



RIDERS & STRIDERS

NEWS FROM THE VERMONT BICYCLE & PEDESTRIAN COALITION

YOUR VOICE FOR BETTER BICYCLING & WALKING IN VERMONT!

- FREE -
But please join us!

YEAR END
2007



Adults and children enjoyed the opportunity to try Nordic walking at the Coalition's annual outing at the Bolton Valley Resort. (Photo courtesy of Kathy Davidow)

IT WAS A VERY GOOD AND BUSY YEAR!

As this is the final newsletter of 2007, it makes sense to reflect on the events of the past year. Highlights from 2007 include: \$50,000 appropriated by the legislature for the purchase of five road shoulder sweepers; launch of Boomer Bike Ride and Street Walker series; certification of 12 individuals as Nordic walking instructors; grants obtained from Washington Electric Co-op, Vermont State Employees Credit Union, and North Country Credit Union; and in-kind contributions from National Life, the state of Vermont, and Ferland Design. On the administrative side, the VBPC relocated to an office near the statehouse, retained the services of a professional bookkeeper and accountant, selected a new credit union, phone and internet service provider, and obtained a bulk permit for mailings. The Coalition was especially fortunate to benefit from the con-

tributions of a host of volunteers, many becoming involved for the first time this year. The arrival of new board members and the success of the annual outing usher in 2008 on a highly optimistic note.



YOUR CHANCE TO WIN GREAT PRIZES!

The Coalition will be holding a drawing for a batch of terrific prizes including an overnight at the Trapp Family Lodge with dinner and breakfast for two. Among the other prizes are a pair of Tubbs snowshoes and poles and lift tickets at the Mad

River Glen ski area. Watch your mailbox for details on how you can enter and win!

3-FOOT LAW UPDATE

You may recall that the last newsletter announced that the Coalition would be working to pass the 3-Foot Law that requires a motorist to allow a minimum of three feet when passing a bicyclist. Sponsors of this legislation in the Vermont House and Senate are now being identified and the language for the law is being crafted within the Legislative Council. Press releases, letters to the editor, and petitions will be forthcoming. Watch our website for details. If you want to assist with this campaign, please contact us by calling 225-8904 or by emailing info@vtbikeped.org

CALL TO COMMITTEE!

The Coalition has recently revised its committee structure and is welcoming all interested members to take part in the process of guiding the Coalition's work. The following is a brief statement of each committee's responsibility:

Education: This committee determines what programs and special events the Coalition will develop and offer in order to promote safe bicycling and walking. A few examples of previous educational offerings are Bike Smart, Share the Road media campaign, Boomer Bike ride series, and Street Walkers.

Advocacy: This committee decides what legislative action the Coalition should initiate and how it should proceed. Members of this committee may write press releases, letters to the editor, op/ed pieces, meet with legislators, collect signatures on petitions, testify at the statehouse, speak to community groups, etc.

Marketing: This committee directs its energies toward how to raise the profile of the VBPC to attract new members and donors. Committee members choose various ways in which to do this including organizing programs and special events, designing flyers, writing press releases and articles for the newsletter while working closely with the Development Committee.

Development: This committee formulates ideas and carries out plans to generate new revenue streams and to foster the growth of existing sources of revenue. Members explore possible opportunities that may exist through private grants, state contracts, special events, membership drives, and other ideas while working closely with the Marketing Committee.

Committees are able to accommodate volunteers' schedules and time

constraints. To get more information and/or to volunteer to join one of the above committees, please call the VBPC office at 225-8904 or email info@vtbikeped.org

ADVANCE NOTICE: 2008 ANNUAL OUTING WILL BE SEPTEMBER 13

The 2007 VBPC annual outing proved to be popular. Members and friends of the Coalition gathered on September 15 at the Bolton Valley Resort to share a buffet lunch, bicycle, try Nordic walking, and hear about the Coalition's upcoming plans. Despite a less than perfect weather forecast, 85 intrepid folks pre-registered. The weather gods smiled upon the gathering as the precipitation ended and the sun came

out during the outdoor time. Twelve individuals completed the training required to become certified Nordic walking instructors. The Coalition is grateful to the Vermont Department of Health for co-organizing the event and to the following sponsors: Blue Cross/Blue Shield, Battenkill Sports, Trapp Family Lodge, Skirack, and Onion River Sports. Product donations were made by Ben & Jerry's, Green Mountain Coffee Roasters, Cabot Creamery, KC's Bagels, and Bruegger's Bagels. Exel Sports generously supplied all Nordic poles used by participants.

Mark your calendar now for the 2008 annual outing to be held on September 13. Information regarding location and special attractions will be listed in future newsletters.

Recommended Routes

In this issue, we introduce a new feature that showcases favorite bicycling and walking/running routes of our members. Below, VBPC Board President Will Flender shares one of his favorite bike rides. Please send your favorites to: info@vtbikeped.org.

Back Roads of Royalton and Barnard

- | | |
|-------|--|
| 0.00 | Turn LEFT out of the VT Law School parking lot in South Royalton onto Chelsea Street |
| 0.18 | Turn LEFT onto Railroad Street (by the Post Office) |
| 0.34 | Turn RIGHT under the railroad tracks |
| 0.37 | Turn LEFT onto Pleasant Street |
| 0.65 | Beginning of a very steep hill |
| 1.14 | Top of the steep hill (I-89) & pavement ends |
| 3.29 | Turn RIGHT at the bottom of the hill (signage missing) |
| 3.48 | Proceed straight onto pavement which ends shortly |
| 6.60 | Turn RIGHT onto East Barnard Road at the E. Barnard Community Hall (toward Barnard) |
| 6.81 | Bear RIGHT (do NOT take Walker Hill Road) |
| 9.43 | Turn RIGHT onto Royalton Turnpike Road |
| 14.04 | Turn RIGHT onto Back River Road (Beware of horses on Back River Road. If you encounter a horse, please give way by proceeding with extreme caution, so as not to startle the horse.) |
| 16.05 | Pavement begins. Beware of uneven pavement in the dark tunnel under the highway just ahead. |
| 16.38 | Proceed STRAIGHT; pavement ends |
| 18.20 | Turn LEFT on Chelsea Street (creemees available at SoRo's Pizza, to the right) |
| 18.30 | Turn RIGHT into the law school parking lot. |

RIDING THROUGH WINTER

by Judy Bond

When folks hear that I ride year round, they look at me like I have gone berserk. And at times I wonder, myself. But, I work out of my home, and love to take off for an hour or so at lunch to break up my day and get some exercise. I ski and snowshoe also, but riding in winter is really special. It is easier to keep a consistent exercise schedule in winter than other seasons since a drizzle of snow is not a deterrent, and I am not kept inside by bad snow conditions. And it is really fun to get fresh tracks when it is snowing! I ride the same low-traffic gravel road all year, and while only 12 miles, the ride has a hill that keeps me humble.

To keep warm, you need to dress for snowshoeing or skiing on a cold, windy day. From top down, wear a helmet beanie or balaclava under the helmet, neck gaiter, and ski goggles or large glasses. Then several thin, warm layers, topped with a wind resistant (not wind proof) softshell jacket. Windstopper gloves are great for moderate temperatures, and warm, windproof mittens in the cold. Wear warm and stretchy leggings or pants. I choose tights based on temperature and wind, and some days I pile several pairs on. Wear winter riding boots that are ankle high and several sizes too large to allow heavy socks and plenty of toe wiggle room, or neoprene booties or warm hiking boots. Lightweight gaiters will keep your feet and lower legs clean and warmer. Toe and handwarmers are great. It is really critical, however, to balance both clothing and riding style to avoid sweating and getting damp, which makes that big hill an even bigger challenge.

The bike needs some winter adjustments. Studded tires are a must on hard packed snow and ice. It is

surprising how wet the road can be on cold but sunny days, occasionally causing the front derailleur to freeze up. Fenders are really nice for keeping salty spray off your face and clothes. (Road sand contains salt to keep it from freezing.) The bike needs to be stored inside so that it can thaw and dry out. It needs to cool off outside before riding, otherwise the tires and rims get iced up, making braking interesting. The ride is generally harder than in summer because of the added weight and resistance of the studs and fenders, but hard, blad-

ed snow can make a very smooth, fast surface.

Cars are amazingly respectful in winter since winter riders are totally unexpected and obviously nuts. I always get big smiles and waves and a lot of room. Riding in fresh snow can be amazingly peaceful and quiet. Don't put your bike away just because it is getting cold out. If you have a safe place to ride, dress warmly, be adventurous, and go for it!



VBPC board treasurer Judy Bond illustrates how to dress in order to enjoy riding through winter. (Photo courtesy of Chuck Bond)

WALKING THROUGH WINTER

by Robin Racine

When Vermont is dressed in winter white, it's time to get outdoors and play! There's no need to hibernate when the snow flies; just grab a pair of snowshoes and head out to your favorite walking path or hiking trail for a total body workout that's certain to enhance your overall conditioning and improve your mental state.

As easy as walking, snowshoeing beats the boredom of the treadmill with an all-over body workout that improves cardiovascular fitness and muscle tone. Today's gender specific, lightweight aluminum snowshoes now feature ergonomically tapered frames, patented binding/crampon systems and durable, maintenance free materials that ensure an easy, fun experience, whether in the backyard or the backcountry.



Enjoying Vermont's woods in winter.
(Photo courtesy of Tubbs Snowshoes)

As a low-impact, heart healthy workout, snowshoeing in powder snow consumes two times the number of calories as over ground walking at the same speed. At a normal 3.0 mph pace, snowshoeing in packed snow will burn 510 calories per hour, while breaking

Ready to get started? Here are some tips for walkers:

1. Dress in layers – Snowshoeing is a high-energy output sport; a three layer system approach to apparel (base, insulation, and outer) is key; no cotton allowed! Don't forget your extremities; a hat/headband, mittens/gloves, and neck gaiter will ensure your warmth and comfort.
2. Waterproof, insulated boots – Recommended for extended outings, and in variable terrain where ankle stability is vital. Lightweight, cross training trail shoes can be used on primarily packed trails, but generally recommended only for shorter walks. Two layers of socks work well - a thin synthetic liner sock to pull moisture away from the skin and a second sock of wool, synthetic or neoprene for insulation.
3. Stay hydrated. Breathing in the cold will deplete fluids even though you may not be sweating.
4. Protect your skin and eyes. The earth is closer to the sun in winter, and both sun and wind can damage your skin and eyes. Wear sunscreen and sunglasses to guard against the sun's reflective rays off the snow.
5. Find a snowshoe event and/or grab a friend. Your first foray into winter is always more fun with a friend. Or visit your local outdoor sporting goods retailer to check out free demo days and community recreation programs to join other snowshoe enthusiasts.
6. Looking for great places to snowshoe? Check out Tubbs TrailNet™ - www.tubbs-trailnet.com – a comprehensive online directory of trails for all abilities throughout Vermont and North America.

your own trail through powder snow consumes approximately 750 calories per hour for women and nearly 1,000 calories per hour for men. Add poles and your overall speed is generally improved, and you'll likely burn more calories as well as enhance your upper body fitness.

Looking beyond the numbers and physical fitness benefits, snowshoeing, like walking, or cycling, can be social or solitary. When done by a group, snowshoeing facilitates close proximity and conversation with fellow snowshoe enthusiasts. Alternatively, one can experience the serenity and meditative qualities of the sport via a solo jaunt.

“BACKSEAT” DRIVING REPORT

On October 26, Coalition Executive Director Nancy Schulz met with the state's drivers education instructors at their semi-annual meeting in Rut-

land. The purpose of the meeting was to acquaint the instructors with the VBPC and have a conversation with them regarding how, by working together, we can make Vermont's roads safer for bicyclists, pedestrians, and motorists. Schulz discussed the problems that bicyclists and pedestrians experience when they encounter aggressive, careless, and ignorant drivers. She acknowledged that bicyclists and pedestrians can create dangerous situations with thoughtless or reckless behavior. The session was a productive one with many good, practical ideas exchanged. The Coalition thanks Judy Safford and Lindsay Townsend of the Vermont Department of Education for facilitating this opportunity and Drivers Ed instructor and VBPC member John Lynch of Moretown for his helpful suggestions.

SIMON PROJECT WALK/RIDE TO REMEMBER

by Jeff Hunsberger

On Saturday morning, September 29, before sunrise, as the fog was gently rising through the early fall colors along the Lamoille County mountain slopes and valleys, final preparations were being made to host the 1st Annual Walk/Ride to Remember: Celebration of Family. This first fundraising event for The SIMON Project (The Sudden Infant/Child Mourning Outreach Network of Vermont & Northern New England) involved 8 cyclists and 35 walkers journeying through the beautiful countryside in Eden, Vermont and surrounding towns. The 40-mile ride progressed from the heights of Lamoille County along routes 100 and 108 to Belvidere and Waterville. It followed the

Lamoille River through Johnson and then climbed into the village of Hyde Park and back through North Hyde Park to Eden. Walkers enjoyed a flat five-mile route along country roads and through farms and fields of horses. Sixty participants and volunteers gathered during the day at Eden Central School to remember children and family members who have died. The nearly \$8000 raised will fund The SIMON Project's outreach activities including a peer support network, website of local, state, and national resources and referrals to professional services. The SIMON Project also offers information on the topics of safe sleep for infants and risk reduction related to potential sudden infant death. Cyclists, walkers, and volunteers enjoyed a great vegetarian chili and potato bar as well as entertainment donated by local music duo

Mark LaGrand and Sarah Munro. Please come join us next year on September 27 for the 2nd annual event. Visit our web site (www.simonproject.org) for information and registration information. Come and remember your loved ones and their lasting legacy of life, no matter how long or short their lives may have been and bring a team of family or friends to share a beautiful day of remembrance.

BOARD BIO

In an effort to familiarize members with the Coalition's board of directors, the newsletter will include brief profiles as space allows.

Will Flender, VBPC Board President since February 2005, has lived in Burlington and South Royalton for six years. Will serves on the Burlington Conservation Board and Burlington Bicycle Council. Previously, Will was employed by Local Motion in their Trailside Center and served on the Local Motion Board of Directors. His bicycle advocacy work has largely focused on improved bicycle parking facilities in Burlington. To further that goal, he researched and drafted a proposed bicycle parking zoning ordinance and accompanying guidelines for the City of Burlington. While on the board at Local Motion, Will helped to develop a guided tour program for the Cycle the City loop. Will received a B.S. in Parks and Recreation Management from the University of Maine and a law degree from Vermont Law School. He is also the author of a guide to walking trails on Martha's Vineyard Island which is now in its third edition. His interests continue to focus on improving bicycle facilities, primarily parking facilities, as well as improving bicycle laws and law enforcement, primarily at the local level.

The Coalition welcomes the following new individual and organizational members who have joined since the last newsletter:

Michael Schmertzler, Ally Abisch, Sports Peddler, Mary and Barry Driscoll, Manuel and Mary Garcia, Annamarie Pluhar, Center for Health & Learning, Johanna Wildnauer, Geralyn Roscoe, Barry Rotman, Laura Brown, and Patricia Hazouri. We also welcome Deborah Lisman who won a free membership at the Hunger Mountain Coop's annual Food and Wellness Fair held on October 13.

Board of Directors

Bob McKearin, Esq., Burlington
Attorney, rides tandem with wife, Mary

Judy Bond, Underhill
GIS consultant and year-round rider

Bob Atchinson, Plainfield
Bicycle commuter and safety educator

Alice Charkes, Secretary, Brattleboro
Chair of Brattleboro Bike/Ped Coalition

Jennifer Nixon Carter, Brandon
Attorney, running mama

Will Flender, President, Burlington
Recreational rider, law student

Jeff Hunsberger, Eden Mills
Organizer of ride/walk to remember

Tom Jones, Whiting
Retired, and seeking smoother pavement

Joe Segale, Huntington
Plangineer, mountain bike and road rider

Staff

Nancy Schulz, Executive Director, Montpelier
Passionate pedestrian and pedaler

Lisa Buchanan, Membership, & Office Coordinator, Montpelier
Trekking trombonista

In this Issue

Successful Year
Winter Biking & Walking
Simon Project Report

3-Foot Law Update
Call to Committee
...and lots more!

Board Member Profile
Recommended Routes

HAVE YOU MOVED? Please keep the Coalition in the loop if your mailing address changes or if you change your phone number or email address. This will prevent you from missing any newsletters or email announcements and will help the Coalition to spend its limited resources in the best possible way.

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ADDRESS SERVICE REQUESTED



THANKS TO VOLUNTEERS!

The Coalition is grateful to Valerie Bluhm, Laura Brown, and John Lynch for assisting at the Hunger Mountain Co-op Fair in October. Thanks to George Plumb, Jan Burrus, and Marilyn Wilson for working at the mailing party for the Summer/Fall 2007 newsletter. Thanks to Anne Ferguson for helping (once again!) move the office. And thanks to Dave Cain for applying his graphic design skills to layout the newsletter.

Please Add Your Voice to Ours! for better bicycling & walking in Vermont

MEMBERSHIP FORM

- | | |
|---|--|
| <input type="checkbox"/> \$1000 Angelic Soul* | <input type="checkbox"/> \$25 Student / Limited Income |
| <input type="checkbox"/> \$500 High Wheeler* | |
| <input type="checkbox"/> \$250 Leader* | <input type="checkbox"/> \$50 Business (Basic) |
| <input type="checkbox"/> \$100 Enthusiast* | <input type="checkbox"/> \$35 Town Committee, |
| <input type="checkbox"/> \$50 Advocate* | planning commission, |
| <input type="checkbox"/> \$35 Basic | or non-profit organization |

Please mail with your check to:
VT Bike/Ped, PO Box 1234,
Montpelier, VT 05601

Name: _____

Address: _____

City, State, Zip: _____

Email: _____ (used sparingly!)

How did you hear about us? _____

*Join at \$50 or more to receive your choice of:

- | | | |
|--------------------------------------|--|--|
| <input type="checkbox"/> Waterbottle | <input type="checkbox"/> Set of bicycle note cards | <input type="checkbox"/> This is a membership gift |
|--------------------------------------|--|--|

Please let us know if you can help with any of the following:

- | | | | | |
|--|---|-----------------------------------|---|--|
| <input type="checkbox"/> Mailing parties | <input type="checkbox"/> Photography | <input type="checkbox"/> Advocacy | <input type="checkbox"/> Publicity | <input type="checkbox"/> Tabling at special events |
| <input type="checkbox"/> Grant writing | <input type="checkbox"/> Graphic design | <input type="checkbox"/> Research | <input type="checkbox"/> Serving on a committee | |



THANK YOU!