

# ANNOUNCEMENT

## An Opportunity to Host A Walkable Community Workshop

Date: June 25<sup>th</sup>, 2003

Dear MPO Official:

What will it take to make your region more livable ... more active ... more healthy?

Many things, to be sure, but one essential action is to make your neighborhoods and communities more pedestrian-friendly and walkable. Congressman Earl Blumenauer, a leading proponent of livable communities, calls pedestrians the “indicator species” of healthy communities. If you don’t see people out walking you’ve got serious problems that must be fixed.

For the past seven years, Walkable Community Workshops (also called pedestrian road shows) have been presented around the country to help people make their communities better places to live. In just four hours, these sessions have helped groups composed of elected officials, local government staff, and citizens analyze their situation and identify needed improvements. The results? New traffic calming programs that work; revitalized main streets; more pedestrian-friendly intersections; new, accessible sidewalks; and safe routes to school programs. And, most importantly, more people walking!

In Round I of this program, the National Center for Bicycling & Walking (NCBW) reviewed applications from 32 MPOs and selected nine to take part in this shared-cost program. The resulting workshop series, presented between March and June of this year, was very successful. We invite you to visit our website, [www.bikewalk.org](http://www.bikewalk.org), to learn more about these Walkable Community Workshops and our other programs.

In 2004 the NCBW will offer a new round of workshops as part of its program to provide technical assistance to create active communities. This series is made possible in part by The Robert Wood Johnson Foundation, and is endorsed by the *Association of Metropolitan Planning Organizations* (AMPO). Enclosed is an application form for Round II of our MPO Walkable Community Workshop program; we hope you will consider applying.

The program will continue to operate on a shared-cost basis: each selected MPO will provide an \$8,000 fee and, in exchange, will receive approximately \$20,000 worth of training, technical assistance and direct support. Details on how the program works are provided in the application. Please take a few minutes to look over the form. Applications are due by August 29, 2003. If you have any questions, please contact Peter Moe, NCBW's project manager, at [pete@bikewalk.org](mailto:pete@bikewalk.org), or by telephone at (202) 463-6622.

Together, we can make America walkable – region by region, and community by community – and a better place to live for all of us. Thank you for your interest and involvement.

Sincerely,

Bill Wilkinson, AICP  
Executive Director

# MPO/Walkable Community Workshop Program

## Application for Round II (2003 - 2004)

*Organized by the National Center for Bicycling & Walking  
Endorsed by the Association of Metropolitan Planning Organizations*

### **BACKGROUND**

This is an application for a competitive program to provide technical assistance and support to up to 10 Metropolitan Planning Organizations (MPOs) for a series of eight, half-day **Walkable Community Workshops** (WCWs). These sessions are designed for professionals in the fields of planning, engineering, law enforcement, public health, and education, as well as for elected officials and citizens. The workshop program presents information on how to turn communities into pedestrian-friendly places that encourage active living. It combines practical presentations on the latest thinking on community design and traffic operations with fieldwork where participants apply what they're learning. The workshops are presented by our team of expert trainers who combine vision with real-world experience in implementation.

This program is being organized by the National Center for Bicycling & Walking (NCBW). The WCW program is a "shared-cost" project; each MPO will pay a \$8,000 fee to the NCBW, and will provide staff and logistical support (e.g., meeting rooms, equipment, etc.) for each of the workshops. The NCBW will provide approximately \$20,000 worth of training, technical assistance and direct support to each MPO.

We will select up to 10 MPOs to take part in Round II of this program. A staff member from each of the selected MPOs will be required to attend an intensive three-day training course in San Jose, California, October 22<sup>nd</sup> - 25<sup>th</sup>, 2003. This staff member will then take the lead in organizing a week-long schedule of eight Walkable Community Workshops in their region. A team of two NCBW instructors will travel to the region and spend five days presenting the eight workshops (a typical schedule is provided below).

### **Eligibility**

This program is being offered to Metropolitan Planning Organizations only, though MPOs are encouraged to form partnerships with other organizations and agencies. MPOs that were selected in previous Rounds of the MPO/Walkable Community Workshop program are not eligible for selection in Round II of the program.

### **Timetable for the WCW Program**

- 1) August 2003: Proposals are due on August 29th, 2003. Up to 10 MPOs will be selected to participate in Round II of the WCW program; the winners will be notified in early September 2003.
- 2) October 22<sup>th</sup>-25<sup>th</sup> 2003: an MPO staff member will attend a three-day training program, with travel expenses and training provided by the NCBW. The instructors will include expert workshop trainers as well as staff from other communities where the workshops have been successfully implemented.
- 3) February 2004: Workshops will begin in the up to 10 selected MPO regions, and will continue through June 2004.

### **Typical Schedule For Eight Workshops**

Monday	Tuesday	Wednesday	Thursday	Friday
a.m. Mtg w/ MPO sponsor & trainers	Workshop #2 8 a.m.- 12 p.m.	Workshop #4 8 a.m.- 12 p.m.	Workshop #6 8 a.m.- 12 p.m.	Workshop #8 8 a.m.- 12 p.m.
Workshop #1 1 p.m. - 5 p.m.	Workshop #3 1 p.m. - 5 p.m.	Workshop #5 1 p.m. - 5 p.m.	Workshop #7 1 p.m. - 5 p.m.	p.m. De-Briefing w/ team members

**GENERAL PROJECT INFORMATION**

Agency Name: \_\_\_\_\_

Agency Contact Person (person who can sign the agreement) \_\_\_\_\_

Title: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone: \_\_\_\_\_ Fax: \_\_\_\_\_ E-mail: \_\_\_\_\_

**FINANCIAL INFORMATION**

**Funding Request**

Applicants must agree to pay a fee of \$8,000 to the NCBW. The total estimated cost of the project is approximately \$20,000 per MPO. Please identify the source of your funding for this project (it may all be from your agency or it may come from one or more partners such as the State Department of Transportation, Health Department, or Traffic Safety Office.) We encourage you to find partners though it is not a requirement.

<b>MPO FEE</b>	<b>MPO share</b>	<b>PARTNER 1 share</b>	<b>PARTNER 2 share</b>	<b>TOTAL</b>
\$8,000				\$8,000

**Financial Partners** (Please provide the following for any financial partners)

Partner #1

Name: \_\_\_\_\_ Title: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone: \_\_\_\_\_ Fax: \_\_\_\_\_ E-mail: \_\_\_\_\_

Partner #2

Name: \_\_\_\_\_ Title: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone: \_\_\_\_\_ Fax: \_\_\_\_\_ E-mail: \_\_\_\_\_

**LOGISTICS**

**Agency Project Manager**

There must be a person within the agency assigned to implement this project. Please provide the following information. This is the person who will take part in the fall training session:

Name: \_\_\_\_\_ Title: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone: \_\_\_\_\_ Fax: \_\_\_\_\_ E-mail: \_\_\_\_\_

Qualifications: Provide a brief summary (three to four sentences) of the education, experience and current job responsibilities of the person assigned to this project (or you may attach a copy of their resume or CV):

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(Note: As part of the final selection process, we may call this person for a brief interview.)

**Preferred Month for Hosting Courses**

Place a “1” in the space below the month that is your 1<sup>st</sup> choice, a “2” below your second choice and a “3” below your third choice. *Note: This is for scheduling purposes only and will not be used to evaluate your application.*

Feb	Mar	Apr	May	Jun

**PLANNING AND LOCAL JURISDICTION INVOLVEMENT**

**Existing Planning Documents**

Are there policies/plans related to pedestrian oriented development, walkable communities, bicycle and pedestrian “modes,” etc. included in an adopted MPO Transportation Plan? \_\_\_\_ If yes, please cite document name, pages, and a short summary of what is included:

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# NCBW Walkable Community Workshops

## What's A Walkable Community Workshop?

National Center for Bicycling & Walking  
1506 21st St. NW  
Suite 200  
Washington, DC 20036

Here are just some of the resources you'll find on our web site at [www.bikewalk.org](http://www.bikewalk.org):

*Increasing Physical Activity Through Community Design:* Directed at the public health community, this booklet features actions to make your community more walkable

Our Vision of what a Bicycle Friendly and Walkable Community looks like

A Community Assessment Tool, to see how your community stacks up to the Vision

The Pedestrian Design Guide (in both .html & .pdf)

Our FREE biweekly e-newsletter: CenterLines

A Direct Assistance section where you can get help on your own project

An on-line calendar of Training Opportunities

Walkable Community Workshops (WCW) are a central piece of the NCBW's effort to provide direct assistance to communities. The workshops, made possible in part by a grant from The Robert Wood Johnson Foundation, bring together elected officials, public agency staff, public health practitioners, planners, engineers, and advocates to focus attention on making communities more walkable.

The program concentrates on identifying real-world problems and hands-on solutions for each community. During a four-hour workshop the participants identify opportunities to reduce barriers and enhance opportunities for walking in their community, and to build consensus on what needs to be done to improve

conditions for pedestrians.

Expert trainers lead workshop participants in developing a vision for a walkable community. They highlight ways in which land use and transportation decisions affect walking, health, physical activity, and livability. The trainers are experienced professionals from diverse backgrounds and fields of work, including planning, transportation engineering, public health, pedestrian policy, and program development.

In 2003 the NCBW will present Walkable Community Workshops to communities in nine Metropolitan Planning Organization (MPO) regions.

During this series of workshops, more than 1,500 participants will learn the basics



A local "walkabout" is a feature of each Walkable Community Workshop

of how to create a walkable community and identify actions they can take to make it happen.

For more about the WCW program, visit the National Center for Bicycling & Walking's web site at:

<http://www.bikewalk.org>

## About The NCBW

The National Center for Bicycling & Walking (NCBW) is a national, nonprofit [501(c)(3)] corporation established in 1977. Our mission is to create bicycle-friendly and walkable communities.

In 2001, the NCBW was awarded a multi-year grant from The Robert Wood Johnson Foundation (RWJF) to provide information and resources to communities and

professionals working to create more activity-friendly communities. The grant is part of RWJF's efforts to provide improved opportunities for Americans to be physically active on a daily basis in the communities where they live and work.

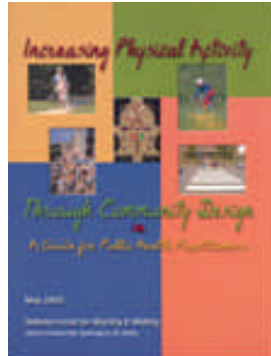
The NCBW works with local, state, and national bicycle, pedestrian, and transportation advocates to bring about

changes in government policies, programs, and procedures to help create more bicycle friendly and walkable communities.

You can learn more about NCBW and our work at <http://www.bikewalk.org>.

## Get Your Copy of *Increasing Physical Activity Through Community Design*

The National Center for Bicycling & Walking (NCBW) has just re-issued its popular guide, *Increasing Physical Activity Through Community Design*. This 48-page guide focuses on how to make communities more bicycle-friendly and walkable.



To order printed copies, use this online form: <http://www.bikewalk.org/PubHealth.htm>.

"Increasing Physical Activity Through Community Design" is available at [www.bikewalk.org](http://www.bikewalk.org)

You can also download the booklet in the .pdf format, or view it in your browser using the links to the right.

The *Increasing Physical Activity* guide is designed to provide public health practitioners and others an introduction to increasing physical activity through better community design, specifically by making it easier and safer to walk and bicycle. It presents an introduction to community design issues, and describes

seven kinds of projects that can help create more bicycle-friendly and walkable communities. It also discusses how such projects get funded, and presents an array of resources to help with implementation.

In addition to the print version, the full-color *Increasing Physical Activity* guide is available as both .html (browser viewable) and as portable document files (.pdf). You can download the entire booklet in a single file if you have a reasonably fast connection to the Internet, or you can download four smaller files which make up the entire booklet.

## General Resources

A wealth of resources are available on the Internet for those who want to know more about pedestrian facility design and planning and how to make their community more walkable.

**National Center for Bicycling & Walking**  
<http://www.bikewalk.org>

**Pedestrian & Bicycle Information Center**  
<http://www.walkinginfo.org/>

**America Walks (Coalition of Pedestrian Advocacy Groups)**  
<http://www.americawalks.org/>

**Transportation Enhancements Clearinghouse**  
<http://www.enhancements.org/>

Many of these resources are available on or are linked directly from the NCBW web site at <http://www.bikewalk.org>

**Safe Routes to School**  
<http://www.saferoutestoschools.org/>

**Walking School Bus**  
<http://www.cdc.gov/nccdphp/dnpa/kidswalk/>

**Walk to School Day**  
<http://www.walktoschool-usa.org/>

**US DOT Policy Statement on Integrating Bicycling and Walking into Transportation Infrastructure**  
<http://www.fhwa.dot.gov/environment/bikeped/Design.htm>

**Proposed new ADA guidelines**  
<http://www.americawalks.org/news/clippings/prow.htm>

## Good Pedestrian Plans and Design Guidelines (from the PBIC: [www.walkinginfo.org](http://www.walkinginfo.org))

**Portland Pedestrian Master Plan**  
One of the first comprehensive pedestrian plans for a city; complemented by a detailed design manual for pedestrian facilities.  
[www.trans.ci.portland.or.us/Plans/PedestrianMasterPlan/default.htm](http://www.trans.ci.portland.or.us/Plans/PedestrianMasterPlan/default.htm)

**Cambridge Pedestrian Plan**  
Beautifully produced and thorough plan incorporating specific suggestions for

sites throughout the city, design guidelines, links to other modes, and more.  
[www.ci.cambridge.ma.us/~CDD/envirotrans/walking/pedplan](http://www.ci.cambridge.ma.us/~CDD/envirotrans/walking/pedplan)

**Wisconsin Pedestrian Policy Plan 2020**  
One of the few statewide pedestrian plans focuses on the policies and programs that will help improve conditions for walking.  
[www.dot.wisconsin.gov/projects/state/ped2020.htm](http://www.dot.wisconsin.gov/projects/state/ped2020.htm)

**Florida Pedestrian Facilities Planning and Design Handbook**  
A detailed manual on pedestrian facility planning and development. Thorough coverage of planning factors, design detail and more.  
[www11.myflorida.com/Safety/ped\\_bike/ped\\_bike\\_standards.htm](http://www11.myflorida.com/Safety/ped_bike/ped_bike_standards.htm)

**More examples of good pedestrian plans and design guides:**  
[www.walkinginfo.org/pp/exemplary.htm#2](http://www.walkinginfo.org/pp/exemplary.htm#2)