



Active Living Ramsey County!

Digest Volume 4 & Action Alert!

Active Living... A way of life – incorporating physical activity into our daily routine.

Action Alert

I just received a copy of the **Metropolitan Council DRAFT 2030 TRANSPORTATION Policy Plan** from Greg Mack, Director of Ramsey County Parks & Recreation. The County Board is looking for feedback on the pedestrian and bike elements of the plan. We would Active Living Ramsey County members to have the opportunity to provide feedback on this plan. We need to report back early next week. If you are interested in providing your feedback please e-mail me your comments by Monday, **October 27th**. Here is the link to Chapter 9: Pedestrians and Bicyclists that we would like you to review <http://www.metrocouncil.org/planning/transportation/TPP/2008/Ch9PedandBike.pdf>.

Thank you!
Connie Bernardy

Provided by the National Complete Streets Coalition

This action alert issued by the National Complete Streets Coalition calls for immediate action related to complete streets policies -- policies to ensure that the entire right of way is routinely designed and operated to enable safe access for all users. Please pass it around! And visit www.completestreets.org to stay informed.

Provided by Sandy Breuer – New Brighton

New Brighton bicyclists can expect a safer ride now that the city has created Ramsey County's first suburban bike lane. [New Brighton / County's first suburban bikeway opens - By Mikel Sporer msporer@pioneerpress.com](#)

STAR TRIBUNE

Scientists try to block appetite by retooling foods that trick the body and fight obesity
<http://www.startribune.com/lifestyle/health/32863609.html>

WASHINGTON POST

High Fructose Diet Inhibits Appetite Hormone

<http://www.washingtonpost.com/wp-dyn/content/article/2008/10/23/AR2008102301207.html>

YAHOO

Treatment for Type 2 Diabetes Updated

<http://health.yahoo.com/news/healthday/treatmentfortype2diabetesupdated.html>

Information about bicycle training

Provided by Ken Yokanovich – Active Living Ramsey County Bike Trendbender Committee

League of American Bicyclists offer a wealth of information:

<http://www.bikeleague.org/resources/better/>. Look under Cycling in Your Area on the right side

Provided by Jessica Treat – Smart Trips

The League of American Cyclists does a training to become a League Certified Instructor (LCI). The Bike Walk Twin Cities Ambassadors just sponsored two LCI trainings and trained over 20 instructors who will be leading trainings over the next year. Lynnea Atlas-Ingebretson at Lynnea.Ai@ci.minneapolis.mn.us.

Is the person to connect with to be notified of upcoming trainings.

Provided by Steve Clark – Transit for Livable Communities

We (a joint effort of TLC, Bike/Walk Ambassador Program and the League of American Bicyclists) just finished training 25 new cycling instructors.

These instructors will be providing Traffic Skills 101 (aka Road 1) and other classes to both novice and avid cyclists in the area. To find out more information about this program, please see

www.bikeleague.org and click on to their education page.

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WASHINGTON POST

All Together Now: 30 Minutes a Day, Five Days a Week

<http://www.washingtonpost.com/wp-dyn/content/article/2008/10/17/AR2008101702571.html>

Provided by Julianne Sieber – Ramsey County Public Health
Oberstar promoting biking and walking

http://minnesota.publicradio.org/display/web/2008/10/21/rails_to_trails/

Provided by Smart Trips

[Gary Toth: Reinventing Transportation Planning as Community Development](#)

Posted October 17th, 2008 by mlang

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- [Community design](#)
- [complete streets / road diets](#)
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Recently, we were very lucky to have Streetsblog's Editor-in-chief, Aaron Naparstek in the "Streetfilms Headquarters" to chat with Gary Toth the Senior Director of Transportation Initiatives with the Project for Public Spaces.

For thirty-four years, Mr. Toth worked for the New Jersey Department of Transportation (NJDOT), and become known for his collaboration and facilitation skills, and was one of the architects of the transformation of NJDOT to a stakeholder inclusive process helping the state become a national leader in Context Sensitive Solutions (CSS).

Mr. Toth has written, "A Citizen's Guide to Better Streets," which is designed to help the everyperson and advocacy community better understand the behind-the-scenes processes that occur when dealing with transportation departments and how to better prepare and speak their language. He shares some of his views and advice with Aaron in this very important interview.