

Key Contact List

John Balicki, Bicycle/Pedestrian Coordinator
MDOT/Office of Passenger Transportation
16 State House Station
Augusta, Maine 04333-0016
Tel: 207-624-3252 E-mail: john.balicki@maine.gov

- Provides information about bicycle and pedestrian projects in Maine including how to begin a bicycle and pedestrian committee in your community.
- Provides technical assistance regarding bike storage discount purchases.
- Provides information regarding bicycle and pedestrian transportation funding and Maine laws regarding transportation issues.
- Provides bicycle safety education program to schools each spring.

Jeffrey Miller, Executive Director
Bicycle Coalition of Maine
P.O. Box 5275
Augusta, Maine 04332-5275
Tel: (207) 623-4511 E-mail: BCM@Bikemaine.org

- Trail Head Safety Signs, Share the Trail education materials and various other materials regarding bicycling safety and education available for free.
- Offers Bicycle Safety Education presentations in schools, classes for adults on getting back into biking, and presentations for local groups and civic organizations.
- Provides advocacy advice and resources and support and has a large membership statewide to help support and advise trail projects.
- Information and resources for community initiatives regarding creating Safe Routes to School.
- Assistance and information for communities interested in being designated as a “Bicycle-Friendly Community.”

Burnham Martin, Maine Project Director
National Park Service
14 Maine Street, Suite 302
Brunswick, ME 04011
Tel: 207-725-4934 E-mail: burnham_martin@nps.gov

- Works with community groups and local and state governments who request assistance with their local projects.
- Provides staff support for creating trails and greenways and conserving land.
- Provides assistance with starting new groups or strengthening existing ones.
- Provides information about trail development and land conservation and suggestions for networking with other groups and agencies throughout Maine.

Web Resources

Maine State Resources

Maine Department of Conservation, Bureau of Parks & Lands

www.state.me.us/doc/parks

- Provides manuals and handbooks pertaining to trail planning and construction. They also offer funding for trail development to communities who qualify for the Recreational Trails Program.

Contact: Mike Gallagher, Manager

Grants & Community Recreation

Bureau of Parks & Lands

286 Water Street, Key Plaza, 3rd Floor, Augusta, ME 04330

Tel: 207-287-2163 • E-mail: mike.gallagher@maine.gov

Maine Department of Transportation

www.state.me.us/mdot/opt/bike/homepage.htm

- Provides information about bicycle and pedestrian projects in Maine. Here you will find information about on-road bicycle routes, trails and grant programs for building trails.

Contact: John Balicki, Bicycle/Pedestrian Coordinator

MDOT/Office of Passenger Transportation

16 State House Station, Augusta, Maine 04333-0016

Tel: 207-624-3252 • E-mail: john.balicki@maine.gov

Bicycle Coalition of Maine

www.bikemaine.org

- Advocates bicycling safety, education and access in Maine. Their vision is that as a result of the Bicycle Coalition of Maine's work, people living in and visiting Maine will have accessible and safe conditions where they may comfortably and responsibly bicycle.

Contact: Jeff Miller, Executive Director

Bicycle Coalition of Maine

P.O. Box 5275, Augusta, Maine 04332-5275

Tel: 207-623-4511 • E-mail: BCM@Bikemaine.org

Maine Recreation and Park Association

www.merpa.org

- Comprised of professionals, students, commercial businesses and citizen volunteers who are dedicated to the promotion of quality parks, recreation and open spaces for the people of Maine.

Contact: Ken Hanscom, President

Maine Recreation and Park Association

C/O University of Maine at Machias

9 O'Brien Ave., Machias, ME 04654

Tel: 207-989-5199 • E-mail: Khanscom@brewerme.org

Web Resources (continued)

The National Park Service's Rivers, Trails and
Conservation Assistance program (RTCA)

www.nps.gov/rtca

- Works with community groups and local and state governments to conserve rivers, preserve open space and develop trails and greenways.

Contact: Burnham Martin
National Park Service
14 Maine Street, Suite 302, Brunswick, ME 04011
Tel: 207-725-4934 • E-mail: burnham_martin@nps.gov

Maine Governor's Council on Physical Fitness and Sports

www.mainephysicalactivity.org

- Works to improve the quality of life for all individuals in Maine by promoting healthy lifestyles through increased levels of physical activity, sports and leisure activities and by supporting the cooperative efforts of schools, communities, businesses and health institutions.

Contact: Chairperson
Medical Care Development, Inc.
11 Parkwood Drive, Augusta, ME 04330
Tel: 207-622-7566, ext. 220 or 230 • E-mail: gcpfs@mcd.org

Healthy Maine Walks

www.healthymainewalks.org

- Provides information on finding a walking route in Maine, how to create a walking route and how to register your route.

Contact: Keith Whalen, Public Health Educator
Maine Cardiovascular Health Program
Key Plaza, 4th Floor, 11 State House Station, Augusta, ME 04330
Tel: 207-287-4298 • Fax: 207-287-4631 • E-mail: keith.whelen@maine.gov

National Resources

American Hiking Society

www.americanhiking.org

- Works with elected officials as well as land managers at the Federal Bureau of Land Management, the National Park Service, the USDA Forest Service and similar state and local agencies, to create, protect and promote trail systems nationwide.

Contact: American Hiking Society
1422 Fenwick Lane, Silver Spring, MD 20910
Tel: 301-565-6704 • Fax: 301-565-6714

Web Resources (continued)

CDC National Center for Chronic Disease
Prevention and Health Promotion/Division of
Nutrition and Physical Activity

www.cdc.gov/nccdphp/dnpa/physical/trails.htm

- Provides information on the importance of trails to our health and how trails are a resource accessible to multiple-types of recreation users.

Contact: Division of Nutritional and Physical Activity, National Center for Chronic Disease Prevention and Health Promotion, Centers for Disease Control and Prevention
4770 Buford Highway, NE, MS/K-24, Atlanta, GA 30341-3717
Tel: 770-488-5820 • Fax: 770-488-5473 • E-mail: ccdinfo@cdc.gov

Rails-to-Trails Conservancy

www.railtrails.org

- Supports local efforts to transform the dream of a trail into a tangible community asset by providing information about designing, building and managing multiuse trails. On this site, you will find studies, reports, fact sheets and free downloadable trail development books. Also available is *Trails for the 21st Century, Planning, Design and Management Manual for Multiuse Trails*.

Contact: Craig Della Penna or Betsy Goodrich, Field Representatives
2 Washington Square, Suite 200, Union Station, Worcester MA 01604
Tel: 508-755-3300 • E-mail: rtccraig@transact.org or rtcbetsy@transact.org

East Coast Greenway

www.greenway.org

- Comprised of walkers, cyclists and other trail advocates who have joined forces on a major project, a 2,600 mile traffic-free path linking East Coast cities from Maine to Florida. Launched only ten years ago, this vision for an urban alternative to the highly popular Appalachian Trail is quickly becoming a reality.

Contact: East Coast Greenway Alliance
135 Main Street, Wakefield, RI 02879
Tel: 401-789-4625 • E-mail: ecga@greenway.org

Center for Livable Communities

www.lgc.org/center/index.html

- Helps local governments and community leaders be proactive in their land use and transportation planning. Provides information on adopting programs and policies that lead to more livable and resource-efficient land use patterns.

Contact: Center for Livable Communities
1414 K Street, Suite 600, Sacramento, CA 95814
Tel: 916-448-1198 • E-mail: center@lgc.org

Web Resources (continued)

National Center for Bicycling and Walking

www.bikewalk.org

- Has been working for more bicycle-friendly and walkable communities. The NCBW offers information, support, training, consultation services and resources to public agencies, nongovernmental organizations and advocates, maintains the NCBW Resource Center, publishes the eNewsletter *CenterLines*, and a quarterly journal, *NCBW Forum*, and organizes the biennial Pro Bike/Pro Walk Conference and other special meetings.

Contact: Bruce Burgess

National Center for Bicycling & Walking

1394 Munger Street, Middlebury, VT 05753

Tel: 802-388-2453 • Fax: 802-388-3299 • E-mail: bikefedvt@aol.com

Pedestrian and Bicycle Information Center

www.bicyclinginfo.org

- A clearinghouse for information about health and safety, engineering, advocacy, education, enforcement and access and mobility. The PBIC serves anyone interested in pedestrian and bicycle issues, including planners, engineers, private citizens, advocates, educators, police enforcement and the health community.

Contact: Pedestrian and Bicycle Information Center

730 Airport Road, Suite 300, Campus Box 3430, Chapel Hill, NC 27599-3430

Tel: 919-962-2203 • Fax: 919-962-8710 • E-mail: pedbike@willow.hsrb.unc.edu

Walkable Communities, Inc.

www.walkable.org

- A nonprofit corporation organized for the express purposes of helping whole communities, whether they are large cities or small towns, or parts of communities, i.e., neighborhoods, business districts, parks, school districts, subdivisions, specific roadway corridors, etc., become more walkable and pedestrian-friendly.

Contact: Walkable Communities, Inc.

320 South Main Street, High Springs, FL 32643

Tel: 386-454-3304 • Fax: 386-454-3306 • E-mail: Walkable@aol.com

References

- *American Journal of Preventive Medicine*, 2002: 22(4s), p. 67-72. Task Force of Community Preventive Service. Recommendations to Increase Physical Activity in Communities.
- Brownson, R.C., Housemann, R.A., Brown, D.R., Jackson-Thompson, J., King, A.C., Malone, B., Sallis, J.F. Promoting Physical Activity in Rural Communities Walking Trail Access, Use, and Effects. *American Journal of Preventive Medicine* 2000: 18(3). Published by Elsevier Science Inc.
- Frank, L.D., Engelke, P.O. The Built Environment and Human Activity Patterns: Exploring the Impacts of Urban Form on Public Health. *The Journal of Planning Literature* 2001; 16: 202-18.
- Humple, N., Owen, N., Leslie, L. Environmental Factors Associated with Adults' Participation in Physical Activity. *American Journal of Preventive Medicine*, 2002: 22(3). Published by Elsevier Science Inc.