

Sign up for Walking School Bus

PedNet Newsletter
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August 22, 2008

Dear PedNet Coalition member,

In this month's newsletter:

- * Sign up for Walking School Bus
- * Call for Walking School Bus Leaders
- * Fall Bicycle Education Classes
- * "Way to Go to Work" helps Active Commuters get started
- * Take the NO-Car Diet Challenge
- * Redesigned PedNet website coming soon
- * PedNet RouteFinder set to make debut in September
- * Put your bike in the "Tiger Cage" at MU games
- * Council approves GetAbout Columbia projects
- * Interested Parties Meeting set for August 28
- * MS150 returns to Columbia
- * Tour of Missouri rolls through the state
- * Sustainable Living Fair to take place on September 13
- * Run the Columbia Half-Marathon on October 5
- * California Residents "walkabout" for Safer Streets
- * Study Shows Walkable Neighborhoods Reduce Obesity
- * Bike Lift Helps Cyclists in Hilly Norway
- * Website Review: Gas FreeCommute.com
- * Calendar

WALKING SCHOOL BUS SET TO KICK OFF THE 2008-2009 SCHOOL YEAR

Fresh air, a brisk walk, laughing and chatting with friends; what a great way to start the school day! Sign your child up for the free, adult supervised Walking School Bus taking place at ten Columbia elementary schools this fall. Visit www.pednet.org for more information and to register for this fun program.

WALKING SCHOOL BUS VOLUNTEER LEADERS NEEDED

You can help keep Columbia kids active and healthy by signing up to be a Walking School Bus Leader. Volunteer one to three days a week from 8 to 9 am September 15 to November 25. Free training is provided. Visit www.pednet.org for more information and to confirm a spot at the September 7th, 8th, or 9th Leadership training.

FALL BIKE EDUCATION CLASSES FILLING UP

The popular Confident City Cycling (ages 14 to Adult), Bike Pro (ages 10 to 14) and Commuting (ages 14 to Adult) bike classes are being offered in September. All classes are taught by League of American Bicyclists certified instructors and will give you the skills and knowledge to ride Columbia in style. Visit www.pednet.org for more information. For some great testimonials about the classes, visit <http://tinyurl.com/5szulg>.

WAY TO GO TO WORK HELPS ACTIVE COMMUTERS GET STARTED

Have you always wanted to try active commuting but just didn't know where to start or how to get there? Try the new Way To Go To Work (WTGTW) program starting in September. Featuring guided rides and walks, brown bag lunch seminars, and some great prizes, Way To Go To Work will help you reach your goals and make active commuting a way of life for you. Visit www.pednet.org for more information.

TAKE THE NO-CAR DIET CHALLENGE

Can you go the entire month of September without driving or riding in a car? See if you can make active transportation your ONLY transportation for the NO-Car Diet Challenge. Visit www.pednet.org for information and to download a registration form.

PEDNET WEBSITE ... RE-DESIGNED

We know it's familiar, we know it is oh-so-retro, but the time has come for a new PedNet look on the web. Featuring new articles, great links, the interactive PedNet RouteFinder, an advocacy section, and much, much more, the updated PedNet website will make you want to bike, walk, or wheel in a whole new way. Watch for the launch date coming soon!

PEDNET'S NEW INTERACTIVE MAPPING TOOL

The launch of the new website will also herald the beginning of a new, interactive feature for active travelers in Columbia. The PedNet RouteFinder will help you figure out the best and safest way to go from point A to point B when walking, biking, or wheeling. Information such as distance, estimated time of travel and even calories burned give you great information for riding around town. Look for it on the new PedNet website.

PUT YOUR BIKE IN THE "TIGER CAGE" AT FOOTBALL GAMES

PedNet and Sustain Mizzou need volunteers for "Tiger Cage" - a new program designed to encourage Mizzou students and the Columbia community to bike to MU home football games. Email pednet@pednet.org to volunteer. When attending games, look for the "Tiger Cage" secure bike parking on the southeast corner at the intersection of Stadium Blvd. and Mick Deaver Dr. All you need is a bike lock to take advantage of this free service provided by Pednet, Sustain Mizzou, the Mizzou Wellness Resource Center, and Mizzou Athletics.

SPECIAL COUNCIL MEETING FOR GETABOUT PROJECTS BRINGS DISAPPOINTMENT

A special Columbia city council meeting was held July 22 to discuss projects for funding as part of Getabout Columbia. With \$13 million remaining from the original \$22 million grant, numerous projects and programs were at stake. PedNet Board and Coalition members gathered forces to advocate for two important trail connectors - the East Side Trail Connector (Rock Hill Park to Stadium trail, with the Bluffdale link) and the Library Trail Connector (South Garth - MKT trail). These two projects had the greatest potential to maximize active transportation options at minimal cost. Unfortunately, they were cut from the list by Council members, with Mayor Darwin Hindman being the only vocal supporter of these projects. For the full list of projects approved by the Columbia City Council, visit <http://www.getaboutcolumbia.com> or <http://archive.columbiatribune.com/2008/jul/20080723news009.asp>.

INTERESTED PARTIES MEETING PLANNED FOR AUGUST 28TH

The public is invited to attend a meeting to discuss the plan to construct two shared-use (biking and pedestrian) paths: from Green Meadows to Rock Bridge Elementary ("Bikeway South") and one from Greenbriar to Hinkson Creek Trail and M.U. Also on the agenda are the bridge repair plans for the Rte K Bridge over Hinkson Creek. The meeting will be held on Thursday, August 28, 2008 between 6:30 p.m. and 8 p.m. in the Gentry Middle School cafetorium, 4200 Bethel St. Information, maps and diagrams concerning these projects will be available for public review. For more information contact Mary Hooley at 573.442.7189x27.

THE MS150 RETURNS TO COLUMBIA SEPTEMBER 6TH AND 7TH

The Bike MS: Express Scripts Gateway Getaway Ride is happening in Columbia on September 6-7, 2008. It is a bike ride to raise money to help fund research to find a cure for MS and support those afflicted with this devastating disease. There are options for 40, 75, and 100 mile rides with fantastic support and rest stops every 8-12 miles and great food and beer garden at the end of the ride each day. Register at www.gatewayMSbikeride.org and join the movement! For more info., contact Anne Heine at Heine@missouri.edu or 573-446-6173.

TOUR OF MISSOURI ROLLS THROUGH THE STATE SEPTEMBER 8TH TO 14TH

The Tour of Missouri is a seven day professional cycling event featuring elite international men's teams with stages across Missouri. Additionally, the Tour of Missouri will host an invitational pro-women's race taking place on Monday, September 8th in Kansas City, Missouri. Find out how you can catch some of the action by visiting www.tourofmissouri.com.

SUSTAINABLE LIVING FAIR SET FOR SEPTEMBER 13TH

The Center for Sustainable Living will be holding its annual Sustainable Living Fair on Saturday, September 13th from 10am to 6pm. The event will take place at the Columbia College Student Commons 1001 Rogers Street in Columbia. The event features workshops, booths and a keynote speaker. PedNet's Ian Thomas will be making a presentation titled "Make the Shift: A Practical Guide to Commuting by Bike." For more information visit, <http://www.sflcolumbia.org>.

RUN THE COLUMBIA HALF-MARATHON ON OCTOBER 5

Mark your calendars for the Columbia Half-Marathon Challenge on October 5, 2008. Presented by Wilson's and the Columbia Track, this event is a fundraising opportunity for Central Missouri Community Action (CMCA), a local agency that is focused upon improving economic outcomes for Columbians in poverty. For more information, please visit the event website at www.columbiahalfmarathonchallenge.com.

CALIFORNIA RESIDENTS "WALKABOUT" FOR SAFER STREETS

Pasadena, California residents turned out for a "walkabout" to bring to light the problems pedestrians face. Citing narrow sidewalks, fast traffic, and a lack of streetlights, residents want to make walking an enjoyable activity in their city. To read the entire article, visit <http://www.latimes.com/news/local/la-me-pasadena10-2008aug10,0,7960863.story>.

WALKABLE NEIGHBORHOODS REDUCE OBESITY

A new study published in the American Journal of Preventative Medicine found that people who live in older, more walkable neighborhoods weigh on average 6 to 10 pounds less than those who lived in modern, sprawling areas. To read the entire article visit <http://www.msnbc.msn.com/id/25890997>.

A BIKE LIFT HELPS CYCLISTS IN HILLY NORWAY

So, you think we have hill problems in Columbia? You should see Trondheim, Norway! They have solved their hilly biking problems with TRAMPE, a bike lift system built into their city streets. Can PedNet write a grant for one of these for East Broadway? To read the entire article and see some great photos visit <http://www.trampe.no/english/>.

WEBSITE ENCOURAGES LOW FUEL CONSUMPTION

GasFreeCommute.com is a "community" site that encourages its members to forgo the pump and use active transportation to get around town. The site offers news, tips, and testimonials about reducing gas consumption. The site encourages you to join and then track your daily active commute online. Visit www.GasFreeCommute.com

CALENDAR

- * Thursday, August 28: Shared Use Paths meeting 6:30 pm Gentry Middle School
- * Monday, September 1: NO Car Diet Challenge Begins
- * Fridays, September 5 and 12: WTGTW Bike-to-Work Fridays
- * Saturdays, September 6,13,20,27: Bike Pro (ages 10 to 14) 9 to 11am or 3 to 5pm
- * Saturday and Sunday, September 6 and 7: MS150 Bike Ride
- * Sun, Mon, Tues September 7,8,9: Walking School Bus Leader training
- * Mondays, September 8, 15, 22: Confident City Cycling (ages 14 to Adult) 5:30 to 8:30pm
- * Daily, September 8 to 14: Tour of Missouri Bicycle Race
- * Tuesday, September 9: Commuting bike class 5:30 to 8:30pm (ages 14 to Adult)
- * Saturday, September 13: Sustainable Living Fair 10am to 6pm Columbia College Student Commons

- * Monday, September 15: Walking School Bus kickoff day
- * Tuesday, September 16: Commuting bike class 5:30 to 8:30pm (ages 14 to Adult)
- * Fridays, September 19 and 26: WTGTW Walk-to-Work Fridays
- * Tuesday, September 23: Commuting bike class 5:30 to 8:30pm (ages 14 to Adult)
- * Sunday, October 5: Columbia Half-Marathon

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