



November 2010

# Program for Alternative Transportation and Health (PATH)

## Newsletter, Monthly Drawing Reminder and Special Announcement

### Quick Links



[Sign up for PATH](#)

[Sign up for NH Rideshare  
Central New Hampshire  
Regional Planning Commission](#)



### Thanks to Our Sponsors!

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

**AAA**

**The Balsams**

**The Currier Museum  
of Art**

**S&W Sports**

**Boloco Burritos**

**Goodale's Bike Shop**

**The Works**

**Cafe Indigo**

**In a Pinch**

**The Granite Restaurant**

**Tanger Outlet**

**Best Western**

### 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](mailto: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](http://www.path-nh.org).

### Update: New Features in Newsletter

Every month, the staff members from the [Central New Hampshire Regional Planning Commission](#) that staff PATH try to come up with original content and news updates for you. We are always looking for new ways to serve you better and to tell good stories.

On that note, the PATH newsletter will start with a feature story about a PATH member who we think has a great story to be told. We're kicking off this new feature next month with a story about Marie Mills, a carpooler for the last 34 years. Way to go Marie!

Here's where we need you: We're looking for good story ideas. Are you an all year bicycle commuter? Do you have a real comedian in your carpool? What does your walk to work look like every morning? How do you prepare for your bus ride to work? We want to know and we want to tell your stories or the stories of your coworkers or commuting partners. Is there somewhere or something on your commute that needs improving? How can PATH help make your commute safer or more enjoyable?

You will also find two more additions to the newsletter.

CNHRPC staff works with several of our communities on Safe Routes to School (SRTS) projects and these projects have really made a difference in providing safer, healthier and more environmentally friendly ways for children to get to and from school. We will begin to provide brief updates on the SRTS projects around the region assisting as a way to get the word out about the great work these committees are doing.

We will also be posting an upcoming events calendar for PATH and transportation-related events. If you have an event that you would like posted, please send us information about the event and we will post it after reviewing the information.

If you have a story idea, event posting or other ideas, please contact us at [path@cnhrpc.org](mailto:path@cnhrpc.org) and we look forward to hearing from you.

### Concord Bicycle Master Plan and

**Pat's Peak**  
**Vintners**  
**McAuliffe-Shepard  
Discovery Center**  
**Barley House**  
**Community Players  
of Concord**

## Infrastructure Improvements Updates

The City of Concord's Bicycle Subcommittee of the [Transportation Policy Advisory Committee](#) (TPAC-Bike), PATH, CNHRPC and Concord 2020 have continued to plug along on Concord's Bicycle Master Plan. TPAC-Bike, the City's Engineering Division, [Concord 2020](#) and the newly-formed [Central New Hampshire Bicycling Coalition](#) have also moved forward on a key element for on-road infrastructure improvements for Concord.

Late this summer, Concord 2020 agreed to fund a feasibility and preliminary engineering study for a paved multi-use path in Concord, roughly following the Merrimack River, from city line to city line. During outreach and visioning sessions for the Bicycle Master Plan, it was clear that a paved trail for non-motorized use was in demand. This study is in response to that finding, which is also consistent with Concord 2020's goal of re-connecting the City to the River.

CNHRPC has organized a steering committee to guide the selected consulting engineer, Fay Spofford and Thorndike through the process. A draft of the study has been completed and is under review by the committee. This study will be added as an addendum to the Bicycle Master Plan, and will also be a stand-alone document for the City to use to help make this vision a reality.

The draft of the Bicycle Master Plan will be wrapped up this Fall and be ready for public review and comment in advance of a public meeting. Once the necessary adjustments are made based on the public's final comments, the plan will go to the Planning Board and City Council for adoption.

To keep the public up-to-date on the process and to post documents, CNHRPC has set up a [Bicycle Master Plan website](#).

The entities mentioned above have also collaborated on a joint effort to phase in bicycling specific on-road improvements in Concord. The Central New Hampshire Bicycling Coalition (CNHBC) and Concord 2020 received approvals from their boards to purchase and donate bicycle lane stencil and a share use lane (sharrow) stencil to Concord's General Services Department.

The stencils will be used to mark specific areas on Concord's roads for bicyclists beginning with the North-South Bike Route and future east to west connections. The process of officially painting the bicycle lanes and sharrows is expected to begin in the Spring. The Bicycle Master Plan outlines the locations of where the City plans to focus its painting efforts.

For more information about the CNHBC, please visit its [temporary website](#) on the Bike-Walk Alliance of NH website and stay tuned for updates in upcoming PATH newsletters.

## 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.

- **Pittsfield:** The Task Force recently completed its [Travel Plan and Engineering addendum](#) that were finalized in October for the elementary and middle schools. Since beginning its SRTS program this Winter, Pittsfield now has more than 55 percent of its students walking to school every Friday, which is up from just 5 percent before starting!
- **Canterbury:** The Task Force was recently awarded a Startup grant to begin organizing educational and encouragement activities. The community came together in late October for a "Let's Walk to School" event and 90 children (almost 3/4 of the student population) along with volunteers and parents walked to school.

- **Pembroke:** The Task Force received three Startup grants, two for its elementary schools and one for its middle school. Each school has established a subcommittee and is immediately developing plans to address safety concerns around the schools. The committees will also have a booth at a December 9 craft fair at Pembroke Academy and hopes to raffle off a bicycle and helmets.
- **Henniker:** The Task Force was recently awarded a Travel Plan grant to begin a detailed planning process to improve safety around the elementary school and transportation choices for students.
- **Bradford:** The Task Force was recently awarded a Startup grant to begin organizing preliminary evaluation, educational and encouragement activities for the elementary school. The town also received a Transportation Enhancement grant this year to begin phasing an overhaul of the town's sidewalk network.

## Upcoming Events

- **Nov. 12, 7-9am** - Fossil Free Friday: Your Home Your World and NHDOT, Concord
- **Nov. 13, 8:45am-3:45pm** - [NH Statewide Rail Trails Conference](#), Safety and Health Council of NH, Concord
- **Nov. 17, 8am-2pm** - [Monadnock Transyposium](#): Courtyard Marriott, Keene
- **Nov. 18, 8:30am-4pm** - [Community Transportation Summit](#): Grappone Conference Center, Concord

## PATH Prize Vault Fully Loaded

This Fall, we restocked the prize vault for raffles prizes for the Some of the new prizes that will be available for you to win just by green commuting include:

- Ski tickets to the Wilderness Ski Area at The Balsams
- Ski tickets to Pat's Peak
- Passes for the Currier Museum of Art
- Brunch certificates to The Granite Restaurant and Bar
- Gift cards to the Tanger Outlet in Tilton
- Guest passes to the Best Western in Concord
- Certificates for wine tastings at Vintners
- Guest passes to the McAuliffe-Shepard Discovery Center
- Certificates to Sunny's Table
- Certificates for the Barley House
- Tickets for The Community Players of Concord
- ...and many more!

**Disclaimer:** PATH deeply appreciates the support of local businesses and organizations. However, entities shown above receive no preferential treatment or services from PATH, and PATH does not specifically endorse the products or services of any private company.

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

[Forward email](#)

✉ [SafeUnsubscribe®](#)

This email was sent to [cnhrpc@cnhrpc.org](mailto:cnhrpc@cnhrpc.org) by [ncoates@cnhrpc.org](mailto:ncoates@cnhrpc.org).  
[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Email Marketing by



PATH | 28 Commercial St Ste #3 | Concord | NH | 03301