



Peterborough  
Bicycle Advisory  
Committee

P-BAC

THE PETERBOROUGH BICYCLE ADVISORY COMMITTEE PRESENTS

# CYCLING the 2013 Peterborough & the Kawarthas SUMMIT

THURSDAY OCTOBER 24<sup>TH</sup>, 2013

*Dollars and Sense*

⚙ The Health and Economic Benefits of a Bicycle Friendly Community ⚙

HOLIDAY INN | PETERBOROUGH, ONTARIO

CONFERENCE PROGRAMME

### AFTERNOON SESSION ONE

## IMPLEMENTING ACTIVE TRANSPORTATION IN DESIGN: SUCSESSES AND CHALLENGES

1:00 - 4:20pm | Regency Ballroom A

PBAC has partnered with the Ontario Professional Planners Institute to bring you three inspiring stories of how municipal planning departments and local health units from across Ontario have worked together to implement active transportation in design.

### THERE ARE THREE WORKSHOPS INCLUDED IN THIS SESSION.

#### 1:00 - 2:00pm COMPLETE STREETS FOR NIAGARA - FROM IDEA TO POLICY

**CRAIG ROHE**, Policy Planner, Niagara Region Integrated Community Planning and **LISA GALLANT**, Healthy Living Niagara Coordinator, Niagara Region Public Health, will help you make the case for complete streets. By balancing needs and addressing challenges, they've built strong relationships that have taken complete streets from idea to policy.

##### CRAIG ROHE, B.A., M. PL.

Craig is a Planner within the Integrated Community Planning Department at Niagara Region. In addition to working closely with the local municipalities on local official plan reviews and on the Region's Growth Management initiatives, Craig's work is focused on the integration of land use and transportation planning through research and policy development. Craig is the project lead on the Complete Streets for Niagara Project.

##### LISA GALLANT, BSc HEALTH STUDIES

Lisa Gallant has worked at Niagara Region Public Health for 13 years. She coordinates a community partnership called Healthy Living Niagara which aims to engage community partners to advance healthy public policies. In 2004, as strong evidence regarding the links to the built environment and healthy emerged, Lisa began to explore the role of the partnership in building local support for policy and infrastructure that could encourage active transportation. In 2011, following interest expressed by participants of an Active Transportation Summit, Lisa began working with staff from Niagara Region Integrated Community Planning and Public Works on a Complete Streets strategy for Niagara.

#### 2:15 - 3:15pm PLANNING FOR ACTIVE TRANSPORTATION IN HALIBURTON COUNTY

**KATE HALL**, Active Transportation Planning Consultant, **SUE SHIKAZE**, Health Promoter, HKPR District Health Unit and **PATRICIA MARTIN**, Director of Planning and Development, Municipality of Dysart et al will identify ways for municipalities to build partnerships with the community to promote and encourage more active transportation, and will explore strategies to demonstrate how the built form can support and influence healthy activity in communities.

### KATE HALL, ACTIVE TRANSPORTATION PLANNING CONSULTANT

Kate is a planner with twenty years experience working in community development. Her work focuses on creating healthy, active communities through active transportation planning and she has particular expertise working with small towns and rural communities. Kate has worked with the Haliburton County Communities in Action committee coordinating their active transportation initiatives since 2004. She currently manages the WALK Friendly Ontario designation, a program of the Canada Walks division of Green Communities Canada that recognizes municipalities for their efforts to improve the conditions for walking.

### SUE SHIKAZE, HEALTH PROMOTER, HKPR DISTRICT HEALTH UNIT

Sue lives in Haliburton County and works as a Health Promoter with the Haliburton, Kawartha, Pine Ridge (HKPR) District Health Unit and is the chair of the Communities in Action Committee. A significant part of her work is advocating for and planning to create communities that are more walking and cycling-friendly. Sue believes in the importance of creating supportive environments to encourage people of all ages to walk and cycle more, and promotes the benefits of active transportation throughout the community. She is an avid cyclist, runner and skier, and uses all these activities for transportation, fitness and recreation.

### PATRICIA MARTIN, DIRECTOR OF PLANNING AND DEVELOPMENT, DYSART ET AL

Pat graduated from the University of Waterloo with a degree in Environmental Studies. She works in community planning, specializing in lake planning and shoreline development issues. Presently, Pat is the Director of Planning and Development for the Municipality of Dysart et al, which includes the village of Haliburton and the nine townships south of Algonquin Provincial Park. She is a member of the Canadian Institute of Planners and the Ontario Professional Planners Institute. Pat enjoys spending time with her family outdoors in the Haliburton Highlands.

## 3:30 - 4:20pm PLANNERS AND PUBLIC HEALTH PRACTITIONERS: COLLABORATING FOR HEALTHY COMMUNITY DESIGN IN SIMCOE MUSKOKA

**DR. CHARLES GARDNER**, Medical Officer of Health for the Simcoe Muskoka District Health Unit, and **NATHAN WESTENDORP**, Planning Projects Manager with Cambium Consulting and Engineering, will discuss how the development and evaluation of *Healthy Community Design: Policy Statements for Official Plans* has served as a joint venture in Simcoe-Muskoka between planners and public health practitioners to improve population health. Potential motivators and contributions for public health involvement in community design will also be explored.

### DR. CHARLES GARDNER, MD, CCFP, MHSc, FRCPC

Dr. Charles Gardner is the Medical Officer of Health for the Simcoe Muskoka District Health Unit. He serves as the Chief Executive Officer of the Board of Health and is responsible for the overall programs and operations of the health unit. Dr. Gardner joined the Simcoe Muskoka Health Unit in 2005, after having served as the Medical Officer of Health for the Leeds, Grenville and Lanark District Health Unit for seven years. Prior to that, he worked in general practice for four years in communities in Newfoundland and New Brunswick and worked for a year as well in Zimbabwe. He received his medical degree from Queen's University in Kingston. He gained a fellowship with the Royal College of Physicians and Surgeons in the specialty of Public Health and Preventive Medicine in 1998. Dr. Gardner is a past chair of the Council of Ontario Medical Officers of Health, a past president for the Association for Local Public Health Agencies, a past president of the Ontario Council for Community Health Accreditation, and a past member of the Ontario Public Health Leadership Council.

### NATHAN WESTENDROP, MCIP, RPP

As the Planning Projects Manager at Cambium Planning, Mr. Westendorp is constantly striving for better ways to plan, engage and design. A fully Registered Professional Planner and Member of the Canadian Institute of Planners, Nathan also holds current membership with the Institute of Transportation Engineers (ITE) and the Association of Pedestrian & Bicycle Professionals (APBP). With 10 years of municipal planning experience in Central Ontario in a variety of diverse roles, he now continues to focus on the importance of the interface between land and transportation. Mr. Westendorp's technical knowledge and pursuit of collaborative partnerships have enabled him to work with several communities across Ontario.

## AFTERNOON SESSION TWO

# CYCLE TOURING: THE KAWARTHAS AND BEYOND

1:00 - 1:50pm | Regency Ballroom B

PBAC has partnered with Regional Tourism Organization 8 to offer this interactive session on bicycle touring. Experienced cyclists **SUSAN SAUVÉ** and **KIERAN ANDREWS** will share their experiences cycling in Ontario and abroad, with lessons learned, trip planning advice, and great route advice. **LOUISA MURSELL** from the Welcome Cyclists Network will also be on hand to explain how their project helps connect cyclists with the communities they tour through. Bring your questions about gear, routes and resources to this exciting workshop!

### SUSAN SAUVÉ, B.PL

Sue, a graduate of the Waterloo Environmental Studies program, has worked in the municipal sector since 1990. Initially, she worked in developing waste diversion programs and since 2004, she has been the Transportation Demand Management (TDM) Planner for the City of Peterborough. Sue has worked with several partners, such as GreenUP and the Health Unit, to develop a suite of programs and plans that recognize the TDM needs of a city of 75,000. Projects that Sue has been involved with include trail improvements, cycling infrastructure, transit improvements, a complete streets project, a month-long commuter challenge, Car Free School Days and the Sidewalk Strategic Plan. As an avid walker and cyclist, Sue brings a passion and knowledge to her work that only comes from the experience of being a participant.

### KIERAN ANDREWS, CO-OWNER OF WILD ROCK OUTFITTERS

A longtime racing cyclist, Kieran has spent many years traveling with and on his bike. Always keen to discover roads less traveled he has become a resource for local and visiting cyclists alike. From co-founding the local cycling club, to sharing his knowledge of local routes and leading European trips, Kieran is always keen to share his passion for cycling. His efforts on behalf of all cyclists include creating a local route map and online resources for area riders.

### LOUISA MURSELL, PROJECTS DIRECTOR, TRANSPORTATION OPTIONS

Louisa is the Projects Director of Transportation Options, the non-profit organization that coordinates a number of programs that foster sustainable transportation and tourism in Ontario, including the Welcome Cyclists Network. First starting with the organization in 2008, she has worked on a number of innovative projects, and enjoys getting out to meet partners, businesses owners and cyclists. She commutes to work by bike, and likes to bike on weekends for fun with her family.

## AFTERNOON SESSION THREE

### SELWYN TOWNSHIP:

### OUR TRAIL MOVING FORWARD, CONNECTING YOU TO BETTER HEALTH

2:00 - 2:50<sub>pm</sub> | Regency Ballroom B

The Township of Selwyn is working on a Trails Master Plan and wants your input. They will share the process and current progress of the plan, along with feedback already received from other members of the community. Following the presentation, there will be a workshop to gather further input regarding proposed trail routes, connections and preferred amenities. They look forward to hearing your valuable feedback!

#### JOHN McMULLEN, OALA, CSLA, MCIP, RPP

John McMullen, is co-founder and principal at PLANbyDESIGN, with Ontario offices located in Orillia and Port Perry. Mr. McMullen is a licensed landscape architect and a professional planner and has been recognized for his work in municipal planning and public space design. With over 20 years of professional practice and detailed experience in multiple areas of municipal government he effectively assists municipalities with complex communications, planning, and design issues. His work in trails development, active transportation, and planning for pedestrians has been published in the Ontario Planning Journal and the Professional Journal of Landscape Architecture in Canada (landscape/paysages). Mr. McMullen sits on the Board of Directors for the Ontario Parks Association, is a member of the OPPI Transportation Working Group; a member of the CNU Ontario Chapter Organizing Committee, and is a member of the Canadian Society of Landscape Architecture's 'Advocacy Task Force'.

## AFTERNOON SESSION FOUR

### PETERBOROUGH: SETTING THE COURSE

3:00 - 4:00<sub>pm</sub> | Regency Ballroom B

Learn about the role PBAC has played in advocating for cyclists and cycling infrastructure over the last three years. Then, take part in an interactive game - the Complete Streets Game - to help set the course for Peterborough moving forward. Using a kit-of-parts we will design solutions for converting incomplete Peterborough streets to complete streets in a group workshop format. The kit-of-parts is a set of graphic blocks that represent different components of streets (bike lanes, sidewalks, bus lanes, trees, furniture etc.). Each block is a slice of a local street cross section that is drawn to scale. Participants can design their ideal street cross section by arranging the blocks. The game allows everyone to have a chance to design a street without having to measure or draw. The Complete Streets Game equalizes the playing field and lets non-experts co-design their own public space.

#### PETER HUGHES

Peter is the Executive Director of GreenUP, a local environmental charity. Prior to joining the team at GreenUP, Peter was a professor at Fleming College, where he taught community development, leadership, and program planning, and was also a founding member of the Peterborough Community Garden Network. Peter has many years' experience facilitating group workshops, and is committed to helping groups bring out their best strengths, bringing them forward and trying to make things happen.

## TEGAN MOSS, EXECUTIVE DIRECTOR, PETERBOROUGH COMMUNITY CYCLING HUB

Building community is a primary goal for Tegan Moss. As the Executive Director of B!KE: The Peterborough Community Cycling Hub, Moss has directly increased community access to the tools and knowledge necessary for sustainable cycling. Through the installation of Fixit Stations, and launch of in-school cycling and bicycle share programming, Moss is helping to shape the landscape of cycling in Peterborough. Moss strives to make learning and advocacy engaging and accessible; Peterborough: Setting the Course is a playful way to engage in the process of planning for Peterborough's complete streets.

## AFTERNOON SESSION FIVE

### LOCAL INFRASTRUCTURE SHOWCASE

4:30 - 5:20pm | Tour begins in the parking lot behind the Holiday Inn

**SUSAN SAUVÉ**, Transportation Demand Management Planner and **BRIAN BUCHARDT**, Urban Design Planner with the City of Peterborough, will lead you on a walking tour showcasing some of Peterborough's newest cycling infrastructure, including the revitalized cycling bridge near the Holiday Inn. Learn more about ongoing and upcoming projects in your community during this informative session!

## SUMMIT KEYNOTE EVENT

### THE ROLE OF DESIGN, INFRASTRUCTURE AND CYCLING IN ADDRESSING HEALTH

7:00 - 9:30pm | Regency Ballrooms A, B & C

#### KEYNOTE SPEAKER: DR. KAREN LEE

Adjunct Professor, Schools of Public Health,  
University of Toronto and University of Alberta;  
Director, Built Environment and Active Design,  
NYC Dept of Health and Mental Hygiene

The way cities are built is a significant factor in the health of its residents. The 19th Century saw the spread of infectious diseases like cholera and TB, which were most effectively tackled with building-codes and planning changes. The 21st Century faces similar challenges with chronic diseases - obesity, high blood pressure, and physical inactivity. To combat this growing epidemic, New York City developed the Active Design Guidelines: Promoting Physical Activity and Health in Design. The guidelines were created to support the development of compact and mixed-use communities that encourage active forms of transportation. The guidelines are currently being implemented through a number of programs and policies including reallocating road right-of-ways for cyclists, pedestrians and transit vehicles, and expanding public space in under-served communities. These changes have seen a nearly 300% increase in commuter cyclists, a reversal in childhood obesity trends in NYC, and significant declines in traffic fatalities.

*A participatory session grounding Dr. Lee's presentation in a Peterborough context will follow.*



American Institute Architects New York Chapter to organize the annual Fit City conferences since 2006. Since the publication of the Active Design Guidelines, Dr. Lee's team has developed and implemented trainings on Active Design for architects and planners as well as community groups and residents, and has worked with city agencies and private sector partners on developing and implementing Active Design policies and practices in NYC and 15 other U.S. cities. Dr. Lee is also co-author on the recently released publications *Active Design Supplement: Promoting Safety*, and *Active Design: Affordable Designs for Affordable Housing* presenting low-cost and cost-neutral Active Design strategies to address the epidemics of obesity and related chronic diseases. Dr. Lee was also involved in the development and publication of the recent NYC Health Department publication *Active Design: Guide for Community Groups*. Dr. Lee also consults to and advises cities and organizations in Canada, Australia, Asia, Europe and Latin America as well as World Health Organization offices on issues related to the built environment and chronic diseases. Before coming to NYC, Dr. Lee was with the Epidemic Intelligence Service at the US Centers for Disease Control and Prevention (CDC) where she worked in the Division of Nutrition, Physical Activity and Obesity at the National Center for Chronic Disease Prevention and Health Promotion.

## NOTES

The Peterborough & the Kawarthas Cycling Summit is a project of:

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## Summit Partners

This Summit is made possible through the generous support of our partner organizations:

