

# ***BYKE BYTES***

## **Bike More, Drive Less, Get Active – July 2005**

In this issue:

1. BG Ribbon Cutting
2. Spokane Hosts League Instructor Seminar
3. RAPSODY registration reminder
4. Save the date Auction, Footprints, WCPPA annual meeting
5. King County Negotiating to Acquire Rail Corridor
6. FAQs for STR plates
7. Highly Successful Safe Routes to School Mini Grant Program Completed

### 1. Burke Gilman Trail Ribbon Cutting

The City of Seattle has finished installing the irrigation system and has completed a good portion of the landscaping work on the Burke Gilman's new Locks-to-NW 60th Street end. Join the City in a celebration of this section on Monday, July 25th, from 6:30 p.m. to 7:15 p.m. in the parking lot adjacent to the trail at NW 54th St and 32nd Ave NW. Look for the white tent.

### 2. Spokane Hosts League Instructor Seminar

The League of American Bicyclists trained a group of new League Certified Instructors at a seminar in downtown Spokane June 17-20. Twenty bicyclists from Spokane, Walla Walla, western Washington, Oregon, Montana and Arizona attended the conference. Participants included bicycle advocates, educators, firefighters, law enforcement personnel, a traffic engineer, and a commute trip reduction representative. The 20 hour course qualified students to lead Road 1, the League's™ basic traffic skill class for adult riders, and gives the background and materials needed to lead work site and school based programs.

The Spokane Regional Chamber of Commerce, the Spokane Regional Health District, David's™ Pizza, and the Washington Traffic Safety Commission gave support to the project. Site coordinator was Eileen Hyatt, Bicycle Alliance of Washington board member.

### 3. RAPSODY registration reminder

The 2nd Annual **Ride Around Puget Sound RAPSODY** is fast approaching! Presented by 5 local bicycle clubs (B.I.K.E.S. of Everett, The Capital Bicycle Club, Tacoma Wheelmen's Bicycle Club, Seattle Bicycle Club, and West Sound Cycling Club), RAPSODY is a 165-mile bicycle ride that raises funds for the Bicycle Alliance and starts and ends in Tacoma. Riders can choose from a 1 or 2 day option but

either way, they'll be doing approximately 9,000 feet of climbing. The registration fee of \$80 (before 7/22, \$90 after) includes luggage support, overnight campsite (for 2 day riders) and showers, rest stops with food/drink/water, sag support along the route, cue sheets/maps, ride souvenir, ferry fares, lots of music, special treats, and great community involvement and support. There's a \$10 discount for current BAW members – but you can join BAW for \$25 and receive an immediate discount. Registration closes 8/12 or earlier if the rider limit of 1,000 is reached. Register today at <http://www.rapsodybikeride.com>.

#### 4. Save the date Auction, Footprints, WCPPA annual meeting

Lots of stuff happening this fall! The Bicycle Alliance's auction is Saturday October 1. We always sell out, so get your seats early! The biannual Footprints and Biketracks Conference will be held November 1-3 in Tacoma, with a Safe Routes to School training scheduled for the first day. And the Washington Coalition to Promote Physical Activity will be holding it's annual meeting in Seattle on Monday, December 5.

#### 5. King County Negotiating to Acquire Rail Corridor

King County Council voted unanimously to authorize a \$3.8 million deposit to allow County Executive Ron Sims to negotiate exclusively with Burlington Northern Santa Fe for the acquisition of a 47-mile rail corridor. The corridor stretches along the east side of Lake Washington from Renton to Snohomish and averages 100 feet in width.

If acquired, the corridor has the potential to serve rail and trail, or trail and mass transit. A trail in this corridor could make connections to a number of regional trails, including the Centennial Trail, Sammamish River Trail, and Cedar River Trail. Thanks to all of you who contacted council members and voiced your support for this effort!

#### 6. FAQs for Share The Road plates

Move over Huskies and Cougars! Bicyclists will soon be able to buy a specialty license plate that will show their own, two-wheeled colors. Beginning in January 2006, a Share the Road license plate (available through the Department of Licensing) will go on sale, with proceeds supporting bicycle safety and education. Want to know more? Check out the FAQ's on our webpage: <http://www.bicyclealliance.org/announce/FAQ%20draft%20to%20DOL%202005.pdf>

#### 7. Highly Successful Safe Routes to School Mini Grant Program Completed

The Bicycle Alliance, with funding from the Washington Department of Health, awarded 12 mini grants this spring. Ranging from \$900 to \$6,000, the grants went to schools in Seattle, Auburn, Moses Lake and Buckley as well as to Samish and Quinault Indian Nation schools. The grant-funded programs and projects included bike rides, walk to school days, designing safe biking/walking routes, teaching bike safety/riding skills, community promotion and outreach, and preparing and distributing safety and promotional materials.

Support among school and community leaders was very high and the students were very enthusiastic. Students discovered local bike paths and schools decided to incorporate bike riding skills and lessons into their curriculum. The most common lessons learned are that the students crave such programs, love to ride their bikes, and wonder why such opportunities aren't readily available. As one P.E. teacher stated, "A lot of work was involved, but the payoff was tremendous. Having students excited about bike riding and fitness was satisfying." One of the biggest success stories was the Quinault Tribe's project. Their first walk to school day had over 91 students participate. Many continued after the first day, resulting in a bus driver filling a complaint about so few students on her bus.

For more information about this or other Bicycle Alliance Safe Routes to School Programs, contact Dave Janis at 206.784.7176.