

MUSCLE POWERED 2014 ANNUAL REPORT

1) Bike Month

- Tour of Carson City - Not record attendance, but still a big turnout. New this year was the rest stop near the hospital. The popsicles and licorice were a big hit, and many people refilled their water bottles. This should become standard for future TOCCs. The after ride lunch was great as usual.
- Proclamation - Thank you Cortney for doing this. It would've been nice to make a bigger deal of this. It didn't get much press.
- Celebrity Ride - This was also well attended and a fun ride. In the future, I think it would be good to try this ride somewhere else to showcase bicycle facilities that the city leaders might not be familiar with. Like the Freeway or Linear Park Paths for example. This would also help this ride not be a lighter version of the Westside Cruiser Ride.
- Ride for Reading - This was a new event this year, and it turned out to be one of the best events we did. The ride visited multiple schools throughout the week delivering books to the students. The kids were excited to see the riders and very appreciative. It'd be great to make this an annual event. Good job, Cortney!
- In 2014 the Bike to Work Week Corporate Challenge utilized Google Documents for reporting and tracking. Participants entered their mileage using a standardized online form and updates were automated to track trips, total mileage, and average distance ridden. Overall the automation saved a considerable amount of time during the daily tallying and reporting process. Toby received no feedback, negative or positive, from participants. Feedback will be solicited prior to Bike to Work Week in 2015. Toby is hoping to develop a method for participants to log into the Muscle Powered website directly to log their miles. This would provide all to see and compare their progress with others.

Summary:

4398 Miles

680 Trips

8.4 Average miles per day

175,910 calories burned

2,327 pounds of CO2 offset by cycling vs driving

- Westside Cruiser Ride - Record attendance with at least 130 riders. There were a lot more families with children. Some of the this may have been because of the pleasant weather. Starting the ride at the BAC seemed to help get all the bikes off the road while we staged the event. There were no noted motorist conflicts, and the residents were really happy to see us go by.
- Coffee Stations - Comma Coffee, LA Bakery, and Capital Coffee participated. Capital Coffee was a new participant this year, and they were wonderful to work with. They even provided free coffee to bikers all day (not just 7-9AM). Only a few took advantage of the coffee, but we kind of pulled the coffee stations together at the last minute. We could do better in this area in the future.
- Bike to Work Week Party - The party went great. Having 3rd street blocked off this year allowed us to have some fun games. Many kids attended this year, so the games and helmet decorating were a big plus. We collected a lot of great prizes from our sponsors (the sponsor spreadsheet has been updated with all those who contributed). We did around \$1,300 in beer and raffle ticket sales.
- Bike Movie Night - The weather turned after BTWW, and we had a rainy day for movie night. I think the rain plus the fact that people were probably burned out on bike events resulted in light attendance (about a dozen). As far as the event went though, it was great. We all had a good time, good raffle prizes, and the staff at Sassafras were excellent hosts. In the future, we should move this event back to earlier in the month while people are still fired up and the momentum is continuing to build.
- Clinics - We didn't have any bike clinics this year, but this didn't seem to affect the overall spirit of Bike Month. It also created some breathing room between our events. Having said that, it would be nice to still do these once in a while during the month as new people get involved with cycling.

- Volunteers - We had a fantastic group of volunteers this year, and putting on these events wouldn't have been possible with all the help we had. It was a relief to show up to an event and see everything being taken care of in such an organized manner.
- Press - Lots of good coverage in the Appeal and Carson Now. With our news stories, the blogs, and social media, we didn't have to spend any money on ads. It was good to see the street banner again this year. We could probably use more blog writers in the future though.
- Hash-tags: A few people used our #bikeccnv hash-tag throughout social media. It helped improve sharing, and I think more people will continue to use it the more they hear about it...it doesn't have to be limited to Bike Month. A good first attempt.
- Communications - This is an area where we could use some improvement. Things were happening hour to hour throughout the month, but often our communications would take a day or two and sometimes too late. When an email would go out to the committee, sometimes people would reply back only to the committee chairman, so the whole group didn't know what was going on. a task list with assigned tasks and a better committee and email list would have been helpful.
- Expenses: \$510.58
- Revenue: 1,582.00

2) Safe Routes to School

- In 2014, the Western Nevada Safe Routes to Schools Program continued to grow. A successful Nevada Moves Day in March. Despite cold temperatures, kids across Carson City and Lyon County took part in the event. Even the governor got in on the action, encountering a deer during his walk to work that day. Safe Routes to School also participated in Bike Month, with Bike to School Day and a highly successful Ride for Reading Week, during which volunteers delivered books via bicycle to thousands of excited students at four Carson City elementary schools. Over the summer, preparations were made to expand the program to Douglas County. Two Douglas County Schools joined with 17 schools from Carson City and Lyon County for our largest Walk to School Day event yet in October. As we continue to grow and add more schools, we look forward to developing new partnerships to make our streets and roadways safer for kids to choose active transportation.
- The grant to continue to fund the Safe Routes to School Program was renewed, meaning we didn't lose all the hard work that Cortney Bloomer has put into the program.

3) Bicycle Friendly Community Status

- Muscle Powered was invited to participate in the Bicycle and Pedestrian Workgroup chaired by Dan Doenges with the Carson City Public Works Department. Participants include NDOT, Safe Routes to School, the Sheriff's Department, and Carson City Public Works.
- November 18, 2014 Carson City was recognized with a bronze level Bicycle Friendly Community Bronze level by the League of American Bicyclists

4) Website/Communications

- Jeff Potter continues to be the primary blog poster on the Muscle Powered website. Facebook reached 462 likes this year.

5) Bike Valet -

- The Farmer's Market Bike Valet continues to be one of our most successful outreach programs.
- Volunteers
Number of volunteers: 20
Number of volunteer hours: 195
Number of events: 16

- Income and Expenses
Total Income = \$1,604
Inventory Sales \$310
Memberships/Donations \$750 [I count all memberships received during the valet timeframe as directly related to Bike Valet efforts]
Tips for Trails Donations \$544
Total Expenses: none
No expenses were reported to me for reimbursement
Donated items included large folding table, one additional folding chair, 4 tie downs for canopy and other miscellaneous.

6) Freeway Multi-Use Path

- February 24, 2014 the Open Space Advisory Committee Recommended to the Board of Supervisors the expenditure of Open space funds towards the appraisal and purchase of a strip of land approximately 20 feet wide and 1,421 feet long for the extension of the freeway Multi-Use Path from Highway 50 South towards Fifth Street. And on September 4, 2014 the Board of Supervisors approved the purchase.
- From Patrick Pittenger - Carson City Transportation Manager
Once the right-of-way is acquired, we still need an agreement with NDOT, and then the trail can be designed. The current plan is to begin construction in 2016
Along with the Freeway Multi-Use Path in 2015 Carson City Public Works will be: reconstruction the path on the south side of Williams Street east of Saliman, constructing sidewalk at the west end of College Parkway to connect to WNC, finishing the project along Fifth Street between Roop & Saliman and construction a new connection on Long Street between FISH and Stewart Street.

7) Regular Sponsored Walking Program

- Changed the name and focus to Conditioning Hikes and moved the winter start times to 4:30
- That has resulted in a higher participation rate: from a high of 20 to a low of 2 with an average of 8

8) Bike Rides

- There was an attempt to start a beginner/family bicycle riding program during the summer in conjunction with Carson City Parks & Recreation. Attendance was very poor, with only 1-2 riders each week.

9) 395/50 Interchange Multi-Use Path

- In Spring 2014 Patrick Pittenger contacted Chas Macquarie and asked him to review the preliminary 395/50 interchange layout proposed by NDOT. It was woefully inadequate for safe passage of pedestrians and bicyclists through the interchange. Chas meet with NDOT and the City, and NDOT agreed to many of the proposed changes. Then the project went before the RTC and the bike and ped board and they both asked for more changes. We participated in another design review meeting and most of our suggested changes were incorporated into the design.
- In the fall NDOT had a public meeting on the proposed completion of the freeway and as a result of this meeting the right turn from 395 south to 50 west will not require a stop unless there are bikes or pedestrians present. This will make it the same as the turn from west 50 to 395 south, as it currently is. This is not as good for the bikes and peds as the original design.
- In summary, the intersection is very large in terms of the number of lanes bikes and peds have to cross and this is not going to change; however, I feel we were able to get significant improvements incorporated into the design.

10) Trails

- The Ash to Kings Trail is nearly completed.
In May Muscle Powered started construction on the southern section of the alignment to prepare the arrival of GBI crews and in advance of National Trails Day in June. We were

very fortunate that GBI held their crew orientation on our project, and the training combined with a great National Trails Day turnout by Graceworks, we had completed one mile of trail by June 10th

We were also very fortunate that CVTA had unused RTP funds from the Clear Creek trail that RTP administrator Jenny Scanland reallocated to our project. This allowed GBI to fulfill their commitment on the Ash to Kings trail and help meet our goal of completing the trail in 2014.

In June our senior crew finished the private property section at the top of the alignment.

In July we completed the Boulder Gateway.

In August we connected the Ash Cyn section to the middle section, opening 5 miles of trail to the top of Waterfall Rd.

In September we moved crews back to the south side and finished the turns on the switchback slope and made final trail connections.

In October Lumos and Assoc staked the N. Kings Cyn and Ash Cyn bridge sites, the senior crew constructed the approaches to the N. Kings bridge site and staged rocks for the gabions. Under the leadership of MP crew leader Ward Knous, and oversight from Chas Macqurie, we constructed the gabions at both bridge sites. With assistance from Mark Kimbrough we installed kiosks at both access points

In November we built the N. Kings Cyn bridge.

We hope to have the Ash Creek budge installed this winter or early spring. And we hope to have our signage approved, completed and installed by opening ceremonies on NTD 2015.

- Muscle Powered Volunteer Contribution for 2014
Hours - 3,980
Labor - \$72,048

11) Nevada Day Parade

- As David Zahrt was away doing the walk for the environment there was no one to organize Muscle Powered's entry in the Nevada Day Parade.
- Mark Struble did participate as a Muscle Powered member in the Carson City Convention and Visitors Bureau's entry

12) Legislative/Legal Issues

- The Sheriff's office ran two (2) pedestrian safety exercises on Carson Street
- The new Share the Road License plate became available for ordering. \$25.00 of the fee will go to the Nevada Bicycle and Pedestrian Advisory Board for grants for education and projects. You can go to <http://www.dmvnv.com/pdfforms/sp66.pdf> to order the new plates.
- Governor Sandoval named our own Kelly Clark to the Nevada Bicycle and pedestrian Advisory Board for 2015