

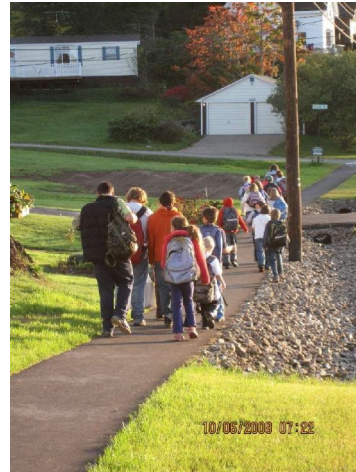
***Darcy Whittemore***

***Program Manager,  
Maine Safe Routes to School Program***



## TODAY

- Maine Safe Routes to School Program
- Why People Are Making Improvements
- How To
- Examples of Success



Vinalhaven Sidewalk, 2009

## A Question:

- How many of you walked or biked to school?

## Decline of Walking & Biking to School

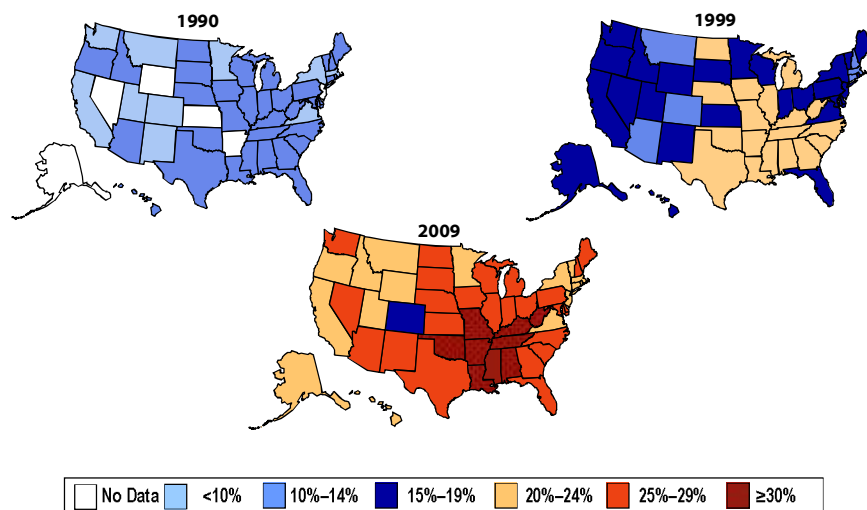
Number of students ages 5 to 18 who walk or bike to school:

- 42 percent in 1969
- 13 percent in 2001
- ...a multitude of reasons...

## Obesity Trends\* Among U.S. Adults

**BRFSS, 1990, 1999, 2009**

(\*BMI  $\geq 30$ , or about 30 lbs. overweight for 5'4" person)



# Safe Routes to School Program

## Purpose:

- increase the number of children walking and bicycling to school & after-school activities
- improve pedestrian and bicycle travel by building infrastructure such as sidewalks, crosswalks and bicycle lanes



# Maine Safe Routes to School Program

- Federally Funded, in Transportation Bill since 2005
- Maine receives \$1 Million/year
- 70 - 90% spent on Infrastructure Improvements within 2 miles of a K -8 School, up to %100 funding
- 10 – 30 % spent on Education & Encouragement

## The Maine Model: Encouragement

- **Bicycle Coalition of Maine**, through a contract with the MaineDOT, implements the Safe Routes to School Program Encouragement Program
- Two half-time coordinators in Maine who work directly with schools and communities:  
Assist with walk & bike to school activities, school travel planning, monthly e-newsletter, mini-grant program, bicycle & pedestrian safety education





## Where the sidewalk ends...

Kittery, Maine

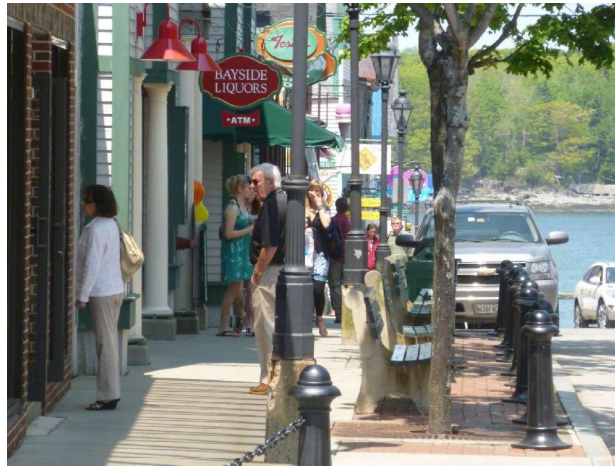
2010



## Attracting People

- People are more likely to move to a community, stay in a community, and move their business (both large and small) to a community if they are walkable & bikeable.
- Realtors...“don’t just sell homes, [they] sell communities.”  
Bob McNamara, senior policy representative for NAR

## Downtown Bar Harbor



## Attracting People – Economics

### **Portland Named Top Travel Destination**

Web Editor: Rob Wilber, Producer  
Last Updated: 11/28/2006 10 32.15 PM

Portland, Maine is on the list of Frommer's top travel destinations for 2007.  
The travel guide came up with a list of 12 top travel spots based on a poll of their authors and travel experts.

They touted Portland's culture, including the city's numerous restaurants.

Frommer's also hailed Portland as a walkable city with a beautiful coastline.  
NEWS CENTER

## Safety

- We are all pedestrians at some point during the day!



## Safety

- In Maine, a pedestrian is hit by a motor vehicle **once a day** on average
- Pedestrians account for nearly 12% of total traffic deaths in the US; 7% in Maine
- Since 2007: 2,800 cyclists have died on our nation's highways



## Environment and Health

- Cleanest Form of Transportation
- Reducing pollution, Carbon Dioxide emissions



## SOCIAL BENEFITS!



## Infrastructure Improvements

### MaineDOT Quality Community Program

- Transportation Enhancement Projects
- Safe Routes to School
- Scenic Byways
- Small Harbor Improvements

LETTERS OF INTENT DUE MAY 11!

Applications Due June 29th

Show transportation purpose, match, and local support

- Every Two Years:
- \$4 Million Per Year Statewide

## Augusta, Gilbert School

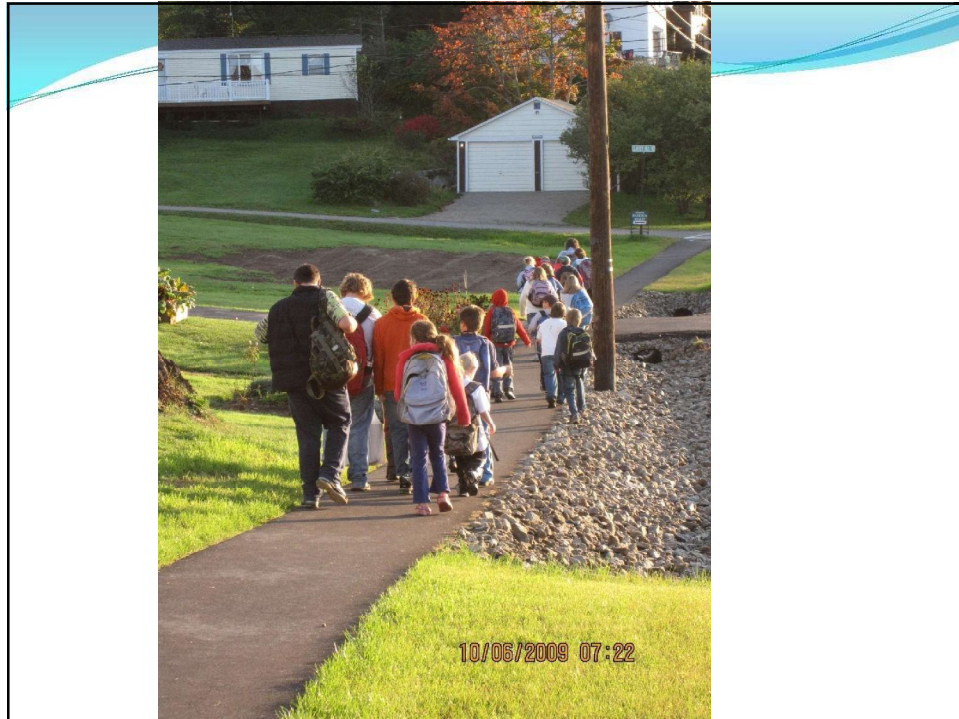


## Fort Fairfield



- VINALHAVEN  
SIDEWALK ,2009





## Bethel Sidewalks



## Rumford Sidewalk



## Kittery Traffic Calming: Speed Feedback





# Old Orchard Beach

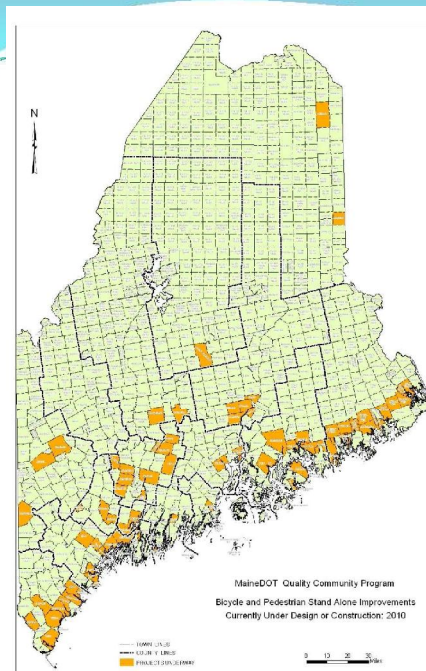
Celebrating Success!



## MaineDOT funded Bike/Pedesrian Projects

79

Under Design or  
Construction  
2010



## Transportation Enhancement

- Administered by MaineDOT
- **Transportation** benefit – Biking/Walking
- 80/20 matching funds
- Municipal Sponsored
- EVERY TWO YEARS



## Bath Washington Street, 2009



NORWAY, 2009  
(same brothers!)



2006



2009

Office of Community Development  
Community Development Block Grants



- Planning
- Sidewalks
- Trails
- Downtown Improvements

YEARLY  
APPLICATIONS

[www.meocd.org](http://www.meocd.org)





## To Get it Done!

- Work with your local Regional Planning Organization...

...like the Mid-Coast Regional Planning Commission!

For more info visit, [www.mainesaferoutes.org](http://www.mainesaferoutes.org)

National Center for Safe Routes to School, [www.saferoutesinfo.org](http://www.saferoutesinfo.org)

*Warren Community School celebrates Walk to School Day, 2010*

