

Program for Alternative Transportation and Health (PATH) Newsletter and Monthly Drawing Reminder

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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 during the month of October, 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.

Eat a Burrito on Dec. 16 and Support Local Bicycling Projects

Want to support the growing bicycling scene in the region? Now you can with just a few bites!

Residents, employees and shoppers in Concord will be able to grab a tasty bite while giving back to their local community this year at [Concord Boloco at 10 Fort Eddy Road](#). Boloco has decided to show what they're made of (besides tasty burritos and shakes) and give a little Boloco love to 12 local charities, handpicked based on their involvement with the Concord community.

The [Central New Hampshire Bicycling Coalition](#) (CNHBC) has been chosen as one of those charities and it will be hosting its event at Boloco on December 16 during store hours, 10am-10pm. On this day, Boloco will donate 50 cents to the CNHBC from the sale of each burrito, bowl, and salad sold



The funds raised from this event will go toward new and ongoing projects like helping the development of bicycle lanes in communities, supporting a new Merrimack River Greenway Path project, bicycle education courses and upcoming events among others.

CNHBC is also looking for volunteers to help staff the event and spread the word. Please consider forwarding this message to people who may be interested in coming to the event or helping in other ways if they cannot buy a burrito, bowl or salad. Please contact Nik Coates at 226-6020 or ncoates@cnhrpc.org.

[Chris Peters](#) will be crooning for Boloco patrons at the event with holiday songs and original work. There will also be raffles for gift certificates to [EMS](#), [S&W Sports](#), [Bike-Walk Alliance of NH](#), [Sunny's Table](#), [Pat's Peak](#) and other great local shops at the event. For more information about the event, CNHBC and upcoming projects and programs, you can go to www.cnhbc.org. Information about CNHBC's next get together for Friends and volunteers is also posted on the website.

Vintners

**McAuliffe-Shepard
Discovery Center**

Barley House

**Community Players
of Concord**

CNHBC is a new non-profit advocacy organization affiliated with PATH and Bike-Walk Alliance of NH and it will be working with people and communities around Concord to make it safer and more enjoyable to bicycle.

CNHBC has loosely been around for a year holding the annual Concord Area Bicycle Swap and running other projects like the Market Days Bicycle Valet. CNHBC has also been running a small Bicycles for Refugees program, working with employers around the region on growing a Bicycle Sharing program, and assisting communities with their Safe Routes to School programs.

Rail Trail Group Getting Organized

The New Hampshire Rail Trails coalition has received an assistance grant to help start up a local organization to develop a shared-use path through the communities of Pembroke, Allenstown, and Hooksett. The grant of from the the National Parks Service Rivers, Trails, and Conservation Assistance Program (RTCA). The route is part of what has been called the "Granite State Rail Trail", a continuous, off-street path from Lebanon to Salem New Hampshire, most of which follows abandoned railroad beds. Local groups from Lebanon to Salem are in various stages of improving their portion of the trail, but an active group does not yet exist in these three communities. This grant aims to fix that.



Newly constructed portion of the
Derry Rail Trail.
www.derryrailtrail.org

North of Concord, the "Northern Rail Trail" portion of the route has already completed 43 miles of hard packed surface. From Manchester south to Salem, local groups have been working to pave their sections of trail and have already completed several stretches, including the Windham Rail Trail, the Derry Rail Trail, and the South Manchester Rail Trail. In the last several months, a group in Concord has begun the task of finding a route through their city.

Things are just starting to get rolling, and the group will be reaching out to the communities of Pembroke, Allenstown, and Hooksett in the coming months.

If you have any questions or would like to become involved, email us at path@cnhrpc.org, or call Craig at 226-6020.

Adventures in Public Transportation

On Nov. 12, Goodwill and [PATH](#) hosted a [Fossil Free Friday](#) event in Concord. The goal of the event was to get information out to the public about transportation options like carpooling, taking the bus, biking, and walking, and the environmental and health benefits of these activities.

As part of the event, PATH and Goodwill asked a few people to write about their experience using public transportation. Maura Adams has shared her experience using the [Concord Area Transit](#) (CAT) bus system. Do you have a story to share (good or bad)? Let us know.

From Penacook to St. Paul's School, November 12, 2010

6:50 AM

When you're using a bus system with a limited schedule, wake up on time. That way you won't have to rush to find your warm tights and gloves, make your husband walk the dog, or hurry along your 0.75 mile walk to the bus stop without time to appreciate the light frost or rosy sky.

7:05 AM

I see the bus going the other direction, towards the Briar Pipe stop where it turns around to head south on Fisherville Rd. "Great," I think. "I won't

miss it." The printed schedule notes a stop at Cremin St., but buses always make stops between the ones noted on the schedule. And if you don't find a marked stop, you just flag the bus down. Bus drivers are always on the lookout for people who need their service. I've ridden enough buses in Somerville and New Haven to know that's how it works - right?

7:15 AM

No marked stops. When the bus approaches, there are no cars and no people around - just me, arm waving, so very prominent, so clearly wanting a ride - but the bus rockets past me, around the corner, long gone. The next one doesn't come for an hour, so I call my husband and ask for a ride to Main St. I walk home and take comfort in the fact that at least we'll be carpooling.

7:45 AM

[Fossil Free Friday](#) event at [Your Home, Your World](#): bagels, coffee and commiseration about the lousy bus service. Why aren't stops marked? Why can't we have buses come more often? And why, oh why wouldn't the stupid bus driver stop for me?

8:15 AM

The bus pulls up on Main St. It's the same driver who ignored me, but I don't bring it up. While waiting, I started talking to an interesting NHTI student, and we converse about environmental ethics as the bus rumbles up to the hospital.

8:45 AM

Concord Hospital is the last stop, so I have to walk a mile to my office. On this sunny morning it was quite pleasant, and I noticed details - like ruddy chickens in a fenced driveway - I never would have in a car. But if it were rainy or cold, or I were handicapped or physically unfit, or had much to carry, the walk would be uncomfortable at best and impossible at worst.

Final Thoughts

If I had caught the bus in Penacook and not stopped in town, it would have taken me an hour door-to-door, including a roughly mile-long walk at either end, to get to work. Normally my commute - alone in a Honda Fit that gets 40 miles per gallon - takes 12 minutes. The walk and bus trip were enjoyable today but it's unlikely that I'll frequent such an inefficient means of transportation.

But I've got a 10-ride pass now, so I'll give the bus a few more chances... and be sure to wake up on time.

Safe Routes to School Updates

Eleven of the 20 communities in the CNHRPC region are currently planning or implementing SRTS projects with 100 percent federally matched grant funds. If your community is not yet participating, please contact us and we would be happy to help your community get started if you're interested. You can also find some background information at the [NH Department of Transportation](#) website.

The following are brief updates on a couple of those communities.

- **Hillsborough, Hopkinton and Pittsfield:** The Task Forces for each of these communities recently submitted applications for the Round 5 General Grant round being supported by the NHDOT. Grant announcements are expected to be made at the end of April.
- **Canterbury:** The Task Force completed its successful "Let's Walk to School" events this Fall and had a majority of students walking to school from Town Center on those days. Congratulations!
- **Pembroke:** The Task Force recently had a booth at a December 9 craft fair at Pembroke Academy and raffled off a bicycle and five bicycle helmets to students in the community. The Task Force will be visioning for the future at its next meeting.


- **Henniker:** The Task Force recently held its first meeting and it is starting to administer Student Travel Tallies and Parent Surveys to determine the ways students get to/from school and attitudes about safety, bicycling and walking in the community.
- **Bradford:** The Task Force held its month meeting last week and is also administering Student Travel Tallies and Parent Surveys. The Task Force is also putting together a sidewalk inventory and identifying locations for traffic studies.

FFFs Will Return in the Spring

Thanks to those who Participated in This Year's Fossil Free Fridays, look for us again at Green Commute Week in May!

The last Fossil Free Friday event of the season was held on Friday November 12 at Your Home Your World on Main Street. We hope everybody enjoyed the fun and food and look forward to seeing everybody in the Spring for the April Fossil Free Friday kickoff and May Green Commute Week events. In the meantime, keep green commuting and sharing your stories.



And don't forget to follow us on [Facebook](#). 

Upcoming Events

- **Dec. 16, 10am-10pm** - Boloco's 12 Days of Giving to support CNHBC at 10 Fort Eddy Road, Concord.
- **April 2 & 9 (2011)** - [Traffic Skills 101](#) at Safety & Health Council of Northern New England

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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