



PHONE NUMBERS

Report polluting vehicles to the Smoking Vehicle Hotline, 622-5700

Report road maintenance needs in Pima County to Pima County Street Maintenance, 740-2639

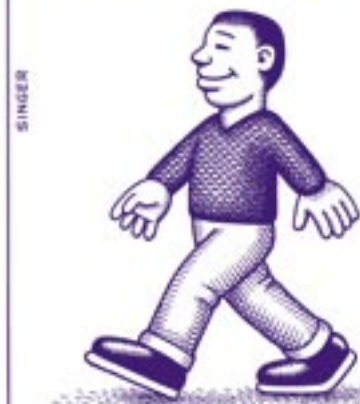
Report roadway maintenance needs within Tucson to City of Tucson Street Maintenance, 791-3154

Report roadway maintenance needs on state highways to Arizona Department of Transportation, 628-5705

Report aggressive drivers to the Tucson Police Department's Road Rage Hotline, 235-RAGE (7243)

NO EXIT ©Andy Singer

RETRO TRANSPORTATION



Mayor Walkup (center) poses with his new bike and new friends

Bike Safety Receives Endorsement from Mayor

By Matthew Zoll, Pima County Bicycle and Pedestrian Program Manager

When City of Tucson Mayor Bob Walkup received a request from his son to join him and his family in riding El Tour de Tucson, he knew he couldn't pass it up.

The Mayor heard about the bicycle safety classes taught by Pima County staff and citizen volunteers and he immediately signed up for a League of American Bicyclists Road 1 bicycle safety class.

The Mayor then spoke with Jim Glock, Director of the City of Tucson Department of Transportation and a long-time bicycle commuter, about his new Breezer Uptown 8-speed commuter bicycle. Sure enough, the Mayor showed up to the first class with a new Breezer as well.

For a gentleman who hasn't been on a bicycle in 50 years (but who has ridden motorcycles extensively over that time and has taken the Motorcycle Safety Foundation's safety training course), the Mayor performed capably on the bicycle. The bike safety drills were a breeze, so to speak, for the Mayor and he deftly handled the 4th Avenue trolley tracks without a hitch.

The Mayor was joined by twelve other persons in the Road 1 class, which included participants as young as 10 years of age. In addition to a free bike light kit and frame pump, participants were treated to lunch at Time Market as part of the class.

For future classes we plan to also distribute free high-quality helmets and safety reflective tape, along with the pumps and bike lights and of course a filling and tasty lunch. If you or anyone you know would be interested in the LAB bicycle safety classes, please contact us at 740-6403.

Many thanks to Pima Street Bikes, Fair Wheel Bicycle Shop, and Ordinary Bikes for their support for these classes and thanks to Bicycle Advisory Committee member Donna Aversa for helping teach the courses!

FREE!



pima county department of transportation

WALKIN' & ROLLIN'

news for pedestrians and cyclists

JUNE / JULY 2006 • Available online at www.dot.pima.gov/tpcbac/

Walkin' & Rollin' is produced by the Pima County Bicycle and Pedestrian Program, Matthew Zoll, Program Manager 520-740-6746



The Tucson-Pima Eastern region has been recognized as one of the nation's best for bicycling.

Tucson-Pima Eastern Region Wins Gold!

By Matthew Zoll, Pima County Bicycle and Pedestrian Program Manager

Sometimes you shoot for the stars and only make it to the moon- but hey, it's still quite an achievement. The League of American Bicyclists, a 125-year old organization that promotes safer conditions for cyclists across the U.S., in April 2006 designated the Tucson-Pima Eastern Region a Gold-level Bicycle Friendly Community.

Five U.S. municipalities have been awarded Gold and one (Davis, CA) has deservedly re-

ceived Platinum, the highest award. However, ours is the first and only region in the United States that has achieved the Gold level.

The Tucson-Pima Eastern Region, consisting of the municipalities of Marana, Oro Valley, Sahuarita, South Tucson, and Tucson, plus the Tohono O'Odham Nation, the Pascua Yaqui Tribe and Pima County, decided to submit a joint application because of the work each of these entities has been doing to promote cycling.

Inspired and initiated by former Tucson-Pima County Bicycle Advisory Committee member Bill Katzel, a "Platinum Challenge" committee was pulled together consisting of members of

the public and agency staff. The goal was to have the region designated a Platinum-level Bicycle Friendly Community by the League in 2006.

Although we didn't quite reach that level, Gold is a terrific designation that will inspire local citizens and governments to further develop bicycle safety programs and projects that will some day get us to the Platinum level.

The League will again evaluate us in 2008 and by then we should have made substantial gains in constructing more bikeway facilities, implementing a popular Safe Routes to Schools program for elementary schools, developing a comprehensive middle school bicycle education program, promoting bicyclist safety using all methods of media, developing a strong education-enforcement program that places high emphasis on bicyclist and pedestrian safety, and taking a number of other measures to promote bicycling and walking.

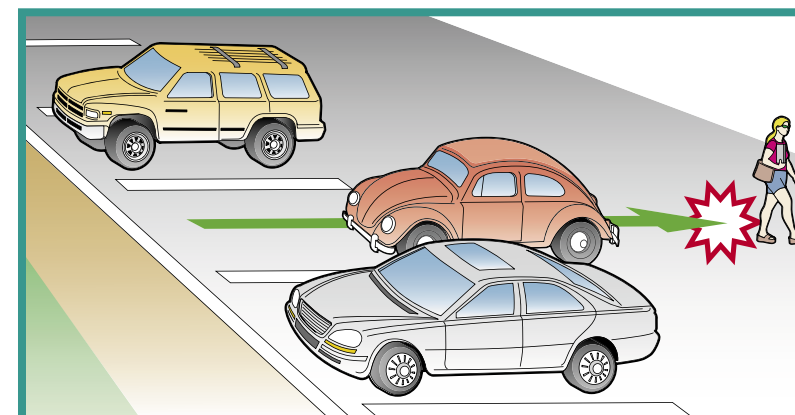
Many thanks to all the hard work by the Platinum Challenge committee members, and here's hoping we'll make that Platinum level in just a couple more years!

For more information on the League's Bicycle Friendly Community program, please visit www.bikeleague.org

RULES OF THE ROAD

Parking lots can be hazardous

Be aware of traffic at all times, and mind your children who are much less visible to backing drivers. Try to exit parking lots or walk along the edges as soon as possible. Parents should keep control of their children in parking lots at all times, as they can be very difficult for drivers to see. Don't allow kids to run or play in parking lots.



Kurt Weinrich, P.E. Director, Pima County Department of Transportation

Pima County Board of Supervisors
Richard Elias, Chairman, District 5
Ann Day, District 1; Ramón Valadez, District 2
Sharon Bronson, District 3; Raymond J. Carroll, District 4
County Administrator: C.H. Huckelberry

For more information, please contact the Pima County Bicycle & Pedestrian Program at 520-740-6746 or Matt.Zoll@dot.pima.gov

CYCLING TIP OF THE MONTH



Relationship Accelerators

By David Burnham, Pima County Graphic Services

One of the frustrations of riding together as a couple is the inevitable difference in fitness levels between the two riders. Often times one person may be a hard-core seven-day-a-week cyclist and the other is a casual weekend rider at best. On rides together, the person bringing up the rear may be resentful and exhausted and the rider up front may be continually frustrated at a slow pace.

A tandem bike may be the best option for couples wanting to ride together. My wife and I have put over 3,000 miles on our Raleigh Pursuit in the last two years. This amount of mileage is small potatoes compared to what experienced cross country couples routinely do, but it's a big deal to us. We've experienced big thrills, great joy and sincere misery during those miles. As you might expect, climbing often equals misery and descending means joy.

Tandems have been described by one of my friends as 'relationship accel-

erators', meaning that if your couple status is good, the cooperation required to ride a tandem will bring you much closer together. If your relationship is on shaky ground, a tandem bike can lead to an early breakup. Either way, the truth comes out sooner than it otherwise would. Every foot of every ride is a compromise on some level. Fortunately, my wife and I are doing well—we still look forward to riding the big bike on Sundays and nobody is considering divorce. We've gotten to the point that we can read each other's minds about when to shift, when to stand and when to rest.

Tandems are fast! On a flat surface, at twenty miles an hour, over ninety percent of the effort required to move a bicycle is wind resistance. A tandem has the power of two riders, and hardly more wind resistance than a single bike. On long rides, on the flats, and especially on downhills, single bikes have a hard time keeping up.

One barrier to tandeming is the high cost of starting out. Inexpensive bikes start at around \$1,500 new, and go up to \$5,000 or more. It may be best to start with a used bike or rent one, if possible. We were fortunate enough to borrow one for a few weeks which convinced us to pony up the dough for a big bike of our own. The expense of purchasing a tandem is a big incentive to keep riding, though.

Tandems also allow riders with disabilities and blind athletes to experience cycling. There are many blind athletes who compete at elite levels on tandems in the Paralympics. In fact, the National Champion Paracyclist, Jason Bryn lives in Tucson. Tandems can be modified to allow small children to ride with their parents, where they can learn all about cycling from the rear seat.

Having owned one for nearly two years, I'd recommend a tandem to any couple that wants to get out and have adventures together. It's a great way to breathe new life into your relationship and adds a whole new dimension to cycling. You can check out all kinds of tandems at local bike shops and there are numerous websites with information for tandem riders.



Signs intended to educate motorists, bicyclists and pedestrians will be appearing on bus shelters all over town.

Bicycle and Pedestrian Safety Campaign hits the Streets

By Matthew Zoll, Pima County Bicycle and Pedestrian Program Manager

In May, Pima County and the City of Tucson began displaying signs as part of a regional campaign to promote bicyclist and pedestrian safety. The signs were put up throughout the metropolitan area at bus stop displays run by Attention Transit Advertising. The campaign is supported by a \$454,000 federal grant administered by the Arizona Department of Transportation and by over \$115,000 in local funds.

The signs are one part of a safety campaign that includes advertisements on radio and TV, bicycle safety classes, enhanced police emphasis on bicyclist, pedestrian, and motorist education, and other measures to promote safety. The campaign is complemented by a Governor's Office of Highway Safety grant that the City of Tucson is administering to promote bicyclist and pedestrian safety.

The 4-foot by 6-foot bus shelter signs and "Share the Streets" bus bench signs will be run for a four-week period and then after a brief break a new rotation of signs with different safety messages will be displayed. The program is intended to continue for several more years.

If you have thoughts for ways to improve safety awareness, please contact us at 740-6403 or at 791-4372. A big thanks to Attention Transit Advertising for their strong support in promoting bicyclist and pedestrian safety!

Camino del Sol Goes on a Diet

By Bill Adamson & Jim Jordan, Co-Chairs, Santa Cruz Valley Bicycle Advocate Committee

About two years ago, the Green Valley bicycle community began discussions with Pima County to get additional bikeways constructed. We formed what is now known as the Santa Cruz Valley Bicycle Advocate Committee to work with Pima County on numerous proposals. One of our first goals was to get 6-foot bike lanes added to the north end of Camino del Sol.

Only a 0.7 mile section of 4-lane Camino del Sol prevented this major north-south bike route from having bike lanes its entire length. We spoke with Matt Zoll of PCDOT and he said it was a perfect application for what's known as a "Road Diet." Learning about road diets, which include reducing the number of unnecessary travel lanes in order to put in bike lanes, we decided he was right.

PCDOT did traffic counts that showed that four lanes were not needed to handle the traffic.

Since both ends of del Sol were already only two lanes, we presented our proposal to the Green Valley Community Coordinating Council and got their approval. We then requested PCDOT do the restriping and they really got behind it and completed it on April 21st.

So now we have a continuous bike lane the length of del Sol—a distance of 5.8 miles—and it was in use by bicyclists, golf carts and walkers before the paint was dry!

We are very proud of this much safer road and also how Pima County responded to a private citizens' group to accomplish the project.



ABOVE— Cyclists riding on the older Camino del Sol with no shoulders.

BELOW— The redesigned roadway is much safer for bikes, walkers and golf carts.



LOCAL EVENTS, CLUBS & WEBSITES

This is a partial listing of bicycling & walking events coming up in the near future. If you would like your event listed in future newsletters, please contact us. Pima County provides this listing as a public service. This listing does not constitute official endorsement of these events by Pima County.

- Bicycle Friendly Community Gold Award Ceremony and Bike Ride, June 2, 2006..... matt.zoll@dot.pima.gov or 740-6746
- Mt. Hopkins Hillclimb Mountain Bike Ride, June 4, 2006 www.bikegaba.org
- Mt. Lemmon 10K Walk, June 24, 2006..... fbarton2@cox.net
- Tour for Tucson's Children Bicycle Ride, July 4, 2006..... www.tucsonaz.gov
- Tucson Mtns. Sunset Ridge Hike, July 18, 2006..... http://arizona.sierraclub.org/rincon/outings.html
- BICAS Bike-In Movie & Fun Ride, Last Sat. of each month..... www.bicas.org
- GABA-GO bike rides for all levels, Every Sunday..... www.bikegaba.org
- Sam Lena Park Urban Bird Walk, 8 AM, Every 4th Sat. www.tucsonaudubon.org/fieldtrips/urbanwalks.htm
- Beginning Birding Walks 7:30 AM, Every 2nd Wed. & 3rd Sat..... www.tucsonaudubon.org/fieldtrips/urbanwalks.htm
- Wake Up With the Birds Guided Bird Walk, 7:45 AM, Every Tues. www.tucsonaudubon.org/fieldtrips/urbanwalks.htm
- BICAS homepage www.bicas.org
- John Bingham Racing www.johnbinghamracing.com
- Cactus Cycling Club www.cactuscycling.com
- Doo Dah Road Club www.doodahroadclub.org
- Greater Arizona Bicycling Association www.bikegaba.org
- Green Valley Hiking Club Calendar of Events..... www.gvrhc.org
- Perimeter Bicycling Association of America..... www.pbaa.com
- Pima Trails Association Calendar of Events www.pimatrails.org/calendar.htm
- Southern Arizona Roadrunners..... www.azroadrunners.org
- Southern Arizona Hiking Club www.sahcinfo.org



The Safety Zone

June / July
2006

NEWS from the PIMA COUNTY - TUCSON SAFE ROUTES TO SCHOOL PROGRAM

Donna Lewandowski, Safe Routes to School Coordinator • 520-205-8309 • Donna.Lewandowski@dot.pima.gov



Kids need safety training and safe places to walk and bike!

Summertime Safety for Everyone

By Donna Lewandowski, Pima County Safe Routes to Schools Coordinator

It's summer and kids are out of school and it's time to be outside. That means running, walking, skating, bicycling, and jumping on that favorite scooter to go play with friends or on outings with family.

It's the time of year when kids and families can get out together and walk or bicycle: evening strolls for an ice cream, day trips to Mt. Lemmon, or a quick jaunt to play at the park. Tucson is a terrific walking and bicycling community – pack up some snacks and water, put on comfortable clothes and begin to explore our parks and trails.

Everyone should feel safe when enjoying the outdoors. Motorists should remember that most youngsters are short and that it's difficult for kids to see vehicles coming, as well as for drivers to see them. Children's peripheral vision is approximately one-third narrower than an adult's and so children can't see a motorist approaching from the right or left as soon as an

adult can. Children also have difficulty judging a car's speed and distance, and they often think that if they can see the driver, then the driver can see them.

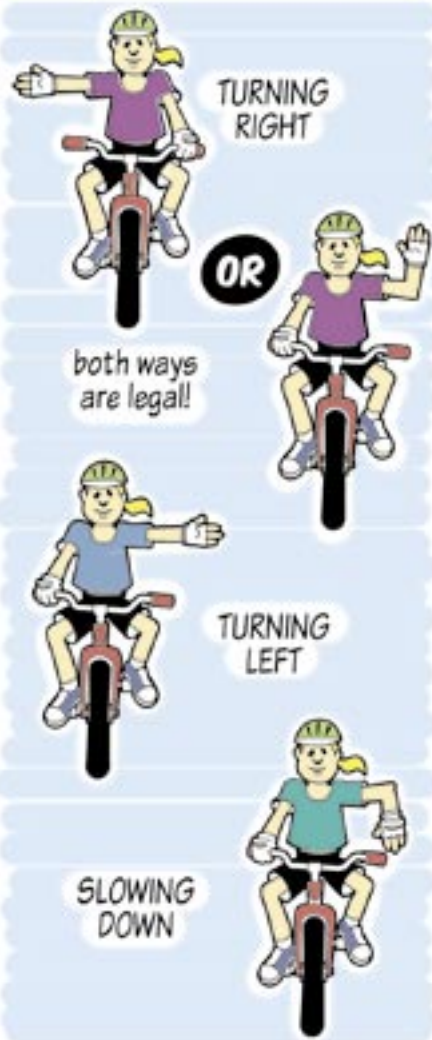
Children should be taught to stop at the curb and look Left-Right-Left for traffic in all directions before crossing, even where there is a traffic signal. Parents walking or bicycling with their kids teach safety, health and well-being by example. By getting out with your children you are being a positive role model, as well as showing (not just telling) your kids how to safely walk and bicycle around town.

For families who enjoy exploring by bicycle, remember that helmets are a must for adults as well as youth. Children learn life-lessons from adult behavior – if an adult insists that a child wear a helmet and then doesn't put one on as well, what kind of message is he or she sending?

If all of us – motorists, bicyclists, and walkers obey the laws, pay attention to each other, and drive, bicycle and walk like our families' lives depended on it, we will all enjoy a safe and fun summer.

BE SMART!

Use hand signals to show your intentions and ride in a predictable fashion.



Things to do This Summer That You Probably Haven't Thought of...

By Donna Lewandowski, Pima County Safe Routes to Schools Coordinator

1) Earn yourself a bike this summer!

So, summer is here and you're bored, right? Here's a sure-fire cure for the summer blues: learn how to build a bike from scratch, and earn the right to build one for yourself. BICAS has a new build-a-bike series starting on June 10th. Every Saturday from 1 to 4 P.M., go to BICAS at 44 W. Sixth Street, where you can hang out with cool people, have fun, and learn how to

put together a bike using their tools and parts. If you go every Saturday for eight weeks, you'll not only know how to build a bike, you'll be allowed to build one to keep for yourself. The Build a Bike classes are \$20 each, or all eight for \$80, a fifty percent discount per class. If you don't have \$80, but would really, really love to earn a bike, give BICAS a call anyway. You might qualify for one of their scholarships or work-for-trade programs.

Then, when you ride around and everyone tells you how cool your new bike is, you'll be able to say "Yeah, I know. I built it myself."

2) Observe wild creatures right here in the city

Do you think you have to drive someplace far away to see nature in action?

Think again! The Tucson Audubon Society has free beginner's Bird Walks around town. In the northeast, the Mason Audubon Center at Thornydale and Cortaro Farms has walks every 2nd Wednesday and 3rd Saturday at 7:30 A.M. Don't want to wake up that early? The Sam Lena Park at Ajo and Country Club has one on the 4th Saturday of every month that starts at 8:00 A.M. Do you live too far east from those two? Agua Caliente Park at Roger and Soldier Trail has a Bird Walk every Tuesday at 7:45 A.M. So, grab your parents and tell them Tucson is for the birds, and you'd like to go see some, please.

More information on the Build-a-Bike Series can be found at www.bicas.org, or by calling BICAS at 628-7950.

More information on the Urban Bird Walks can be found at <http://www.tucsonaudubon.org/fieldtrips/urbanwalks.htm> or by calling 629-0757.



Bird's eye view of Sam Lena Park

Third Annual Bike Scavenger Hunt Draws Fifty Cyclists to Downtown

Do you know where Teatro Carmen is? Have you ever been to BICAS? Do you know where the old horse stables are at El Presidio?

More than fifty people tested their Old Pueblo geography knowledge by participating in the Third Annual Alley Cat Scavenger Hunt. The scavengers found these historic locations and many more.

The bicycle-based scavenger hunt started at the Old Train Depot on Toole Avenue in Downtown. The event was a part of the 2006 Clean Air Fair.

The challenge was to find fourteen locations, with the help of cleverly written clues and a map, and retrieve a secret trinket that was hidden at each site. The Alley Cat Scavenger Hunt is not about riding speed but street smarts.

All participants finished with new spoke bracelets dangling with souvenir trinkets, commemorative t-shirts, and a well-prepared breakfast. The organizers considered this year's event to be a great success and expect an even bigger turnout next year as word-of-mouth grows.



Alley Cat scavengers receive their final instructions before heading out