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March, 2013

## e-News

**Activities, advocacy alerts, project updates, and interesting tidbits**

### In This Issue

#### Advocacy Alert

be a part of the collective voice for trails, greenways, open space, and livable communities

Walkable Bikeable Delaware Summit

#### Healthy Communities

learn where, why and how we can change our communities so that it's easier to live a healthy lifestyle

Statewide Comprehensive Outdoor Recreation Plan

#### Historic Penn Farm

just outside of Old New Castle, this 112 acre farm has been in continuous operation for nearly three centuries and has activities of new and old to enjoy (and fresh produce, too!)

Visit the Penn Farm website

#### WILMAPCO

WILMAPCO is the Metropolitan Planning Organization for New Castle County, Delaware and Cecil County, Maryland.

See what's planned for your area

[Join Our Mailing List!](#)

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Dear Friend of Delaware Greenways,

Spring is finally here, and as the weather warms up, we hope you will join us in getting outside and enjoying Delaware's beautiful outdoors. One of the first events of the season is the 2nd annual Cherry Blossom 5K in Brandywine Park on March 30. Read more about it below. Spring is also a time to make your voice heard. The Dover/Kent MPO is currently soliciting comment about planning activities in Kent County. Later this spring, make sure to mark your calendars and join Delaware Greenways, Sussex Outdoors, and Bike Delaware in support of Walkable Bikeable Delaware Day on May 1.

In the coming months, Delaware Greenways will be completing our initial work on the Route 9 Scenic Byway and the Fort DuPont Health Impact Assessment and beginning work on community design in Greenville and along the Lewes Scenic Byway. Stay tuned for more details.

Finally, make sure to check back next month, when Delaware Greenways and The Nature Conservancy will announce **See You Outside**, highlighting opportunities to enjoy Delaware's beautiful outdoor spaces and support the efforts of the many organizations that work every day to preserve and enhance the scenic beauty, recreational opportunities, and cultural resources of the First State.

As always, we are grateful for your support.

See you outside,  
- Delaware Greenways

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Walkable Bikeable  Delaware



**WALKABLE BIKEABLE DELAWARE**

## 2013 SUMMIT

The [Walkable Bikeable Delaware 2013 Summit](#), on **May 1 in Dover**, is Delaware's only statewide education and advocacy event on greenways and trails in 2013. It will bring together elected leaders, engineers, public health professionals, agency staff, advocates and citizens from all over Delaware.

[Delaware Greenways](#) is co-hosting this event with Sussex Outdoors, Bike Delaware and Nemours Health and Prevention Services.

The theme of the summit is "*Active Transportation, Healthy Families.*" Delaware Department of Transportation Secretary Bhatt and Delaware Department of Health and Social Services Director of Public Health Rattay will discuss the urgent connection between Delaware's transportation and health objectives in an afternoon panel.

***Governor Markell,  
DelDOT Secretary Bhatt  
and other state leaders share their visions  
for making Delaware the most walkable and bikeable  
state in America.***

Governor Markell will speak at 1 PM.

Many will attend the summit after cycling to Dover from New Castle or Sussex Counties as part of the Legislators' Bike to Work Ride. Senator David Sokola will lead the New Castle County contingent down to Dover. Register [here](#) for the *Walkable Bikeable Delaware 2013 Summit*.



Friends of Wilmington Parks

&

Delaware Zoological Society/Brandywine Zoo's  
invite you to join them for the

### **2nd annual Cherry Blossom 5K in Brandywine Park**

March 30, 2013 at 9:30am  
including free kids fun run at 9:15 am  
and after party in the zoo (free admission) with  
Mr. and Mrs. Easter Bunny and their baskets of goodies!



For full details and to register, visit [www.races2run.com](http://www.races2run.com)

## Urban Bike Project Basic Mechanics Course



**The Urban Bike Project has announced the dates for their 2013 Basic Mechanics Course.**

- Class 1 (Saturday 9AM-1PM): April 6th and 13th
- Class 2 (Monday 7-9PM): April 29th, May 6th, 13th, and 20th
- Class 3 (Wednesday 7-9PM): May 29th, June 5th, 12th, and 19th

These classes are limited in size and will fill up with whoever reaches out to them first. The class costs \$50, but can be redeemed for shop credit towards the purchase of used bicycles and parts by volunteering your time.

A quick overview of what the course entails and other exciting bike news can be found on [Urban Bike Project's web site](#). To sign up, please email [urbanbikeproject@gmail.com](mailto:urbanbikeproject@gmail.com) and let them know which session you would like to attend. Payment is due at the first class, cash or check only.



## **April 10: WILMAPCO and the Association of Pedestrian and Bicycle Professionals Present a Webinar on Institutional and Campus Bicycle Parking**

This webinar looks at how major employment centers and institutions such as hospitals, college campuses, and office/industrial centers can meet employee transportation needs both independently and in conjunction with public and transit parking programs. Techniques such as bike rooms and sheds will be examined, as will the impact of proposed bike share facilities on existing bicycle parking capacity. The session will include examples from the University of Washington and Microsoft. For more information, click [here](#).

## **WILMAPCO Information Available Online**

Information on the WILMAPCO Our Town series as well as current information on the Newark Bicycle Study are now available online. For more information click [here](#).

## **Dover/Kent Public Comment Period**



The Dover/Kent County Metropolitan Planning Organization has opened a 30-day public comment period to amend its FY2013 Unified Planning Work Program (UPWP). The comment period runs from Feb. 18 to March 30. This amendment and comment period are in addition to those that the MPO launched on Feb. 5. The UPWP identifies the planning activities that the MPO wants to accomplish during the fiscal year using federal, state and local resources. It outlines responsibilities and procedures for carrying out the cooperative transportation planning process. For more information, click [here](#).

### Building Capacity for Health Impact Assessment in Delaware



## HIA Assessment Training a Success!

Taunya English from WHYY wrote a follow-up article on the Health Impact Assessment Training held on February 13, 2013 entitled, "Experts urge assessing health impacts before proceeding with new projects." Read the full article [here](#).

## Healthy Communities: A New Direction in Development



What does the epidemic of obesity in the U.S. have to do with how communities are designed and built? That was the question at a panel at the ULI Fall Meeting in Denver. In short, panelists said the way we design and build communities can have a big effect on residents' physical and mental health. Read more [here](#).

## World Oceans Day - June 8th



Water is a sacred gift, fundamental and indispensable for sustaining all life. It's the life-giving fluid of our planet needed by all organisms, humans, animals, and plants alike. Our very existence is intimately connected with - - and dependent upon - - the quality of water.

The Sacred Waters Honor Journey is the 2nd annual voyage from the rivers to the sea to promote stewardship and deepen our relationship with our vital, living waters. The goal is for all participants from parts of the world to paddle along riverways in canoes or kayaks and to reach the sea by Saturday, June 8th, 2013 for [World Oceans Day](#) and to join the participating maritime vessels.

The [Sacred Waters Honor Journey](#) is seeking organizers for every river possible. Organize a river journey for your region whether it is for a day or a week and paddle your way to the tidal waters for Oceans Day on June 8th. If you can't get to the ocean, then get wet on any body of water—a river, lake, pond, or stream in solidarity for clean water on June 8th.

## Delaware River Sojourn June 22-29

The Sojourn is an eight-day guided paddling trip on the wild and scenic Delaware River, combining canoeing/kayaking, camping, educational programs, historical interpretation, and more. It is for novice to experienced paddlers of all ages; participants can sign up for the whole event or for the section(s) or day(s) of their choice.



Studies and research have shown that being active outside can help combat certain health problems, as well as teach important lessons of conservation and valuation of our vast natural resources. In this region, there is no need to travel far to be with nature; the Delaware River is close by, a gas tank away from about 23% of the nation's population.

We hope that many will consider taking part in this fun, ultimate "staycation," which celebrates family, friends, and the great outdoors! Come out and join us for our eighteenth annual adventure paddling the Delaware! More Sojourn information [here](#).

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