

## It's Time to Sign Up for Bike, Walk, and Wheel Week

PedNet Newsletter  
Supported by Socket Internet

April 4, 2008

Dear PedNet Coalition member,

In this month's newsletter:

- Sign Up for Bike, Walk, and Wheel Week (May 3-10)
- School Board and Council Candidates' Positions on PedNet Issues
- Spring Fever: Bike Safety Classes, Trail Rides, and the Mizzou Bike Fest
- CIGs Race and Health Fair: An Invitation to Smokers, Ex-Smokers, and Non-Smokers (April 5)
- "Neighbors on the Go:" Coming to a Neighborhood Near You
- Participation in the Walking School Bus Program Surges
- Bicycle Advocacy: PedNet Staff Engage Legislators
- Non-Motorized Transportation Pilot Program Interim Report
- The ArtCycle Competition and Parade at Art in the Park (June 7-8)
- Five Great Reasons to Commute by Bike
- News from Around the World:
  - Cambridge, MA: Best Walking City in the U.S.
  - All Over the Country: It's the Pedal-Powered Busycle
  - London, UK: Congestion Charging Increases Life Expectancy
- Calendar

### SIGN UP FOR BIKE, WALK, AND WHEEL WEEK (MAY 3-10)

The Seventh Annual Mayor's Challenge: Bike, Walk, and Wheel Week is just a month away. Participation has increased 30-50% every single year and reached 3,450 in 2007. If you participated last year, go to [www.pednet.org](http://www.pednet.org) and sign up for this year's event; if you didn't, now's the time to make the decision that could change your lifestyle. Hot off the press is the news that Richard and Patty King of the Blue Note are this year's Honorary Chairs. Follow Richard and Patty's lead and get involved this year - information and registration at [www.pednet.org](http://www.pednet.org).

### SCHOOL BOARD AND COUNCIL CANDIDATES' POSITIONS

Next Tuesday, April 8 is Election Day. Four candidates are running for the First Ward seat on Columbia City Council, and six candidates are running for three vacancies on the School Board. Do these candidates support PedNet's mission? Do they favor walkable schools and bike-friendly street designs? Are they going to help grow a sustainable transportation system in Columbia? ... Find out at [www.pednet.org](http://www.pednet.org).

### SPRING FEVER: BIKE SAFETY CLASSES, TRAIL RIDES, AND THE MIZZOU BIKE FEST

April is a great month to start getting active. With PedNet's spring program, there's something for everyone: BikePro bike safety/proficiency classes for the kids, Confident City Cycling for adults, the MKT Secret Access Trails Bicycle Ride (April 19) will suit all the family, and if you're a student be sure to check out Sustain Mizzou's Second Annual Mizzou Bike Fest (April 16). All the details are at [www.pednet.org](http://www.pednet.org) or contact Robert Johnson (442-7189x28) for more information.

### CIGS RACE AND HEALTH FAIR: AN INVITATION TO SMOKERS, EX-SMOKERS, AND NON-SMOKERS (APRIL 5)

Do you smoke, but think you could still outrun your fellow smokers? Are you an ex-smoker, who would like to see how you compare with other retired smokers, or are you a non-smoker who would like to display your unfiltered lungpower for all to see? Well, we have a race for you - you can choose the 4-mile run or the 1.4-mile walk. And everyone attends the health fair. Presented

by Show-Me State Games and organized by ex-smoker Jim Linville who now runs double-marathons, this is not event to miss - Saturday, April 5, 8:00 am - 12:00 noon at Lemone Industrial Boulevard. More info at [https://www.smsg.org/sports/sports\\_info.asp?Area=CG](https://www.smsg.org/sports/sports_info.asp?Area=CG).

#### "NEIGHBORS ON THE GO:" COMING TO A NEIGHBORHOOD NEAR YOU

Targeted neighborhood programs are the most effective educational tools to help people reduce their automobile dependence and take up active transportation. Marketed as SmartTrips, TravelSmart, and Personal Travel Planning, these intensive programs target a single neighborhood with events, classes, informational brochures, and free gifts. As part of GetAbout Columbia, PedNet and Vangel Marketing Communications present Neighbors on the Go - coming to a neighborhood near you sometime in the next few years. More information at <http://www.getaboutcolumbia.com/neighbors>.

#### PARTICIPATION IN WALKING SCHOOL BUS PROGRAM SURGES

Participation in PedNet's Walking School Bus program has increased by 50% this spring, jumping from 160 kids last fall to close to 250! At West Boulevard Elementary, almost every student living within one mile of school is now walking to school every day as part of the program. If your child attends Blue Ridge, Fairview, Grant, Lee, Ridgeway, Russell Blvd., or West Blvd. Elementary School, contact Margy Tonnies at 442-7189x30 to find out more. Even if you live far from school, we may be able to set up a staging post so your child can still walk to school. All leaders are trained in pedestrian safety and undergo criminal background checks. Registration brochures are available at [www.pednet.org](http://www.pednet.org).

#### BICYCLE ADVOCACY: PEDNET STAFF ENGAGE LEGISLATORS

In February, PedNet Education Coordinator Robert Johnson traveled to Washington, DC by train (taking a folding bicycle) to attend the National Bike Summit. While there, he met with Senators Claire McCaskill and Kit Bond, and Congressman Kenny Hulshof (a former Honorary Chair of Bike, Walk, and Wheel Week) to promote bicycle-friendly legislation. The same month, Robert and PedNet Director Ian Thomas cycled to Jefferson City on February 26 for the Missouri Bicycle Federation's (MBF) Bike Advocacy Day. MBF members visited the offices of every member of the General Assembly. Pictures at [www.pednet.org](http://www.pednet.org) and <http://www.flickr.com/photos/tags/mobicycleday08/>.

#### NON-MOTORIZED TRANSPORTATION PILOT PROGRAM INTERIM REPORT

It is two and a half years since the federal Non-Motorized Transportation Pilot Program, known here as GetAbout Columbia, was authorized. The Federal Highway Administration has just published its Interim Report to Congress, summarizing progress at the four model sites: Minneapolis, Marin County, Sheboygan County, and Columbia. Check out what they have to say about us (and see a photo from PedNet's BikePro class at Fairview School on the front cover) at <http://www.fhwa.dot.gov/environment/bikeped/ntpp/ir1807safetealu.pdf>.

#### THE ARTCYCLE COMPETITION AND PARADE AT ART IN THE PARK (JUNE 7-8)

The Golden Jubilee Art in the Park festival will take place June 7 and 8 in Stephen's Lake Park, and will include the first ArtCycle competition. ArtCycle is a public art project that will allow artists and the general public to transform bicycles into functional pieces of art. Ten local artists have been commissioned to personalize a cycle that has been donated to them. Art in the Park will kick off with the ArtCycle Parade on the morning of Saturday, June 7, 2008, from downtown to Stephen's Lake Park. More info. at <http://artinthepark.missouri.org>.

#### FIVE GREAT REASONS TO COMMUTE BY BIKE

You'll be healthy, wealthy, and wise, and a whole lot more! Check it out at [www.pednet.org](http://www.pednet.org).

#### NEWS FROM AROUND THE WORLD

- Cambridge, MA: Best Walking City in the U.S. - The top five best walking cities, according to Prevention magazine are in Massachusetts, New York, Michigan, Illinois, and no state. Can you guess the cities? Missouri's highest ranking city is

Kansas City at #71 and Columbia is #7 in Missouri. The entire list is at [www.prevention.com/bestcities](http://www.prevention.com/bestcities).

- All Over the Country: It's the Pedal-Powered Busycle - What do you call a 20-foot-long, human-powered, 15-passenger (actually, that should be 15-driver), converted 1989 Dodge cargo van? Well, it's the Busycle, of course: [www.busycle.com](http://www.busycle.com).
- London, UK: Congestion Charging Increases Life Expectancy - The Central London Congestion Charging Scheme (CCS), under which Londoners pay \$16 per day to drive their cars into the central city, with the revenues supporting non-motorized improvements and mass transit, has led to improved health and an increased life expectancy, according to a study by King's College, London and the London School of Hygiene. Details at <http://www.news-medical.net/?id=35782>

#### CALENDAR

- Saturday, April 5, 8:00 am - 12:00 noon at Lemone Industrial Boulevard: The Cigs Race and Health Fair
- Saturdays, April 5-26, 9:00 - 11:00 am at Stephens Lake Activity Center: BikePro for youth
- Saturdays, April 5-26, 12:00 - 2:00 pm at Stephens Lake Activity Center: BikePro for youth
- Mondays, April 7-21, 5:30 - 8:30 pm at Stephens Lake Activity Center: Confident City Cycling
- Tuesdays, April 8-22, 5:30 - 8:30 pm at Stephens Lake Activity Center: Confident City Cycling
- Wednesday, April 16, 10:00 - 3:00 pm at Lowry Mall, MU campus: Second Annual Mizzou Bike Fest
- Saturday, April 19, 9:45 am at Twin Lakes Shelter, 2500 Chapel Hill Road: MKT Secret Access Trails Bicycle Ride
- Saturday, May 3 - Saturday, May 10: Seventh Annual Mayor's Challenge: Bike, Walk, and Wheel Week
- Saturday-Sunday, June 7-8 at Stephen's Lake Park: ArtCycle Competition and Parade at Art in the Park

The PedNet Coalition Inc.  
pednet@pednet.org  
Columbia, Missouri

IMPORTANT: If you do not wish to receive this newsletter in the future, please click "Reply" and tell us to unsubscribe you.