

2011 Active Communities Conference

Walking, Biking, Physical Activity and the Built Environment

June 21, 2011 • Bowdoin College Campus, Downtown Brunswick

AGENDA

7:30 Registration, Exhibits and Continental Breakfast

8:00 Welcome and Presentation

“Active Community Environment’s Importance to the Health of Maine’s People,” David Crawford, Maine Physical Activity, Nutrition and Healthy Weight Program, Maine CDC

8:45 Break

9:00 Keynote Speaker

“Building Sticky Communities for Economic, Environmental and Public Health,” Mark Fenton, a renowned national expert

10:30 Break



10:45 Breakout Session I

Workshops and Outdoor Seminars A, B, D, G, K, L, M & O

11:45 Lunch and Presentation

“The Processes to Improve Your Community,”
Dan Stewart, Quality Community Program, MaineDOT

1:30 Breakout Session II

Workshops and Outdoor Seminars C, E, F, H, J, L, M and N

2:30 Break



2:45 Breakout Session III

Workshops and Outdoor Seminars A, B, F, G, K, N and O

3:45 Break

4:00 Closing Session and Raffle

“Using the Three P’s to Change your Communities: Programs, Projects and Policies,” Mark Fenton
Facilitated roundtable discussion on bringing positive change back home.

5:00 - 9:00 Annual Bicycle Coalition of Maine Pizza Party at Flatbread Co., 72 Commercial St., Portland, ME

**You can register at the event.
If you have questions call 207-624-3252.**

KEYNOTE SPEAKER

Mark Fenton is one of the nation’s foremost experts and a recognized authority on public health issues and the need for community, environmental and public-policy initiatives to encourage more walking and bicycling. He is the former editor-at-large of *WALKING* magazine and former host of the PBS series *America’s Walking*.

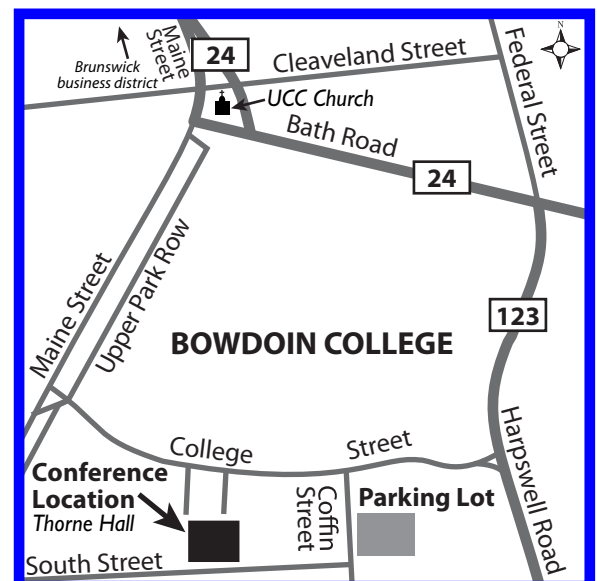
WHO SHOULD ATTEND?

- Public Health, Transportation, Safety, Planning, Economic Development and Public Works Professionals, Citizens, Municipal Officials and others interested in learning more!

WHAT WILL I LEARN?

- What “active community environments” can look like in Maine
- The planning and funding processes for creating active communities
- The economic benefits of active communities
- Common “Keys to Success” for communities that have made improvements to their built environments

This event is free. Lunch is provided.



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Linking Transportation, Economic Development, Health and People
to Improve the Quality of Maine Communities

Driving Directions to the Campus: Thorne Hall/Coles Tower, 4 College Street, Brunswick, ME

From the South: From I-295, take Exit 28 for Route 1 (North/Pleasant Street). Proceed to the third traffic light. Go straight ("To 201/123/24/Maine Street"). Continue straight for approximately 1/2 mile to the second traffic light. Turn right onto Maine Street. The Bowdoin campus begins at the intersection of Maine Street and Bath Road, near a large UCC Church.

From the North: Take I-295 to Exit 31A (Rte. 196) to Route 201/24 and turn right. Proceed over bridge onto Maine Street in Brunswick. Continue on Maine Street. The Bowdoin campus begins at the intersection of Maine Street and Bath Road, near a large UCC Church.

Parking on Campus: From Maine Street, take a left onto South Street and an immediate left onto Upper Park Row, or follow South Street to Coffin Street for a large parking lot. Parking is available in any "blue" lot, except the Admissions Lot.

Alternative Transportation:

Carpool: Remember to carpool – Go to www.gomaine.org to find a ride!

Bicycling: Bike commuting options are available by parking at one of the local Park and Ride lots located in Topsham (approx. 3 miles to campus), Bath (approx. 8.5 miles to campus), or Freeport (north lot approx. 12 miles to campus). Visit <http://www.exploremaine.org/parkandride/index.htm> for directions to Park and Ride lots. Bike racks are available at Thorne Hall/Coles Tower.

Please note:

The conference agenda requires walking between buildings.
Please bring appropriate attire in the event of rain.



Healthy Active Communities = Healthy Economies

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Breakout Session Workshops

- A. Success Stories: Infrastructure Changes Transforming Communities:** Come learn what Brunswick and Bath are doing to improve conditions for walking and bicycling, including challenges, successes and how they got things done! **Sessions I and III**
- **Jim Upham**, AICP, Director of Planning & Development, City of Bath
 - **Tom Farrell**, Director of Parks & Recreation, Town of Brunswick
 - **Kris Hultgren**, Town Planner, Town of Brunswick
- B. Planning Quality Communities:** Come learn specific examples of bicycle and pedestrian planning efforts aimed at improving the built environment for walking and biking, including municipal planning efforts. **Sessions I and III**
- **Stephanie Slocum**, Executive Director, Brunswick Downtown Association
 - **Misty Gorski**, Town Planner, Town of Waldoboro
- C. Encouraging Active Transportation & Lifestyles:** Be inspired by these local examples and success stories of physical activity encouragement programs, including the Maine Safe Routes to School Program, the Healthy Maine Partnerships, and other new, energizing, and creative initiatives from around the state. **Session II only**
- **Kristie LeBlanc**, Physical Activity Program Coordinator,
Somerset Heart Health/Redington Fairview General Hospital
 - **Sarah Cushman, Darcy Whittemore**, Regional Managers, Maine Safe Routes to School Program
 - **Doug Beck**, Physical Activity Coordinator, Maine CDC, Physical Activity, Nutrition and Healthy Weight Program
- D. Safe Routes to School:** Mark Fenton will give a presentation and lead a discussion on the many opportunities that the concept of Safe Routes to Schools can bring to your local community. **Session I only**
- **Mark Fenton**
- E. Health Impact Assessments:** HIA can be used to evaluate objectively the potential health effects of a project or policy before it is built or implemented. Come learn about Health Impact Assessments and how they can help promote active community environments! **Session II only**
- **Robert H. Ross, Ph.D.**, Scientific Director of the Maine-Harvard Prevention Research Center,
Research Associate Professor in the Graduate Programs in Public Health,
University of New England
 - **Rebecca Drewette-Card**, President, Public Health Partners, LLC
- F. Funding your Project: Applications 101:** What are organizations looking for when they decide which application to fund? Come find out what kind of funding opportunities there are and how to be successful. **Sessions II and III**
- **Mick Rogers**, Maine Department of Conservation, Manager of Grants and Community Recreation
 - **Deborah Johnson**, Deputy Director, Office of Community Development,
Department of Economic and Community Development
 - **Sally DelGreco**, President, DelGreco Strategic Partners
- G. Economic and Community Development:** Come learn how three communities have significantly changed and continue to improve the local economic and community environment through changes to the built environment. See the process and economic results! **Sessions I and III**
- **Rodney Lynch**, Community Development Director, Town of Rockland
 - **Greg Tansley**, AICP, City Planner, City of Biddeford
 - **Bob Hamblen**, Planning Director, City of Saco

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Breakout Session Workshops (continued)

- H. Framing Your Message for Decision Makers:** How to develop the message. Hear from a veteran city manager and experienced public health advocate on how to be persuasive for real change in your community and how to engage local businesses. **Session II only**
- **Carol Kelly**, *Managing Director, Pivot Point, Inc.*
 - **John Bubier**, *Biddeford City Manager*
- J. An Introduction to the Built Environment:** What is the built environment and who is working on it in Maine? What is an Active Community Environment Team and why do you want one? How does a bike and pedestrian committee fit into your community planning efforts? **Session II only**
- **Jonathan Labonte**, *Executive Director, Androscoggin Land Trust*
 - **Roxanne Eflin**, *Program Director, Maine Downtown Center*
- K. Engineering Options for Improving the Community Environment:** Come learn very specific options for improving the pedestrian and bicycle community environment including low cost, short term, and long term options. **Sessions I and III**
- **Steve Landry**, *MaineDOT Assistant State Traffic Engineer*
 - **Nancy Grant**, *Executive Director, Bicycle Coalition of Maine*
- L. Brunswick Maine Street Station: Mixed-Use and Multi-Modal:** This session will visit Brunswick Maine Street Station, an exciting new development in downtown Brunswick. Come see how a mix of uses (offices, restaurants, residences and a hotel) combine with a mix of public transportation modes (rail, intercity bus, local transit and a walkable community environment) to expand the local economy and the range of active transportation options. **Sessions I and II**
- **Brian Dancause**, *Business Development & Support Specialist, Brunswick Department of Economic Development*
- M. Topsham/Brunswick Riverwalk:** This site walk will include an overview of the restoration of a beautiful historic pedestrian bridge and current and upcoming construction of a bicycle and pedestrian riverside connection linking neighborhoods and downtowns. **Sessions I and II**
- **Nancy Randolph**, *Just Write Books and Save our Swinging Bridge non-profit*
- N. Outdoor Walking Audit Session:** Using walkabouts as a community engagement tool. **Sessions II and III**
- **Mark Fenton**
- O. Bicycle Audit:** This session is a bicycle tour of facilities in Brunswick and Topsham, including bike lanes and the Androscoggin River Bike and Pedestrian Path. **Sessions I and III**
- **Jim Tasse**, *Maine Bicycle and Pedestrian Safety Education Program*
 - **Tony Barrett**, *East Coast Greenway Alliance*