

2ND ANNUAL

MISSOURI BICYCLE AND PEDESTRIAN FEDERATION

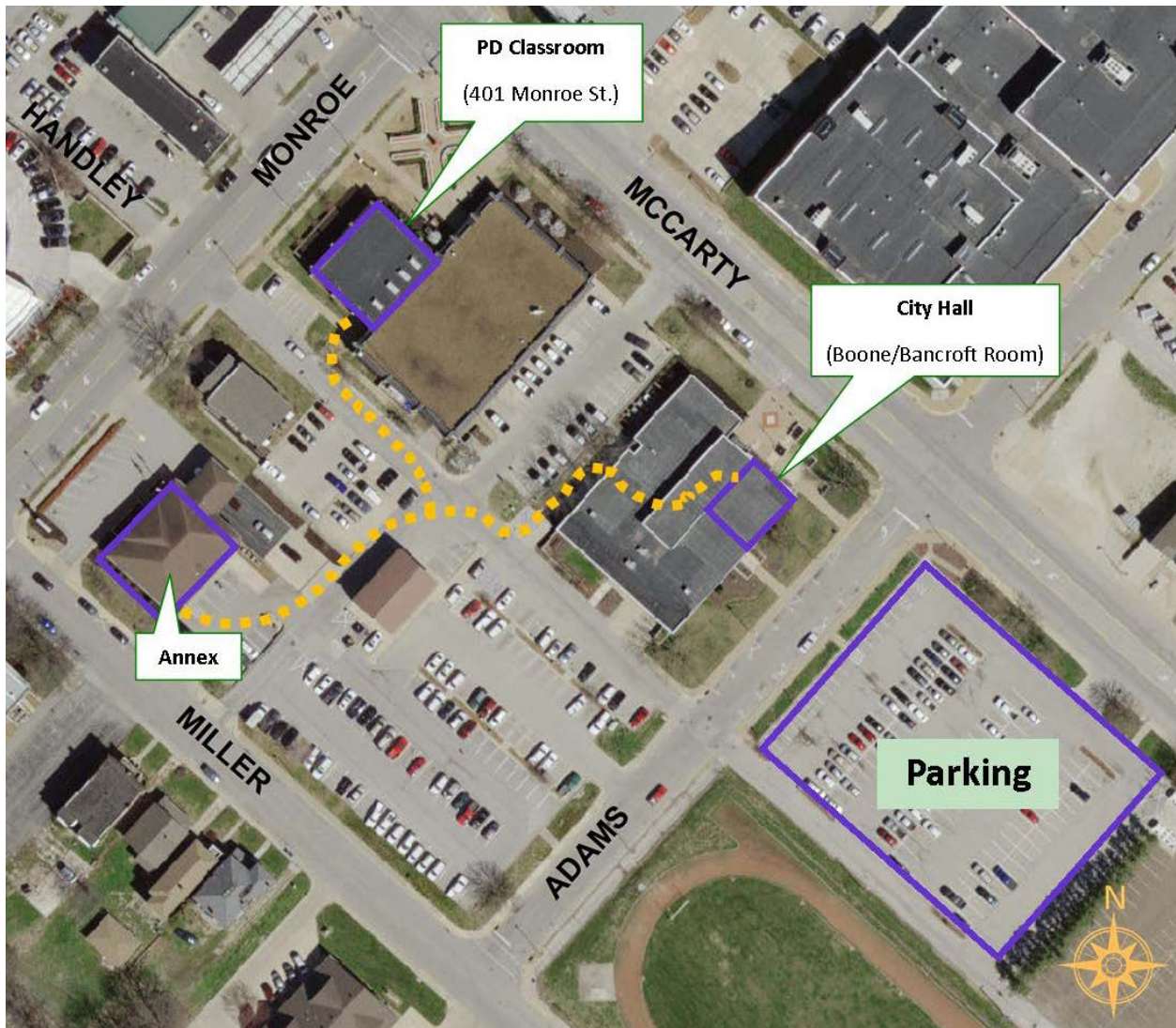
ACTIVE — *Transportation* — SUMMIT

AUGUST 11TH, 2017 — JEFFERSON CITY, MO

"Bicycling, Walking, and Trails Mean Business in Missouri"

SPONSORED BY:





Classrooms

PD Classroom: The PD Classroom is located at 401 Monroe St. and is part of the Jefferson City Police Department Building. Please enter on the southwest side, adjacent to the parking lot.

Annex: The Annex is located at 305 E. Miller St. in the lower level of Parks and Recreation/Fire Department Administration building. Please enter on the southeast side of the building adjacent to the parking lot.

City Hall (Boone/Bancroft Room): The Boone/Bancroft Room is located at 320 E. McCarty St. on the upper level. You may enter on any side of this building, but for the purposes of this event, it is best to enter on the northwest corner near the parking lot.

Accessible restrooms are available in all locations.

Parking

Free parking is available in Lot 24, adjacent to city hall at the corner of Adams St. and McCarty St. This lot has signage stating a tag is needed, but that is not necessary for the day of the summit.

Summit Schedule

9:30-10:15 Opening Plenary Session

Welcome - MoBikeFed - Jefferson City/CAMPO - APBP MO Chapter; Thanks to Organizing Committee members

Plenary Speech: **Liz Thorstensen**, Rails-to-Trails Conservancy, "Bicycling, Walking, and Trails Mean Business in Missouri"

10:30-11:10 1st breakout session

Trail Towns (PD Classroom)	Complete Streets (Annex)	Active Transportation (City Hall – Boone/Bancroft Room)
<p><i>Nikki Hill</i>, Harry S Truman Coordinating Council <i>Taylor Cunningham</i>, Joplin Area Transportation Study Organization <i>Elizabeth Bowen</i>, Northwest Arkansas Regional Planning Commission</p> <p><i>Southwest Missouri's Regional Trails Plan: Connecting to the Razorback Trail and more</i></p>	<p><i>John Kohler</i>, City of St. Louis <i>Jacque Lumsden</i>, CBB: Transportation Engineers + Planners</p> <p><i>Louisiana Avenue Calm Streets Project in St. Louis City</i></p>	<p><i>Dawne Gardner</i>, City of Springfield</p> <p><i>Your ADA Transition Plan: Creating a walkable/bikeable transportation network that meets the needs of users of all ability and mobility levels</i></p>

11:20-12:00 2nd breakout session

<p><i>Greg Harris</i>, Executive Director, Missouri Rock Island Trail, Inc. <i>Kim Henderson</i>, Windsor City Administrator and owner of Kim's Cabins <i>Shelby Teufel</i>, Assistant City Administrator, Pleasant Hill <i>Clint & April Siegfried</i>, Owners, Chilhowee Corner Store <i>Mark Kestner</i>, Owner, Bluebird Outdoor Adventures <i>Chris Foster</i>, Owner, Rock Island Village <i>Cary Parker</i>, Owner, Gerald Roller Mill Bistro</p> <p><i>Rock Island Trail Economic Impact: What The First 47 Miles Tells Us About the Next 144</i></p>	<p><i>Taylor March</i>, Trailnet</p> <p><i>Complete Streets and Public Health: A vital link for Missouri communities</i></p>	<p><i>Andrea Clark & Sarah Shipley</i>, KC Healthy Kids</p> <p><i>Walking Detective: Teaching Kids to Investigate Their Community</i></p>
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12:10 to 12:50 Lunch, Recognition of new Complete Streets Communities, APBP Business Meeting (12:00)

12:50 to 1:30 **Keynote: Ralph Pfremmer, Trailnet CEO, "Walking and Biking: Trailnet's actionable plan for equitable mobility"**

1:50-2:30 **3rd breakout session**

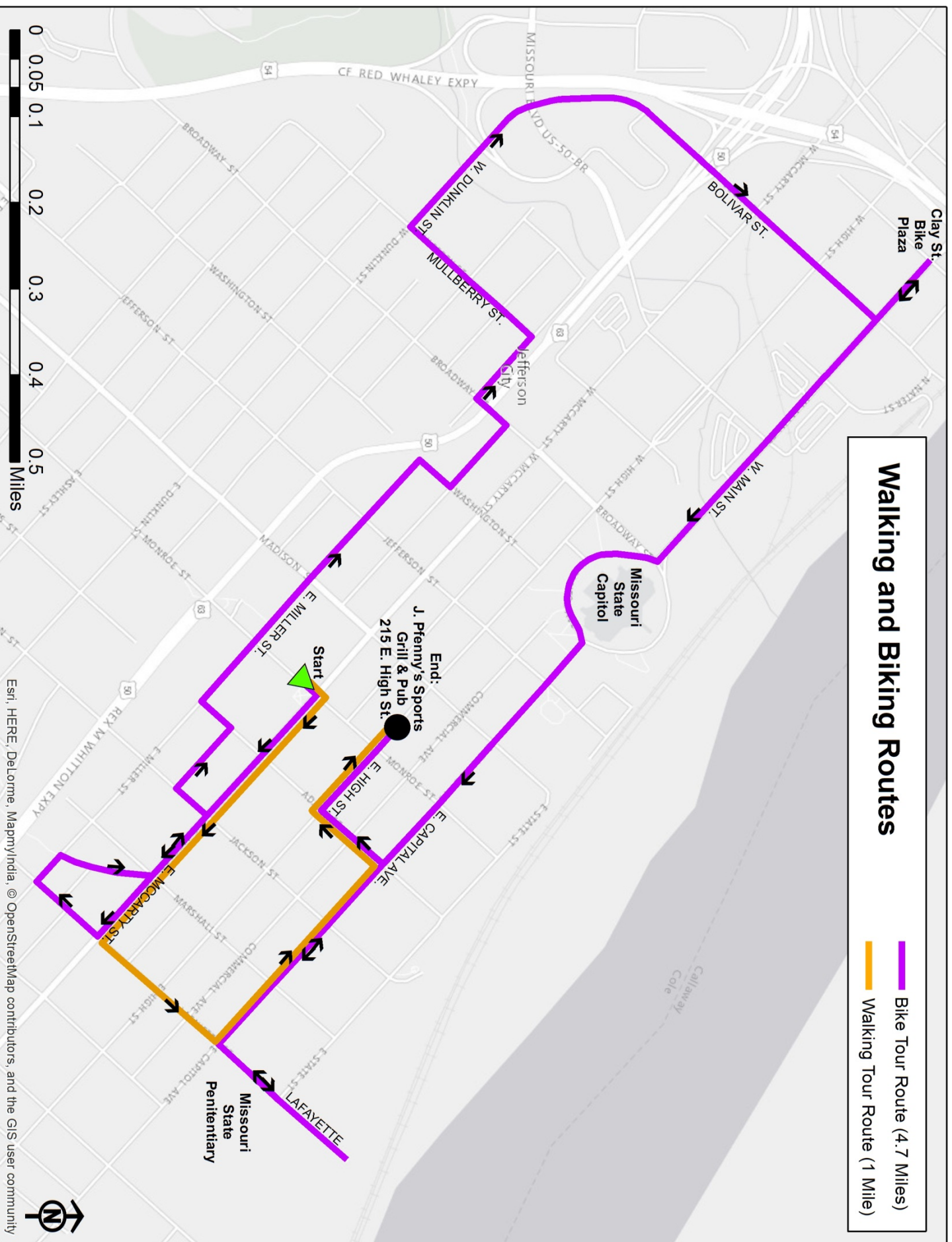
Trail Towns (PD Classroom)	Complete Streets (Annex)	Active Transportation (City Hall – Boone/Bancroft Room)
<p><i>Chrysa Niewald</i>, Missouri Rock Island Trail <i>Meghan Opie</i>, Eldon Trail Taskforce <i>Liz Thorstensen</i>, Rails-to-Trails Conservancy</p> <p>Panel: Becoming a Trail Town: How your town can invite trail users to visit, stay, and help build the local economy</p>	<p><i>Abby St George</i>, PedNet Coalition</p> <p>How to write and build support for your Complete Streets Policy: Resources and examples for your community</p>	<p><i>Ian Thomas</i>, City of Columbia <i>Ted Curtis</i>, City of Columbia <i>Lawrence Simonson</i>, PedNet Coalition</p> <p>Active Transportation Innovation in Columbia</p>

2:40 to 3:20 **4th breakout session**

<p><i>Katie Gibson</i>, City of Boonville <i>Randy White</i>, Pioneer Trails Regional Planning Commission <i>Jodi Devonshire & Tony Caruso</i>, Bike Stop Cafe</p> <p>Panel: Growing as a Trail Town, Developing the Spirit Trail, and the Story of a Successful Katy Trail Business,</p>	<p><i>Paul Wojciechowski</i>, Alta Planning & Design</p> <p>Planning Primer and the STAR Guide: Making Small Town and Rural Areas Healthy and Active</p>	<p><i>David Bange</i>, <i>Katrina Williams</i>, <i>Alex Rotenberry</i>, Jefferson City/Capital Area Metropolitan Planning Organization (CAMPO)</p> <p>Jefferson City Steps Into the Limelight: Making Missouri's capital city a bicycle and pedestrian friendly community.</p>
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3:30 to 4:30 **Concurrent walk and bike tours of Jefferson City**
(See map on the following page)

4:30-5:00 **Summit wrap-up and social hour**
(J. Pfenny's Sports Grill & Pub, downtown @ 215 E High St.)



Detailed Session Schedule

PLENARY SESSION, 9:30am-10:15am



"Bicycling, Walking, and Trails Mean Business in Missouri"

Elizabeth Thorstensen

Vice President of Trail Development, Rails-to-Trails Conservancy

Elizabeth "Liz" Thorstensen serves as vice president of trail development at RTC where she shapes and oversees the organization's trail development projects and programs. Liz has a broad background of experience in urban planning, with a focus on the intersection of sustainable communities and economic development—including writing three major publications to educate the economic development profession on this important topic.

Liz is passionate about the transition to a more sustainable economy and the role that trails and active transportation play in that transition.

Prior to joining RTC, Liz served as vice president of knowledge management and economic development practice at the International Economic Development Council (IEDC), where she led IEDC's knowledge management team. In 2010 she co-led IEDC's partnership with the White House and the U.S. Economic Development Administration to deliver immediate economic recovery technical assistance to 21 Gulf Coast communities impacted by the Deepwater Horizon oil spill.

Liz earned her bachelor's degree in Geography and GIS from the University of Maryland and holds master's degrees in Urban Planning and Local Economic Development from the University of Illinois at Urbana-Champaign and the London School of Economics, respectively.

1st BREAKOUT SESSION, 10AM-10:40AM

Southwest Missouri's Regional Trails Plan: Connecting to the Razorback Trail and more

Nikki Hill, Harry S Truman Coordinating Council

Taylor Cunningham, Joplin Area Transportation Study Organization/City of Joplin

Elizabeth Bowen, Northwest Arkansas Regional Planning Commission

A panel discussion about plans to extend Arkansas' Razorback Trail into Missouri and the work in southwest Missouri to create a unified regional trail plan that will connect communities in the HSTCC and JATSO regions with the Razorback Trail and, potentially, to other regional and statewide trail systems.

Nikki Hill is a Transportation Planner with the Harry S Truman Coordinating Council.

Taylor Cunningham is with the City of Joplin

Elizabeth Bowen is with the Northwest Arkansas Regional Planning Commission

Louisiana Avenue Calm Streets Project in St. Louis City

John Kohler, City of St. Louis

Jacque Lumsden, CBB: Transportation Engineers + Planners

"Calm Streets" or "Bike Boulevards" provide a safe, low-stress, comfortable, and inspiring experience that builds neighborhoods and connects institutions and amenities. This presentation is an opportunity to learn about the first "Calm Streets" Project in St. Louis, including the history, conceptual planning efforts, project details, and future network development.

John Kohler has a career spanning 20 years in municipal public works and 9 years in engineering consulting. Mr. Kohler joined the City of St. Louis in 2004 and is the Planning and Programming Manager for the Board of Public Service. Mr. Kohler develops, prioritizes, and manages the City's Capital Improvement Plan involving major road and bridge projects. He is also involved with many multimodal initiatives and associated committees for the City of St. Louis. Mr. Kohler is a registered professional engineer in Missouri. He graduated from the Missouri University of Science and Technology with a BS in Civil Engineering, and obtained an MS in Civil Engineering from the University of Kansas.

Jacque Lumsden is a transportation planner for CBB Transportation Engineers and Planners in Saint Louis, MO. Jacque has an interest in enhancing community development thru strong multimodal transportation systems and well planned land uses. She has been involved with projects ranging from the development of neighborhood traffic calming plans, to Great Streets studies, working to promote sustainable transportation that supports users of all ages and abilities. Jacque has a Master of Urban Planning, a Bachelor of Science in Journalism, and a Bachelor of Arts in American Studies, all from the University of Kansas, in Lawrence, KS.

Your ADA Transition Plan: Creating a walkable/bikeable transportation network that meets the needs of users of all ability and mobility levels

Dawne Gardner, AICP, City of Springfield

This presentation will look at planning a walkable/bikeable transportation network for all users, regardless of mobility. The ADA requires program access to all public facilities, including public rights of way. Public entities as well as private business owners that provide a place of public accommodation are required to meet minimum accessibility guidelines as set forth by the Americans with Disabilities Act of 1991. This session will discuss how to integrate accessibility into the transportation network not only at a minimum required by law, but going above and beyond to truly make an integrated system for users of all types of mobility. Partnerships with local disability advocates are critical to the success of moving forward toward an all-inclusive transportation network. A discussion will take place regarding avenues of partnerships as well as examples as what has worked well for the City of Springfield. A good partnership with disability advocates, providing a plan for ADA compliance and open communication can help local jurisdictions avoid a visit from the Department of Justice.

Dawne Gardner is the Transportation Planner and ADA Coordinator for the Department of Public Works in the City of Springfield, Missouri. As the ADA Coordinator, she is in charge of completing a major update of the city's sidewalk and curb ramp inventory which includes approximately 700 miles of sidewalk and 10,000 curb ramps as well as updating the city's ADA Transition Plan for Public Rights of Way. Prior to going to work at the City of Springfield five years ago, Dawne worked at the Missouri Department of Transportation for 19 years and was the ADA contact and liaison in the Southwest District. Her work at MoDOT led to a passion for advocating for accessibility and the desire to work toward making the City of Springfield the most accessible community in the United States.

2nd BREAKOUT SESSION, 11:20AM-12:00PM

Panel: Rock Island Trail Economic Impact - What The First 47 Miles Tells Us About the Next 144

Greg Harris, Executive Director, Missouri Rock Island Trail, Inc.
Kim Henderson, Windsor City Administrator and owner of Kim's Cabins
Shelby Teufel, Assistant City Administrator, Pleasant Hill
Clint & April Siegfried, Owners, Chilhowee Corner Store
Mark Kestner, Owner, Bluebird Outdoor Adventures
Chris Foster, Owner, Rock Island Village
Cary Parker, Owner, Gerald Roller Mill Bistro

Many trail-related businesses have sprung up or expanded since the opening of the first 47 miles of the Rock Island Trail. Examples include the Chilhowee Corner Store, Leeton General Store, Leeton Cafe, and Kim's Cabins. Others are developing along the next 144 miles in anticipation of the trail, such as Bluebird Outdoor Adventures Campground in Cole Camp, Rock Island Village in Eldon and Rock Island Marketplace in Owensville. The panel will provide an overview of business developments and how their original plans and expectations have measured up against actual experiences.

Greg Harris is Executive Director of the Missouri Rock Island Trail, Inc. Greg was Executive Director for Development at Missouri S&T for 17 years. He was Resource Development Director for United Way of the Ozarks 10 years and was Co-Founder of Ozark Greenways in Springfield. He was a member of Springfield-Greene County Park Board, where he presented the BNSF rail-banking opportunity that became the 33 mile Frisco Highline Trail.

Kim Henderson was a banker for 22 years, and has been a Katy Trail advocate in Windsor since the trail's inception. Kim grew up at "other end of Katy" in St Charles. She has been City Administrator of Windsor for 3 years and is owner of Kim's Cabins, Windsor

Shelby Teufel is Assistant City Administrator in Pleasant Hill, Missouri, where she has worked with or overseen corridor planning, service level changes, financial planning, human resources, finance, city communication, utility billing, IT, and municipal court functions. Shelby previously worked for the city of Olathe, Kansas.

Clint & April Siegfried are owners of the Chilhowee Corner Store. Chilhowee Corner Store is a small convenience store offering drinks, snacks, household needs, grocery items and offering daily meal specials and a small menu. The Corner Store caters to Rock Island and Katy Trail users.

Mark Kestner is owner of Bluebird Outdoor Adventures in Cole Camp, Missouri. Bluebird Outdoor Adventures specializes in renting Recreational Vehicles for families and outdoor enthusiasts as well as providing hunting guides for wildlife hunts.

Chris Foster is owner of Rock Island Village in Eldon, Missouri. Rock Island Village is a gracious senior living community specializing in assisted living and memory care, opening Summer 2017. Chris Foster has been involved in development all his life, including over 1200 units of condominium, big box, and commercial properties. He has led the way on the concept, financing, and construction of Rock Island Village. Anastasia Foster, Chris's wife, has developed the heart of the business, focusing on the management, aesthetics, food service, design, amenities, and activities.

Cary Parker is owner of Gerald Roller Mill Bistro in Gerald, Missouri. The Gerald Roller Mill was built in 1903 continued to operate in many incarnations throughout the past decades. The Parkers are committed to embrace the history of the Mill and the region, while utilizing modern conveniences and technology to provide Mill Visitors with excellent food & beverage offerings, exceptional customer service, made in Missouri retail offerings and unique special events and facilities.

Complete Streets and Public Health: A vital link for Missouri communities

Taylor March, Trailnet and Missouri Livable Streets

Missouri now has 35 adopted Complete Streets policies--up from just 5 policies in 2009 with Missouri Livable Streets program started. Many communities, both large and small, across Missouri are adopted Complete Streets policies because they see the powerful impact of better, safer, complete, and connected bicycle and pedestrian facilities on the public health and safety. What is the connection between Complete Streets and public health? How can your city, county, or neighborhood improve the public health by adopting and implementing a Complete Streets policy?

Taylor March manages Trailnet's walking and biking encouragement campaigns and educational programming throughout the state. His focus area is within built environment improvements through effective community outreach. Taylor also coordinates Trailnet's advocacy and policy agenda for the organization to advance safer opportunities for walking and biking. Taylor oversees the Missouri Livable Streets program in partnership with the Missouri Department of Health and Senior Services. Taylor is a full time bicycling and walking commuter and a League-Certified Cycling Instructor. Taylor has years of previous experience as the service manager at bicycle shops, teaching weekly mechanics clinics, as well as holding certifications in bicycle frame building and design through the United Bicycle Institute in Ashland, Oregon.

Walking Detective: Teaching Kids to Investigate Their Community

Andrea Clark, KC Healthy Kids

Sarah Shipley, KC Healthy Kids

The Walking Detective (tm) is KC Healthy Kids' new kid-friendly resource that teaches kids about the built environment and empowers them to advocate for change. In the kids' workbook, Ghedi, the walking detective, leads kids on a walking investigation to find clues and collect evidence to show how walkable their communities are. They can build a case report to show city officials what things are working well and what things need to be improved. The leader's guide shows adults like teachers and parents how to organize a walking investigation for kids in their community. During the session we will share Ghedi's story, explain the walking assessment scoring, and give examples of how this resource can be used. There will be a presentation with videos and lots of photos. Each participant will receive a copy of the kids' workbook.

Andrea Clark is the Walk KC coordinator at KC Healthy Kids. Andrea has a master's degree in Sociology from UMKC, and will graduate with master's degrees in Urban Planning and American Studies from KU in December. Andrea has experience in early childhood education and has taught courses in the humanities and social sciences at several colleges around KC and Lawrence. She is passionate about creating equitable and sustainable places using complete streets and green infrastructure.

Sarah Shipley is Vice President of Marketing and Social Innovation with KC Healthy Kids. She has her MA in Communications and MBA. Sarah has been instrumental in national active transportation efforts including the Rails to Trails Conservancy and the League of American Bicyclists in Washington DC. She is a Safe Routes to School instructor and co-chaired the Missouri Safe Routes to School Network. Locally, Sarah co-founded the regional advocacy group BikeWalkKC and successfully scaled Kansas City B-Cycle, Kansas City's only bike sharing system. She served on the founding team of Neighbor.ly, and won the Points of Light Civic Accelerator for social innovation. She has served on the Mid-America Regional Council's Bicycle and Pedestrian Advisory Committee, The MARC Active Transportation Programming Committee and is active in many civic ventures.

LUNCH SESSION AND KEYNOTE, 12:10PM-1:30PM

Recognition of new Complete Streets Communities

- Warsaw (2016)
- Pineville (2016)
- Anderson (2016)
- Eldon (2017)
- Caruthersville (2017)
- Southwest City (2017)
- Rolla (2017)

APBP Business Meeting

KEYNOTE



"Walking and Biking: Trailnet's actionable plan for equitable mobility"

Ralph Pfremmer

CEO, Trailnet

After a successful career in business, and having been an advocate for health and wellness most of his life, Ralph Pfremmer became the CEO of Trailnet in 2014. He is a former competitive cyclist, event promoter and community champion, and has experienced the life-changing benefits of an active lifestyle firsthand. He is known for his motivating spirit.

Mr. Pfremmer's skills as an innovator and entrepreneur have helped to expand Trailnet from being a bicycle-centric special interest group to that of a civic organization centered on transformational projects using the platform of walking, biking, and place-making. Trailnet is eight months into leading an 18-month Master Planning process. They are engaging the public to redefine transportation in St. Louis from moving cars to being about people. They have unified support from Mayor Lyda Krewson of the City of St. Louis and County Executive Steve Stenger of St. Louis County.

Ralph is a servant leader and credits the ongoing success of Trailnet to his incredible staff, and is board members and volunteers. Currently the organization serves 2,000 members and over 15,000 multimedia subscribers.

3rd BREAKOUT SESSION, 1:50PM-2:30PM

Panel: Becoming a Trail Town: How your town can invite trail users to visit, stay, and help build the local economy

Chrysa Niewald, Missouri Rock Island Trail, Inc.

Elizabeth Thorstensen, Rails-to-Trails Conservancy

Meghan Opie, Eldon Task Force

Katy Trail success stories like Rocheport and Hartsburg don't just happen. Learn what communities like Eldon, Owensville, Gerald, and other Rock Island Trail towns are doing to get ready for the Rock Island Trail.

This session will include a slide presentation showing how different communities are organizing and making plans to welcome Rock Island Trail visitors when the trail is built. We will focus on different strategies used by each community to plan for trail development. As communities, we know that the Field of Dreams--build it and they will come--is not enough. We are implementing proactive endeavors to prepare and market our communities. Successful trail towns have unique qualities that make them open and inviting to trail visitors. We will discuss grants and partnerships that we have utilized in our planning process. Q&A session.

Chrysa Niewald was one of the original organizers of Missouri Rock Island Trail, Inc. and has been very involved in promoting the rail banking of the Rock Island Corridor. She is immediate past president of MORIT and also serves on the board of MO Bike Fed. As a retired public school educator, she has been very involved in promoting tourism in her small community and is currently the chairman of the Total Eclipse Event in Owensville. Chrysa is an avid cyclist and spinning instructor and enjoys riding both trails and road bikes with her husband.

Elizabeth "Liz" Thorstensen serves as vice president of trail development at the Rails-to-Trails Conservancy, the nation's premier rail-trails advocacy organization. At RTC, Liz shapes and oversees the organization's trail development projects and programs. Liz has a broad background of experience in urban planning, with a focus on the intersection of sustainable communities and economic development—including writing three major publications to educate the economic development profession on this important topic.

Meghan Opie is a member of the Eldon Task Force. In 2012, citizens in Gerald, Rosebud, Owensville, Bland, and Owensville formed the Meramec Regional Rock Island Coalition to investigate converting approximately 35 miles of the inactive Rock Island Corridor to a walking and biking trail. About the same time, citizens in Eldon organized the Eldon Task Force and obtained permission from MCRR to build a trail next to the railroad bed. Volunteers in Eldon removed 110 loads of trash and vegetation from the three mile corridor within the Eldon city limits in preparation for building a trail. The Eldon Task Force and area citizens are still working towards completion of the Rock Island Trail in the Eldon area.

How to write and build support for your Complete Streets Policy: Resources and examples for your community

Abby St. George, PedNet Coalition & Missouri Livable Streets

Complete Streets communities plan, build, and maintain their streets and roads to accommodate all road users: people who walk, bicycle, drive, and use public transit, young, old, and middle-aged users, and users of all levels of ability and disability. Communities that want to move towards a Complete Streets approach often face a major hurdle: How to get their Complete Streets policy written and adopted. This session will cover resources and example policies--the nuts and bolts of getting that policy down on paper and adopted. But just as important: As you are formulating your Complete Streets policy, how do you use the policy-making and writing process to engage key stakeholders, key community leaders, and key decision makers and to build strong support for your Complete Streets policy as you are working to write and refine your policy.

Abby St. George, MPH, is the Technical Assistance (TA) Officer for PedNet Consulting. She has worked for PedNet since 2012 where she managed multiple Safe Routes to School programs and advocated for improved infrastructure to increase active forms of transportation. In her role as a TA Officer, she has developed Bicycle and Pedestrian Transportation plans for cities and counties, and helped communities implement and pass Complete Streets Policies. Abby also led a project where she developed Safe Routes to School routes and infrastructure improvement plans for several school districts. She conducted a Community Health Assessment (CHA) for a county in Missouri where she produced a CHA Handbook and presentation. This included an overall assessment of the county's health and the top health priorities with suggested interventions. Abby uses her education and years of experience working for PedNet to coordinate public health programs and implement policies that encourage healthy, active living.

Active Transportation Innovation in Columbia

Ian Thomas, Councilmember, City of Columbia

Ted Curtis, Bicycle/Pedestrian Coordinator, City of Columbia

Lawrence Simonson, Assistant Director, PedNet Coalition

Creating active transportation opportunities has been a priority in Columbia for more than three decades. Each individual initiative - from the MKT Trail to the citywide "pedestrian and pedaling network" to the first complete streets policy in Missouri - faced challenges, and each of the challenges was overcome through innovation. In this panel session, representatives of the local advocacy organization, the City's Bicycle/Pedestrian program, and the City Council will discuss some of the recent challenges and innovations, in the areas of engineering and policy.

Ted Curtis is the Bike/Ped Coordinator for the City of Columbia, Mo. He has been in charge of the City's \$28 million federally funded Non-motorized Transportation Pilot Program for the last 10 years. Under his management, the City has been implementing bike and pedestrian facilities as well as significant promotion and education in an effort to replace some auto trips with walking or biking for transportation. With a BS in mechanical engineering from Rensselaer Polytechnic Institute and MS degrees in mechanical engineering and engineering project management from Washington University, Ted's first career was with McDonnell Douglas in St. Louis. He then became involved in trail development and bike transportation as a founder and the first Executive Director of Trailnet, a St. Louis non-profit organization. Under his leadership, Trailnet acquired and helped develop Grant's Trail and other rail-trails in St. Louis and acquired and renovated the

Old Chain of Rocks Bridge, a mile-long Rt 66 bridge over the Mississippi - now one of the longest bike/ped bridges in the country.

Ian Thomas is a member of the Columbia City Council and State and Local Program Director with America Walks. After serving as founding Executive Director of the PedNet Coalition from 2000 to 2013, Ian joined America Walks, where he develops and delivers education programs for advocates, professionals, and elected officials, about the benefits of walkable communities and strategies to create them. Now, in his second term as an elected City Councilman, he works to advance healthy community initiatives, and was the “champion” for Columbia’s recent Vision Zero policy. Ian is a member of Smart Growth America’s Local Leaders Council and the National League of Cities’ Transportation and Infrastructure Committee.

Lawrence Simonson is Assistant Director of the PedNet Coalition, where he has worked since 2010. At university, Lawrence lived without a car and instead rode his bike for transportation. When looking to move due to his wife’s job, they chose to move to Columbia over several other cities because they saw how well the community valued active transportation and living an active lifestyle. They also recently moved within Columbia so they could be even closer to active transportation infrastructure and have better access to the MKT Trail. Lawrence is a competitive cyclist and rides to work regularly. Lawrence has served in a variety of roles with PedNet, including Safe Routes to School Coordinator. His education includes a B.S. in Dietetics, a B.S. in Human Nutrition, and a B.S. in Kinesiology, all from Kansas State University.

4th BREAKOUT SESSION, 2:40PM-3:20PM

Panel: Growing as a Trail Town, Developing the Spirit Trail, and the Story of a Successful Katy Trail Business

Katie Gibson, City of Boonville

Randy White, Pioneer Trails Regional Planning Commission

Jodi Devonshire & Tony Caruso, Bike Stop Cafe

Boonville: Growing as a Trail town. Boonville has been a Katy Trail Town for over 25 years now. How has the city grown and adapted with its bicycle tourism? How has the city dealt with ups and downs and challenges over the years? How has the city thought outside the box to continue to grow as a tourist destination for cyclists on the Katy Trail? What worked, and what didn't? What plans does Boonville currently have in its ongoing efforts to make sure that cyclists stop in Boonville on their Katy (and now, Rock Island) Trail journeys?

The Spirit Trail in west-central Missouri: How is a rural-oriented Regional Planning Commission working to complete a major regional trails connection and maximize bicycle and trails tourism within the boundaries of the RPC?

Bike Stop Cafe: Jodi Devonshire & Tony Caruso own Bike Stop Cafe on historic Main Street St. Charles. Our shop is located right on the Katy Trail. We opened our business in 2010 and have been doubling in size every year. Recently, we opened another location on the Chesterfield Monarch Levee Trail, which is now connected directly to the Katy Trail. What are the challenges, lessons learned, and opportunities for building a vibrant, growing trail-oriented business in Missouri?

Katie Gibson has been the Tourism Director for the City of Boonville for the past 3 years and previously was on the Tourism Commission representing the Isle of Capri Casino Hotel for 3 years. Katie runs the new Visitor Center and Museum right next to the trailhead on the Katy Trail in Boonville.

Randy White is Executive Director of the Pioneer Trails Regional Planning Commission in Concordia, MO.

Jodi Devonshire & Tony Caruso own Bike Stop Cafe on historic Main Street St. Charles with a new location on the Chesterfield Monarch Levee Trail.

Planning Primer and the STAR Guide: Making Small Towns and Rural Areas Healthy and Active

Paul Wojciechowski, Alta Planning & Design

This session will give an overview of planning for bicycling and walking in small towns and rural communities, as well as a primer on the newly released STAR Guide. Alta, in partnership with the Federal Highway Administration and Blue Cross Blue Shield of Minnesota, developed [The Small Town and Rural Multimodal Networks](#) (STAR) Guide. The guide translates existing street design guidance and facility types for bicycle and pedestrian safety and comfort for the smaller scale places not addressed in guides such as the NACTO Street Design Guide and ITE Walkable Urban Thoroughfares report. The guide provides clear examples of how to interpret and apply design flexibility to improve bicycling and walking conditions.

Paul Wojciechowski is a transportation planner and engineer with over 28 years of experience in planning and designing innovative transportation facilities, and integrating these facilities to function with adjacent

land-uses. Paul has dedicated his career to public projects that enhance communities and regional systems, and has contributed ideas for development projects that achieve community goals, including award-winning projects such as the regional Gateway Bike Plan in St. Louis and the City of Woodson Terrace Comprehensive Plan.

In a consultant role, his work has included street design, bikeway and pedestrian facility design, transit projects, land-use planning, program management, transportation planning, and utility relocation. In addition, he has served in public official roles as Director of Public Works/City Engineer for the City of Clayton, and at the Missouri Department of Transportation, where he has dealt with client responsibilities first hand. In his 17 years at MoDOT, he was involved in a variety of positions such as the Transportation Planning Manager responsible for all transportation planning activities in the St. Louis Metro District, programming of state and federal funds, and the main point of contact with the East-West Gateway Council of Governments. He also served in highway design, traffic engineering, utilities engineering, and project management capacities.

Jefferson City Steps Into the Limelight: Making Missouri's capital city a bicycle and pedestrian friendly community

David Bange, City Engineer, Jefferson City

Katrina Williams, Transportation Planner, Capital Area Metropolitan Planning Organization (CAMPO)

Alex Rotenberry, Transportation Planner, Capital Area Metropolitan Planning Organization (CAMPO)

What's new in Jefferson City? A lot of new bicycle and pedestrian friendly plans and projects. Warm up for the guided bike and walk tours of Jefferson City by attending this session to see the background and details of progress towards improving pedestrian and bicycle access in the capital city. The session will include an overview of their recently approved pedestrian and bicycle plan, overview of a pedestrian and bicycle safety assessment conducted on a major business route, and recent infrastructure improvements around the city--improvements we will see up close and personal on the walk and bicycle tours immediately following.

David Bange, PE, has been City Engineer for the City of Jefferson since 2013. Mr. Bange began working for the City in 2003. Since that time he has held the positions of Design Engineer, Engineering Supervisor, and Engineering Division Director. Mr. Bange has over 12 years of experience in the field of engineering. He is a licensed professional engineer having earned his bachelor's degree in Civil Engineering from the University of Missouri, Columbia in 2002.

Alex Rotenberry, AICP, is Transportation Planner with the Capital Area Metropolitan Planning Organization (CAMPO) in Jefferson City, MO. He received his master's degree in City and Regional Planning at the University of Texas at Arlington in 2013 and began working for the MPO later that same year. He is a board member of the Missouri Chapter of the American Planning Association and is a member of the Missouri Livable Streets Advisory Committee.

Katrina Williams, GISP, is a Transportation Planner with the Capital Area Metropolitan Planning Organization (CAMPO) in Jefferson City, MO. She received bachelor's degree in Geography at the University of Missouri-Columbia. She assists with planning activities related to plan development and updates, GIS analysis, and general administration support within the MPO. She previously worked as a GIS Specialist/Regional Planner for the Mid-Missouri Regional Planning Commission in Ashland, MO, working on regional transportation planning, grant research, local/regional GIS technical support, and emergency management planning.

WALKING AND BIKING TOURS; SUMMIT WRAP-UP 3:30-5:00PM

Concurrent walking & biking tours of Jefferson City, 3:30pm-4:30pm

Meet at the entrance to the Police Department building for guided walking & biking tours. [See the map on page 4.](#)

Many thanks to Jefferson City & CAMPO staff for organizing the walking & biking tours, and for providing the venue and facilities for the 2017 Summit.

Summit wrap-up and social hour, 4:30-5:00pm

J.Pfenny's Sports Grill & Pub, downtown at 215 E High Street. Tours will end at J.Pfenny's; anyone who does not want to participate can meet at J.Pfenny's on your own.

THANK YOU TO THE 2017 SUMMIT ORGANIZING COMMITTEE

- David Bange, Jefferson City
- Kathy Craig, Missouri Department of Health and Senior Services
- Greg Harris, Missouri Rock Island Trail, Inc.
- Brent Hugh, Missouri Bicycle & Pedestrian Federation
- David Hutchison, Springfield city and Association of Pedestrian and Bicycle Professionals - Missouri Chapter
- Chrysa Niewald, Missouri Rock Island Trail, Inc, and Missouri Bicycle & Pedestrian Federation
- Alex Rotenberry, CAMPO
- Michael Swan, Missouri Bicycle & Pedestrian Federation
- Katrina Williams, CAMPO
- Paul Wojciechowski, Alta Planning & Design and Association of Pedestrian and Bicycle Professionals - Missouri Chapter



www.mobikefed.org

The Missouri Bicycle and Pedestrian Federation is a statewide coalition of bicyclists, walkers, runners, trail organizations and related businesses which represents over 50,000 Missourians and advocates on behalf of the state's two million ardent bicyclists and six million walkers.