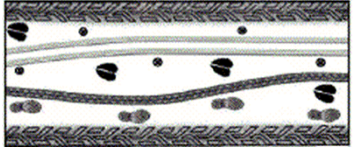


**ALASKA
TRAILS**



ACTIVE TRANSPORTATION



What is Active Transportation?

- Active Transportation Definition:

- Active transportation refers to any form of human-powered transportation – walking, cycling, skiing, using a wheelchair, in-line skating or skateboarding. There are many ways to engage in active transportation, whether it is walking to the bus stop, or bicycling to school/work.

The bad news in just three numbers:

30 minutes of daily physical activity recommended (**60** min. for youth).

< 20 % of Americans actually meet these recommendations (thru LTPA).

365,000 estimated annual deaths in America due to physical inactivity & poor nutrition. (2nd only to tobacco.)

How? Four elements ;

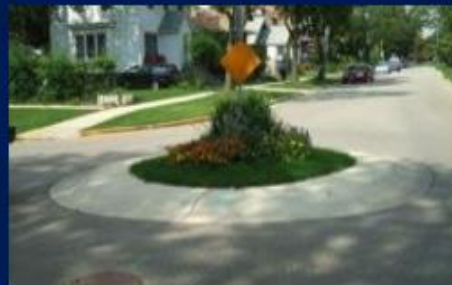
Land Use



Network



Safety & Access

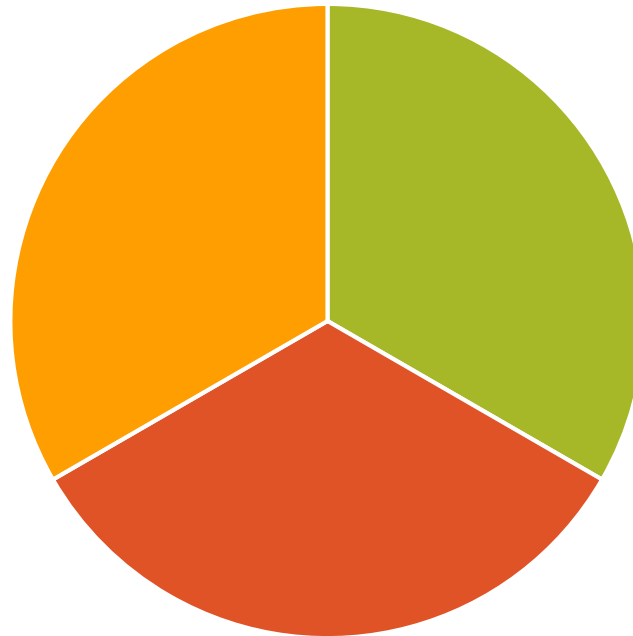


Site Design

www.markfenton.com

3Ps - Programs, Projects, Policies

Projects / Programs / Policies



■ Projects ■ Programs ■ Policies

Active Transportation GOALS

- Increasing the amount of funding to projects that enhance active transportation.
- Pursuing policies to expand active transportation opportunities, such as Complete Streets.
- Promoting awareness and safety of trail use, biking, walking and other active transportation.
- Highlighting the health and economic benefits of active transportation.
- Enhancing and amplifying the work already being done to promote active transportation.
- Connecting groups working on active transportation to share resources, strategies and successes

Anchorage TAP Funding:

- 1. Vision Zero Program \$912,000
- 2. Multi-Modal volumes \$379,200
- 3. ASD Bike Share Education Trailers \$136,048
- 4. Westchester Lagoon Nature Trail Rehab \$261,000
- 5. Chugach Foothills Connector, Phase II \$523,688
- 6. Fish Creek Trail Rehab \$900,000
- 7. Mountain View Drive Pathway \$430,000

2016 Awarded Projects

Corrected 7/27/16

Rural 5000 or less	\$3,731,000
Adams Ave Sidewalks, City of Cordova	\$412,851
Craig Community Sidewalk, Phase I	\$464,144
Third Ave Sidewalk, Kotzebue NWAB	\$802,200
New Street Lights-Safe Routes, City of Russian Mission	\$7,480
Freeman Drive Sidewalk, City of Thome Bay	\$334,250
Dock to Port Trail, Thome Bay	\$131,600
Urban 5000 to 200000	\$2,083,000*
Sitka Sea Walk, Phase II	\$1,360,000
West Glacier Enhancements, TNF	\$293,706
YK-city Sub Trail, City of Bethel	\$339,999
ADA Compliance Sidewalk, City of Palmer	\$93,240
Soundview Pedestrian Access SRTS, City of Homer	\$520,125
Statewide	\$9,892,000
Fish Creek Trail Extension, Municipality of Anchorage	\$860,000
Seward Hwy MP75-90 Multi Modal Safety Pathway, CNF	\$7,141,929
10th Ave Bike Blvd Traffic Calming, MOA	\$536,550
Yukon Drive Sidewalks, UAF	\$654,316

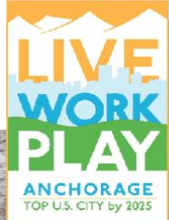
Pedestrian and Bicycle Funding Opportunities
U.S. Department of Transportation Transit, Highway, and Safety Funds

Revised August 12, 2016

This table indicates potential eligibility for pedestrian and bicycle projects under U.S. Department of Transportation surface transportation funding programs. Additional restrictions may apply. See notes and basic program requirements below, and see program guidance for detailed requirements. Project sponsors should fully integrate nonmotorized accommodation into surface transportation projects. Section 1404 of the Fixing America's Surface Transportation (FAST) Act modified 23 U.S.C. 109 to require federally-funded projects on the National Highway System to consider access for other modes of transportation, and provides greater design flexibility to do so.

Key: \$ = Funds may be used for this activity (restrictions may apply). \$* = See program-specific notes for restrictions. ~\$ = Eligible, but not competitive unless part of a larger project.															
Activity or Project Type	Pedestrian and Bicycle Funding Opportunities														
	U.S. Department of Transportation Transit, Highway, and Safety Funds														
	TIGER	TIFIA	FTA	ATI	CMAQ	HSIP	NHPP	STBG	TA	RTP	SRTS	PLAN	NHTSA 402	NHTSA 405	FLTP
Access enhancements to public transportation (includes benches, bus pads)	\$	\$	\$	\$	\$		\$	\$	\$						\$
ADA/504 Self Evaluation / Transition Plan								\$	\$	\$		\$			\$
Bicycle plans			\$					\$	\$		\$	\$			\$
Bicycle helmets (project or training related)								\$	\$SRTS		\$		\$*		
Bicycle helmets (safety promotion)								\$	\$SRTS		\$				
Bicycle lanes on road	\$	\$	\$	\$	\$	\$	\$	\$	\$		\$				\$
Bicycle parking	~\$	~\$	\$	\$	\$		\$	\$	\$	\$	\$				\$
Bike racks on transit	\$	\$	\$	\$	\$			\$	\$						\$
Bicycle share (capital and equipment; not operations)	\$	\$	\$	\$	\$		\$	\$	\$						\$
Bicycle storage or service centers at transit hubs	~\$	~\$	\$	\$	\$			\$	\$						\$
Bridges / overcrossings for pedestrians and/or bicyclists	\$	\$	\$	\$	\$*	\$	\$	\$	\$	\$	\$				\$
Bus shelters and benches	\$	\$	\$	\$	\$		\$	\$	\$						\$
Coordinator positions (State or local)					\$ 1 per State			\$	\$SRTS		\$				
Crosswalks (new or retrofit)	\$	\$	\$	\$	\$*	\$	\$	\$	\$	\$	\$				\$
Curb cuts and ramps	\$	\$	\$	\$	\$*	\$	\$	\$	\$	\$	\$				\$
Counting equipment			\$	\$		\$	\$	\$	\$	\$	\$	\$*			\$
Data collection and monitoring for pedestrians and/or bicyclists			\$	\$		\$	\$	\$	\$	\$	\$	\$*			\$
Historic preservation (pedestrian and bicycle and transit facilities)	\$	\$	\$	\$				\$	\$						\$
Landscaping, streetscaping (pedestrian and/or bicycle route; transit access); related amenities (benches, water fountains); generally as part of a larger project	~\$	~\$	\$	\$			\$	\$	\$						\$
Lighting (pedestrian and bicyclist scale associated with pedestrian/bicyclist project)	\$	\$	\$	\$		\$	\$	\$	\$	\$	\$				\$
Maps (for pedestrians and/or bicyclists)			\$	\$	\$			\$	\$		\$	\$*			
Paved shoulders for pedestrian and/or bicyclist use	\$	\$			\$*	\$	\$	\$	\$		\$				\$

Anchorage Trails Initiative / Schools on Trails



Anchorage Trails Initiative:
SCHOOLS ON TRAILS



**CONNECT
YOUR SCHOOL
TO ITS TRAIL!**

Let's Move



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- Learn the Facts**
ABOUT LET'S MOVE!
- Eat Healthy**
FOOD & NUTRITION
- Get Active**
PHYSICAL ACTIVITY
- Take Action**
SIMPLE STEPS TO SUCCESS
- Join Us**
LET'S MOVE TOGETHER



First-Ever Fun Run

At this year's Easter Egg Roll, the First Lady hosted the first-ever White House Fun Run.

[READ MORE](#) ▶



Safe Routes to School



Naknek, 2012




Anchorage, 2015



Partnership for Active Trai x

www.railstotrails.org/partnership-for-active-transportation/


Get a FREE t-shirt when you become a member and support our work! [JOIN NOW](#)



Partnership for **Active Transportation**

TOGETHER, BUILDING HEALTHY PLACES FOR HEALTHY PEOPLE.

Overview About the Partnership Why Active Transportation Resources News Take Action



Safe Routes to Everywhere

The Partnership is proud to present a federal policy platform: *Safe Routes to Everywhere: Building Healthy Places for Healthy People Through Active Transportation Networks.*

[View Report](#)

listen (24).m3u bp field 2.jpg bp field 1.jpg BP torch.jpg Show all downloads...

10:56 AM 5/4/2016

Mark Fenton –The Role of Trails in Healthy Community Design

The core message:

- We should be **physically active**.
- But we're **not**.
- Simply telling people does **not work**.
- Healthy designs **do!**
- **Trails** are essential . . .
- And they lead to **triple bottom line** benefits.



Cape Cod Rail Trail, MA

Active Transportation Summit – Oct, 2016



2017 Trails Conference

Active Transportation Track – April 2017





Thanks again!

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steve.cleary@alaska-trails.org

www.alaska-trails.org