

# Walking & Wheeling

## Quarterly

Nova Scotia's Active Transportation Newsletter – Fall 2006

Published by Pathways for People, a project of the Ecology Action Centre and the Nova Scotia Department of Health Promotion and Protection



Pathways  
for People  
Active Transportation



INTERNATIONAL MOUNTAIN BICYCLING ASSOCIATION

CANADA

## Course Teaches Mountain Biking Trail Construction

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**By Jody Conrad, Go for Green Consultant with the Nova Scotia Department of Health Promotion and Protection**

On July 29th, International Mountain Bicycling Association (IMBA) Canada staff Mark Schmidt and Laura Woolner visited Gore, Nova Scotia as part of the Gorefest Mountain Bike Festival. Mark and Laura are professional trail builders with IMBA and have been traveling throughout North America over the past five years building "sweet singletrack" and teaching others their secrets. Twenty-eight participants joined the IMBA trail-building gurus to learn the ins and outs of good, sustainable mountain bike (and shared-use) trail design and construction. The theory and practical exercises presented focused on designing trails "to keep users on, and to keep water off".

The course consisted of only an hour of

classroom theory before a quick tool-safety session and a full day of hands-on sessions focusing on proper trail layout, routing and construction. The class spent the afternoon building a new section of trail that would be integrated into the racecourse for the next day's eight-hour mountain bike race. After the race, the trail remained in perfect condition and as "sweet singletrack" for others to enjoy.

The IMBA Canada trail crew is sponsored by Mountain Equipment Co-op. The IMBA Trail School held in Gore was hosted by the NS Department of Health Promotion and Protection. Contact Jody Conrad for more information at 424-7589 or [conradjo@gov.ns.ca](mailto:conradjo@gov.ns.ca).



Photo credit: Wally Hayes

## Hike the Highlands Festival

By Chris MacInnes, Marketing Assistant with the Cape Breton Highlands Project

If you're an avid hiker, walker, birder or outdoors enthusiast in general, you might want to take in the 3<sup>rd</sup> Annual Hike the Highlands Festival in Cape Breton from September 15 to 24. Mountain vistas combined with seascapes and the great Atlantic Ocean offer breathtaking scenery. For ten days you can hike as many trails as you can physically endure. The trails are varied in length and rated from easy to challenging. Some offer gently changing terrain and others are rugged mountain hikes. All hikes are guided by local residents familiar with the trails, the weather conditions and the wildlife.

The trail hikes are scheduled around community activities, starting with the opening ceremonies on Saturday evening.

In the past this event included a bonfire on the beach, live entertainment and festivities at the local pub. Throughout the week interpretive talks, storytelling by local residents, potluck suppers and local drama performances are all part and parcel of the festival.

Local accommodations range from campground facilities to all inclusive resorts, B & B's, chalets, motels and inns. Check out our packages at <http://www.capebretonhighlands.com>. The 'Thirsty Hiker Pub' offers a great place to get together après hikes to meet with fellow hiking enthusiasts and local residents. For more information call 1-888-897-4094. <http://www.hikethehighlandsfestival.com>

## "Adapt"ing to Active Transportation in Nova Scotia

By Laena Garrison, TRAX Coordinator of the Ecology Action Centre

ADAPT, the Association of Doctors for the Advancement of Physically-active Transportation, is going on the road to promote active transportation throughout Nova Scotia. This means walking and wheeling, such as cycling, rollerblading, skateboarding, etc. Currently, most of ADAPT's members are residents of Halifax Regional Municipality.

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Beginning in September of 2006, ADAPT will spread its wings and reach out to the public and medical community in Bridgewater, Pictou County and Sydney. A partnership with TRAX, the Ecology Action Centre's sustainable transportation project, ADAPT will:

- Team up with individuals and groups that are promoting or want to promote active transportation in their community;
- Offer presentations about ADAPT to local physicians and encourage physicians to join ADAPT;
- Offer public workshops to raise awareness of the social, health, economic and environmental benefits of active transportation; and
- Offer "seed" money to assist individuals in the community to carry out a project that will promote active transportation.

Each year, treating respiratory diseases and ailments aggravated by vehicle emissions costs the Nova Scotia health care system \$200 million. Health problems related to physical inactivity and obesity cost 7% (\$120 million) of the annual provincial health budget. Physical inactivity costs the provincial economy an additional \$140 million in indirect productivity losses due to premature death and disability.

The goal of the ADAPT physicians is to prevent rather than react to health problems such as obesity and respiratory disease. It does this by supporting the development of active transportation facilities such as well designed bike lanes, multi-use trails, safe routes to schools, bicycle parking and workplace lockers and shower rooms.

Says ADAPT member Dr. Chris Milburn, "There has been an

evolution of our built environment away from local stores, services and jobs which could be reached by foot or bicycle. These have been slowly replaced by big-box stores, massive supermarkets and workplaces reachable only by the private automobile ... during the time that this shift has occurred, the average activity level has fallen. And as people have stopped walking and biking, any thought to creating infrastructure to facilitate these activities has slipped from our consciousness ... [yet] it is clear from recent research that in areas where bicycling and walking facilities have been created, activity levels are higher and obesity levels are lower".

Dr. Jim O'Brien adds, "Built environments that directly encourage active transportation are necessary in order to improve the health of our communities".

With improving the health of our communities in mind, keep your eyes peeled and your feet ready for ADAPT! Contact Laena Garrison, TRAX Coordinator, if you are interested in becoming an ADAPT member or working with ADAPT in your community. [trax@ecologyaction.ca](mailto:trax@ecologyaction.ca) or 902.429.0924

*I number it among my blessings that my father had no car, while yet most of my friends had, and sometimes took me for a drive. This meant that all these distant objects could be visited just enough to clothe them with memories, and not impossible desires, while yet they remained ordinarily as inaccessible as the Moon. The deadly power of rushing about wherever I pleased had not been given me. I measured distances by the standard of man, man walking on his two feet, not by the standard of the internal combustion engine. I had not been allowed to deflower the very idea of distance; in return I possessed 'infinite riches' in what would have been to a motorist 'a little room'.*

~C.S. Lewis

## New Helmet Safety Campaign

By David Parker, Brain Injury Association of Nova Scotia

In July Emergency Health Services (EHS) paramedics partnered with the Brain Injury Association of Nova Scotia (BIANS) to encourage helmet safety in communities throughout Nova Scotia. The Campaign ran for two weeks and rewarded children for wearing helmets during outdoor activities such as bicycling.

Children discovered wearing a helmet by a participating paramedic received a "bearamedic" package that consisted of a helmet safety sticker

and an information sheet. These children could have their parents return a ballot for a draw to win a helmet safety car sunshade, bike helmets or the grand prize of a gift certificate for a bike and helmet.

Wearing a helmet can prevent 85% of serious head injuries related to bicycling. BIANS spokesperson David Parker says, "Encouraging children to wear a helmet from a young age is an important first step to preventing a serious brain injury."

BIANS helps bring hope and support to brain injury survivors and their families around our province by providing peer counselling and support groups, educational and rehabilitation programs, safety and prevention activities and advocacy and awareness efforts. BIANS is dedicated to meeting the needs of survivors while ensuring Nova Scotians remain aware of the causes of brain injuries and the safety precautions that prevent them. <http://www3.ns.sympatico.ca/bians1>

# Walk to School and Breakfast

By Janet Barlow, Active & Safe Routes to School of the Ecology Action Centre

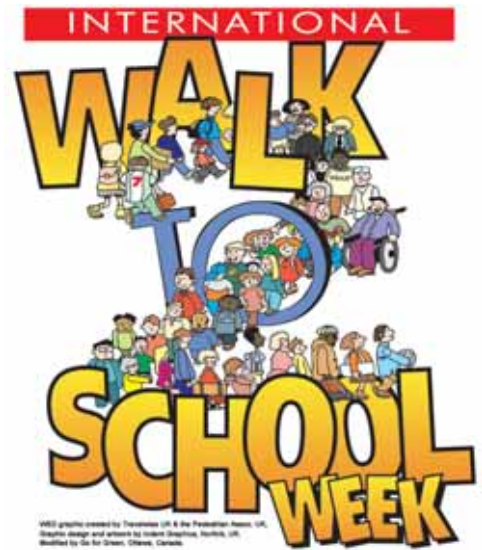
Students across Nova Scotia will walk & wheel to school during International Walk to School Week from October 2 to 6, 2006.

Adding a theme to the event this year, schools with breakfast programs are encouraged to hold a Walk to Breakfast. It connects the essential messages of healthy eating and physical activity.

Schools may register at <http://www.goforgreen.ca/walktoschool> or [asrts@ecologyaction.ca](mailto:asrts@ecologyaction.ca). Registered schools are eligible to win lots of neat prizes.

Last year over 2,000 schools across Canada and 137 in Nova Scotia participated in Walk to School Week. They walked for environment, health and safety.

International Walk to School Week is an initiative of Active & Safe Routes to School, coordinated in Nova Scotia by the Ecology Action Centre in partnership with the Nova Scotia Department of Health Promotion and Protection as part of the Active Kids Healthy Kids Initiative. <http://www.ecologyaction.ca/asrts>



The tired but triumphant team poses with the \$20,000 cheque to ThinkFirst. L-R: Scott Smith, Peter Ceponis, Don Forgeron of the *Be Smart. Be Safe.* program, Marieke Gardner, Jim Russell of ThinkFirst, the Honourable Barry Barnet, NS Minister of Health Promotion and Protection, and Alun Ackery.

## Med Students Pedal Across Canada

From ThinkFirst

Four tired but triumphant medical students got a hero's welcome in Halifax on July 27 at Sackville Landing in Halifax. It marked the end of the ThinkFirst Heads Across Canada Tour, which left Vancouver on May 30. Averaging around 150 kilometres a day, the four medical students cycled more than 5,500 kilometres when they reached St. John's, NF, on July 26. Their goal was to deliver an important message: Wearing a helmet when cycling, inline skating or skateboarding can prevent up to

85% of head and spinal cord injuries.

The medical students - Halifax native Marieke Gardner; Ottawa native Scott Smith; Sarnia native Peter Ceponis; and Toronto native Alun Ackery - were joined by the Honourable Barry Barnet, Nova Scotia's Minister of Health Promotion and Protection, and Don Forgeron, Be Smart. Be

Safe. Regional Director, representing Canada's home, car and business insurers.

As one of the sponsors of the tour, the Be Smart. Be Safe. injury prevention program donated \$20,000 to ThinkFirst, the tour organizer. ThinkFirst is a national non-profit organization dedicated to preventing brain and spinal cord injuries. For more information, visit <http://www.headsacrosscanada.com>. Be Smart. Be Safe. is a national outreach from Canada's home, car and business insurers that supports the work of local injury prevention groups while helping Canadians prevent injuries at home, on the road and at play. The program is visiting Nova Scotia and New Brunswick this summer.

<http://www.besmartbesafe.ca>

# Moncton Launches Bike Rack and Education Programs

From the City of Moncton Active Transportation Newsletter, 4<sup>th</sup> Edition, August 2006

The City of Moncton, as part of the Active Transportation Plan has partnered with Downtown Moncton Centre Ville Inc. (DMCI) on the implementation of a bike rack program. This program enables businesses, on a cost-sharing, first-come-first-served basis, to purchase unique bike racks that best suit their employees and customers' needs. With bike racks that can accommodate two to 16 bicycles, this program has something to offer businesses of any size.

For more information on how businesses in the downtown can take advantage of the cost share program, please contact DMCI at 857-2991.

Committed to Premier Bernard Lord's 5 in 5 goal – among which is for New Brunswick to become the wellness province by having the greatest increase in physical activity in Canada

– the Province of New Brunswick has developed the Active Communities Grant Program. This program gives the provincial government the opportunity to support initiatives in New Brunswick working towards increasing physical activity levels in the province.

Thanks to the funding received through the Active Communities Grant Program, the City of Moncton was able to launch an Active Transportation awareness campaign this spring. Structured to offer education and awareness about Active Transportation, or "AT", this campaign is helping Monctonians to think about using more active modes of transportation instead of relying on their automobiles for short trips. With the help of the Province of New Brunswick and the Active Communities Grant, Moncton is working towards becoming a more physically active community.

## Velo Cape Breton Keeps Moving

By Dr. Chris Milburn, President, Velo Cape Breton

Velo Cape Breton has increased its membership each year since its inception in 2004. We now have 200 members, and partly due to the club, there has been a noticeable increase in cyclists on our streets and highways.

Popular events this year include:

- ⇒ The Tour Le Long De Leau, with 33 cyclists from NS enjoying 700 kilometres of the Route Vert in Quebec
- ⇒ Across the Highland Challenge, a three-day mountain bike event which attracted about 50 riders who traversed the highland plateau on August 19
- ⇒ Celtic Colours Cycling Craft Crawl, a 40-kilometre tour around St. Ann's Bay, during the popular Celtic Colours music festival in October, which is attracting attention from across the country

Our club continues to be active in promoting active transportation. Vice-president Andre Gallant will be part of



an AT committee made up of municipal and provincial councilors and civil servants, sitting as the VCB representative. We are starting a "bike-friendly business" program, which will encourage businesses to install bike racks and make other provisions for cyclists. The business will receive a "bike-friendly" sign which they can display, and will be listed on our website.

The most positive event, in my mind, is the number of cyclists who have gone from beginners, finding 20 or 30 kilometres quite challenging, to accomplished cyclists, capable of cycling 50, 75, 100 or more kilometres in a day. This degree of fitness is not achieved overnight, and it is wonderful to see that in only two years, many of our members have accomplished this. <http://www.velocapebreton.com>

## 2006 Commuter Challenge a Great Success!

By Lachlan Barber, Commuter Challenge Coordinator  
2006 of the Ecology Action Centre

This year's Commuter Challenge was a huge success in HRM, despite the fact it coincided with a few days of heavy rain. A total of 935 participants committed to reducing air pollution during the week of June 4 to 10, 2006. By opting for sustainable modes of transportation like walking, cycling, in-line skating, bussing or carpooling to and from work or by teleworking, individuals and organizations in HRM showed their support for improved air quality and a cleaner environment. By taking the Challenge, individuals and workplaces were also eligible for prizes from Freewheeling Adventures, Cyclesmith, Bikes by Dave and East Coast Outfitters.

The Commuter Challenge is a friendly annual competition between Canadian communities to encourage as many



Photo credit: [www.pedbikeimages.org](http://www.pedbikeimages.org)

people as possible to use sustainable and active modes of transportation during Environment Week. This year, HRM placed seventh in the 100,000 to 500,000 population category nationally and saw a greater level of participation this year than in 2005.

Miss out this year? Then get ready for the Commuter Challenge 2007! <http://www.commuterchallenge.ca>

## AT Tidbits

### CYCLING ACROSS AFRICA WITH TOUR D'AFRIQUE

Two Canadians with type-1 diabetes cycled the full-length of Africa from North to South from January 13 to June 13 this year. Friends Jonny White and Tom Baxter – both from Halifax – proved the disease doesn't have to limit you. <http://www.c2cadventure.ca>



### CANADIAN CIRCLING THE GLOBE WITH ZERO EMISSIONS

On June 1, 2004, Tim Harvey, from Vancouver, began a quest to travel around the world without contributing to greenhouse gas emissions. "It is taking over two years on bicycles, by foot, in rowboats, canoes, wooden raft and under sail, on a

route across five continents and two oceans." He expects to finish his epic journey this September.

<http://www.vancouvertovancouver.com>

### BC PLEDGES \$2 MILLION FOR ACTIVE COMMUTING

The BC Ministry of Transportation will grant \$2 million to 12 communities across the province working on cycling infrastructure projects. It's part of the ActNow BC vision of becoming a leader in physical fitness and healthy living in North America as well as the healthiest city to host the Olympics.

<http://www.gov.bc.ca> (go to Ministry of Transportation)

### MONTREAL TO ADOPT PEDESTRIAN CHARTER

Following in Toronto and Waterloo's footsteps, Montreal city council proposed to adopt the Pedestrian Charter this June. It's part of an effort to increase pedestrian rights and safety in the city.

<http://www.mcgilldaily.com/view.php?aid=5051>

### NEW HIKE NOVA SCOTIA SOCIETY

This spring saw the formation of the new Hike Nova Scotia Society. Contact Trails NS for more information at [nstrails@sportnovascotia.ca](mailto:nstrails@sportnovascotia.ca).



Photo credit: [www.pedbikeimages.org](http://www.pedbikeimages.org) / Dan Burden

### WALKON IN ONTARIO

A partnership of Central West Ontario Heart Health Coordinators, "walkON's mission is to promote the development of communities that support walking for transportation, health and recreation. It provides resources and programs to local communities, around building walkable communities."

<http://www.walkon.ca>

# Resources

## SAFWAYS TO SCHOOL AND MULTI-MODAL PLANNING

The Florida Department of Transportation report "Safeways to School - The Role in Multi-Modal Planning" explores "various aspects of school transportation as they relate to the safe movement of children to school and the establishment of multimodal transportation districts." It offers direction for policy and legislation development.

[http://trb.org/news/blurb\\_detail.asp?id=6430](http://trb.org/news/blurb_detail.asp?id=6430)



Photo credit: [www.pedbikeimages.org/](http://www.pedbikeimages.org/) / Cynecki

## UNHEALTHY DESIGN VS WALKABLE NEIGHBOURHOODS

The article "Unhealthy by Design? Not if Cities Plan Liveable, Walkable Neighborhoods" explores the opportunities open to planners to design walkable communities as opposed to unhealthy sprawl. It's found in the June 2006 edition

of The Planning Report.

<http://www.planningreport.com/tp/>

## A NEW STRATEGY FOR BUILDING BETTER NEIGHBOURHOODS

New Schools/Better Neighborhoods is a California civic organization promoting schools as centres of neighbourhoods. Its report "A New Strategy for Building Better Neighborhoods" describes how such schools can become true places of community learning as well as tools to reduce sprawling development.

<http://www.nsb.org/publications/cra/cra-newstrategy.pdf>



## CYCLIST "PROPERGANDA"

The web-based "Properganda" project promotes the bicycle "as a viable means of transportation." CICLE (Cyclists Inciting Change thru Live Exchange) offers bike "properganda ads" and "subvertisements" all free to download at :

<http://cicle.org/properganda/properganda.html>

## FORECAST DEMAND FOR BIKE FACILITIES

"Forecasting Demand for Bicycle Facilities" is an Austroads report that "examines methods by which demand for cycling under different conditions can be estimated, and provides a framework for analysing data to develop demand forecasts for bicycle use." To find the report, enter its title into the search engine at:

<http://www.onlinepublications.austroads.com.au/script/home.asp>

## TRAIL TALK: NS TRAILS NEWSLETTER

For the latest on what's new on Nova Scotia's trails, check out "Trail Talk", the newsletter of NS Trails (the Nova Scotia Trails Federation).

<http://www.novascotiatrails.com>

## VELO QUEBEC BICYCLE USE STUDY

"Bicycling in Quebec in 2005" is a study spearheaded by Velo Quebec and provides a snapshot of cycling in Quebec. A few highlights include: the number of "committed" cyclists increased over five years from 31% to 33% in ages 18 to 74; over a million people rely on their bicycle at least occasionally for transportation; and the number of cyclists aged 65 to 74 more than doubled in ten years.

<http://www.velo.qc.ca/english/home.lasso>

# Events

**September 10** CAN-BIKE 1 course in Halifax begins for ages 14-16 who want to learn the basics of cycling on our streets, organized through Halifax Recreation, <http://www.halifax.ca/recreation/FallWinterCatalogue.html>

**September 10** CAN-BIKE 1 course in Halifax begins for adults who want to learn the basics of cycling on our streets, organized through Halifax Recreation, <http://www.halifax.ca/recreation/FallWinterCatalogue.html>

**September 15-24** Hike the Highlands Festival, Cape Breton Island, Nova Scotia, <http://www.hikethehighlandsfestival.com>

**September 16** Guided hike in the Sugarloaf Mountain Wilderness Area through the Nova

Scotia Department of Environment and Labour, <http://www.gov.ns.ca/enla>

**September 22** Car Free Day, <http://www.carfreeday.ca>

**October 2-6** International Walk to School Week, schools may register at <http://www.goforgreen.ca/walktoschool>

**Fall 2006** Find a list of bicycle rides scheduled this fall by Velo Cape Breton at <http://www.velocapebreton.com>

## INTERNATIONAL WORKSHOPS & CONFERENCES

**September 5-8** Pro Walk/Pro Bike 2006

conference, Madison, Wisconsin, <http://www.bikewalk.org/conference>

**September 14-15** Solving Neighborhood Traffic Problems course, Madison, Wisconsin, <http://epd.engr.wisc.edu>

**September 20-24** Towards Carfree Cities VI conference, Bogotá, Colombia, <http://www.worldcarfree.net/conference>

**October 18** Moving Together 2006 conference, Boston, Massachusetts, [http://www.ecs.umass.edu/baystate\\_roads/ml](http://www.ecs.umass.edu/baystate_roads/ml)

**October 23-25** 7th International Walk21 conference, Melbourne, Australia, <http://www.melbournwalk21.com.au>

## Pathways for People Active Transportation



### CONTRIBUTORS & SOURCES

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Graphic Design: Craig Durling, Durling Design

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- ◆ University of South Carolina Prevention Research Center Notes e-newsletter <http://prevention.sph.sc.edu/Newsletter/index.htm>
- ◆ Streettalk list serve from the Conservation Law Foundation Transportation Project <http://www.clf.org/general/index.asp?id=351>
- ◆ CenterLines e-newsletter from the National Center for Bicycling and Walking <http://www.bikewalk.org>
- ◆ World Carfree News E-Bulletin <http://www.carbusters.org/bulletin>
- ◆ Preventing Chronic Disease: Public Health Research, Practice, and Policy from the CDC's National Center for Chronic Disease Prevention and Health Promotion <http://www.cdc.gov/pqd>
- ◆ Active Transportation ListServ from Go for Green <http://www.goforgreen.ca/at/eng/reglistserv.aro>

## About Walking & Wheeling Quarterly

Walking & Wheeling Quarterly is an electronic publication of Pathways for People, a project of the Ecology Action Centre (<http://www.ecologyaction.ca>) in partnership with the Nova Scotia Department of Health Promotion and Protection and part of its Active Kids, Healthy Kids Physical Activity Strategy for Nova Scotia (<http://www.gov.ns.ca/hhp/physicalActivity>). Its aim is to share information on active transportation (walking, biking, in-line skating, skateboarding, scootering, etc.) initiatives in Nova Scotia and beyond. Walking & Wheeling Quarterly is published four times per year in September, December, March and June. Submissions are due by the 15<sup>th</sup> of August, November, February and May. The views and opinions expressed herein do not necessarily reflect the views and opinions of the Ecology Action Centre or the Nova Scotia Health Promotion and Protection. Contact us at:

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<http://www.gov.ns.ca/hhp/physicalActivity/activeTransportation.asp>

## Sign Up

Anyone interested in active transportation may sign onto the distribution list for Walking & Wheeling Quarterly. Send a message to [asrts@ecologyaction.ca](mailto:asrts@ecologyaction.ca) and ask to be added to the list. Please send this to a friend or colleague!

If you do not wish to remain on the distribution list for Walking & Wheeling Quarterly, please send a message to [asrts@ecologyaction.ca](mailto:asrts@ecologyaction.ca) and ask to be removed.