



September 2011

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 August, 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.

Regional Bicycle and Pedestrian Plan Update Begins This Fall

The [Central New Hampshire Regional Planning Commission](#) (CNHRPC, the organization that staffs PATH) is getting started on updating the Central New Hampshire Regional Bicycle & Pedestrian Plan. CNHRPC staff hopes to review the infrastructure and safety for bicyclists and pedestrians in each of the [communities in the CNHRPC region](#). We want to hear from you if you are interested in participating in the process or have ideas on areas we should review.



The objectives for the Regional Bicycle & Pedestrian Plan are to determine safety of roads for bicycle riders and pedestrians, document other infrastructure like bicycle and walking trails, offer recommendations for how communities could improve safety and opportunities for bicyclists and pedestrians and where to find funding for those recommendations.

The proposed approach would be to first identify interested people who want to help and infrastructure (roads, trails, dangerous locations, etc.) and then send a field review team out to bicycle and walk those locations. The team would then provide a preliminary report to town leaders on its findings and built into the Regional Bicycle & Pedestrian Plan.

The bicycle and pedestrian field reviews will include a team of residents, engineers, planners, municipal officials, and public works officials. The groups will tour parts of towns to discuss bicycle and pedestrian issues on their roadways.

A similar review was [recently conducted on Route 3 in Pembroke](#), and the towns of Allentown, Bradford, Henniker, Hopkinton,



Pittsfield, and Warner have already showed interest in hosting reviews this fall.

CNHRPC staff hopes to complete the field reviews this fall, work on the reports over the winter, then present findings to towns in the spring. At that point, we would also provide additional details about the next steps for the Regional Bicycle & Pedestrian Plan.

If you or others in your town are interested in learning more about the project, helping provide ideas for study areas or participating in the field reviews, please contact [Craig Tufts](#) or [Nik Coates](#) by email or call 226-6020.



RPC's Hope to Increase P&R Options

CNHRPC and PATH staff are continuing work on its Park & Ride development project in partnership with [Southwest Region Planning Commission](#) and [Strafford Regional Planning Commission](#). The regional planning commissions hope to work with towns in each region to expand carpooling and transit opportunities for commuters through the potential development of new Park & Ride lots.



CNHRPC has been compiling historic traffic volume counts, available parcels of land at key locations and collecting peak hour data on single and multiple occupancy vehicles on corridors around potential locations. Five towns in the Central New Hampshire have already expressed interest in developing new lots or formalizing currently informal lots.

In our region, the next step is to solidify one location of interest in each town and then present recommendations to CNHRPC's [Transportation Advisory Committee](#) for its recommendations. In the following 6-12 months, CNHRPC will work with the towns to pull together teams to begin the planning process.

If you are interested in learning more about the project and/or developing a Park & Ride in your community, please contact [Nik Coates](#) by email or 226-6020.

Changes Expected for Transit System

Changes to [Concord Area Transit \(CAT\)](#) are in the works in the coming months. CNHRPC staff and the City of Concord's Transportation Policy Advisory Committee is working with CAT on upcoming service location and time changes.

For example, CAT is proposing a "Crosstown Route" that could consolidate redundant service along the Industrial Park route and potentially add new service locations as well as add a 10-week Saturday service pilot program. To follow the discussion, you can find meeting [agendas and notes on the City's website](#).

In other news, CNHRPC staff is currently developing a new website for CAT that it anticipates will improve access to scheduling, routes and information. Stay tuned for more details on when the website will be launched.

Bicycle Safety Trainings Scheduled in

Four Communities in Sept. and Oct.

Part of PATH's mission is focused on encouraging more people of all ages to bicycle to work, school, shopping and similar trips. We also strongly believe in the need for improving safety and education on how to safely ride in the region. That's why our staff has partnered with the [Bike-Walk Alliance of New Hampshire](#) to begin offering Train the Trainer (TTT) and Bicycling 101 education courses for adults this fall.

Pembroke, Pittsfield and Warner are the first to offer TTT courses in the region.

- **Warner:** October 5, 5:30-8:30pm, at Simonds Elementary School
- **Pittsfield:** October 18, 4-7pm, at Pittsfield Elementary School
- **Pembroke:** October 19, 4-7pm, at Pembroke Village School

The communities have secured funds through the [Central New Hampshire Bicycling Coalition](#) and [Safe Routes to School](#) programs to offer the courses. There may be a small fee (no more than \$10) to help offset instructor time and travel costs. More details on costs will be provided to those interested in attending.

The TTT course is conducted by a [League of American Bicyclists](#) certified instructor. The trainee need not be a skilled cyclist, there is minimal on-bike time and no tests. The goal of the course is to train and certify adults to be LAB "Bicycling 1-2-3 Youth Instructors" so they can conduct bike education courses year after year in their schools. This is a great opportunity for health teachers, phys-ed teachers, coaches, nurses, and other community members interested in making their communities safer and healthier.

If you live in Warner, Pittsfield or Pembroke and would like to register for one the sessions or you are interested in having a TTT course in your community, please contact [Nik Coates](#) by email or at 226-6020.

What is Traffic Skills 101?

This 9-hour class is taught by League of LAB certified safe cycling instructors. It is intended for all levels of bicyclists, from entry level to expert.

You will learn the basics of how to ride safely and legally in traffic, and on bike paths, in both urban and rural areas. You will also learn the concept of "vehicular cycling," how to navigate safely through intersections, roundabouts, and other complex traffic scenarios.

This class combines in class lecture with on-the-bike riding sessions, and is being taught in Concord at the [NH Department of Transportation main office](#).

All members of the public are welcome and highly encouraged to attend. For more information, and to register, go to [BWANH website](#) and click on "Traffic Skills 101 class".

Marking begins on Concord N-S Route

The City of Concord has begun work on its first marked bicycle route, the North South Bike Route. Some of the signage marking the route has been installed, including a bike route sign and wayfinding for bicycles pointing toward destinations like "Downtown" and "Horseshoe Pond." The next step will be for [shared lane markings called "sharrows"](#) to be painted on the roadways.



The North South Bike Route will run from the South End on South Street, past the new Abbot-Downing School, will jog up to South Spring Street then Rumford Street by the new Christa McAuliffe School, and will

end at North State Street at Penacook or Rumford Streets. As work continues on Route 3 to Penacook, completed sections will have new bicycle lanes, resulting in a bicycle route from the South End to Penacook!

Look for more in the coming months, including a map, and "share the road" guidelines on the best way for both bicyclists and motorists to share the road while traveling the route.

Wellness Summit Discussion Includes Discussion On Active Transportation

Motivational speaker Mark Fenton will be the keynote speaker for the upcoming Capital Area Wellness Coalition summit in Concord this month. The focus is on helping community members around the region become more involved in their communities to create a culture of health and wellness for everyone.

The Wellness Summit entitled Transforming Our Community Through Partnerships will be Sept. 30, 8:30am-4:30pm at [Red River Theatres](#). To register, please go to the [Concord Hospital website](#).

Fenton is a vocal pedestrian advocate and recognized authority on public health issues and the need for community, environmental, and public-policy initiatives to encourage more walking and bicycling. He is the health representative to the four-person executive committee of the Partnership for a Walkable America, and he has addressed a wide range of groups, from regional and national transportation and planning conferences, to professional engineering and safety organizations, to advocacy groups and public health educational symposia.

Panel presenters include:

- Carlos Baia, Deputy City Manager, Concord, NH
- Nik Coates, Rideshare Coordinator and Regional Planner, Central New Hampshire Regional Planning Commission
- Nancy Puglisi, Director of Organizational Wellness, Worksite Wellness & Work Life Integration, University System of New Hampshire
- Elaine VanDyke, Administrator of the Bureau of Nutrition Program & Services with the NH Department of Education

There will also be a Healthy Lunch/Exposition, Round Table Discussion and Champions Program. This is a great opportunity to network with individuals who are passionate about building relationships and partnerships to improve the health of our community and furthering the mission of the Capital Area Wellness Coalition.

Fossil Fuel Free Friday Reminder

The next Fossil Fuel Free Friday will be held **Friday, August 19th at the Sate House**. This year Fossil Fuel Free Fridays are held on the third Friday of each month. Join us for fun, free coffee and snacks complements of our friends at the [Works Bakery Cafe](#).

The remaining Fossil Fuel Free Friday schedule is:

- * September 16, 7-9am at the State House
- * October 21, 7-9am at the State House

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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