

2019 ALASKA WALK & BIKE CONFERENCE

JUNE 4TH-8TH



There's something for everyone!

This fun, hands-on conference will provide tools and inspiration you can use to make your community more bike and walk friendly.

Find the full schedule at

walkbikealaska.wordpress.com

ACTIVITIES INCLUDE

- Group bike rides
- Networking events
- Informational seminars
- Lunch & Learn events

QUESTIONS?

Contact Doug Osborne
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Agenda

All events at Aspen Suites Hotel, unless noted

Updated May 30, 2019

2019 Alaska Walk and Bike Conference Agenda

(please bring your own water bottle)

Tuesday, June 4

9-9:30 a.m. — Opening session

- Welcome, overview, logistics, icebreaker - Doug Osborne

9:30-10 a.m. — Sharing our communities' bike/walk stories

- Sitka – Doug Osborne and Charles Bingham
- Anchorage – Pierce Schwalb and Dawn Groth
- Sacramento, Calif. – Elle Steele

10 a.m. to noon — Begin Smart Cycling seminar – Elle Steele and Pierce Schwalb

Noon to 1:15 p.m. — Lunch on your own, time to rent bikes

1:15-4 p.m. — Smart Cycling seminar continues – Elle Steele and Pierce Schwalb

4:15-5:45 p.m. — Fun ride bike to Whale Park and stop by the waterfall at Thimbleberry on the way back

Wednesday, June 5

8:30-9 a.m. — Welcome, overview and benefits of commuter cycling – Doug Osborne

9-11:45 a.m. — Smart Cycling seminar continues – Elle Steele and Pierce Schwalb

Noon to 1 p.m. — Greater Sitka Chamber of Commerce Luncheon – The benefits of being a Bicycle and/or Walk Friendly Community, at Westmark Hotel – Doug Osborne, Elle Steele, Dawn Groth, Sarana Schell, Lee Hart (there is a fee for lunch)

1:15-4 p.m. — Smart Cycling seminar final session – Elle Steele and Pierce Schwalb

4:15 p.m. — Bike, Hike and Swim — Bike from downtown to trail, then hike to Heart Lake and jump in for a refreshing swim

Thursday, June 6

8:30-8:45 a.m. — Welcome warm up – Doug Osborne

8:45-9:45 a.m. — Engineering, infrastructure and planning: Building for success – Elle Steele, Dawn Groth, Charles Bingham, Doug Osborne

9:45-10:15 a.m. — Pop-up bike projects in Anchorage – Pierce Schwalb

10:30-11:15 .m. — The 4th E: Enforcement + diversion programs and working with police – Elle Steele

11:20-11:50 a.m. — Motorists: A session for drivers – Elle Steele

Noon to 1 p.m. – Brown bag lunch and learn: Basic bike repair – Charlie Lowell

1:15-1:45 p.m. — Building community through bike maintenance education – Charlie Lowell

1:45-2:45 p.m. — Youth, school and family biking — Elle Steele

3-3:30 p.m. — Walk, Bike, Roll: Equity and access for all ages and abilities – Sarana Schell and Dawn Groth

3:30-4:15 p.m. — Best practices for developing community bike culture – Lee Hart

4:30-5:45 p.m. — Cycling through the Tongass National Forest on the Sitka Cross Trail from Indian River Road to Kramer Avenue

7-8:30 p.m. — Bikes & Bites networking event: Community transformation through mountain biking – Lee Hart, at the Mean Queen @ Totem Square

Friday, June 7

- 8:30-8:50 a.m.** — Welcome, review, warm up, and active transportation's role in building healthy communities – Doug Osborne
- 8:50-10:30 a.m.** — Making systemic changes and working with national, statewide, regional and local decision-makers and organizations/partners – Lee Hart, Elle Steele, Sarana Schell, Charles Bingham, Dawn Groth, group exercise
- 10:40-11:40 a.m.** — Creating behavior change: How to add healthy activity to your daily routine – Holly Marban and Elle Steele
- Noon to 1 p.m.** — Walk this Way: An open lunch and learn on what makes a walkable town – Charles Bingham, Lynne Brandon, Rick Petersen, Sarana Schell
- 1-2:30 p.m.** — Walk audit activity and debrief – group activity
- 2:45-4:15 p.m.** — Best practices round up and next steps action planning – “What will people do in their home community as a follow up?” – Elle Steele and Doug Osborne
- 4:15 – 4:30 p.m.** — Closing session and evaluation – Doug Osborne
- 4:30-5:30 p.m.** — Walk downtown and around Sitka National Historical Park
- 7:30 p.m.** — Sitka Summer Music Festival Friday Night Concert, at Harrigan Centennial Hall – Richard Dowling, piano, Great Scott! The Music of Scott Joplin (\$25/\$20/\$15)

Saturday, June 8

- 10 a.m. (optional)** — Sitka Trail Works guided hike (with boat ride) – All day trip to Lake Eva and back with short hike at Lake Eva (\$110 fee, plus sales tax, register through STW)
- 10 a.m. (optional)** — Bike ride to Green Lake (about 14 miles each way) – Sitka Cycling Club's monthly community bike ride, meet at Back Door Café
- 2 p.m. (optional)** — Creating a statewide organization (Walk/Bike Alaska) meeting at BEAK restaurant – Charles Bingham, Dawn Groth, Doug Osborne, others

Tentative speakers

- Elle Steele** — Trips For Kids (Sacramento, Calif.) board president, Whimsical Cycle owner, League of American Bicyclists trainer, has family ties to Sitka
- Lee Hart** — Confluence (coalition promoting Alaska outdoors and the economy) founder, Valdez Adventure Alliance founder
- Doug Osborne** — Sitka Community Hospital Health Promotion Director, Sitka Cycling Club, Sitka Health Summit
- Charles Bingham** — Walk Sitka, Sitka Cycling Club, Sitka Health Summit, Walking College Fellowship (America Walks)
- Dawn Groth** — Alaska Dep't of Health and Social Services, Physical Activity and Nutrition Unit
- Pierce Schwalb** — Bike Anchorage executive director
- Holly Marban** — SouthEast Alaska Regional Health Consortium (SEARHC) Health Educator, Sitka Cycling Club, Sitka Health Summit
- Rick Petersen** — Southeast Alaska Independent Living (SAIL) Sitka office executive director
- Lynne Brandon** — Sitka Trail Works executive director
- Charlie Lowell** — Susitna Bicycle Institute youth programs
- Sarana Schell** — AARP Alaska Office