

# **BICYCLE & PEDESTRIAN DAY AT THE CAPITOL**

APRIL 8TH, 2013



**MISSOURI BICYCLE AND  
PEDESTRIAN FEDERATION**

**MOBIKEFED.ORG**

# **SCHEDULE FOR BICYCLE DAY AT THE CAPITOL, APRIL 8TH, 2013**

*Home Base for the day is the 3rd Floor Rotunda  
Under the dome. Info desk staffed all day.*

## **9:30 a.m. – Check-in – 3rd Floor Rotunda**

Pickup packets, name tags, etc.

## **All Day – Visit legislators**

Most legislators will be in town by early afternoon. When not visiting your own legislators, we will need your help to deliver packets to others.

## **9:45 a.m. – Orientation and advocacy training – 1st Floor Rotunda**

## **10:30 a.m. – 11:30 a.m. - Awards presentation - 1st Floor Rotunda**

“Distinguished Service” awards ceremony.

## **Lunch on your own**

The Hawthorn Room Cafeteria is in the basement of the Capitol, on the House side. Several restaurants are across the street along High Street.

## **12:30 p.m. – Katy Trail Ride with Legislators**

South steps of the Capitol Building

## **2:30 p.m. – Orientation and advocacy training – 1st Floor Rotunda**

Jim Farrell, MoBikeFed lobbyist (attend either Orientation/Advocacy Training, both will be the same)

## **4:00 p.m – Session starts (both House and Senate)**

Right Before and after this time is often the best time to meeting with your legislators. During session you can ‘pull them off the floor’, which is often a good time to talk.

## **5:30 p.m. – Optional Dinner**

Several of us will probably eat dinner together at a nearby restaurant before leaving, and you are welcome to join us.

## ***Questions or problems?***

*Find a contact person at the display tables at the 3rd Floor Rotunda or call:*

*Brent Hugh: 816-695-6736*

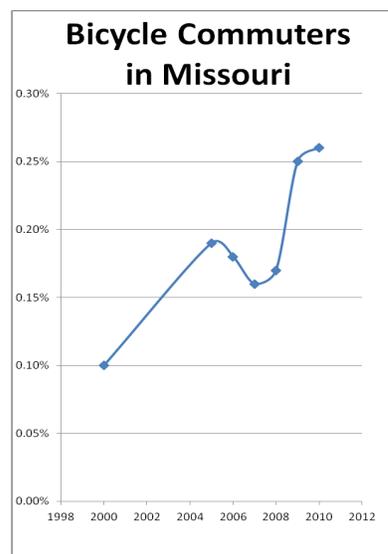
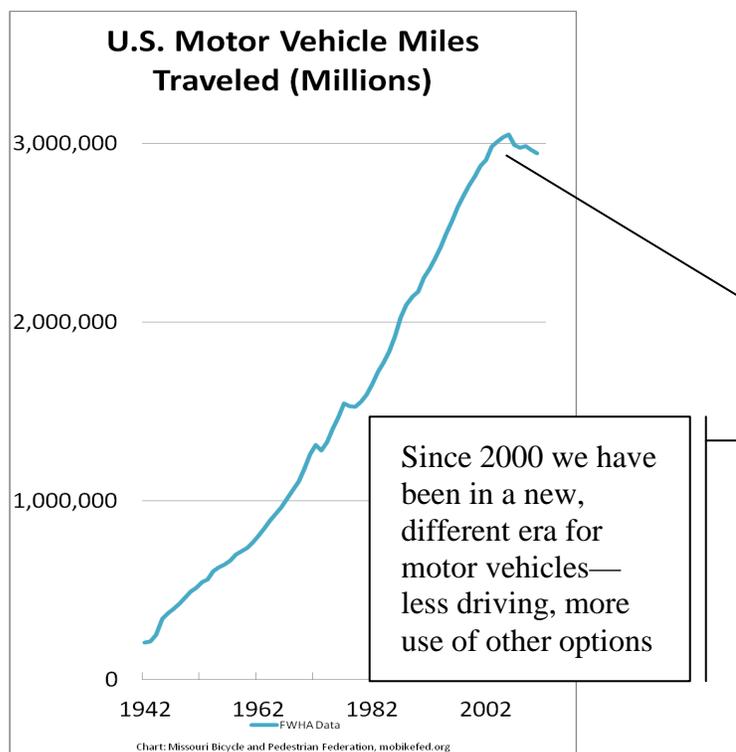
# INFORMATION AND ISSUES FOR CAPITOL DAY

## THE BIG PICTURE

*The transportation challenge of the 20<sup>th</sup> Century was building a paved road system to meet the needs of hundreds of millions of drivers*

*The transportation challenge of the 21<sup>st</sup> Century is making the system work on the human scale again: Accessible to walking, bicycling, transit, leaving a legacy of livable, sustainable, healthy, vibrant communities.*

- Since 1900, we have gone from essentially no paved roads in the U.S. to millions of miles, connecting every community in the nation.
- In 1900, there were essentially no automobiles in the U.S. By 1950, we had one automobile per family. By 2000, we had one automobile per licensed driver.
- The era of super-growth in motor vehicle driving is now over. Nearly everyone who needs an automobile has one and roads suitable for driving connect nearly every possible destination.
- By contrast to the amount of driving in Missouri, which has flatlined since 2000, the amount of bicycling and walking is grown by leaps and bounds—both in Missouri and across the U.S.
- **What’s missing from our current system?** Millions of miles of roads and tens of thousands of communities need to be retrofitted with sidewalks, crosswalks, bike lanes, bike routes, and trails.
- **For the 21<sup>st</sup> Century we need to:**
  - Maintain the road system we have
  - Add the walking, bicycling, sidewalk, trails, and mass transit systems we don’t have



# **NEW FUNDING FOR MISSOURI TRANSPORTATION MUST INCLUDE BICYCLING AND WALKING**

## **Why?**

- **Most bicycling and walking happens on, along, and across roads and highways. We can't fund roads and highways unless we also fund the bicycle and pedestrian accommodations that go along with them.**
- **MoDOT roads through our cities and towns are currently the biggest single impediment to safe bicycling and walking in Missouri.**

## **What are we asking for:**

- 1. Any new funding for roads and highways must allow the new funds to be spent on the pedestrian and bicycle facilities that go on, along, and across those roads and highways.**
  - Currently Highway Trust Fund language restricts Fund use in a way that strongly discourages MoDOT from using this funding to build required sidewalks, crosswalks, and bicycle facilities.
  - Language for future funding must make clear that these bicycle and pedestrian elements are allowed, important, and encouraged parts of our state's transportation system.
  - Bicycle and pedestrian elements must be allowed uses for both the municipal and MoDOT portions of funding
- 2. MoDOT's internal policies on bicycling and walking must be updated and modernized to encourage and promote inclusion of bicycle and pedestrian facilities where needed**
  - MoDOT has already agreed to do this
  - MoDOT is about  $\frac{3}{4}$  of the way through the process of updating their internal bike/ped and ADA policies, with only MoDOT's Bicycle Policy still requiring an update

We have pledged to MoDOT, Highway and Transportation Commission, and Blue Ribbon Committee officials that we will strongly support new funding for Missouri Transportation if these conditions are met.

# KEY ISSUES FOR BICYCLING AND WALKING THIS LEGISLATIVE SESSION

## **MoDOT Funding to include Bicycling, Walking, & Transit** [www.mobikefed.org/ModotFunding](http://www.mobikefed.org/ModotFunding)

The Missouri Transportation Alliance and others are working on a solution for MoDOT's funding gap. Any new funding source should include better funding for bicycling, walking, public transit, and passenger rail.

We support:

- **Making biking, walking, transit, and other viable transportation options an allowable use** of all future transportation funds
- **Putting more decision-making power and oversight in the hands of local communities**—for example, through MoDOT's Planning Partners (Regional Planning Commission and Metropolitan Planning Organizations)
- **Policies that thoroughly evaluate bicycling, walking, and transit needs in all transportation projects** and provide the bicycle, pedestrian, and transit facilities that are needed as part of road and highway projects.
- **Comprehensive planning for all transportation needs**, including walking, bicycling, transit, trails, rail and other options, as well as roads and highways.

## **Complete Streets**

[www.mobikefed.org/CompleteStreets](http://www.mobikefed.org/CompleteStreets)

"Complete Streets" are designed for all users – motorists, bicyclists, pedestrians, children, the elderly, the disabled, and transit users. A growing number of Missouri cities are adopting Complete Streets policies, which are needed at both local and state levels—we have gone from 3 Complete Streets policies in 2007 to 21 in 2013, including the statewide Complete Streets Resolution adopted by the General Assembly in 2011.

## **Proposed Bicycle Ban on Certain State Highways (HB 672, Rep. Bart Korman)**

We strongly oppose any attempt to ban bicyclists from state roads. At a time when Missouri is trying to present a positive message to tourists, when it is promoting healthy habits and healthful exercise for its residents, and when more and more Missourians are choosing to bicycle and walking for more of their trips, we do not want to send a negative message that discourages and dismisses bicycling. We would like to work together with groups concerned about the safety of narrow roads to promote adding shoulders to roads that need them and other measures that actually increase safety and reduce conflict among legitimate road users.

## KEY ISSUES FOR BICYCLING AND WALKING

*Will you consider sponsoring, co-sponsoring, or supporting any of the following initiatives in a future legislative session?*

### **Anti-Harassment and Penalties for Thrown Objects**

Based on successful models in Independence, Columbia, and Greenwood, we support the creation of misdemeanor-level penalties for harassing or throwing items at pedestrians and bicyclists, and for throwing items from or at vehicles. This was identified by our members as a top legislative priority. *Contact [director@mobikefed.org](mailto:director@mobikefed.org) for sample legislative language.*

### **Safe Passing of Bicyclists**

We support improvement of the current safe passing of bicyclists statute by creating a minimum passing distance (four feet) and adding protection for bicyclists traveling in the shoulder (not covered by the current safe passing law). This issue was identified by our members as a top legislative priority. *Contact [director@mobikefed.org](mailto:director@mobikefed.org) for sample legislative language.*

### **Update and Modernize Missouri's Bicycle Law**

Missouri's bicycle law last saw major updates in 1995. We would like to update Missouri's law to modern best practice, update confusing or incomplete language, update light and reflector requirements to reflect currently available equipment and capabilities, in order to improve safety for bicyclists and motorists and improve clarity for bicyclists and law enforcement personnel. *Contact [director@mobikefed.org](mailto:director@mobikefed.org) for sample legislative language.*

### **Texting While Driving and Distracted Driving**

Extending that ban on texting while driving to drivers of all ages and generally addressing the issue of distracted driving is one of the top priorities of our membership—over 95% support extending the ban on texting while driving to all drivers.

## BICYCLING AND WALKING: WHERE MISSOURI STANDS

*Bicycling and walking are surprisingly large sources of strength in Missouri's economy. But there is much room for improvement.*

### *Amount of Walking and Bicycling*

- Nationally, 12% of trips are made by walking or bicycling. Missourians walk and bicycle **about half the national average** but the amount of bicycling and walking is increasing rapidly—**since 2000 the amount of bicycling in Missouri has tripled and the amount of walking is up 50%**.
- About a **quarter of Missouri adults** are regular bicyclists.
- The Missouri Bicycle & Pedestrian Federation represents a statewide coalition of bicycling, walking, running, and trails groups with aggregate **membership of over 30,000**.

### *Safety*

- Bicyclists and pedestrian represent less than **6.5% of trips taken** on Missouri roadways, but **7.5% of roadway deaths, 15% of roadway injuries, and only 1.8% of funding**.

### *Need*

- **Transportation:** Over 26% of Missourians have no driver's license and 8.3% of households have no motor vehicle available.
- **Health:** Missouri has very high rates of obesity, diabetes, and heart disease – especially among kids.
- **Congestion:** Walking, bicycling, and transit work together to reduce traffic, congestion, greenhouse gases, and pollution.
- **Livability:** People want to live where they can bicycle and walk safely.

### *Economic Cost*

- Missouri's **household transportation costs are \$700-\$1000 higher** than average, largely because most people have few real options to driving alone.
- Cities across the country are making themselves bicycle- and pedestrian-friendly. Companies and employees expect this. To attract high-quality industries and employees, **Missouri needs move from below average to above average in walkability and bicycleability**.

### *Economic Potential*

- Bicycling recreation contributes **\$133 billion** to the national economy.
- Supports nearly **1.1 million jobs** nationally.
- Generates **\$17.7 billion in federal and state tax** revenue.
- Generates **\$220 million in annual revenue** from Missouri bicycle shops and retailers.

### *Missouri's Potential*

- Bicycling and trails provide **sustainable growth** in rural communities.
- The Katy Trail has **500,000 visitors annually** from all 50 states.
- **4.3% of Missouri tourists bicycle or hike**--more than boat or golf and about the same as gambling and nightlife.

## **PREPARE FOR CAPITOL DAY**

**Call and make an appointment with your Representative AND Senator** for Monday, April 8th. You can find your legislators and their phone numbers online at <http://mobikefed.org/ContactElectedOfficials>. Refer to the schedule at the beginning of this document for available times. These meetings will likely be 15 minutes or less.

Staff may only give you an approximate time or tell you to just drop in during the day. However, it is still useful to make this initial contact and give them a heads up about your visit.

### **Come to Jefferson City on Capitol Day**

If possible we would like you to **arrive between 9:30 and 10:00** to check in, pick up your packet and materials, then attend the orientation with our lobbyist at 9:45 a.m. Otherwise, feel free to show up for whatever part of the day you are able--we can use your help as long as you are able to be there on Capitol Day, because...

### **Help us visit other legislators**

We will be taking information packets to all 202 state elected officials, whether or not they have constituents present. So in addition to visiting your two legislators, we can use your help dropping off packets at some of the other offices. So any time you can spend that day visiting legislators will help!

### **Think about local issues**

Legislators often appreciate being briefed about local bike/ped developments, both the good and the bad. They can also be helpful if you are struggling with a particular challenge back at home. Also think about opportunities for inviting your legislator to participate in a bike/ped event at home. Perhaps a ribbon cutting for a new trail, walk to school with schoolchildren one morning, giving a speech at a Bike Week event, or being the guest of honor at a big ride.

### **Dress**

Formal business attire is the norm at the Capitol. The most appropriate attire is a suit and tie for men and comparable jacket/skirt/slacks for women. If that isn't possible just be sure to wear something neat, clean, and presentable.

Those who participate in the ride at 12:30 often bring a change of clothes for their legislator meetings earlier or later in the day.

Finally, wear comfortable shoes. We will be on our feet all day, and the Capitol's marble floors can get uncomfortable.

# HOTELS, RESTAURANTS, AND PARKING

## Hotels

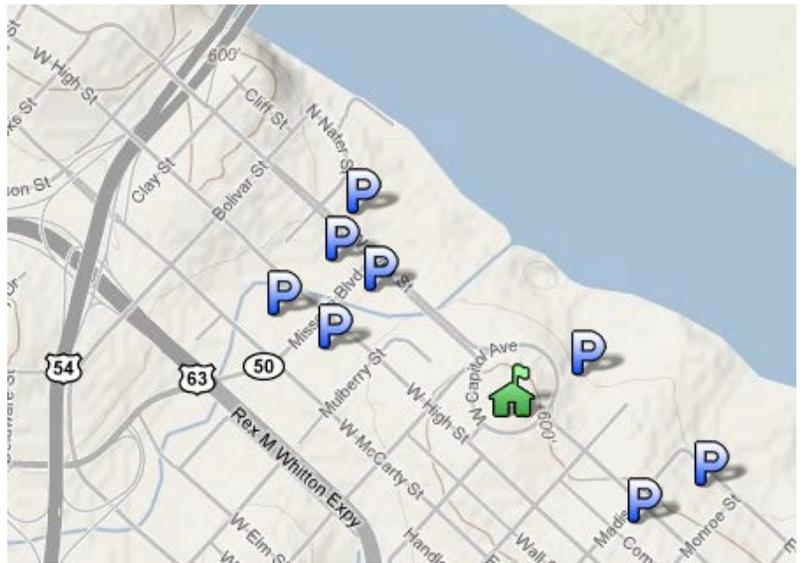
Hotels within walking distance include Doubletree, De Ville, and Capitol Plaza. Average prices are \$80-\$100/night. Several budget motels are located on Jefferson Street about two miles away. Average prices are \$50-70 and they are within easy bicycling distance of the Capitol.

## Automobile parking

If you arrive early, there are several parking lots just west of the Capitol, around West High Street and Missouri Blvd. Garages are located about two blocks east of the Capitol. On-street parking is also available, but the closer spaces have time limits. **If you are bringing display materials**, try to arrive early so you can find curbside parking for unloading.

## Bicycle Parking

You can park your bicycle in a secure indoor location by bringing your bicycle into the 3rd floor rotunda area and making your bicycle part of our floor display (depending on space available). Elevators are available, but many find it easier to just carry their bike up the main staircase to the 3rd floor rotunda. Enter through the main entrance on the south side of the building.



## Amtrak

The Amtrak station is two blocks from the Capitol and within walking distance of the Downtown hotels. Bicycles can be rolled on board fully assembled. Reserve a bike space when you purchase tickets online ([www.amtrak.com](http://www.amtrak.com)). Morning trains from St. Louis and Kansas City arrive around 10:30 a.m., so consider going the night before.

## Restaurants

The Hawthorne Room cafeteria is located in the basement of the Capitol building. Cafe Via Roma, and Arri's Pizza are on High Street directly across the street from the Capitol. There are more restaurants along High Street to the east.

## VISITING WITH LEGISLATORS

Legislators are very happy to receive constituents from their districts, and appreciate the opportunity to talk with you about the issues you care about. If you do not have a scheduled meeting, just drop into the office and ask the assistant if the legislator has a few minutes to meet with you. They are often in and out of the office all day, so you might need to **try a few times** before you can catch them.

If the House or Senate is in session, their aide may tell you to "**pull them off of the floor.**" You can do this by asking the Sergeant-At-Arms stationed at the entrance to each chamber. Tell them who you are and who you want to see, and you might be able to get a very brief introduction and chat.

Legislators will often have **committee meetings** in between sessions. If you find out from the staff member when and where the committee meeting is, you may be able to catch the legislator in the hall on the way to or from a committee meeting, or during a break. Or offer to walk with a legislator to a meeting or back to their office.

If you cannot meet personally with the legislator, **chat with a staff member**, briefly explain your main issues, and leave the staff member with the information packet. Representatives typically have one aide, but Senators generally have more than one and you might ask to speak with the staff member who deals with transportation issues.

### **Here are some common talking points:**

**Transportation** – Improving bicycling and walking is a low-cost way to provide affordable transportation options, which is especially important in times of high gas prices and the economic recession.

**Sustainability** - Automobile emissions are one of the biggest sources of air pollution, so getting more people bicycling instead of driving helps improve air quality.

**Recreation** - Missouri is blessed with a variety of natural beauty, and bicycling is an excellent to enjoy our scenic rural areas, small towns, and historic city neighborhoods.

**Health** - Missouri ranks high for chronic diseases like obesity, diabetes, heart disease, etc. - especially our children. Physical activity like bicycling and walking helps people stay healthy and lowers health care costs for everyone.

**Big cities** - Bicycling helps extend the range of transit systems, gets people to their jobs, and lessens congestion on roads and highways.

**Small towns** - Small towns are ideal for bicycling. Many trips to work, the store, or school can easily be made on a bicycle.

**Rural areas** – Simply adding a shoulder to a country road is often all it takes to accommodate bicycles, and it makes the road safer for cars, too!

**Safe Routes to School** - Far fewer kids walk or bike to school than in the past. Providing safe and well-maintained streets and sidewalks allows kids to get some exercise on the way to school, and it cuts down on transportation costs for schools and families.

# EFFECTIVE ADVOCACY 101

Remember that advocacy is, above all, about *building relationships*. Far more important than any particular piece of information you share, is simply getting to know the legislators and their staff members on a personal basis and letting them know that you are a real person who cares about these issues.

## **STEP ONE: FIGURING OUT WHAT YOU WANT**

Before deciding to call, write, or visit an elected official to share your views, you should know what you want from your elected representatives. In fact, asking for something specific is sometimes the only way to get an elected official's attention. Your goal is to force someone in the office to think about you and your issues for longer than 5 minutes – making the “ask” helps you achieve that goal.

## **STEP TWO: WHOM SHOULD YOU ASK?**

Communicating effectively depends on your ability to communicate your message to the right person. You have set up meetings with your own elected officials, so be sure to identify yourself as a constituent at the beginning of the meeting.

### *Be a resource for your legislator*

Legislators can't know everything about every topic, so you can be a resource for them on bicycling and walking issues. And if they ask question that you can't answer, let them know you will get the answer for them ASAP. Make a note of the question on your meeting report form and either you or MBPF can follow up.

### *Staff Contact Can Have Advantages over Legislative Contact*

All legislators have assistants who help with schedule and clerical support, and many have staff members who do deep policy work. You can often get more time with a legislative assistant and have a more in depth conversation.

## **STEP THREE: DELIVERING YOUR MESSAGE**

The five minute rule: Keep your message to five minutes, whether it's a five-minute presentation in a meeting or five minutes worth of text that a staff person must read. Chances are you'll only have five minutes to make your point. Be prepared to do so!

In many cases, especially if you meet a legislator in the hall or between meetings, you may only have 30 seconds. Shake hands, smile, tell the legislator who you are, where you are from, and that you are here for Bicycle Day at the Capitol. Through your attitude and your very presence at the Capitol you are communicating that this is an important issue to you--and that is our most important message.

### *The importance of personal messages*

Remember that you are important to your elected officials because you are a constituent, not because you're part of a statewide network or involved in a campaign. Your message should be focused on a personal level – why you find fulfillment in what you do and the real people you help. Statistics are useful, but only if they relate directly to what you or your program is doing in the community. Think of a brief, positive story telling how these issues have personally touched your life.

*Think about WHO should ask, based on what you know about the audience*

There may be someone involved in your issue that has a good relationship with a member or staff. Or, there may be someone who is just generally better suited to deliver your message, for example a business person may be well-suited to speak to a more conservative member, while an activist might be better suited to a more liberal member. A constituent who lives in the legislator's district is almost always more effective than a non-constituent.

*Know when to change course*

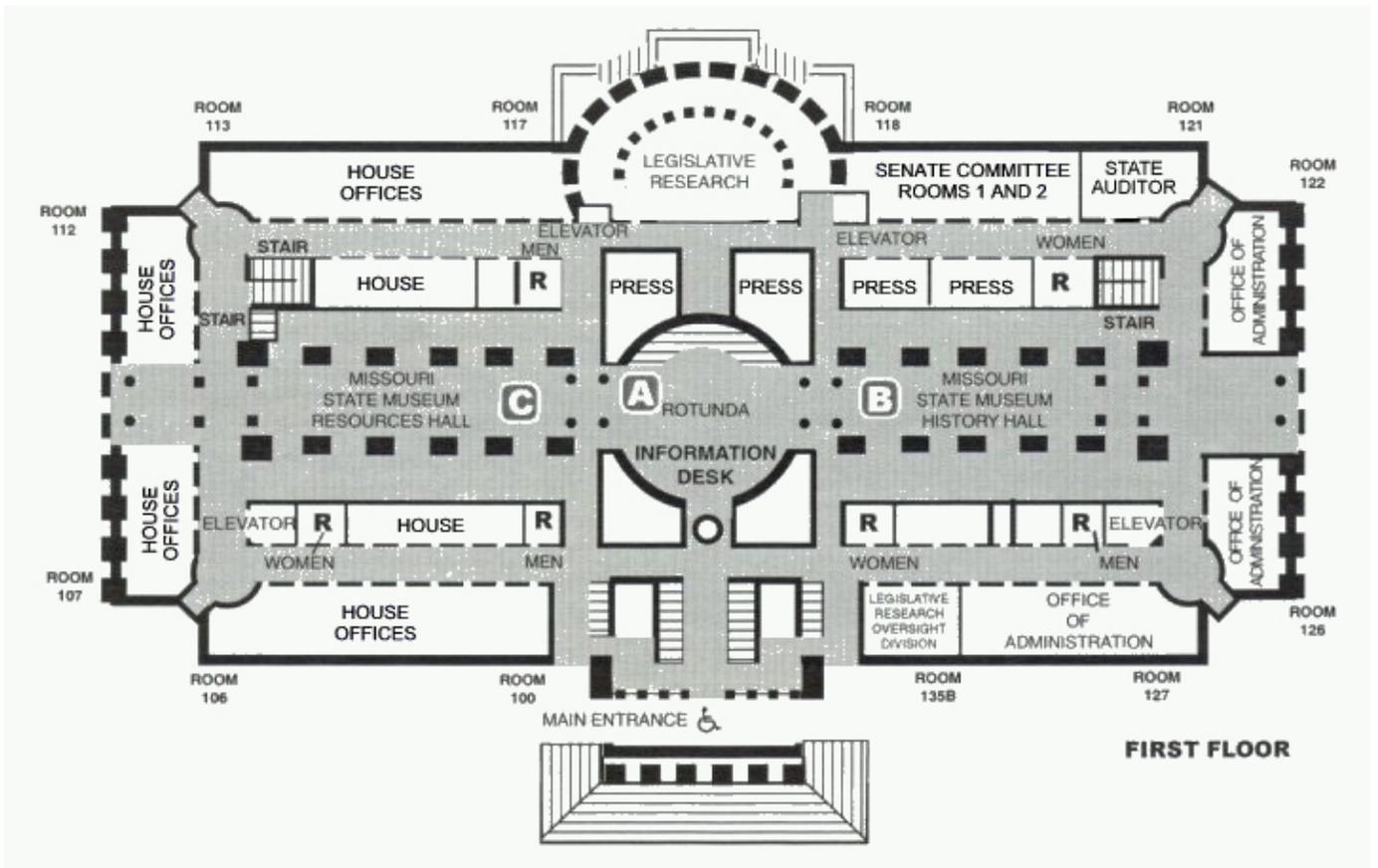
There's being specific and then there's being stubborn. Be prepared to change course and ask for something else –like attending an event or putting an article in your newsletter. You may just find that getting the office involved on a smaller level yields more interest and engagement in the future.

#### **STEP FOUR: FOLLOWING UP**

The sad truth is that many offices will ignore your first request for a specific action. Frankly, they have so many people asking for so many things that they want to know that you're serious about your request before spending resources. The way to demonstrate that you are serious is to ask again. By asking again, you demonstrate that you really are serious, and you'll keep asking until you get an answer!

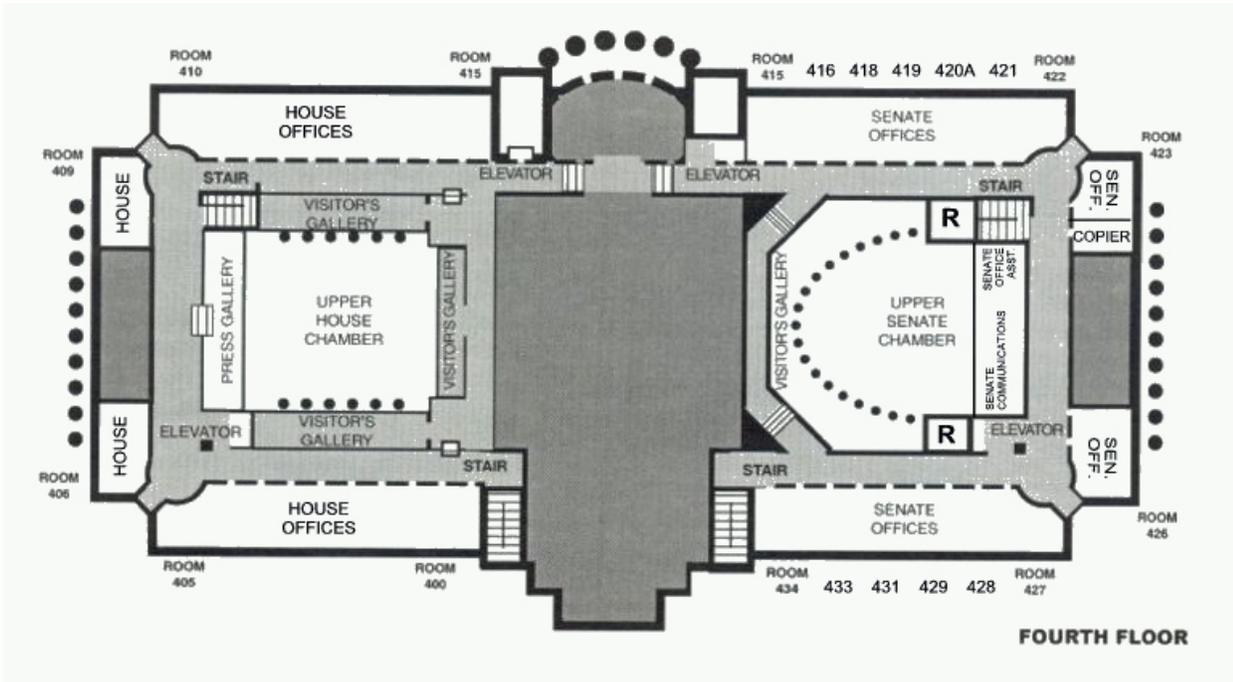
After any meeting, extended phone call, or any other interaction where the office staff or member went out of their way to help you out, be sure to send a thank you note. Even a quick email message the following day can make a real impression. Not many people take this simple step –you'll stand out positively if you do so!





FIRST FLOOR





# **ABOUT THE MISSOURI BICYCLE AND PEDESTRIAN FEDERATION, INC.**

The Missouri Bicycle and Pedestrian Federation is a statewide, not-for-profit, membership organization that advocates advancement of bicycling access, safety and education in Missouri. The mission is to provide an advocacy platform to protect the rights and interests of bicyclists and pedestrians, and to make Missouri a better place to ride a bicycle and walk through the advancement of access, safety and education.

## **Legislative Accomplishments**

- Wrote and passed legislation that repealed the mandatory sidepath law and defeated its reinstatement in 1998.
- Worked with legislators to improve wording and intent of bike-specific laws. Thanks to this, Missouri traffic laws rate better for bicycle friendliness than those in most other states (though work remains to be done in Missouri and in all other states).
- Defeated a bill that would have required all bicyclists to ride on the left side of the road, facing traffic.
- Defeated legislation that would have required bicyclists to ride single file.
- Worked with the MoDOT to change its policy on shoulder rumble strips to allow bicyclists some smooth shoulder.
- Worked with Amtrak in 1997 to allow unboxed bicycles to be rolled aboard.
- Worked with legislators to pass as "Safe Passing Law", bicycle-friendly bicycle lane provisions, and numerous other improvements to the state bicycle legislation in 2005.
- Supported more than 37 legislative proposals and resolutions that have passed the legislature and become law—or been defeated, for those items we opposed—since 1995. See [MoBikeFed.org/LegislativePlatform](http://MoBikeFed.org/LegislativePlatform).

## **Contact Information**

Missouri Bicycle and Pedestrian Federation, Inc.  
Post Office Box 104871  
Jefferson City, MO 65110-4871  
[director@mobikefed.org](mailto:director@mobikefed.org)  
816-695-6736

# MISSOURI BICYCLE AND PEDESTRIAN FEDERATION

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The MBF Advisory Board assists the elected Board of Directors by providing additional advisory, strategic, and volunteer capacity.

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# ABOUT THE MISSOURI FOUNDATION FOR BICYCLING AND WALKING

*The Missouri Foundation for Bicycling and Walking is a corporation organized exclusively for charitable, educational, and scientific purposes under section 501(c)(3) of the IRS code. A statewide, not-for-profit organization promoting good health and physical activity through bicycling and walking, bicycle and pedestrian safety, and education of bicyclists, pedestrians and motorists.*

## ***Officers & Board Members***

- President: Joseph Torrisi, St. Louis (2013)
- Vice-President: Jan Nietzert, Columbia
- Secretary: Sean Staggs, Kansas City (2013)
- Treasurer: Paul Sidwell, Kansas City (2012)
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