



A PUBLICATION OF THE WASHINGTON AREA BICYCLIST ASSOCIATION

2008: A BANNER YEAR FOR BICYCLING

WABA TRAINS NEW TEACHERS
FOR BIKE SAFETY IN BALTIIMORE

BIKE DC - A GREAT RIDE!

DC'S FIRST BIKE STATION AT UNION STATION

CAR FREE DAY

Imagine a day when over 5,000 DC area residents leave their cars at home for a day and take alternate transportation. That day came this year on September 22, **International Car Free Day** when WABA teamed up with Commuter Connections and DDOT to bring this international event to life in DC!

CAR FREE DAY

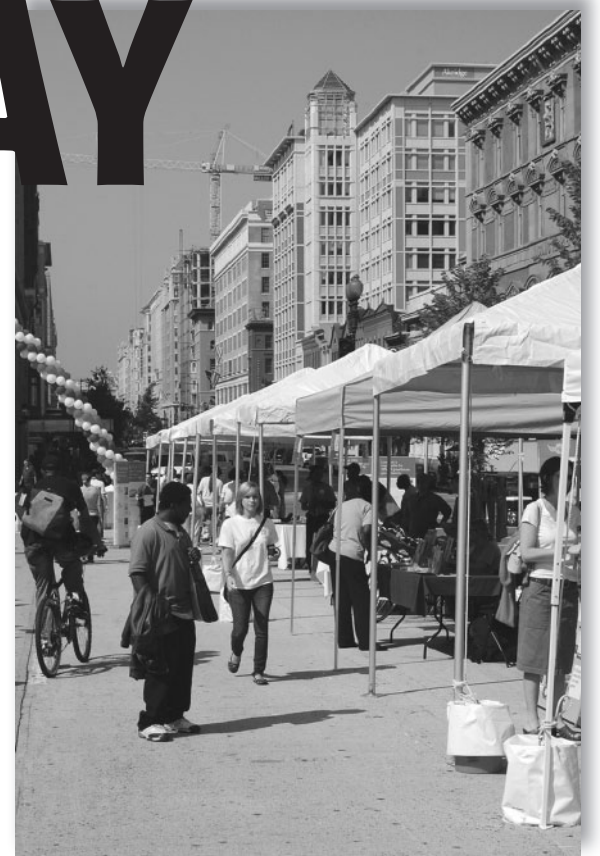
METRO DC



An on-line survey revealed that 62,940 miles of car travel were avoided on this one day and 15,960 pounds of CO₂ avoided based on the people who reported that they normally are NOT car free.

The Car Free Day celebration was held mid-day on F Street, between 7th and 9th Sts. F Street was shut down to vehicular traffic to show people what a street could look like without cars on it, and other ways to use the space. WABA provided a bike valet for visitors, SmartBike brought some of their fleet to share, DC pedicabs were pedaling people back and forth in addition to live music, free yoga classes, and community groups all available for people as they were strolling by. With giant balloon arches on each side of the block, an interactive mural, and the music playing this street festival was certainly hard to miss!

The celebration showed thousands of people how easy it is to leave the car at home and how pleasant our communities can be when we do!



PUT YOUR OLD BIKE TO GOOD USE!



Donate it to **Bikes For the World!** **Bikes for the World** collects repairable bicycles in the United States, and donates them to charities overseas for productive use by those in need of affordable transport. **Bikes for the World** is a sponsored project of WABA, a 501(c)3 non-profit charity.

Bikes for the World also accepts bike parts & accessories, operating portable sewing machines, and cell phones. Collections take place rain or shine. For a complete collection schedule, visit www.bikesfortheworld.org or call **Bikes for the World** at 703-525-0931.

You're invited to

WABA's *Holiday Party*

Wednesday, December 10th 5-9pm

Join the Board and staff of the Washington Area Bicyclist Association as we celebrate the close of another successful year of bringing better bicycling in the Washington region!

Food and drinks will be provided!

Please RSVP to Jenn Bress
at jenn@waba.org

Members free
Others \$5 donation

WABA OFFICE

1803 Connecticut Ave, NW,
3rd floor
3 blocks north of
Dupont Circle Metro stop
Ample bike parking
available

*Happy Holidays and a
Happy New Year!*

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RIDE ON

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BANNER YEAR FOR BICYCLING at the DC Council

2008 has been a great year for cyclists at the DC Council as numerous pieces of legislation designed to enhance the safety of cyclists or improve bicycling facilities have been introduced throughout the year. In early 2008, the DC Council passed a bill officially repealing the mandatory bike registration requirement, long a goal of WABA. In the spring of this year the Council passed legislation that would mandate bike parking in new developments and make it easier for existing buildings to retrofit bike parking facilities. Those requirements, in the process of being adopted by the DC Zoning Commission, are part of a comprehensive rewrite of the DC zoning code.

More recently, two bills have been introduced that focused more on the safety of cyclists. The "Pedestrian Safety Reinforcement Amendment Act of 2007", introduced by Councilmember Mary Cheh and passed by the full Council in September, dramatically increased fines for drivers who strike pedestrians or cyclists in a crosswalk. An amendment added to the bill by Councilmember Tommy Wells added a fine for drivers who park in a bike lane.

In October, Councilmember Jim Graham, chair of the DC Council's Public Works and Environment Committee,

introduced Bill 17-981, "The Bicycle Safety Enhancement Act of 2008". The recommendations contained within the bill came mainly as a response to the death of local cyclist Alice Swanson earlier this year. Following Ms. Swanson death, WABA developed a list of recommendations based on recent efforts in the city of Portland to help protect cyclists from heavy vehicles. Many of WABA's recommendations are contained in the bill. "The Bicycle Safety Enhancement Act" includes the following:

- 1) A requirement that blind spot mirrors be installed on all DC-owned heavy duty vehicles
- 2) Additional bicyclist and pedestrian awareness training for DC heavy vehicle operators
- 3) A new law requiring motorists to allow three feet of space when passing cyclists
- 4) A fine for the use of restricted lanes (bus/bike lanes or bike lanes) by unauthorized vehicles

A hearing on the legislation was held as this issue went to press. WABA would like to thank all of you who took the time to write to the DC Council in support of bike-friendly legislation this year. We could not have done it without you.

BIKE DC



Bike DC returned to the streets of the Nation's Capital this September 27, on a day that started gray and ended with sunshine. More than 2,000 participants celebrated the triumphant return of this favorite event, while enjoying our great city at the speed of a bicycle.

The 17-mile ride featured a trip up Embassy Row, views of the National Cathedral, the US Capitol, and lesser known treasures such as the wooded Normanstone Drive and a scenic loop of the Anacostia River Trail. The first of two rest stops took place at the beautiful Twin Oaks Estate on Woodley Road, which was generously made available by the Taipei Economic

and Cultural Representative Office. The second rest stop featured not-so-competitive tricycle races on the Grand Prix Course at RFK Stadium.

All accounts agree that the return of Bike DC was a great event and the organizers are hopeful that the success of this year's Bike DC will be a building point for the ride to become a signature event on Washington's annual calendar.

Thanks so much to everyone who attended, and to WABA for all the help and support, without which the event could not have been successful.

50 States & 13 Colonies Ride 2008

This year's **50 States and 13 Colonies Ride** was the biggest yet with over 300 riders participating in the event. WABA's classic membership ride took a new direction this year by providing support in the form of pit-stops and an optional lunch from California Tortilla mid-way through the ride. In previous years riders were left to fend for themselves to find food and water while participating in one of the hardest rides in DC; but after 2007's ride, which took place on one of the hottest days of the year, WABA decided to try to make the journey a bit more manageable.

Moving the ride to October seemed like the best way to remove DC's swampy heat from the equation. A more comprehensive start area was added along with three pit stops to help riders along the route. REI, Capitol Hill Bikes and City bikes all supported the event with mechanical assistance. The end of the event was also a little sweeter due to the food and drink discounts offered to participants at Bourbon, a restaurant in Adams Morgan. After 4pm the back patio of Bourbon filled up with cyclists who had victoriously touched every single state named street in Washington, DC and cheers could be heard every time a new rider entered the patio.



This event was a huge success, and WABA promises to make next year's even better. Thank you to all the riders who participated, and we hope to see you all again next year!

Thanks to our sponsors for their gracious sponsorship!



TOP SPONSOR: Signal Financial • LEAD SPONSORS: The Chesapeake Bay Foundation & REI
MAJOR SPONSORS: Cycle Life, Capitol Hill Bikes, City Bikes, American University Cycling Team & Bourbon

THANKS TO OUR VOLUNTEERS!

Adams Morgan Day Festival • Car Free Day
Crafty Bastards • 50 States & 13 Colonies Ride
WABA Volunteer Nights

Anant Agrawal	Stephen Miller
Tyler Broner	Iolaire McFadden
Chris Byrne	Susan McFadden
Matt Castelhana	James Moon
Michael Clark	Ben Neumeyer
Francesca Di Silvio	Tina Palazza
Trina Dutta	Robin Pam
Lisa Folliard	Jeff Peel
Lelia Gomez	David Ramos
Julia Hainer-Violand	James Saint-Rossy
Yvette Hess	Michael Samms
Louis Jones	Holly Seeloff
Phil Koopman	Vakil Smallen
Dana Kuan	Kartik Srinivas
Jennifer Lehman	James Truman
Alex Mahoney	Brian Wagner
AJ Mallory	Christopher Whipps
Megan McCloud	



WABA VOLUNTEERS

are the muscle behind the machine!!

A HUGE thank you to all of the folks who have been attending WABA's Bi-Monthly Volunteer Nights! These nights have proved indispensable to WABA staff, with our volunteers assembling hundreds of membership packets, prepping hundreds of bike lights for the Got Lights giveaway, and other essential office tasks. Volunteers have a chance to barter for WABA membership by attending three volunteer nights in addition to meeting other cyclists in the area and joining the WABA community!

Volunteer nights are typically held on the first and third Wednesday of every month, from 6:30-8:30pm at the WABA Office. When not enough tasks are available, volunteer nights are only held once a month. Please visit www.waba.org/volunteer/ for the most updated information on these events.

WABA volunteers have also been out and about helping staff at various community events. A big thanks to the volunteers at Car Free Day, Adams Morgan Day, 50 States Ride, and Got Lights! These events cannot succeed without help from our volunteers! Please keep this in mind as we approach our spring annual events including the Gala and Benefit Auction, Bike to Work Day, and the Bike Prom. Visit <http://www.waba.org/volunteer/> for upcoming event volunteering information. *And thank you!*



MEMBERSHIP & CYCLIST SURVEY – Coming Soon!

WABA is in the process of developing a new member and cyclist survey to help us better understand the needs and concerns of our members and of cyclists as a whole. A special section of the survey will be dedicated to federal employees. Look for the announcement of the survey in WABA's year-end appeal and renewal mailing.



myspace.com/wabadc

- Connect with local riders.
- Learn about local events. Get to know us.



flickr.com/photos/waba

- Check out photos of current events.
- Share your photos in the WABA Event Photos pool



facebook.com

- Join the WABA group on facebook.com
- Connect with local riders.
- Have fun!

» FROM MY SADDLE

Earlier this year, I had the pleasure of visiting a friend in Copenhagen, Denmark. This was not only my first vacation in years and my first overseas trip; it was also my first opportunity to examine the culture of cycling in one of the most bicycle friendly cities in the world. Why can't the District and its surrounding communities be the 'most bicycle friendly area in the world'?



When I arrived in downtown Copenhagen, I was amazed by the sheer number of bikes at the Norreport train station; one of the city's more trendy areas and important transportation hubs. Bikes were literally everywhere, thousands of bikes parked; it was amazing. Unlike anywhere I had seen in the United States, Copenhagen has created an integrated transportation system that relies heavily on a fully-supported, and in many areas dedicated, bicycling infrastructure.

Initially, I was a little jealous of Copenhagen. I mentioned to my friend that I was tempted to stay. Not only were upwards of 32 percent of the population commuting by bike, they also have separated bike lanes with their own signalization. Men in business attire, women in dresses, the elderly, the young – thousands of people riding. 'Why couldn't the District have this?', I thought. When I approached my friend and native Danes about how they were able to achieve this level of cycling support, I learned that it was many years in the making.

Copenhagen developed its reputation as a leader in the cycling community over the last half a century for several reasons. Ironically, however; one major reason for cycling's expansion was automobile congestion. According to the newspaper, the Ottawa Citizen, Copenhagen succeeded because its people made a conscientious shift in how they perceived their quality-of-life. According to Danish architect and urban designer Jan Gehl, as cars became more popular in the late 1950's, people ignored other transportation modes, which led to the degradation of their quality-of-life:

"(Cars) filled (streets) to the brim with traffic. Copenhagen very early on started to say 'enough is enough.' Instead of widening the street they decided to take traffic out."

In 1962, after much effort, Copenhagen created its first car-free street with the goal of improving overall traffic conditions and creating a safer pedestrian environment. Over time, Copenhagen began replacing street parking with bike lanes. City planners also realized that bike and pedestrian facilities were less expensive to create and maintain and helped increase the use of parks, pedestrian malls and other public spaces. These actions, along with a concerted education effort, produced more cycling facilities and more cyclists.

To answer my initial question, why can't the District be a world leader in 'getting there by bike'; I think that with WABA's leadership, we can. As the citizens of Copenhagen learned 50 years ago, we now understand that our over-emphasis on the automobile has choked our streets with congestion and road construction while producing coffer-draining maintenance costs and negative impacts on our health. It is the role of WABA and its membership to provide leadership as we forge a new way; one that inspires on an individual and collective basis the creation of a cohesive transportation system that includes bikes as an integral part.



Region-wide, we must acknowledge that the creation of an integrated bicycling and pedestrian-friendly transportation system will not happen easily or overnight. With WABA's leadership, we can bring policy makers, city planners, businesses, cyclists and motorists together so that we may all benefit from including cycling as a viable and valuable component in the region's transportation infrastructure.

— Randall Myers, Secretary, WABA Board of Directors

MARYLAND LICENSE PLATES SUPPORTING SAFE CYCLING

Part of the mission of WABA is to promote safe cycling. Another is to share our enthusiasm about all things cycling. As part of those efforts, we are proud to announce the potential for cycling-related license plates for your motorized mode of transportation.

We can obtain State of Maryland organizational license plates that will show our support for safe cycling and to remind other drivers to share the road with cyclists.

We can get these plates for our Maryland-registered automobiles if we have at least 25 commitments. If you're a Maryland resident and interested, please go to <http://www.waba.org/areabiking/MDPlates.php> to sign up!

GIVING THROUGH YOUR WORKPLACE

If you are a government employee, you can give through the Combined Federal Campaign (CFC), which allows for automatic payroll deductions. The designation code for WABA is: CFC #93587.

OTHER WORKPLACE GIVING

- Network For Good • Catalogue for Philanthropy
- United Way • America's Charities

Commonwealth of Virginia Campaign, code #8708

If you work in the private sector, you may be able to double your donation to WABA if your employer matches charitable contributions. Contact the personnel office of your employer to see about matching gift opportunities.

Employers who currently match gifts to WABA:

- Verizon • Bank of America • Fannie Mae/AmeriGives
- World Bank • Corporate Executive Board

2008 BIKE VALET REPORT

2008 has been a fantastic year for bike parking.

The District Department of Transportation has installed up to 1,000 bike racks around the city, the brand new Nationals Baseball Stadium includes a free bike valet area that's actually built into the stadium, and WABA was able to offer its bike valet service at some great new area events. Did you get a chance to park your bike at the Green Apple Earth Day Festival, the EPA P3 sustainable design expo, Alexandria's Red Cross Waterfront Festival, or the Crafty Bastards Arts and Craft Fair? If so then your bicycle was one of the over 1,000 bicycles WABA volunteers parked in 2008. None of this would be possible without the tremendous support we have received from Kryptonite, who sponsored this year's bike valet, our fabulous volunteers who helped keep the valet running, and of course all our WABA members and non-members who decided to bike to their event and take advantage of our safe and easy valet bike parking. **THANK YOU!**



EUROPEAN BICYCLE TOURS

- Spectacular escorted bicycle tours in Europe running from June to September 2009
- Unforgettable cycling vacations in Spain, Czech Republic, Austria, Hungary and/or Slovakia
- Visit Prague, Vienna, Budapest, Granada, Seville and much more with us!



For more information contact
ludvik@czechactivetours.com Tel: 269-327-0619
or visit www.czechactivetours.com

CZECH ACTIVE TOURS

★ **WABA and DC Police Take First Steps Towards Better Enforcement**

After months of delays, the Washington Area Bicyclist Association (WABA) finally met with representatives of the DC Metropolitan Police Department (MPD) to raise concerns over the perceived lack of protection for cyclists and pedestrians on DC streets. The meeting, which was highly productive, was also attended by staff from the DC Department of Transportation (DDOT) and the DC Council.

In addition to highlighting the growing safety concerns of cyclists WABA also cited several different examples where MPD either failed to enforce the law or enforced it incorrectly. During the meeting it was clear that MPD recognized our concerns and appeared willing to work with WABA and DDOT on making changes that would improve the safety of the roadways' most vulnerable users and take additional steps to improve the training of MPD officers on bike and pedestrian laws. As a result of the meeting, WABA, DDOT and MPD agreed to do the following:

- WABA and DDOT will create power point slides on areas where clarification of District law is needed that will be shown during police roll calls. Other slides identifying high crash areas will also be shown.
- MPD will expand distribution of WABA's Pocket Guide to DC Bike Laws to MPD officers;
- MPD will designate a point person on bike issues that will regularly attend DC Bicycle Advisory Council meetings;
- MPD will coordinate better with DDOT on the upcoming Street Smarts enforcement campaign and improve training of officers working the program;

- MPD will work with WABA on enforcement stings of the bus and bike lanes in Chinatown and will conduct occasional bike lane double parking ticketing waves;
- WABA, DDOT and MPD will explore creating a police training video on bike and ped laws;
- WABA will work with MPD on collecting unreported crash data and other complaints that will be passed along to the Traffic Safety Branch of DDOT;
- WABA, DDOT, MPD, and Council staff will coordinate efforts to identify high traffic safety complaint areas;
- WABA, DDOT and MPD will examine the DC Driver Training Manual's questions on bike and peds to see if they can be improved;

During the meeting WABA also handed out a draft Memorandum of Understanding between WABA, DDOT and MPD that would formally acknowledge each group's role in traffic safety outlining steps each would take to improve bike and pedestrian safety. While this certainly could not have been signed at the meeting, MPD agreed to pass it up the chain of command for consideration. For a copy of the memorandum please email gill@waba.org.

Overall it was a very positive and successful meeting and more than we could have hoped for. This is a very good starting point for greater coordination between WABA, DDOT and MPD and for safer streets for everyone. We will be sure to keep you informed of the progress we make.

★ **SMARTBIKE DC – A Hit! More Stations Being Added**

The Smartbike DC program, which officially launched with much fanfare in August, is proving to be a tremendous success. Smartbike DC now boasts 120 bikes at ten different locations in greater downtown DC. While most of the stations have been installed on available sidewalk space, one station was installed in a former parking space. This marks the first time in DC that a car parking space has been removed in order to devote space to bike parking. Smartbike DC now has over 900 subscribers and is averaging around 100 trips per day. Since the program's launch, over 5400 trips have been made using Smartbikes.

Much to everyone's surprise, the Smartbike program has not been the victim of much vandalism or theft. To date only one station, in the Shaw area of northwest, has been damaged. Two Smartbikes have been stolen from users (not from the stations themselves), and so far one of those bikes has been recovered. The District Department of Transportation and Clear Channel Communications, the operator of Smartbike DC,



are looking toward expanding the system by adding several new stations by the spring of 2009. The DC Office of Planning is also looking into requiring new Smartbike stations at larger development projects.

Membership in the Smartbike DC program costs \$40 a year which allows for unlimited use of the bikes from any of the stations. WABA members receive a \$10 discount on membership. For more information, please visit www.smartbikedc.com. To receive your WABA member discount code please email waba@waba.org or call us at 202-518-0524.

★ **WABA Wins GSA Grant**

The General Services Administration of the US government recently awarded a grant to WABA, the League of American Bicyclists and Alta Planning and Design to conduct a detailed study of bike access and amenities at federal buildings in the DC area. Under a program called "Envisioning the Future Federal Workplace in the Washington DC Region", the GSA sought proposals that would help to cultivate innovative regional coordination, design, and planning practices for accommodating federal offices in the Washington region over the next half-century.

As part of the grant, WABA will research local zoning policies regarding the provision for bike parking as well as programs designed to encourage biking and walking in the workplace. WABA will also develop an online survey for federal employees in order to gather information on

the current practices, policies and facilities at federal office buildings around the region. Questions will be asked about the type of facilities (showers, lockers and changing rooms) that are available for bike commuters, the availability of long term secure bike storage as well as short term visitor bike parking, automobile parking policy, and the existence of bike user groups. Respondents will also be asked about any policies in place that provide bike commuting incentives. The survey will be released as part of a great survey of WABA members and other cyclists that will begin toward the end of 2008. In early 2009 WABA will conduct a summit for federal bike commuters to examine best practices in the DC area and develop innovative bike facilities and access recommendations that can be applied to GSA managed facilities throughout the region.

★ **Ground Broken for DC's First Bike Station!**

In early October, DC Mayor Adrian Fenty officially announced the start of construction on the new Union Station bike station on Capitol Hill. The bike station, which will be the first of its kind on the East Coast, will provide indoor secure bike storage for up to 150 bikes in addition to lockers and changing rooms for bike station users. Memberships will cost \$100 a year per space. The construction of the bike station will also include fifteen

new inverted U bike racks to replace the existing bike parking that will be removed and will eventually be the location of a new Smartbike bike rental station. The bike station will be located just outside the west entrance to Union Station at the start of the Metropolitan Branch Trail. According to project planners, the bike station is expected to be completed by the spring of 2009.

**2008
ADVOCACY CALENDAR**

Mark your calendars for the following recurring bicycle advocacy meetings throughout 2008.

For a bi-weekly update on advocacy activities, sign up for WABA's e-bulletin "Quick Release" by sending a message to waba@waba.org.

★ **Arlington County Bicycle Advisory Committee**

First Monday of even-numbered months, 7:30 pm. Arlington County Govt. Center (#1 Courthouse Plaza), 2100 Clarendon Blvd. (Courthouse Metro), Azalea Conference Room. For more info: David Goodman, Bicycle and Pedestrian Coordinator, at (703) 228-3709 or dgoodman@arlingtonva.us.

★ **Coalition of the Capital Crescent Trail Board Meeting**

Second Monday of each month, 7-9 pm. Normally at the Bethesda Library, 7400 Arlington Road. Second Monday of June in Elm Street Park, Bethesda. No meetings in August or December. See http://www.cctrail.org/CCT_News_and_Events.htm

★ **D.C. Bicycle Advisory Council**

First Wednesday of odd-numbered months, 6-8 pm. For more info: DC Bicycle Coordinator, Jim Sebastian at (202) 671-2331 or jim.sebastian@dc.gov.

★ **Fairfax Advocates for Better Bicycling**

Third Wednesday of each month, 7:30 pm, at bikes@vienna, 128A Church St, Vienna. For more info: Bruce Wright at bruce.wright@comcast.net.

★ **Metropolitan Branch Trail Coalition**

Second Thursday of each month, 6:30-8:30 pm. For more info: Paul Meijer at 202-726-7364 or meijer@cua.edu.

★ **Montgomery County Bicycle Advisory Committee (MCBAC)**

Third Tuesday of the month, 6:30-8:30 pm, Executive Office Building, 101 Monroe St, Rockville, Maryland, 10th floor conference room.

★ **Prince Georges County Bicycle & Trails Advisory Group (BTAG)**

Meets quarterly. Contact Fred Shaffer for details at Fred.Shaffer@ppd.mncppc.org.

★ **WABA Board Meeting**

Second Monday each month, 6:30-8:30 pm. Contact the WABA office for location and agenda at (202) 518-0524 or waba@waba.org.

*Happy
Holidays!*

www.waba.org

CONFIDENT CITY CYCLING Alexandria And Arlington Add Extra Classes



LCI Allen Muchnick teaches Car Free Day class in Arlington.

After successfully providing a series of Confident City Cycling classes with the Arlington/Alexandria community bike ride throughout the summer of 2008, WABA was asked by both jurisdictions to offer five more classes during the fall. Locations included the Mount

Vernon and Cora Kelly Community Centers in Alexandria and the Madison CC, Lee CC, and the Arlington County offices in Arlington. WABA's events calendar is posted on www.waba.org and will include new classes for 2009 as they are scheduled.

NEW LCI'S – Stepping Up To Instruct!

In keeping with WABA's long-term goal to expand Bike Safety Education throughout the DC Metropolitan Area, the organization has often sponsored classes to train League of American Bicyclist-Certified Instructors (LCI's), as well as the prerequisite Road I class. This year we have been fortunate to see these classes sponsored by other institutions, with an excellent batch of new LCI's entering the field. Many of WABA's newer staffers have joined this group, along with others whose day jobs take them elsewhere. The increase in new teaching opportunities has given WABA the chance to offer teaching positions to five new instructors this year, greatly increasing WABA's ability to respond to new requests for safety classes. Best of all, the chance to teach what they love to new cyclists energizes these instructors like nothing else can.

LEAGUE CERTIFIED INSTRUCTORS who taught Safety Ed for WABA in 2008 include:

Allen Muchnick	Glen Harrison	Henry Mesias
Eric Gilliland	Eve DeCoursey	David Moskovitz
Dorcas Adkins	Chantal Buchser	Clif Grandy



WABA volunteers attach free lights to bikes in Adams Morgan.

GOT LIGHTS? *Back by Popular Demand*

2007's pilot "Got Lights?" program saw 300 sets of bike lights, 25 helmets, and countless pieces of educational literature such as WABA's new *Safe Bicycling Guide* and *Pocket Guide to DC Bike Laws* given away to area cyclists. The two events were located in Adams Morgan and in Mount Pleasant to target DC's large community of Latinos, many of whom use bicycles to get where they need to go. Since too many area cyclists find themselves commuting home in the dark without lights once the time changes to Eastern Standard Time, these events are always timed to coincide with this change.

This year the DC Department of Transportation has re-funded this program, this time for twice the number of lights and twice the number of events. A total of 600 light sets were given away on October 23 and 28, in the same two locations on each of the two evenings. DDOT and WABA want cyclists to be seen in the dark and to safely share the road as they travel through the city at night!

WABA TRAINS NEW TEACHERS FOR BIKE SAFETY IN BALTIMORE

As part of our Safety Education Program in Maryland, WABA owns and maintains three equipment trailers full of bikes. These are stored and transported in Prince George's/Montgomery County, in Harford County, and in the City of Baltimore. WABA trains teachers in these areas and coordinates their use of the bikes for classes in their schools. The City of Baltimore is particularly important because of high crash rates, and particularly challenging to work with because of underfunded schools and overworked teachers. These teachers are very difficult to attract to trainings and once trained, are often unable to protect the trailer and bikes from crime in the neighborhoods around the schools.

This summer WABA learned about Sports4Kids (S4K), a non-profit organization originating in Southern California that saw the need for schools, particularly those in under-served communities, to have extra staff dedicated solely to guiding the kids in play at recess and after school. Sports4Kids hires Americorps volunteers, trains them in motivating children to stay active and learn the basics of fair play and fun, and then offers them to schools at a fraction of the cost of a full-time staff position. Each of these volunteers remains in one school for the whole school year, directing recess and the after-school program, and organizing sports leagues in the evenings and on weekends. Baltimore MD and the District of Columbia are two of the cities served by Sports4Kids!

In August WABA trained the veteran Americorps volunteers at Sports4Kids, so that there are four new teachers in the City of Baltimore using the MD Pedestrian and Bicycle Safety Education program to broaden the array of offerings they bring to Baltimore's



BCATS trainees in Baltimore.

kids. We hope to expand this relationship to the rest of the schools served by S4K in Baltimore and eventually to S4K in the District of Columbia.

At about the same time, WABA trained Baltimore County Advocates for Community Traffic Safety (BCATS), a group of police, scouts, and other volunteer community organizers in Baltimore County. Administered by the Baltimore County Police Department, BCATS is funded by a grant from the MD Highway Safety Office and has a mission of reducing transportation-related fatalities and injuries by promoting traffic safety throughout Baltimore County. These new trainees use the trailer for weekend safety events and in school programs given by school resource officers. On November 1, 2008, one of these trainees, Doug Hock of Troop 355, Boy Scouts of America, held a bicycle safety event for kids at Mt. Carmel Church as his Eagle Scout project.

LOCAL INSTITUTIONS PROMOTE BIKE COMMUTING

Throughout 2008, local institutions have turned to WABA for educational programming as they ramp up their bicycling facilities and offer encouragement to their staffers to commute to work by bike. This fall, WABA taught a brown bag Commuter Safety Lunchtime Workshop at the Urban Institute. National Geographic has contracted with WABA for a series of three similar workshops in the Spring leading up to Bike to Work Day in both 2008 and 2009.

International WALK TO SCHOOL WEEK » October 6-10

This year's International Walk to School Day event in Washington, DC on October 8th was the biggest in DC history. A dozen schools held events during October, International Walk to School Month, and at least seven schools held walking events on the 8th. Those schools were Amidon-Bowen ES, Bancroft ES, Murch ES, DC Preparatory Academy PCS, Capitol Hill Cluster School, Two Rivers PCS and Payne ES.

by students who won a photo opportunity with the Quarterback. He also hosted a game called "Are you Smarter than a Fifth Grader" where students were called on to answer questions related to biking and walking to school. The event was organized by Safe Kids Worldwide, FedEx, DDOT, Stuart Hobson staff, and WABA. As an interesting side note, Safe Kids Worldwide CEO and event emcee was Mitchell Stroller,

of holding WTSD events and this year's event involved up to 8 schools that met at Lincoln Park for snacks, t-shirt give-aways and encouraging speeches followed by a brisk walk to school. DC Prep also held an event at a small park near their campus where they snacked, attached reflective zipper pulls and greeted their walk leader—Officer Sampson, who is a Clydesdale horse in the service of MPD. DC Prep PCS and Stuart Hobson MS along with eleven other schools are participating in DC's Safe Routes to School Pilot Program.



Officer Sampson and his rider greet the kids

WABA supported three of the events. The first event, a Walk to School Day (WTSD) pep rally held at Stuart Hobson MS on October 7th featured Redskin's Quarterback Jason Campbell who promoted walking as a healthy form of transportation to school. Mr. Campbell also sang two WTSD songs written

who presided over the LiveSTRONG band campaign as chief executive at the Lance Armstrong Foundation.

On October 8th WABA staff assisted both Capitol Hill Cluster School and DC Prep PCS as they held WTSD events. Capitol Hill Cluster School has a long history

In 1997, the Partnership for a Walkable America sponsored the first National Walk Our Children to School Day in Chicago, modeled after the United Kingdom's lead. Back then, it was simply a day to bring community leaders and children together to create awareness of the need for communities to be walkable.

By the year 2002, children, parents, teachers and community leaders in all 50 states joined nearly 3 million walkers around the world to celebrate the second annual International Walk to School Day. The reasons for walking grew just as quickly as the event itself. Whether your concern is safer and improved streets, healthier habits, or cleaner air, Walk to School Day events are aimed at bringing forth permanent change to encourage a more walkable America — one community at a time.

In 2005, new legislation recognized the value of Safe Routes to School programs and is providing funding for States to establish programs. Politicians and other government officials are paying attention to the importance of safe walking and biking to school. Obesity, concern for the environment and the effects of urban sprawl on communities have led to the joining of efforts among those who care about these and other related issues like school siting and traffic congestion.

» BICYCLE COMMUTER SPEAKS



David Cottingham

David is a veteran bike commuter and was recently interviewed by Dorcas Adkins from WABA

Dorcas: Tell RideOn a little bit about your history with bike commuting, David.

David: I started riding regularly to graduate school at Duke in the '70's. When we moved to Capitol Hill in

1979, I decided to bike commute regularly to my office near Dupont Circle. By 1981, when I started work at NOAA in the Commerce Dept building, we'd moved to upper 16th NW and later Chevy Chase. Rock Creek Park bike path became my standard commuting route. Fortunately large government buildings have showers and lockers where I could keep a stash of suits, ties, and sport coats to change into. Throughout my career, all of the government office buildings (Main Commerce, Main Interior, the Old Executive Office Building, NOAA in Silver Spring, and the Fish and Wildlife Service in Arlington) have had shower facilities for free or minimal charges. I ride about 75% of the days I work at my office.

Dorcas: Are there any tricks you'd like to share with the rest of us? Equipment has improved so much, I'm sure you had to be far more creative in the '70's than we do now.

David: One thing I purchased a long time ago was a Kearney light system with a rechargeable 6 volt battery. Before the days of halogen lights, it was the best available and it still works. It's basically a tractor/wrecker light in front and a 6 inch construction barrier flasher in the rear. Most people think I ripped off the flasher, but I bought it. The rear flasher is very visible to drivers. The headlamp lights the road or path pretty well. Rock Creek Park and the Capitol Crescent Trail are very dark at night, so the investment in good lights has more than paid off. I've gone through many lamps and batteries over the years.

Dorcas: Any other challenges you've dealt with?

David: Safe bike parking has improved over the decades. Few buildings or commercial lots downtown used to have bike racks. Now they almost all do. I think WABA had a lot to do with that. The same goes for taking bikes on Metro trains and buses. If you commute long enough, taking advantage of Metro after working late can be very handy. I've had several bikes stolen during work hours or when I left them at the office over night, though. I use that as an excuse to say, 'Oh ****, I guess I've got to buy a new bike (probably my favorite activity in life).' At NOAA, I now have a locker for my bike and gear. No one can see if a bike is in the locker or not. I think the bike is much safer now (at least so far).

Dorcas: Tell us something about the bikes you prefer for commuting.

David: I commuted on road bikes in the days before mountain bikes. About 10 years ago I switched to a hybrid—a mountain frame (no suspension), road gears, and slick tires. It's great for speed and comfort and it accommodates a rack and panniers very well. I'm comfortable on roads, biking/walking trails, or the C&O Canal riding this bike.

Dorcas: Besides commuting, do you ride recreationally as well?

David: I ride regularly on weekends with Potomac Peddlers and other friends. The rolling hills of Maryland and Virginia are spectacular places for touring and long day rides. I've done a couple of AIDS charity rides: one with my daughter in 2000 from Raleigh to DC in the 100+ degree heat and another from Montreal to Boston. I try to get in a couple of centuries a year. One of my favorite tours is riding the C&O Canal from Cumberland. What a great resource. I served on the initial committee that advocated for the purchase of the Capitol Crescent Trail back in the mid 1980s. It's become another wonderful recreational resource of the DC metro area, along with the ever-increasing number of biking/walking paths.

Dorcas: Thanks for sharing your long-range view of bicycling in the local area. I think we all realize how lucky we are to live here and it's a pleasure to talk with one of the people who helped make it the place it is.

Jr. Bicycle Ambassadors AWARDS CEREMONY

Another new program at WABA for 2008 is the Jr. Bicycle Ambassadors program in the City of Alexandria. Administered by WABA's Safety Education program, this initiative was made possible by support from the creative folks in Alexandria's Localmotion program, a city initiative aimed at increasing walking, bicycling, and the use of transit in the city. An important partner is the National Park Service in the form of ranger Georgeanne Smale who is in charge of the NPS Trail Patrols and who provided training to the Ambassadors as well.

The program is coordinated by Misty Stahr Boyd, an extraordinary Physical Education teacher at T.C. Williams SHS in Alexandria. Misty and a small group of students spent their summer visiting city events on foot to spread the word about bicycling facilities in their city.

On September 28, representatives from WABA attended the Awards Luncheon where the hard-working group were rewarded for their efforts to reverse the effects of a century of American automobile-centric culture.



Yon Lambert, City of Alexandria's Pedestrian and Bicycle Coordinator, and WABA's Dorcas Adkins present prizes to Junior Bicycle Ambassadors for their service last summer as the face of bicycling in Alexandria.

WABA's ANNUAL MEETING

On the evening of July 23, over seventy-five bicycling advocates from around the area gathered at the Josephine Butler Parks Center for WABA's Annual Meeting. Designed to provide an open forum to discuss current issues and priorities, the meeting also provides WABA a chance to formally thank and recognize volunteers and elect its Board Members.

The room quickly filled, with WABA Executive Director, Eric Gilliland honoring WABA award recipients. Special recognition was given to the significant others of the WABA staff for volunteering their time at WABA events (whether they want to or not) and putting up with the occasionally crazy schedules our staff keeps. Recognition was also given to **Josh Bennett**, a weekly volunteer who has been assisting Jenn Bress with the copious amounts of data entry that must be done to keep memberships in order. Former Bicycle Coordinator for Arlington County and now with Alta Planning and Design, **Charlie Denney** was also awarded for his tireless efforts in Arlington. Thanks to his hard work, Arlington County has often been cited as the leader in the Washington region when it comes to incorporating bicycles in transportation and development planning. He also led Arlington to install miles of bike lanes, work on completing a key connecting segment of the W&OD Trail, begin plans for a bike station at Ballston Metro, bring a bike sharing program to the county, and pushed to get Arlington its designation as a Silver Level Bicycle Friendly Community from the League of American Bicyclists. For these reasons and many more, WABA was very pleased to recognize Charlie for his tireless efforts to improve bicycling in Arlington County.

WABA was also thrilled to have the opportunity to honor **DC Ward 6 Councilmember Tommy Wells**. Since taking office, Councilmember Wells has made sure that bicycling is treated with the respect it deserves. In addition to all his other good work on behalf of DC residents, he was critical in passing legislation to expand

bike parking in commercial and residential buildings, helping to ensure that the new Nationals Stadium was built to include a bike valet, ushering through the repeal of DC's mandatory bike registration law, pushing DDOT to adopt a Complete Streets Policy, promoting safety through his support of WABA's Pace Car program, and more and more.

Wells was not the only DC Councilmember to be honored at the Annual Meeting. WABA also had the opportunity to honor **DC Ward 1 Councilmember Jim Graham**. In addition to his support of numerous bike-related legislative efforts, as Chair of the Transportation and the Environment Committee, Councilmember Graham spearheaded a budgetary amendment for a Share the Road PSA campaign as well as a new \$1.5 million bike and pedestrian safety fund. In addition to these efforts, Graham has helped to ensure that roadway and development projects in Adams Morgan and Columbia Heights were bike friendly, and he is now working on legislation to increase fines for drivers who strike pedestrians, and is working with WABA on other measures to improve the safety of cyclists, such as possibly requiring all large DC government vehicles to have blind spot mirrors and other safety features.

Incoming WABA board member **David Bono** was given a special award by the association for stopping former columnist Robert Novak from fleeing the scene of a crash with a pedestrian.

The nominating committee of the WABA board of directors presented its choices for the 2008-2010 board to the WABA membership. A motion was made from the floor to unanimously adopt the slate of candidates as presented, and was confirmed with a unanimous voice vote.

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WABA OUT AND ABOUT

This season has brought WABA all over the metro DC region participating in a variety of community events, and health and transportation fairs. These events have shown to be essential in meeting cyclists from across the area, and those who have been wanting to get into cycling but didn't know how to start! **Adams Morgan Day Festival**, drew their usual crowd of over 2,000 people, and WABA handed out many boxes worth of bike maps and safety literature.

WABA also participated in the **National Geographic Transportation Fair** for their 400+ employees, the **George Washington University's Safety Expo**, the **Tysons Corner Transportation Fair** (over 200 visitors), **ExxonMobil Employee Health Fair** (1,000+ employees), and the **U.S. Postal Service Employee Health Fair** (2,000+ employees).

WABA also participated in the first ever Revolution Cycles **BikeOctoberfest** held on Sunday, October 19 at Occoquan Regional Park in Woodbridge, VA. WABA passed out information and interacted with the over 500 guests who attended this free event.

Interested in representing WABA at events like this? We are currently seeking volunteers to assist with WABA's table at the annual **NBC4 Health Expo** taking place next year on January 10-11 at the Washington Convention Center. If you're interested in helping us out with this event please email volunteer@waba.org

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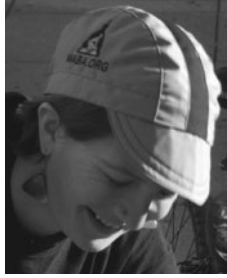
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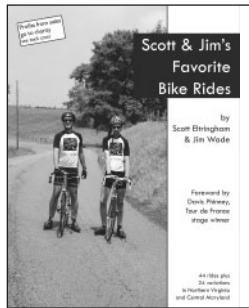


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