



VIENNA BICYCLE ADVISORY COMMITTEE

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BIKE VIENNA NEWSLETTER

NOVEMBER 2011 NEWSLETTER



**HAPPY THANKSGIVING
FROM ALL OF US AT
VIENNA BAC!**



THANKSGIVING DAY BIKE RIDE EVENTS

****Bikes@Vienna Thanksgiving Day Guilt Reduction Ride, 830am to Herndon and back. Bring a non-perishable food donation to benefit CHO; Plus Black Friday Event, for details on both events, email tim@bikesatvienna.com.
Spokes Etc Thanksgiving Day Bike Ride, 7am, 75miles to Leesburg and back. Email jpalmer@spokesetc.com for more information.

BICYCLE HELMET SAFETY - SAFETY TIPS FROM OUR FRIENDS AT TOWN OF VIENNA POLICE

By MPO W.G Murray, Town of Vienna Police



The best way to protect your head while riding is to wear a helmet. If you fall from your bike a helmet will help absorb the force of the impact, sparing your head. All children and adults should wear helmets when they ride, even on short trips. This is now the law in Vienna for children 14 years of age and younger.

The Vienna Town Council recently passed an ordinance requiring all children 14 or under to wear a helmet while riding or being carried on a bicycle. The ordinance applies to kids 14 years of age and younger whenever riding or being carried on a bicycle, an electric personal assistive mobility device, a toy vehicle, or an electric power-assisted bicycle on any highway as defined in Virginia Code §46.2-100, a sidewalk, roadway, bike route or public bicycle path. Those who don't can face a

\$25 fine. First-time violators would have that fee suspended. Skateboarders are not included within the ordinance.

When you select a helmet, make sure it meets government standards. Look for a seal from the Consumer Product Safety Commission (CPSC), American National Standards Institute (ANSI) or Snell Memorial Foundation. Make sure the helmet fits you snugly, and ask for help if you're not sure of the right fit. Your helmet should not move from side to side or front to back once you have clasped the chin strap.



MPO W.G Murray has been a Vienna Police Officer for the past 23 years. He grew up in Vienna. MPO Murray and his wife live in Centreville with their two High School aged children. During his days off, he spends most of his time with his children, enjoys tinkering in his garage and shooting sports.

SPECIAL EDITION

#2 in a series of 3

Vienna BAC is proud to provide you a feature article in three installments. Watch for the next edition for this article's continuation. For previous installation, visit ViennaBAC.com.

IS VIENNA A BIKE FRIENDLY COMMUNITY?

By Andy Clarke, League of American Bicyclists

The key ingredients for creating a more bike friendly community include:

- Political leadership; a champion – such as a Mayor or council member – who is willing to make this issue a priority.
- Measurable targets; performance goals that actually affect investment decisions, roadway

design choices, policy positions.

- Key policies in place; a commitment to building complete streets, putting bike parking everywhere, teaching safe bicycling and driving all as a matter of routine.
- A network of trails, bike lanes, signed routes, bike boulevards...the ability for cyclists of all skill and comfort levels to feel ok getting on their bikes and riding in the community, including on the main roads.
- A broad range of education, encouragement, enforcement and evaluation programs to supplement the infrastructure and get people out riding safely.
- People riding bikes! The ultimate test.

At a finer level of detail, we see that the most bike friendly communities, and those making the most progress towards that goal, have a number of common things going on.

- An active bicycle advocacy group – involving the community, making the case for bicycling, being the squeaky wheel!
- An active bicycle advisory committee, bridging the gap between elected officials and the general public.
- A current bicycle plan with clear action items and measurable goals, such as increasing use by x amount, reducing crashes by y, and implementing z miles of infrastructure each year.
- A willingness to innovate, experiment, and pilot things – 40 years ago the W&OD Trail itself was cutting edge, one of the first rails to trails conversions ever.
- Dedicated staff position(s); someone who wakes up every day with the job of making the community more bike friendly.
- Community bike events that get people out into the community on their bikes to experience first-hand how you can get around on two wheels.
- Safe Routes to School programs that change the habits of all future generations and ensure they can enjoy the benefits of bicycling from an early age



and walking. He is a graduate of the University of Birmingham, UK with an undergraduate degree in Law. He is on the Board of Directors for America Bikes, and a member of the Association of Pedestrian and Bicycling Professionals. Mr. Clarke and his family are residents of Vienna, VA.

BICYCLES ARE NOT JUST FOR KIDS

By Linda Watkins, Inova Fairfax County Safe Kids Coalition

Today, while you were on your way somewhere, you probably encountered a cyclist. Bicycling has become increasingly popular throughout the country. Cycling provides an optimal amount of health benefits but it can also be a means of transportation. Cycling gets people outside, reduces traffic congestion, reduces emissions, and it is an optional means of transportation. However, there are some challenges when dealing with a community that shows an increase in cycling.



Along with the trend of people getting more active through cycling, our communities need to be more bike-friendly. This means more than putting up a few bike racks. There needs to be more access to your community. With the help of community leaders and others, we can make the community bike friendly. When working on your bike friendly community, include campaigns to address the motorists and cyclists responsibility when it comes to sharing the road. In this case, ignorance is not bliss. Everyone must obey all traffic laws and signs. In order to get the message out, offer classes for new and experienced cyclist, as well as holding bike safety training and bike rodeos for youths.

I know that this appears to be a great undertaking; however, as we need to reduce our carbon footprint, biking only makes sense. Cycling means fewer cars on the road, more families enjoying the benefits of biking, and cyclists and motorists who will safely share the road. If we start early we will have a culture of safe cycling. It took more than 20 years to get the national seatbelt compliance to 85%, so let's be patient. Get inspired and bike safely!

Linda Watkins is the Coordinator Inova's Fairfax County Safe Kids Coalition. For more information on Bicycle Safety, email linda.watkins@inova.org.

TOWN OF VIENNA BIKE-FRIENDLY BUSINESSES
Vienna BAC is proud to announce the approval of bike rack installations for Maple Avenue Market and Red Mango. Please join us in welcoming these bike-friendly businesses. Watch for more information and company profiles in the December issue.

Join the Vienna BAC, email us at bac@viennava.gov.

Andy Clarke is the President of League of American Bicyclist. Mr. Clarke has successfully led efforts to create, interpret, and implement the various transportation programs that are available to improve conditions for bicycling