



**Active Living is a way of life; doing physical activity in the daily routine.**

*To get active in our coalition please contact [Connie Bernardy](mailto:Connie.Bernardy@alrc.org).*  
Visit us at [www.activelivingramseycounty.org](http://www.activelivingramseycounty.org).

## **Built Environment Infrastructure and Policy**

### **In the news**

**Provided by Greg Mack, Ramsey County Parks and Recreation**

Empty-nesters who once went to parks with kids in tow are now heading for the trails, Three Rivers Park District figures show, and that will change how the park is managed.  
[As Three Rivers parks usage changes, so will its management](#)

## **Active Living Ramsey County! Information**

### **Cable Access Show**

#### **["Perils for Pedestrians"](#)**

Active Living Ramsey County is the local sponsor for ["Perils for Pedestrians"](#). It is a monthly television series promoting awareness of issues affecting the safety of people who walk and bicycle. It airs Saturday at 4:30 pm, with repeats at 12:30 am and 9:30 am Sunday on the [North Suburban Access Corporation \(NSAC\), CTV, Channel 21](#).  
[Online schedule](#).

The promo for Episode 155 is also ready to download.

[www.PEGMedia.org](http://www.PEGMedia.org). Episode 156 of "Perils for Pedestrians" is now ready to download from [www.PEGMedia.org](http://www.PEGMedia.org). The promo for Episode 156 is also ready to download.

<http://www.pegmedia.org/index.php?q=msvr/showall/13/detail>

Contents of Episode 156:

- We travel to Barcelona, where we learn about Project for Public Spaces.
- We meet the president of the International Federation of Pedestrians.
- We drop in on a Walk21 Pre-Conference workshop on measuring walking.
- We talk with manufacturers of automated pedestrian counters.

You can preview Episode 156 in lower resolution on blip.tv:

<http://blip.tv/file/2301400/>

## **Ramsey County Pilot Project**

### **Bikes Belong**

Ramsey County employees who work in the Government Center West and Ramsey County Courthouse now can sign out bicycles to ride during breaks, after work, or on weekends! Thanks to the Republican National Convention, Ramsey County has four bicycles that will be available for employees to use between 6 a.m. and 9 p.m., seven days a week during the 2009 biking season. Here's how it works: [Bikes Belong.](#)

## **Free Webinar in Ramsey County**

**Provided by Tony Hull, Transit for Livable Communities**

**Association of Pedestrian and Bicycle Professionals Professional Development Webinar Series**

Bike Walk Twin Cities invites you to:

Counting Bicyclists and Pedestrians

Wednesday, July 15, 2009

2:00 to 3:00 PM

Transit for Livable Communities - Selby Community Room

626 Selby Ave

St Paul 55104

(corner of Selby/Dale above the Mississippi Market)

*Please try to arrive 15 minutes early as webinar begins promptly at 2:00*

This is a FREE webinar being hosted by Bike Walk Twin Cities; space is limited so please RSVP to Jamez Smith ([jamezs@tlcminnesota.org](mailto:jamezs@tlcminnesota.org)) or 651-221-9831 ext112

## **Biking and Walking Infrastructure Enhancement in Ramsey County**

**From Transit for Livable Communities Website**

**Marshall Avenue; Mississippi River Blvd to Cretin Transit for Livable Communities Project**

Project Jurisdiction:

St. Paul

Grant Amount:

\$490,800

Date of Funding Approval:

June 2007

Contact the Project Manager  
Paul St. Martin  
651-266-6118  
[paul.st.martin@ci.stpaul.mn.us](mailto:paul.st.martin@ci.stpaul.mn.us)

This project will provide a sidewalk, an eastbound bike lane and "Share the Road" signs for westbound bicyclists on Marshall Avenue between Cretin Avenue and the Lake Street Bridge. Other amenities include countdown timers at the two signalized intersections with pedestrian walk signs, planted medians, bus shelter, bike racks, improved lighting and a dynamic speed display sign.

## **Funding Opportunity**

### **Provided by Holly Larson, Rivers, Trails and Conservation Assistance Program Midwest Region, National Park Service Call for 2009/10 Rivers & Trails Projects**

Reminder: Now Accepting Applications

August 1 is the deadline for the next round of assistance from our Rivers, Trails, and Conservation Assistance (RTCA) Program.

The National Park Service helps partners plan successful locally-led outdoor recreation and natural resource conservation projects.

Applicants are strongly encouraged to discuss project ideas with RTCA staff before submitting an application.

Visit [www.nps.gov/rtca](http://www.nps.gov/rtca) for more information.

Do you have an idea for a local conservation and outdoor recreation project, but need technical assistance to move that vision into reality?

The Rivers, Trails, and Conservation Assistance Program (RTCA) is currently accepting applications for assistance. RTCA staff provides technical assistance to community groups, nonprofit organizations, tribes or tribal governments, and other government agencies so they can develop trails and greenways, conserve rivers, and preserve open space. RTCA staff help with building partnerships to define and achieve community-defined goals, facilitate diverse interests, assess resources, develop concept plans and visions, and engage public participation for conservation and outdoor recreation projects. Successful applicants receive 1-2 years of RTCA staff assistance at no cost. No matching funds required. The application is a generally 3 pages or less, and a fillable form is available at the link above. If you have questions or need more information contact:

Holly Larson, Outdoor Recreation Planner Rivers, Trails and Conservation Assistance Program, Midwest Region, National Park Service

111 E. Kellogg Blvd.

St. Paul, MN 55101-1256

(651) 290-3003 phone

(651) 290-3815 fax

[holly\\_larson@nps.gov](mailto:holly_larson@nps.gov)

## Community Resources

### Provided by Metro Transit - Bikes2Benefits Newsletter

#### **Need a place to store your bicycle? Rent a bike locker!**

If you're looking for a place to securely store your bicycle, consider renting a bike locker – it's like a garage for your bicycle. Start your commute on a bicycle, store it in a bike locker, then hop on a bus or train to get to work or school. Bike lockers offer safe, weatherproof storage for your bicycle and equipment. Bike lockers are available for rent at many Park & Ride lots, light-rail stations and other convenient locations across the Twin Cities. For Metro Transit bike lockers, annual rental (April 1 through March 31) costs \$48 plus a refundable \$40 damage deposit. Find the bike locker nearest you. Just enter an address or landmark and we'll display the five closest locations. Get more details [here](#).

#### **Guaranteed Ride Home: A free perk for commuters**

With the Guaranteed Ride Home program, you won't have to worry about being stuck somewhere without a ride. This free program provides you a way home in an emergency – for instance, if you have a family issue or need to work unexpected hours. The program is open to commuters who bicycle and/or ride the bus or train, carpool, vanpool or walk at least three days a week to work or school. Once you register, you'll receive two coupons every six months. Use the coupons for cab fare reimbursement (up to \$25) or for emergency bus or train fare. Click [here](#) for more information or to register.

## Local Campaign

### Provided by Michelle Transit for Livable Communities

#### **Be Your Own Engine" Campaign**

Jump on board to promote safer, saner bicycling and walking! Summer is here, and more people than ever are outside on two feet or two wheels (maybe you are, too). Check out these opportunities to add to the momentum for better options to walk or bike for transportation or recreation.

#### **Promote biking and walking from your front lawn with the "[be your own engine](#)" campaign**

**Help!** Bike Walk Twin Cities is launching "be your own engine" this month, and we have hundreds of lawn signs and posters to move out of our office and into the community! Intrigue your neighbors with a lawn sign, move posters out to businesses and other public spaces, or volunteer to help spread the word! Go to [beyourownengine.org](#) to take a look at the creative slogans you'll start seeing around town. For instance ... **did you know that you never have to bail your shoes out of an impound lot?** Email [Art Allen](#) at TLC to request a lawn sign or help get the word out.

#### **Tell us why you walk or bike (or both)!**

Whether it's the weather, your budget, or your values, we'd love to hear about why you take to the town on two feet or two wheels. What's your favorite route or destination?

What do you say to your friends, co-workers, or neighbors about why you get out of your car? Do your children (or your parents) walk and bike? [Click here](#) to share your thoughts and ideas with us over here at Transit for Livable Communities and Bike Walk Twin Cities.

## **Conference Reminder - Time Sensitive**

**Provided by Mayor Sandy Martin – City of Shoreview & Active Living Ramsey County! Co-Chair  
do.walkdo.bike Build momentum in Minnesota.**

Join Blue Cross and Blue Shield of Minnesota to explore what communities across the nation and right here in Minnesota are doing to create environments that promote walking and bicycling. Share your expertise and learn from fellow community leaders about how they are working to increase physical activity across the state through policy, planning, projects, programs and partnerships.

Tuesday, September 1 and Wednesday, September 2, 2009

Radisson University Hotel Minneapolis, MN

Registration deadline: August 21

**Early bird registration** rate: \$45 until **July 10**(\$60 after)

Register at: [www.regonline.com/bluecrossmn](http://www.regonline.com/bluecrossmn)

Keynote speakers: **Gil Penalosa**, Executive Director, Walk & Bike for Life; **Andy Clarke**, President, League of American Bicyclists; and **Chris Balish**, author of How to Live Well without Owning a Car. Featuring 14 breakout sessions focusing on Minnesota-based initiatives.

For more detail and a full agenda, [click here](#) or copy and paste this link into your web browser: [http://www.preventionminnesota.com/active\\_living\\_topic.cfm?oid=6431](http://www.preventionminnesota.com/active_living_topic.cfm?oid=6431).

## **Reports**

**Provided by Barb Thoman, Transit for Livable Communities  
Reports on Stimulus Spending Released this Week**

To coincide with the 120-day deadline for states to obligate at least 50% of their flexible federal transportation stimulus funding, a coalition of Minnesota organizations has released the report Minnesota and the Stimulus ([www.tlcminnesota.org/pdf/MN%20120%20day%20report%20June%2030.pdf](http://www.tlcminnesota.org/pdf/MN%20120%20day%20report%20June%2030.pdf)). The report examines how Minnesota allocated the \$600 million it will receive from the American Reinvestment and Recovery Act (ARRA). Minnesota and the Stimulus was released in conjunction with a national report The States and the Stimulus by Smart Growth America.

## **Congestion Report Highlights Urgent Need for Reform**

## **New Urban Mobility Report finds congestion costs up to \$87.2 billion, more than \$750 per person in 2007**

WASHINGTON, D.C. — James Corless, Director of Transportation for America, released the following statement in response to the Texas Transportation Institute's 2008 Urban Mobility Report which shows American travelers have lost over three weeks of gas per person due to congestion:

"The best way to reduce congestion and help Americans save money, time and fuel is to get smarter about managing traffic and offer increased options such as public transportation, telecommuting and incentives for carpooling, bicycling and walking. There is ample evidence that shows that reducing peak hour traffic by just a small percentage will dramatically reduce congestion and all of the costs associated with traffic. A recent report showed that just a 3.7% reduction in vehicle miles traveled in 2008 resulted in a 30% drop in congestion in the top 100 metro areas across the country. That is an average of 13 fewer hours stuck in traffic per commuter."

## **Television Series**

### **Provided by the National Recreation and Parks Association Balancing Public Space with Public Health**

Balancing Public Space with Public Health, a new public television documentary series and public health outreach initiative, will explore how communities across the country are re-thinking and redesigning their built environments. More and more American communities are looking at the direct correlation of green public spaces and improved public health. The PBS series will be supported by a nationwide community-based outreach and publicity/promotion campaign, interactive web site, educational curricula for elementary school through college, a companion book, video resource library, and more. For more information, [CLICK HERE](#)

## **Resources**

### **Provided by American Association of State Highway & Transportation Officials Planning, Design, and Operation of Pedestrian Facilities Guide**

Opinion Survey Seeks Your Views on Improving Pedestrian Access With walking becoming increasingly fashionable (and so healthy!), designers and planners are looking for suggestions on how to improve pedestrian facilities along streets and highways. A new opinion survey offers you the opportunity to weigh in on any new topics or changes to the next edition of the AASHTO Guide for the Planning, Design, and Operation of Pedestrian Facilities. To check out the current Guide, go to <https://bookstore.transportation.org/>. A link to the survey can be found at <http://tinyurl.com/AASHTO-Ped-Guide>. For more information on the project, contact Jennifer Toole at [jtoole@tooledesign.com](mailto:jtoole@tooledesign.com).

## **Research**

**Provided by Vayong, Blue Cross/Blue Shield of MN**

## **Applying health impact assessment to land transport planning**

This research project draws on learning from New Zealand and other countries to produce recommendations on the best application of health impact assessment (HIA) in land transport planning in New Zealand.

<http://www.landtransport.govt.nz/research/reports/375.pdf>

## **Best Practices**

### **Provided by Vayong, Blue Cross/Blue Shield of MN**

#### **Pathways to a Healthy Decatur**

A Rapid Health Impact Assessment of the City of Decatur Community Transportation Plan

[http://www.decaturga.com/cgs\\_citysvcs\\_dev\\_transportationplan.aspx](http://www.decaturga.com/cgs_citysvcs_dev_transportationplan.aspx)

## **Conferences**

### **Active Living Research Annual Conference**

The seventh Active Living Research Annual Conference will be held February 9-11, 2010 at [The US Grant Hotel](#) in downtown San Diego, CA. The theme for the 2010 conference is *Engaging Communities to Create Active Living Environments*. A secondary theme of the conference is *Accelerating Progress in Reversing Childhood Obesity*.

Daily conference agenda.

[Tuesday, February 9, 2010](#)

[Wednesday, February 10, 2010](#)

[Thursday, February 11, 2010](#)

#### **CALL FOR ABSTRACTS**

The call for abstracts for both oral and poster presentations at the 2010 conference is open. Abstracts deadline is July 29, 2009. Visit the [2010 Call for Abstracts](#) web page for more information

#### **CALL FOR NOMINATIONS**

The third annual *Translating Research to Policy Award* recognizes innovative teams or individuals representing research, policy and/or advocacy who have had success in catalyzing policy or environmental change of relevance to youth physical activity, sedentary behavior and obesity prevention. The deadline for nominations is August 26, 2009. For more information on the nomination process, please visit the [2010 Call for Nominations](#) web page.

## **Health Implications of Physical Inactivity**

STAR TRIBUNE

Minnesota has lowest rate of overweight kids

<http://www.startribune.com/lifestyle/health/49600902.html>

### **Obesity Rates on the Rise**

An annual state-by-state report on obesity rates shows more Americans -- especially kids -- are overweight.

## **Active Living Ramsey County! Opportunities and Sign Up Links**

[Active Living Ramsey County! Coalition](#) is working to bring about and sustain changes in design, transportation, & public/private policies. Its mission is to create and promote environments that make it accessible, safe, and convenient for people to integrate physical activity into their daily lives. The coalition focuses on policy, systems, and environmental changes. Coalition partners [include](#) community leaders, practioners, and advocates who meet quarterly the second Monday of the month, from 2:30-4:30 pm. Partners receive the Active Living Ramsey County! Digest! [the next meetings are:](#)

- Sept. 14, 2008 – 2:30 – 4:30 p.m. at Ramsey County Public Works
- Dec. 14, 2009 – 2:30 – 4:30 p.m. at Ramsey County Public Works

[Active Living Ramsey County! Biking and Walking Trend Bender Team](#) works to create a transportation system that accommodates pedestrians, bicyclists, and transit users in all transportation and development projects and is safe and convenient for all users. Community leaders, practioners, and advocates also identify needs and work to increase connectivity of pedestrian and bicycle systems. They meet bi-monthly on a Thursday from 6-8 pm. This summer team members and other interested persons will be working on the Biking and Walking Connectivity Project.

**Active Living Ramsey County! Co-Chairs:**  
**Commissioner Jan Parker - Ramsey County**  
**Mayor Sandy Martin – City of Shoreview**