



# New Mexico Bicyclist

A Publication of  
the Bicycle Coalition of New Mexico

www.BikeNM.org  
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## Send your Traffic Engineer to Bicycling and Walking School

### Bicycle Facility Design Trainings

*Continuing Education for  
engineers and planners*

1. Santa Fe, Oct 10-11, 2006
2. Las Cruces, Oct 12-13, 2006

Featuring Theo Petritsch, PE, and Bruce Landis, PE, AICP, of Sprinkle Consulting. Theo is in charge of re-writing the AASHTO Guide for the Development of Bicycle Facilities (1999). The training is funded by the NM Local Technical Assistance Program. Contact Tim Rogers, Tim.Rogers@state.nm.us, 505-827-0050, for more info.

Alas, New Mexico ranks first on the list of dangerous states in which to be a pedestrian. In New Mexico, during 2005, 61 pedestrians were killed and hundreds injured in pedestrian crashes.

As for bicycling dangers, a draft study entitled "Epidemiology of Bicycle Crashes in New Mexico, 1994-2004" is in draft form and should be finalized this Fall. It appears that an average of about 7 bicyclists are killed every year. (A few preliminary results are presented on p. 4)

To address the dangers faced by pedestrians and bicyclists, the Federal Highway Administration and other agencies sponsor safety workshops designed to improve roadway designs that impact bicyclists and pedestrians. Most recently they hosted a Pedestrian Safety Workshop Series on the College of Santa Fe Campus, August 21-24. As stated in their brochure, "this two-part workshop series aimed to present communities throughout New Mexico with proven strategies to reduce pedestrian injury and foster more walkable communities." The first two days focused on developing a pedestrian safety action plan. The

*see Safety on p. 2*



Jonathan LaValley, of the Center for Injury Prevention Research and Education (CIPRE), discusses ideas for improvements to the Cerrillos and St. Michael's intersection in Santa Fe with Jessica Frost, State Safe Routes to Schools Coordinator (SRTS), at the Pedestrian Workshops in August at the College of Santa Fe.

## New Mexico's Safe Routes to Schools Coordinator - Jessica Frost

by Jessica Frost

On June 19, I began working with the NM Department of Transportation as NM's Safe Routes to School (SRTS) Coordinator. Originally passed by the State Legislature in 2003, the Safe Routes to School Program (SRTS) is now a federally-funded program established by Section 1404 of the Safe, Accountable, Flexible, Efficient Transportation Equity Act: A Legacy for Users (SAFETEA-LU), the federal transportation bill passed on August 10, 2005. Each state has a SRTS coordinator and funding.

While the federal legislation outlines a number of program goals, the overarching goals are: where it's safe, get kids walking and biking to school; and where it's not safe, make it safe! SRTS programs examine conditions around schools and conduct projects and activities that improve safety thereby reducing traffic and air pollution in the vicinity of schools. As a result, bicycling and walking to school are safer and more appealing transportation choices, encouraging a healthy and active lifestyle from an early age. Physical improvements that make it safer for kids to walk and bike benefit the community as a whole, providing opportunities for people of all ages

to become more active and less dependent on their cars.

The benefits of the SRTS program are extensive and far-reaching. Walking or biking to school is considered "exercise" and an "alternative transportation mode," but kids see it as a fun activity and, eventually, part of their daily routine. And the potential health benefits of regular and routine physical activity are well-known and documented: weight and blood pressure control;

bone, muscle and joint health maintenance; reduction in the risk of diabetes; improved physiological welfare; and better academic performance.

There are social benefits, as well. Walking or biking to school gives children a sense of responsibility and independence and time to socialize with their peers and parents. Kids also get to know their neighborhoods and neighbors.

New Mexico's SRTS program is currently under development; meanwhile, I am conducting outreach activities in an effort to spread the word about the safe routes concept and to build a coalition of support throughout the state. While there will be funding available through the SRTS program for infrastructure projects, the program will emphasize a comprehensive, sustainable approach that also includes education, enforcement, evaluation and encouragement activities. The presence of a sidewalk does not guarantee the safe passage of kids; kids must be taught how to walk and bike safely. If kids understand how to be safe pedestrians and bicyclists, they will be

*see SRTS on p. 2*



Jessica Frost, State Safe Routes to Schools Coordinator (SRTS), meeting with community partners to talk about bicycle safety programs in Santa Fe elementary schools, July 2006.

### Who is she?

Jessica has a graduate degree in urban and regional planning from Florida Atlantic University and a BA from the University of Tennessee. She was the town planner in Silver City from 1997-2001, and became their Planning Director in 2001. She moved to Santa Fe in June and lives along the Arroyo Chamiso Trail, which she enjoys for evening walks with her family, and for commuting.

## October 4th is Bike and Walk to School Day

www.walktoschool.org  
www.walknbike.org

Albuquerque Schools include:  
Valle Vista Elementary

In NM we'll be promoting Walk-to-School Day for the whole month of October.

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**League of American Bicyclists Bike Summit** March 14-16, 2007, in Washington, DC. As reported in our last issue, the LAB Bike Summit is an outstanding event. BCNM plans to offer scholarships to defray costs of airfare and registration. Look for details in our next issue.

### BIKE FACILITIES IN NEW MEXICO - TRAILS AND BIKEWAYS

Our next issue will focus on bikeways and trails planning in New Mexico, including the proposed Rio Grande Corridor Trail from Las Cruces to Bernalillo. Check out [www.emnrd.state.nm.us/emnrd/parks/riograndeconcept.htm](http://www.emnrd.state.nm.us/emnrd/parks/riograndeconcept.htm) for early details from NM State Parks. Write us with your comments on this topic, or submit articles to [info@bikenm.org](mailto:info@bikenm.org)