

Resource Guide for Increasing Transportation Options

Produced jointly by Bike-Walk Alliance of New Hampshire and Transport NH, with help from AARP NH and the nine New Hampshire Regional Planning Commissions.

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Do you want more transportation options in your community?

• Boost the economy:

- Retail sales increased 49% near protected bicycle lanes in NYC compared to 3 percent in the rest of the borough.
- Retail properties with a Walk Score[™] of 80 are valued 54% higher than those with a Walk Score[™] of 20, and they have 42% higher net operating income.

[AARP Livability Fact Sheets](#)

• Attract millennials:

- 4% fewer 35 to 44 year olds in NH in 2010 than there were in 2000.
- 16 to 34 year olds in US drove 15% less & biked 27% more in 2009 than in 2001.
- Only 68% of 19 year olds in US had a driver's license in 2012.

[Millennials in Motion](#)

• Support aging in place:

- 30% of NH will be over 65 by 2030.
- 87% of people 65+ want to age in place.
- Half of non-drivers > 65 do not leave home most days, mainly due to lack of transportation.

[Aging in Place, Stuck Without Options](#)

- **Support healthy kids:**

- 33% of US children and adolescents are overweight or obese.
- Only 13% of US kids walked or biked to school in 2009 compared to 50% in 1969.
- 9% of low income kids miss medical appointments because of transportation.

[*Transportation Barriers to Health Care Access*](#)

[*Healthy Communities*](#)

[*Causes of Obesity*](#)

[*Acting Now to Prevent Obesity*](#)

- **Increase property values:**

- Houses with above-average levels of walkability command a premium of about \$4,000 to \$34,000 more than homes with average levels of walkability.
- Properties within ½ mile of public transportation performed 41% better than properties farther away.

[*Public Transportation Boosts Property Values*](#)

[*Public Transportation Affects Home Values*](#)

[*AARP Bicycling Fact Sheet*](#)

- **Increase tourism:**

- Economic return on investment study for WOW trail predicts \$1.79 million in annual net new tourism spending.

[*WOW Trail Economic Impact Study*](#)

- Recreational bicycling contributed \$133B to US economy in 2006, providing sustainable growth in rural areas.

[*Bicycling means business*](#)

[*The Active Outdoor Recreation Economy*](#)

[*Bicycling Tourists Are Older, Wealthier, and In Demand*](#)

Here are some tools to help you:

• Start with paint

- Manchester created its first three bike lanes simply by striping them during already scheduled repaving.

[Manchester Gets Bike Lanes](#)

[Photo of bike lane 1](#)

[Photo of bike lane 2](#)

- Try temporary tape or paint to create a demonstration project so the community can visualize how it might look.

[Keene Complete Streets Demo Video](#)

For more information, contact Tara Germond Kessler, Planner, City of Keene

tgermond@ci.keene.nh.us

(603) 352-5474

• Mayors' Challenge

- USDOT Program for Safer People and Safer Streets

[Mayors Challenge](#)

- Program encourages incremental improvements in one or more of these areas:

- Complete Streets approach
- Context sensitive designs
- Identify barriers to safety
- Progress via maintenance
- Track bicycle & pedestrian data
- Improve bicycle & pedestrian laws
- Educate & enforce proper road use by all users

- Four NH communities have taken up the Mayors' Challenge:

- [Manchester](#)
- [Portsmouth](#)
- [Keene](#)
- [Hanover](#)

• Safe Routes to School

- Improve children's safety while walking and bicycling to school.
- Improve the health of our children & community.
- Bring families, neighbors, school officials & community leaders together.

[Where Do I Begin?](#)

[Intersection of Active Transportation and Equity](#)

• Bicycle Education

- Bike-Walk Alliance of New Hampshire offers:
 - Certified bicycle education courses
 - Bicycling Skills 1-2-3 Youth
 - Safe Routes to School
 - Smart Cycling
 - Group Rides
 - Videos
 - Public service announcements
- Contact Tim Blagden, tim@bwanh.org, 603-410-5848, www.bwanh.org

• Measure traffic stress

- Find the best return on investment for bicycle infrastructure.
- Identify opportunities to connect isolated low-stress street networks.
- Show the impact of proposed changes visually, so everyone can understand.
- Contact Tim Blagden, tim@bwanh.org, 603-410-5848, www.bwanh.org

• Become Bicycle Friendly

- A Bicycle Friendly Community, Business, or University welcomes bicyclists by providing safe accommodations for bicycling and encouraging people to bike for transportation and recreation.

- Concord, Keene and Portsmouth received Bronze awards.

[Bicycle Friendly Awards](#)

- **Complete your streets**

- Design streets to enable safe access for all users, including pedestrians, bicyclists, motorists and transit riders of all ages and abilities.
- Many of the ways to create more complete roadways are low cost and fast to implement, yet they have high impact.

[Smart Growth America's Complete Streets FAQ](#)

- Other questions about costs? See [Answering the Costs Question](#)
- More questions? Talk to someone who has done it:

City of Portsmouth:

Juliet Walker, Transportation Planner

jthwalker@cityofportsmouth.com

(603) 610-7216

City of Concord:

Ed Roberge, City Engineer

eroberge@concordnh.gov

(603) 225-8520

City of Keene:

Tara Germond Kessler, Planner

tgermond@ci.keene.nh.us

(603) 352-5474

Town of Swanzey:

Sara Carbonneau, Director of Planning and Community Development

scarbonneau@town.swanzey.nh.us

(603) 352-7411 x 108

Need help finding funds for your project?

• Federal Highway Surface Transportation Program funds

- Bicycle, pedestrian, and transit projects qualify for federal funds as part of the surface transportation authorization, and can be part of the NHDOT Ten Year Transportation Improvement Plan.

[*Separating Fact from Fiction \(USDOT\)*](#)

- Ask your Regional Planning Commission for assistance with your project.
 - Click below to find out which region you're in, or ask your municipal planning board.

[*List of Regional Planning Commissions*](#)

• Air quality funds

- Bicycle, pedestrian, and transit projects qualify for federal Congestion Mitigation and Air Quality (CMAQ) funds.

[*USDOT CMAQ Information*](#)

- CMAQ funds were used for the successful Clipper Connection, COAST's express bus service to the Portsmouth Naval Shipyard.

[*Clipper Connection*](#)

• Safety funds

- Federal Highway Safety Improvement (HSIP) funds can be used for bike lanes and bicycle & pedestrian bridges.
- HSIP funds can be used for crosswalks, curb cuts, ramps and many other projects.
- Bicycle & pedestrian data collection and counting equipment are eligible for HSIP funding.

[*USDOT HSIP Information*](#)

- Ask your Regional Planning Commission for assistance with your project.

[*List of Regional Planning Commissions*](#)

• **Transportation Alternatives Program**

- This program funds a wide variety of projects, including recreational trails and safe routes to school.

[NHDOT TAP Information](#)

- Contact Tom Jameson, NHDOT, tjameson@dot.state.nh.us

- Ask your Regional Planning Commission for assistance with your project.

[List of Regional Planning Commissions](#)

• **General information on federal funding sources**

- This chart compares 13 types of USDOT funding. Your Regional Planning Commission can answer your questions about these programs.

[USDOT Funding Opportunities](#)

- Advocacy Advance Tools to Increase Biking and Walking

[Federal Funding Resource List](#)

- Misconceptions about federal funding for bicycle and pedestrian projects

[USDOT Funding Misconceptions](#)

• **Recreational Trails Program**

- See this guide:

[NH State Parks Recreation Trails Program](#)

• **LCHIP: Land & Community Heritage Investment Program**

- Recreational land purchase
- Some projects such as boardwalks across sensitive areas might be eligible

[LCHIP Publications](#)

[Is My Project Eligible?](#)

• **USDA funding**

- Rural transportation improvement included in:

[Rural Business Development Grants](#)

- For more information, contact Ted Brady, NH & VT Director, 87 State Street Suite 324, P O Box 249, Montpelier, VT 05601, (802) 828-6000

- **Locally controlled funds**

- RSA 261:153:VI gives communities the ability to fund transportation projects through an optional, locally-controlled vehicle registration fee, allowing them to leverage more federal funds to improve active and public transportation.

[Text of enabling legislation](#)

- Contact Rebecca Harris for more information: RLHarris@TransportNH.org

- **Swap for parking**

- Allow developers to pay fees in lieu of providing the required parking on site.
- Funds can be used for transit, bicycle, and pedestrian improvements that can reduce parking demand.

[Fees in lieu of parking](#)

If you have any questions, please contact us.

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Best of luck with your projects!