

Program for Alternative Transportation and Health (PATH)

E-Newsletter and Monthly Drawing Reminder

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Concord 2020

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Hello PATH Members

If you are a new PATH 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 April 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.

Commute Green 2010 is Nearly Upon Us! Are you ready to go green in May?

Concord and the entire State of New Hampshire is holding its second annual green commute week in coordination with National Bike/Walk to Work Day from **May 17-21**. Similar to last year, there will be events celebrating bicycling, walking, carpooling, and transit at downtown locations and workplaces across Concord and New Hampshire. Here is just a brief summary of some of the many events taking place.



Monday: Bike Breakfast in front of State House for all Bicycle commuters and all other green commuters! Join one of many [group bike rides to work](#) that will continue throughout the week! Bicycle repair lessons offered by Goodale's Bike Shop at the breakfast event. FREE bike safety classes offered in partnership with [Bike Walk Alliance of NH](#) at Concord Hospital Conference room A from 12-1

Tuesday: Public Transportation Day. 7-9am in front of the State House with Concord Area Transit and Concord Coach and a live music performer. If you've never used the local CAT bus now is your chance to get moving! The Trolley will be FREE all day and CAT tickets will be free in exchange for a canned good for a food bank. CAT will also offer free rides from Dick's Sporting goods on Loudon Rd.

Wednesday: Walk to Work Day Downtown Lunchtime event. 11-1 at Eagle Square with 250 free mini-burritos from Boloco and a live band! S&W Sports will be on hand for bicycle repair lessons.

Thursday: Carpool Day Lunchtime event at Eagle Square from 11-1. Hermanos Cocina Mexicana and Stonyfield will be providing free light lunch and drinks to anyone who carools (or green commutes) to the event. S&W Sports will again be on hand for bicycle repair lessons.

Friday: National Bike/Walk to Work Day! Bike to work with one one of several group rides to the State House and join us for breakfast snacks and a live band. Governor Lynch will be riding to the State House to greet everyone! Be sure to check for a ride near you!

[Commute Green 2010 Home Page](#)
[Full Event Listing and details](#)

[Commute Green Group Bicycle Rides Work](#)

PATH is helping to coordinate group rides to work throughout the week. There are dozens of group rides scheduled already and more will likely be announced soon! For an interactive map of the group rides, click [here](#).

Thanks

PATH would like to thank all of the volunteers, employers, and businesses that donated their time, resources, and of course food to Commute Green 2010. Keep on working; it couldn't be possible without you!

Attn Bicyclists and Bike Commuters: What do you need for bicycle parking?

Concord's Bicycling Committee, TPAC-Bicycle, and others have been trying to tackle some bicycle parking issues in Concord. In order to help the group make better decisions to serve all bicyclists, please take the time to answer our bike parking SHORT survey.

[Take the Survey! It is only 6 questions long!](#)

Concord's Second Annual Bicycle Swap
May 22-23
Proceeds Benefit Concord area bicycle

improvements

Concord will hold it's second annual bicycle swap on Saturday May 22 9am-5pm and Sunday the 23 10am to noon at S&W Sports, 296 South Main Street Concord. We welcome donations. If you would like to consign a bicycle you keep 75% of the selling price. Contact PATH or S&W Sports to donate or consign a bicycle.

Thanks to S&W Sports for thier work helping the community be more bike friendly!

[Please help us spread the word!](#)

Thanks to Those Who Attended Concord Bicycle Master Plan Meeting 2

On April 6th approximately 50 Concord Residents and area bicyclists came to Concord City Hall to participate in the second public meeting of the bicycle master plan. The meeting was a two way conversation between meeting attendants and presenters where we reviewed findings from the previous meeting, discussed problem intersections and corridors in the city, shared open space plans, and discussed opportunities for a multi-use trail across Concord.

If you missed the meeting but would like to join the discussion contact Craig at 226-6020 or email us at path@cnhrpc.org

Friday, May 7 - Free Public Bike Safety Class

Time: 12-1 p.m. Location: NH Department of Environmental Services

DES is kicking off Commute Green 2010 activities early with a great event at its office on 29 Hazen Dr., Concord.

The agency is partnering with Bike-Walk Alliance of NH for a lunch-time bike education class that is free and open to the public. Spaces are first come, first serve. Attendees should be prepared to show photo identification inside the main entrance lobby. The following topics will be covered by League of American Bicyclists Certified Instructor Dave Topham:

- Bike selection, sizing and mechanical checks
- Proper helmet use
- Rules of the roads including cyclist-to-cyclists signaling
- Clothing suitable for cycling and personal "protection"
- Bike commuting tips, gear to carry, and lighting
- Q&A period as time allows

For more information, contact [Sue Lang](#).

Can't make it? The class will be offer again on Monday May 17 at Concord Hospital. See the [Commute Green events listing](#) for more details on the

event the 17th.

[What we know about bike infrastructure: people want it](#)

-United States Department of Transportation

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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