work at Delta Drive in Concord

Local Bicyclists Volunteer in Support of the Adjacent Bike/Walking Path

The bridge over I-93 on Delta Drive in Concord is due to be repaired. This bridge is a critical east-west connection for bicycles and pedestrians who wish to cross I-93 or the Merrimack River via the path attached to the highway. It is also along the route of the Trolleys.



Image from Bing Maps

PATH and the CNHRPC are helping collect information and public input on the area in order to help the NH Department of Transportation (DOT) make the best decisions on how to proceed with this bridge replacement, accommodating all users.

There are two primary reasons for hearing from you:

1. The delta dental bridge can either be closed to all traffic for 3 months (less expensive) or phased over 8 months with a one lane open with a temporary traffic signal (much more expensive). PATH hopes to help the DOT make a more informed decision.
2. This may be an opportunity to improve the entrance to the bike path and possibly make other enhancements.

Dozens of area bicyclists have volunteered to conduct bicycle counts this Wednesday, August 4th and Saturday the 7th in order to get the first official data on the number of bicycle and pedestrian users of the bridge. We can still use some additional volunteers, so contact us if you are willing.

There will be a public information session at City Hall Council Chambers on August 12, 7pm. Doors open at 6:30 to view draft work plans.

If this bridge is important to you, or if you would like to share your opinion either way, attend the information session or contact us. We will include a summary of all comments in the bicycle count report and share it with officials.

Free Bicycle Clinics Offered

Goodale's Bike Shop, 19 Triangle Park Drive in Concord, will be hosting free bicycle clinics on Saturday Mornings.

Saturday August, 21st from 9:30-10:00 am

How to fix a flat: the most common occurrence when riding your bike is a simple fix. Come in and let the crew at Goodale's Concord show you how with this easy to understand clinic.

Saturday August 28th from 9:30-10:00 am

How to adjust shifting: An incorrectly adjusted drive train is one of the most frustrating things about bicycle riding. The crew at Goodale's Concord will show you how to keep your bike shifting smoothly.

Saturday September 5th from 9:30-10:00 am

How to adjust brakes: If you can not stop, you should not go. The crew at Goodale's Concord will show you how to assess and adjust this extremely important part of the bicycle.

Saturday September 12th from 9:30-10:00 am

How to true a wheel: The most complex part of the bike. Also the most overlooked. A correctly trued and tensioned wheel will increase the enjoyment of riding dramatically. The crew at Goodale's Concord will help decipher this deceptively simple process.

September 19th from 9:30-10:00 am

So, what about clipless pedals? Let the crew at Goodale's Concord alleviate your fears of the most effective upgrade you can do to your

bicycle. The various types of pedals and some simple hints on how to use them will give you the tools to become comfortable with them in no time.

Conservation NH

Check out this [article](#) about PATH and Fossil Free Fridays in the Conservation NH newsletter. They did a great job capturing the spirit of Fossil Free Fridays.

New Non-Profit Dedicated to Making the Greater Concord Area More Bicycle Friendly

Just this month, the Central New Hampshire Bicycle Coalition (CNHBC) officially came together. Armed with funds raised from the first two annual Concord Bicycle Swaps, fresh ideas, and plenty of motivation, the group is dedicated to seeing some real improvements on the ground, and seeing it done soon! Check next month for more details and updates.

Fossil Free Fridays

Continue the Green Commuting fun on the last Friday of each Month

Continue the Green Commuting fun with us on the last Friday of each month. Join us for Breakfast snacks, music, and camaraderie at our Fossil Free Fridays events.

Keep your ears open for a satellite event in East Concord!

Fossil Free Friday Schedule:

1. 5/28, 7-a.m. @ Eagle Square
2. 6/25, 7-9 a.m. @ City Plaza (In front of the Statehouse)
3. 7/30, 7-9 a.m. @ City Plaza (In front of the Statehouse)
4. 8/27, 7-9 a.m. @ City Plaza (In front of the Statehouse)
5. 9/24, 7-9 a.m. @ City Plaza (In front of the Statehouse)
6. 10/29, 7-9 a.m. @ City Plaza (In front of the Statehouse)
7. 11/12, 7-9 a.m. @ TBD

Please help spread the word.

View the [event flier here](#) and follow us on [Facebook](#). 



Mayor Bouley Recognizes a PATH Staff Member for His Work on Green Commute Week:

On July 22, it was my pleasure to present Nik Coates with a proclamation from Concord Mayor Jim Bouley. In his proclamation, Mayor Bouley recognized Nik's tireless contributions to the promotion of alternative transportation in Concord, citing Green Commute Week and the Green Commute Challenge. The Mayor recognized Nik's "outstanding service and contributions to the City of Concord". On behalf of the City, the

Mayor joined Nik in "urging all residents, commuters and visitors to Concord, whenever possible, to consider an alternative mode of transportation".

Great job Nik!

Dick Lemieux
Chairman, Concord Transportation Policy Advisory Committee (TPAC);
Member, Executive Committee, Central New Hampshire Regional Planning
Commission (CNHRPC)

PATH is now on Facebook!

Some of the links in last months Newsletter did not work- we did were sure to fix the problem this time around! .



PATH's mission is to reduce traffic congestion, improve air quality and increase societal emphasis on personal fitness through the creation of services and materials which promote transportation options to the single occupancy vehicle.

Craig Tufts
Nik Coates
CNHRPC

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