

Engaging, Enabling & Motivating Families & Diverse Trail Users



WALK.BIKE.FIT | COMMERCE CITY
A MULTI-MODAL ACTIVE TRANSPORTATION PLAN



The City of Commerce City, Colorado
January 2012



W A L K . B I K E . F I T

Prepared by the DHM Design Corporation and the Greenway Team, Inc.

**Health department
funded plan to promote
routine physical activity.
They said they just
wanted a place to walk!**

Walking, running & hiking are the first, second, & third most popular outdoor activities in the US, with more than 145 million people (6 in 10) participating. --US CDC

But...

The there are tens of millions who don't participate, with dire health & wellbeing consequences.



More than 42 % of the people in the United States are obese

--Centers for disease Control & Prevention

Associated health impacts, including diabetes and cardiovascular disease.

\$4.3 Trillion in Health Costs

--Centers for Medicare and Medicaid Services

**Though this problem is widespread
across all peoples...**

**Minority communities & lower income
populations are particularly prone**

Rates at least 14 percent higher.

Walking & Biking (trail use) is now the hot thing—a cure for just about anything!

But...

We need readily accessible infrastructure!

And...

We need to build a constituency that will routinely use, & support investment, in walks and trails!





Need “safe, convenient, places to walk . . . places to move about . . . protected from traffic...”

--US CDC

How do we promote/enable broader, more equitable Access?



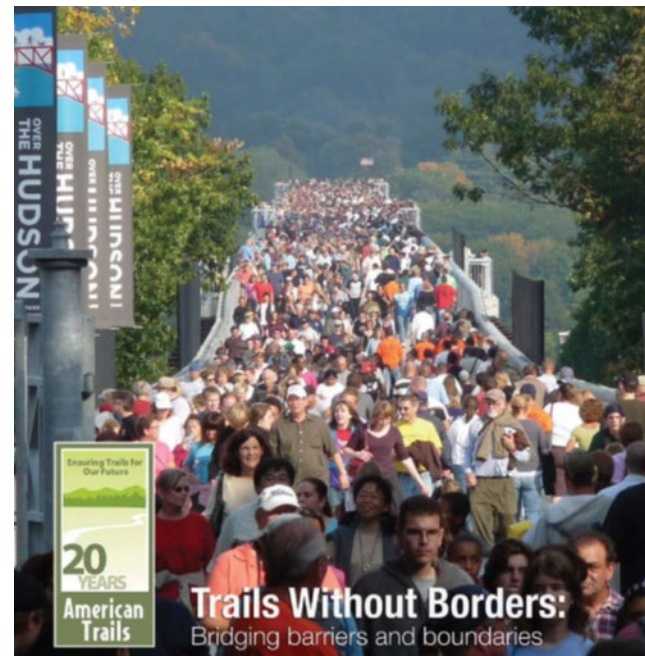
**Including meeting diverse needs:
families, kids, mobility challenged, elders, pregnant women,
income limited, not comfortable in the outdoors**

**How do we enable,
encourage &
motivate routine
engagement?**



And...

Practical strategies & steps to get infrastructure built!



To...
Make every
doorstep a
trailhead!



**And...
Preserve the
right to
roam!**





...to make hiking “a walk in the park”

-New York Times *wirecutter* July 23,2023

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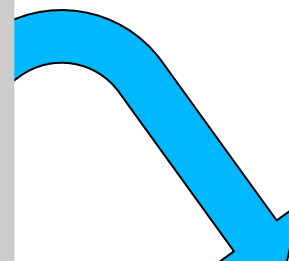


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**BEYOND
GREENWAYS**

THE NEXT STEP
FOR CITY TRAILS AND
WALKING ROUTES

ROBERT SEARNS

**Found &
interviewed
today's three
stellar speakers!**



Charles T. Brown

*Founder/CEO Equitable Cities
Featured & quoted, New York,
Times, CNN, Washington Post
and other national Outlets*



Mark Fenton

*Adjunct Professor Tufts
University walking and health
expert. Author, The Complete
Guide to Walking. Host PBS
America's Walking.*



Jamie Siebrase

*Journalist, Author, Hiking with
Kids, 52 Great Hikes for Families,
& Mythbusting the Great Outdoors.
And a Mom and children's books
writer—Tonight! A Bedtime Book.*

**Let's Join
Them on a
Great Trek!**

