

**BMTS Article Digest
December 2015 – January 2016**

BMTS Pedestrian & Bicycle Advisory Committee Members:

The following is a compilation of articles that may be of interest to BMTS Pedestrian & Bicycle Advisory Committee members. This and past digests can also be accessed in the Pedestrian & Bicycle Advisory Committee page of www.bmtsonline.com.

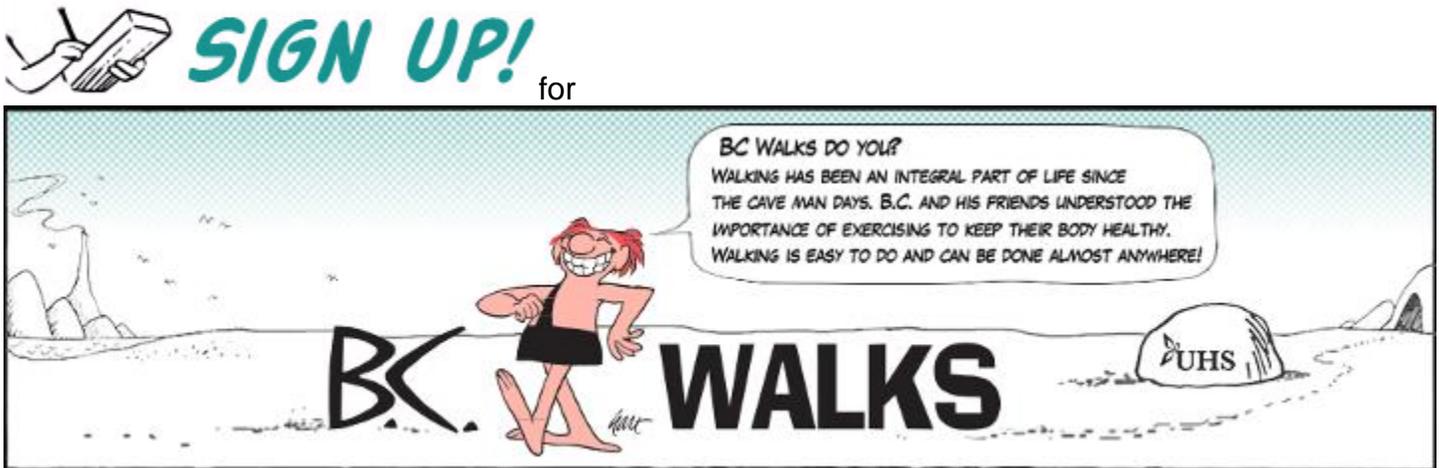
Scott



Take a look at the National Center for Bicycling & Walking's newsletter, **CenterLines**. You can also arrange to have it emailed directly to you.

See <http://www.bikewalk.org/newsletter.php>.

CenterLines is the bi-weekly electronic news bulletin of the National Center for Bicycling & Walking. **CenterLines** is our way of quickly delivering news and information you can use to create more walkable and bicycle-friendly communities.



Go to www.BCWalks.com!

Check out this website for Bike & Pedestrian Information!



www.coexistnys.org

In particular, view the interactive educational video clips.

Safe streets provisions in FAST Act represent a huge step forward in the effort to strengthen local communities

Posted on December 4, 2015 by [Smart Growth America](#)

Late last night, Congress passed [a five-year, \\$305 billion transportation bill](#)—the Fixing America’s Surface Transportation (FAST) Act. Notably, the bill requires all design for National Highway System roadways to take into account access for all modes of transportation. It also makes NACTO’s Urban Design Guide one of the standards for when the U.S. Department of Transportation designs roads, and it permits local governments to use their own adopted design guides if they are the lead project sponsor, even if it differs from state guidelines.

Emiko Atherton, Director of the National Complete Streets Coalition, issued the following statement in response:

“The FAST Act is the first federal transportation bill to ever include Complete Streets language, and that is a huge accomplishment.

Advocates working to give people better transportation options, improve public health, support retired Americans, advance economic development, reinvest in underserved communities, and keep people safe while biking and walking—as well as committed professionals in engineering, planning, and the private sectors—have spent over a decade working toward this goal.

Specifically, Senators Schatz, Heller, Franken, and Udall, as well as Representatives Titus, Curbelo, Joyce, and Matsui have been champions for this issue, and the Coalition commends them for taking a stand to keep people safe while walking, biking, taking transit, driving, and using assistive devices on America’s roads. On behalf of everyone working to end the epidemic of pedestrian deaths in this country, I thank these members of Congress and everyone who worked to include these provisions in the bill. We are grateful for your leadership.

The bill could have gone farther, of course. We hoped the bill would reflect language adopted by the Senate this summer, which required states and MPOs to use Complete Streets standards. As passed, the bill only encourages states to do so.

We also hoped the bill would include new performance measures on accessibility, and increased accountability or transparency for how public agencies select transportation projects. We were also disappointed to see the small but popular Transportation Alternatives Program—which helps states and communities build safe routes for biking or walking—have its funding capped. And we had also hoped to see greater control over transportation funding granted to local communities.

Overall, however, the new provisions in the FAST Act represents a great step forward in the effort to make streets across the country safer for everyone who uses them. We still have more to do, and I look forward to working with my fellow advocates and the committed members of Congress on this important work.

Press and Sun-Bulletin - 0/18/2016

Program encourages kids to keep moving

100 Mile Club is thriving in its third year at Vestal Hills

MATT WEINSTEIN

The buzz from the children’s excitement can be felt throughout the brightly-lit hallways of Vestal Hills Elementary School as teachers lead their students to the cafeteria in single file.

Golden yellow cafeteria walls combined with about 300 lively students provide a nice contrast to the cloudy, cold and rainy weather in late October seen through the large windows. The contained commotion is for many of the students’ favorite day: the monthly assembly.

After the usual announcements by several faculty, physical education teacher Crystal Harvey grabs the microphone, triggering a soft chatter from the students. Harvey quiets the enthusiastic crowd and begins her monthly update on the 100 Mile Club.

"We have a record amount of awards to hand out," Harvey says, which gets loud cheers from the students and teachers.



Vestal Hills Elementary fifth-graders Paige Riesbeck, 10, left, and Ameet Ashok, 10, run on the school's outdoor track during PE class. Riesbeck is wearing this year's 100 Mile Club T-shirt.

PHOTOS BY ANDREW THAYER / STAFF PHOTO



100 Mile Club coordinator Crystal Harvey speaks at Vestal Hills Elementary School.

Club

The 100 Mile Club, an optional program encouraging students to accumulate 100 miles on the ground over the school year during recess or free time, is thriving in its third year at Vestal Hills. Just how excited are the kids? About two-thirds of them are wearing their 100 Mile Club shirts from years prior - blue the first year and orange the past school year.

A shirt is earned when a student reaches 25 miles (walking, running, jumping, skipping, and wheeling are all acceptable). This year's color is bright yellow and Harvey is about to hand out the most ever for this early in the school year. She calls on several students to guess how many shirts are being awarded.

"Fifteen?" a young girl guesses.

"Great guess, but there's more," Harvey says excitedly, causing the students to gasp in anticipation.

Two more students guess and the drama escalates each time Harvey says "higher."

"We're giving away 40 shirts!" Harvey exclaims.

A collective "Wow!" fills the room followed by loud clapping. Quite the response for a school-sanctioned program promoting exercise and healthy living.

Inspired by the medal ceremonies in the 1992 Olympics, special education teacher Kara Lubin created the 100 Mile Club at the start of the 1992 school year for her classroom in the Corona-Norco Unified School District in Riverside County, Calif. The program flourished for 15 years at Lubin's school before it became a non-profit organization in 2007 and made available to schools nationwide.

Harvey, who is a native of Afton and in her 13th year with the Vestal School District, was looking for something extra to promote physical activity and applied for a \$1,000 grant in the spring of 2013 through the Active School Acceleration Project, an initiative launched the previous year with help from First Lady Michelle Obama.

"I enjoy getting grants," Harvey says.

Harvey's application was successful and she readied to roll out the program to begin the 2013-14 school year.

The money covered the awards packages students receive when they complete certain milestones. The first award is the t-shirt at 25 miles. The front of the shirt features the program logo and the back of the shirt has a checklist listing each milestone in the program. When a student reaches a milestone, they use a marker to check the box on the shirt.

Students receive a pencil at 50 miles, a bracelet at 75 miles and a medal at 100 miles.

"I was really nervous when it started because I was not really sure how it was going to go over," Harvey says. "I have to credit the willingness of the students to try something new. They embraced it."

Teachers also receive a t-shirt but pay for it themselves. The grant only covered one year, but the Parent Teacher Association stepped in to pick up the tab on the past two years of the program.

"They saw something valuable that was working and helped us keep it," Harvey says. "It worked out very well."

All students in grades one through five are able to participate in the program at Vestal Hills and all miles must be done during the school day, at a school-sponsored event or at a local road race (with proof of participation).

Harvey helped design a one-third mile paved loop called the Bear Trail for students to use. Each student carries a punch card with the numbers 1 through 15 written along the borders. When a student completes a lap on the Bear Trail, they bring their card to a teacher or parent volunteer to punch a hole in the card. The completed cards, which signifies 5 miles, are then put in a gold mailbox outside Harvey's office for her to collect.

Most of the miles are completed during the 30-minute lunch recess, although Harvey also runs an exercise club every morning at 8 a.m. where students can also complete laps (the school day starts at 8:40 a.m.).

"We have a lot of students that do it every day, a mile a day," says Harvey. "Some run or walk for 30 minutes. It's something to do, you get some extra exercise and can walk and talk with friends.

"Some kids choose not to do it and that's fine. We don't push it."

Two students who do not need any pushing are fifth-graders Liam Foran and Paige Riesbeck.

Liam, 11, has already achieved "legend" status when it comes to the 100 Mile Club. He completed a whopping 181 miles as a third-grader in the first year of the program and then followed it up by racking up 301 miles as a fourth-grader, both of which were school highs. He was leading Vestal Hills students again with 65 miles at the time of the assembly.

"All recess, every recess," says Liam, whose personal best for one day on the Bear Trail is 3 miles. "I just run for fun."

Paige, 11, did not make the 100-mile mark the past two years but is determined to reach that mark as a fifth-grader. She received her 25-mile shirt at the assembly in late October.

"I'm hanging out with my friends and doing the 100 mile club so it's fun," Paige says.

Paige says she likes to spend some days running the Bear Trail and others walking it with her friends.

Paige and Liam come from athletic families and both participate in youth sports. Paige plays soccer and does gymnastics, and Liam plays soccer, basketball and golf.

"The 100 Mile Club mostly helps me in soccer because there's a lot of running," Liam says.

Both students are interested in track and field when they get to middle school.

Although Liam's mileage is easily the best among students over the past three years, he has nothing on Harvey. The program coordinator logged 500 miles in the first year, 827 in her second year and is already around the 200-mile mark this year.

As children are individually called to receive their shirts at the morning assembly, the other students show their support by cheering and clapping.

More gasps from the students after Harvey announces four students have already reached the 50-mile plateau. Again when she hands out t-shirts to two teachers who eclipsed the 100-mile mark.

The assembly ends with a group photo of the award winners, which turns out to be the biggest group photo they ever had with about 50 students and teachers trying to squeeze in.



Instead of saying "cheese," Harvey told them to yell "100 Mile Club" before taking the picture.

"The program definitely gets the kids excited, and if we can get them excited about fitness then we are doing well," Harvey says.

We will periodically visit the 100 Mile Club during the school year, as students and teachers work toward their personal goals. On Twitter: SteinTime44

Participants of the 100 Mile Club are given T-shirts and are encouraged to mark their progress by checking off boxes on the shirts.

ANDREW THAYER / STAFF PHOTO

Garmin unveils Varia Vision, touts tech to boost cyclist safety

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FoxNews.com



Garmin Varia Vision
(Photo: Business Wire)

GPS specialist Garmin has launched an in-sight display designed to boost cyclists' road awareness by placing information in their line of sight. A similar concept to Google Glass, Garmin's Varia Vision attaches to cyclists' sunglasses and works with the company's Varia rearview radar system to warn cyclists of traffic approaching from behind. The wearable technology also displays data such as turn-by-turn directions when connected to a Garmin Edge device. Smart notifications on incoming calls and texts can be delivered when Varia Vision is paired with a compatible smartphone.

The technology will be showcased at the Consumer

Electronics Show in Las Vegas, which kicks off on Wednesday.

"We're extremely excited to announce the next device in our line of innovative Varia cycling awareness products – the Varia Vision in-sight display," said Dan Bartel, Garmin vice president of worldwide sales, in a press release. "Cyclists can now easily view their data and receive alerts during a ride without needing to take their eyes off the road ahead."

Varia Vision has eight hours of battery life and comes with a glove and touch panel for rotating through displays. Weighing approximately one ounce, the device can attach to either arm on a pair of sunglasses.

Varia Vision will be available in the first quarter of 2016, priced at \$399.99.

Wearable technology continues to be a hot trend, although some offerings, such as Google Glass, have sparked privacy concerns. Last year Google [announced](#) a major revamp of its Glass project, refocusing its efforts around enterprise applications.

More than 3,600 companies are expected to [take part](#) in CES 2016.

URL

<http://www.foxnews.com/tech/2016/01/05/garmin-unveils-varia-vision-touts-tech-to-boost-cyclist-safety.htm>
