

Muscle Powered 2013 Annual Report

1. Bike Month/Week/Day (Jeff Moser & Jeff Potter)

A. social events:

This year's movie night was Rick Gunn's Soul Cyclor and was held at the United Methodist Church. Although we got a much larger crowd than normal it was more costly as we had to pay for the movie.

B. corporate challenge

The weather interfered a bit with the Bike to Work Week Corporate Challenge. We had 4,796.55 miles and 931 trips. Thank you to everyone who participated!

C. ride(s)

Tour de Carson sponsored by Denis Coyne at bike Habitat was still a great success, despite the drizzle. There were about 70 intrepid riders

Celebrity kickoff ride was hampered by cool drizzly weather and several people with the flu but enough diehards still made a good showing. In particular, Karen Abowd, Patrick Pittenger, Marena Works, Cindy Hannah, Richard Stokes, and most of the MP board.

West Side Cruiser Ride was its usual success

Jenny Scanland led 4 short rides to prepare riders for the commuter rides, attendance was small

There was a special Vietnam Veterans Ride just before the End of Bike Week Party led by John Hussong and Kelly Clark

D. marketing

Again Kelly Clark led the charge on marketing and we had several articles in the Nevada Appeal

E. party

For this year's party we moved to the Saturday after Bike to Work week and held it on Telegraph street. There was a band, 3 food providers, and several bicycle events planned and led by Jeff Potter. There were about 75 attending (including the volunteers)

2. Safe Routes to School (Cortney Bloomer)

Have a dedicated Safe Routes Coordinator has made a real difference, thank you Cortney

This year, all elementary schools participated in both Nevada Moves Day in April and Walk to School Day in October. During the October event, 39% of students participated, despite inclement weather. Additionally, the Safe Routes to School Coordinator participated in Bicycle Safety Education at both Bordewich-Bray and at Fremont. A walking audit was done around Fritsch school attended by the Safe Routes to Schools Coordinator, the City Transportation Manager, and a representative of Muscle Powered, to identify and correct pedestrian safety hazards around that school. Additionally, Safe Routes to School Walking and Biking Surveys were distributed to all elementary students in the district. 983 surveys were returned and an analysis is currently being conducted. A report will be available at the end of January. The Public Works Department received funding through Safe Routes to School monies to complete a number of projects around the city. Additional Safe Routes to School Activities took place in neighboring counties. The program continues to gain momentum, and this year's goals include increased participation in special events and implementation of Walking Wednesday's or Bike trains at the schools. Additionally, the Safe routes to School Coordinator hopes to introduce the program at the middle school level this year.

3. Bicycle Friendly Community (BFC) (Anne Macquarie)

Patrick Pittenger and Daniel Doenges continue to support this project and the city did get a grant from the Nevada Bicycle and Pedestrian Advisory Board to add a sidewalk and bicycle lanes along 5th street from Saliman to the bridge over the freeway.

4. Website/Communications (Jeff Moser)

Jeff Potter has posted to the blog regularly regarding the progress on the Ash to Kings Canyon Trail and Cortney Bloomer has served as the dedicated Facebook poster. Donna Inversin has also started posting her Tuesday walks.

5. Farmer's Market Bike Valet (Anne Macquarie)

The Farmer's Market Bike Valet continues to be one of the best marketing tools that we've found yet. 15 volunteers staffed this year's Bike Valet. We averaged around 30 bicycles each week.

6. Freeway Multi-Use Trail (Chas Macquarie)

Anne and Chas will continue to coordinate with the City and NDOT regarding design of and funding for a multi-use path along the south Carson Freeway alignment from Northridge to Linear Park (Route 6), and then to Hwy 395. The work is currently focusing on acquiring a right of way through the Kings Creek Wetlands area along Airport Road.

7. Regular Sponsored Walks (Donna Inversin)

Donna Inversin continued to lead weekly Walks in Carson City in order to introduce citizens to the available trails to increase support for trails building and care. The turn out, although not fantastic, has been pretty steady with around 4-6 participants many weeks.

8. Bicycle Facilities Through Hwy 395-50 Interchange

There was very little movement on this in 2013, but 2014 will be a much more volatile year.

9. Bike Rides (Kelly Clark and Jeff Maples)

Kelly Clark and Jeff Maples each led a road ride, but with small turnouts. Jeff Males also led a mountain bike ride, again with a small turnout

10. WNC Earth Day (Anne Macquarie & Donna Inversin)

Muscle Powered had a table at this year's event. The event was lightly attended by WNC students, but it offered some opportunity for outreach about the relationship of biking and walking to a sustainable community and a clean and healthy environment.

11. Tracking RTC Projects (Anne Macquarie)

Anne will review monthly RTC, CAMPO, Supervisors, Open Space, Parks and Rec. and Planning commission agendas for items affecting biking and walking in Carson City.

12. Trails (Jeff Potter)

April

We started the season off in April working a couple of days on the Carson River trail located at the Morgan Mill boat ramp. Muscle Powered volunteers built 1200ft of trail along the Carson River connecting the boat ramp to the Deer Run Rd bridge.

May

Muscle Powered was awarded top honors in the RTP grant 2013/14 cycle. We requested \$10,000 for the purchase of tools, but were given an additional \$2500 for more tools.

\$12,500!

May - Oct Ash/Kings Cyn Trail

Muscle Powered built 6700ft of new trail ending the season 2miles from the Ash Creek trail access point.

NCC crews built 8800ft of new trail.

We have a full schedule in 2014 with 13,000ft of trail to build, two bridge installations, and trail access point development.

November

Chas and Oli represented Muscle Powered at the Eastern Sierra Nevada Trail Summit.

Using the prevailing wage supplied by RTP (\$15.00 per hour for unskilled labor and \$21.00 per hour for crew leaders) Muscle Powered contributed **\$47,224** in volunteer labor.

13. Nevada Day Parade (David Zhart)

We had about 20 walkers and bicyclists in the 2013 Parade