



# Southeastern Connecticut Council of Governments

## Regional Bicycle & Pedestrian Plan



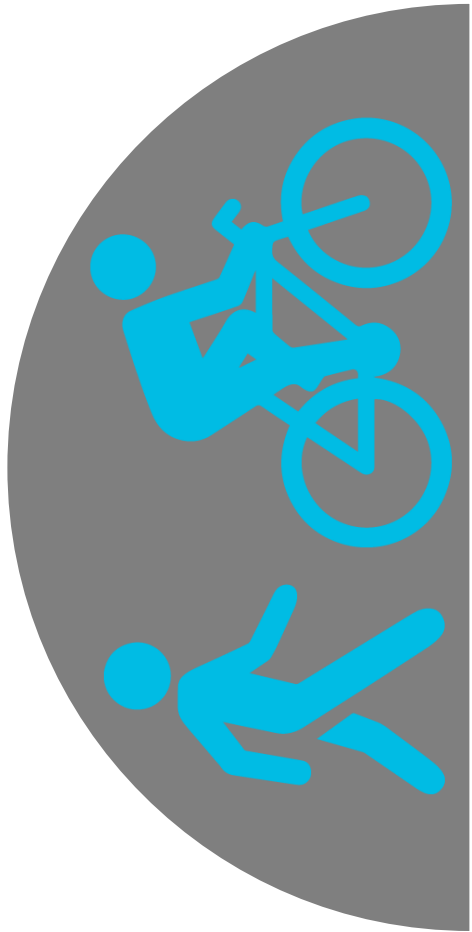
January 9, 2019

# Introduction



- Southeastern Connecticut Council of Governments
  - AECOM
  - Kent + Frost
  - Cogent
  - Less Road Traveled





“An **integrated, safe,**  
and **convenient**  
transportation system  
for **all users.**”

# Goals & Objectives



**Goal 1: Engage and energize constituents and member towns to enable both a state of good repair and the expansion of facilities for cyclists and pedestrians.**



**Goal 2: Create a plan for improved livability, mobility, access, healthy opportunities and economic vitality.**



**Goal 3: Support the varied needs of constituents and towns.**



**Goal 4: Provide constituents and visitors with information that will enable them to best use the system.**



**Goal 5: Grow the capacity of the SCCOG to provide technical support and metrics to its constituent towns.**



# About the Plan

---

- Purpose
  - Evaluates existing conditions & plan for future of the active transportation network
  - Serves as a companion to Regional Long Range Transportation Plan
  - Provide tools for municipalities to implement the network and educational programs
- Benefits
  - Supports bicycle & pedestrian connections between & within towns
  - Encourages transit-system-wide ADA accommodations



## Bicycle Safety Corridors

2017 Connecticut  
Active Transportation  
Plan (Draft)

- Looked at priority road segments with high volumes of bicycle and pedestrian crashes
- State Bicycle Network

Rank	Municipality	Route	Segment Begin	Segment End	On Bike Planning Network	Length (Mile)	Fatal / Severe Injury Crashes	Non-fatal/ non severe injury crashes	Weighted Total
6	Stonington	1	0.2 Mi. North of Mellow Ct.	CT / RI State Line	Yes	1	0	12	12
9	New London	641	Jefferson Av.	Gov. Winthrop Blvd.	No	0.7	0	12	12
15	Norwich	82	N. High St.	Banes Ct.	No	0.9	1	5	8

## Pedestrian Safety Corridors

Rank	Municipality	Route	Segment Begin	Segment End	Length (Mile)	Proposed Improvements	Total Cost
9	Stonington	1	May Flower Av.	CT/RI State Line	3,840	Sidewalk and ADA ramp upgrades Roadway resurfacing Road diet for bicycle lane Roundabout Selective full depth reconstruction	\$5,500,000

# Why Bike & Walk?





## United States <sup>(1)</sup>

- One in 12 U.S. households does not own an automobile (2009 National Household Travel Survey).
- Approximately 13 percent of persons 15 or older do not drive (2009 NHTS).
- There are 127 million walking trips and nine million bike trips in the U.S. every day (2009 NHTS).

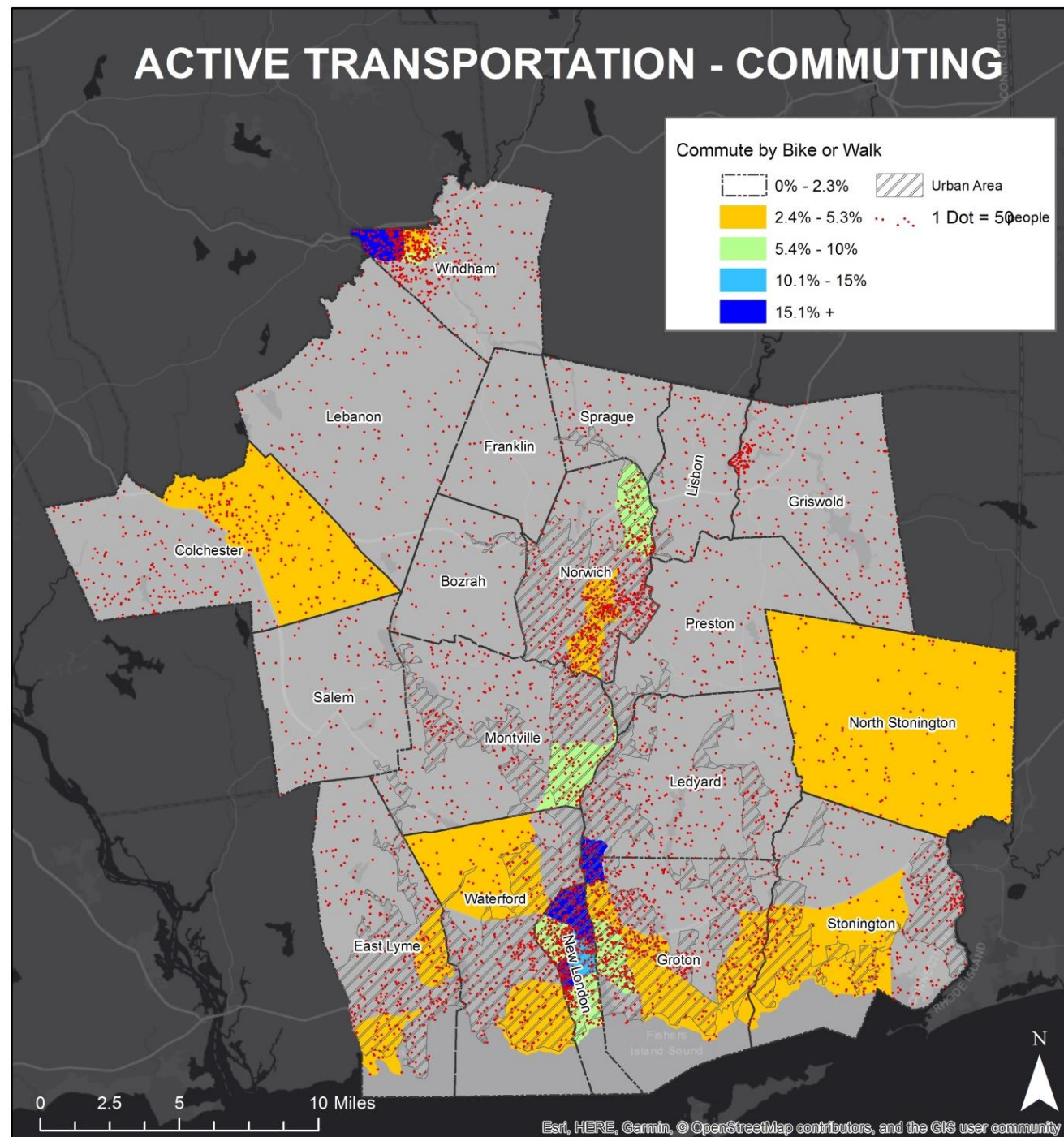
(1) Pedestrian and Bicycle Information Center

# General SCCOG Statistics

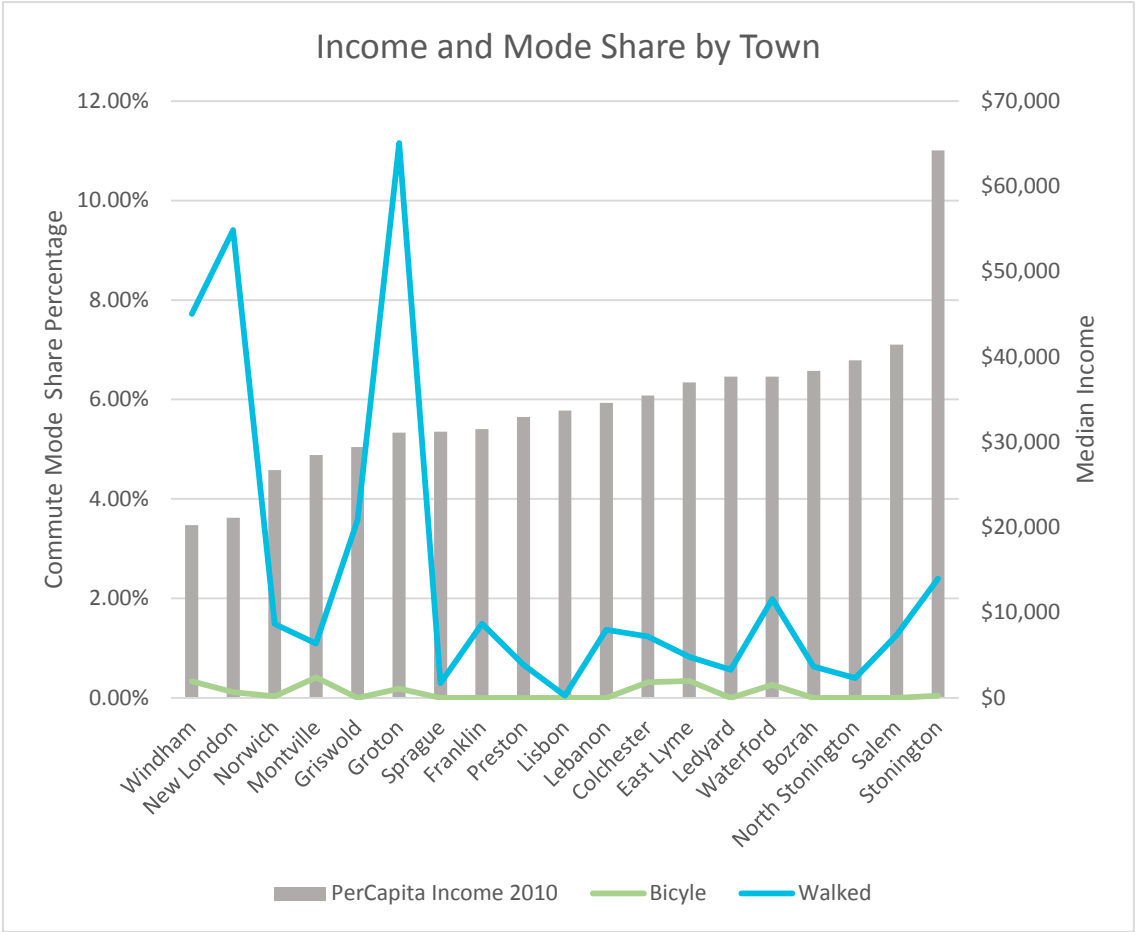
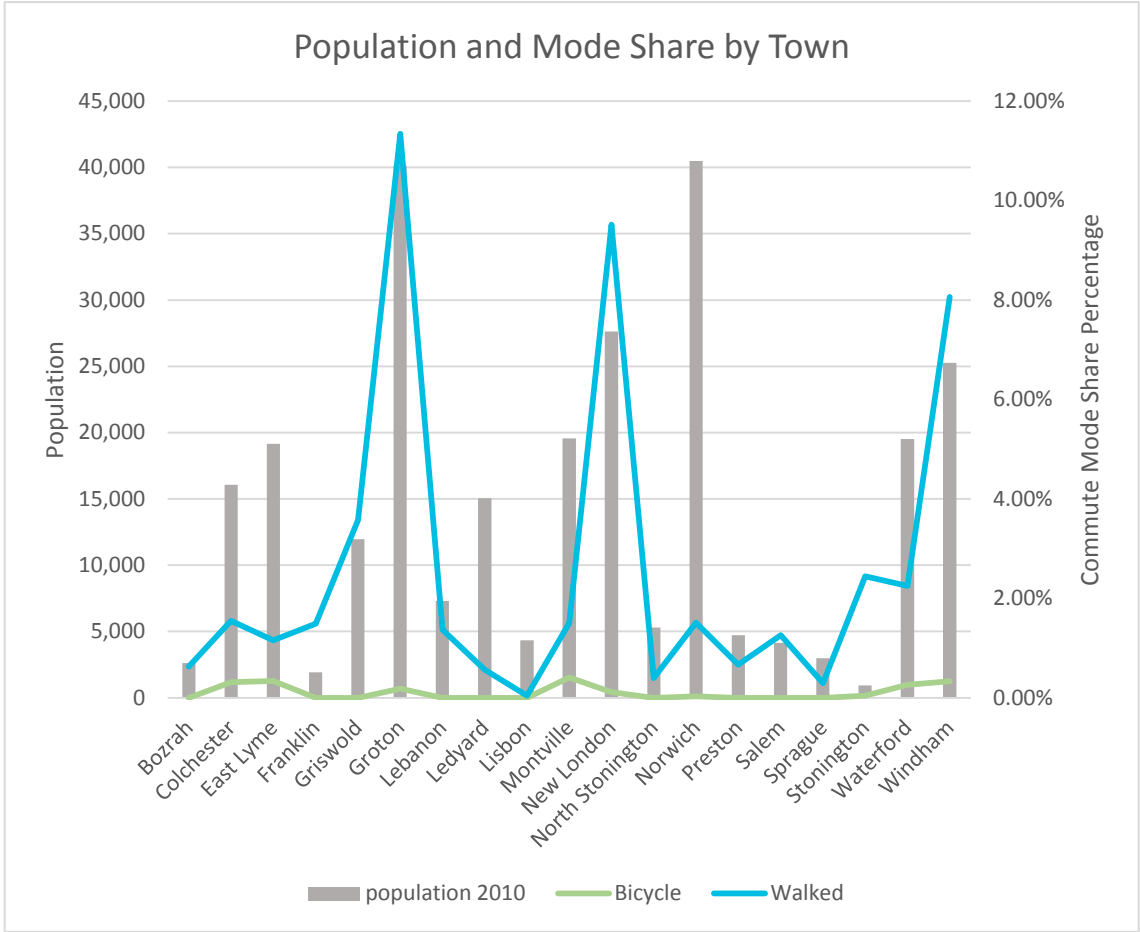
- Active Commuting <sup>(1)</sup>
  - 25.2% of the area is considered urbanized
  - 5% bike or walk to work (4% walk, <1% bike)
    - 3.5% of CT commuters bike or walk
  - 10% of commuters in Groton & New London bike or walk to work
    - Factors: population density, topography, land development, workforce demographics
- Health <sup>(2)</sup>
  - 28% of adults are obese (2% higher than the CT average)
  - 45% of adults in CT have diabetes, hypertension, asthma, heart disease and/or cancer
  - 13% of children in CT have asthma

(1) 2009-2013 ACS Modes Less Traveled Report

(2) Connecticut Community Health Survey



# Mode Share in SCCOG



(1) 2016 ACS Journey to Work Report

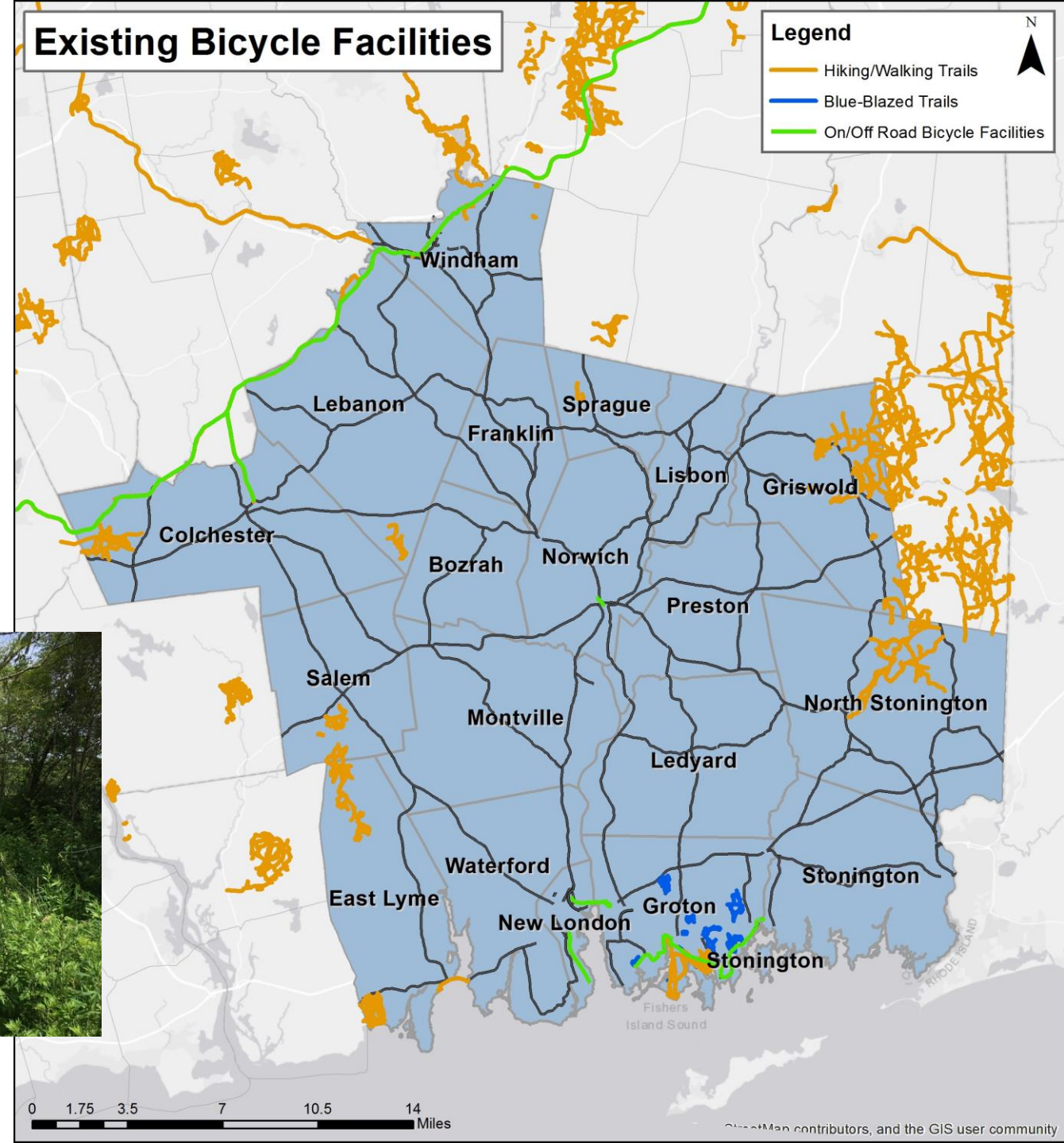
# Existing Conditions





# Existing Infrastructure

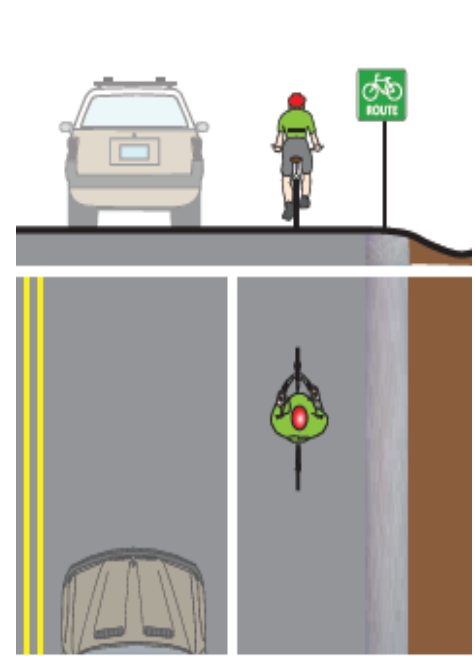
- Bicycle Facilities
  - Multiuse trails
  - Hiking and walking trails
  - Mountain biking trails
  - On-road facilities



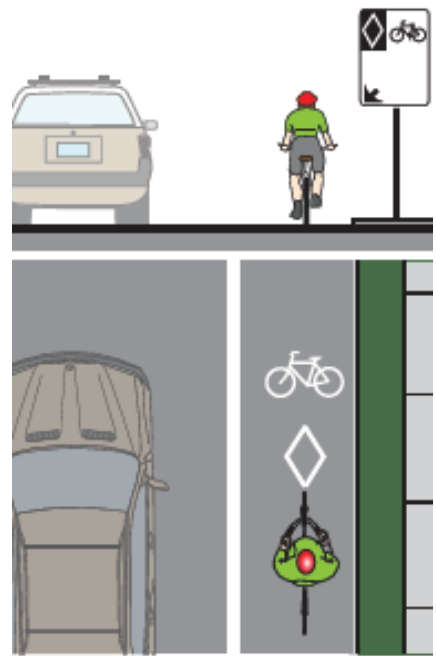


# Bicycle Facility Types

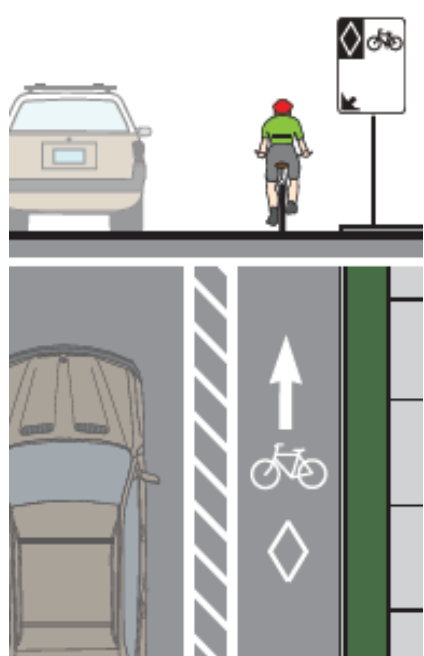
Paved  
Shoulder



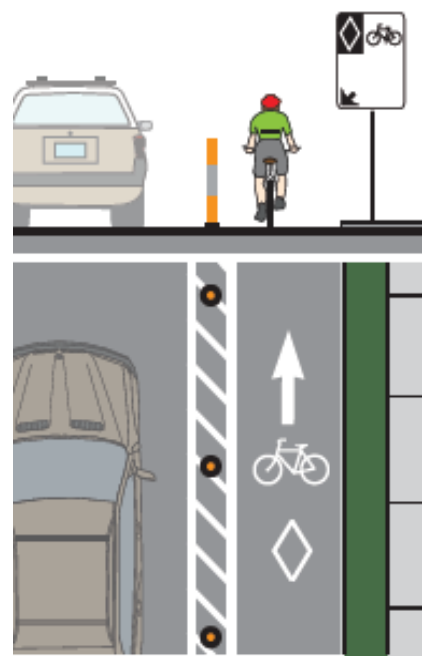
Conventional  
Bicycle Lane



Buffered Bicycle  
Lane



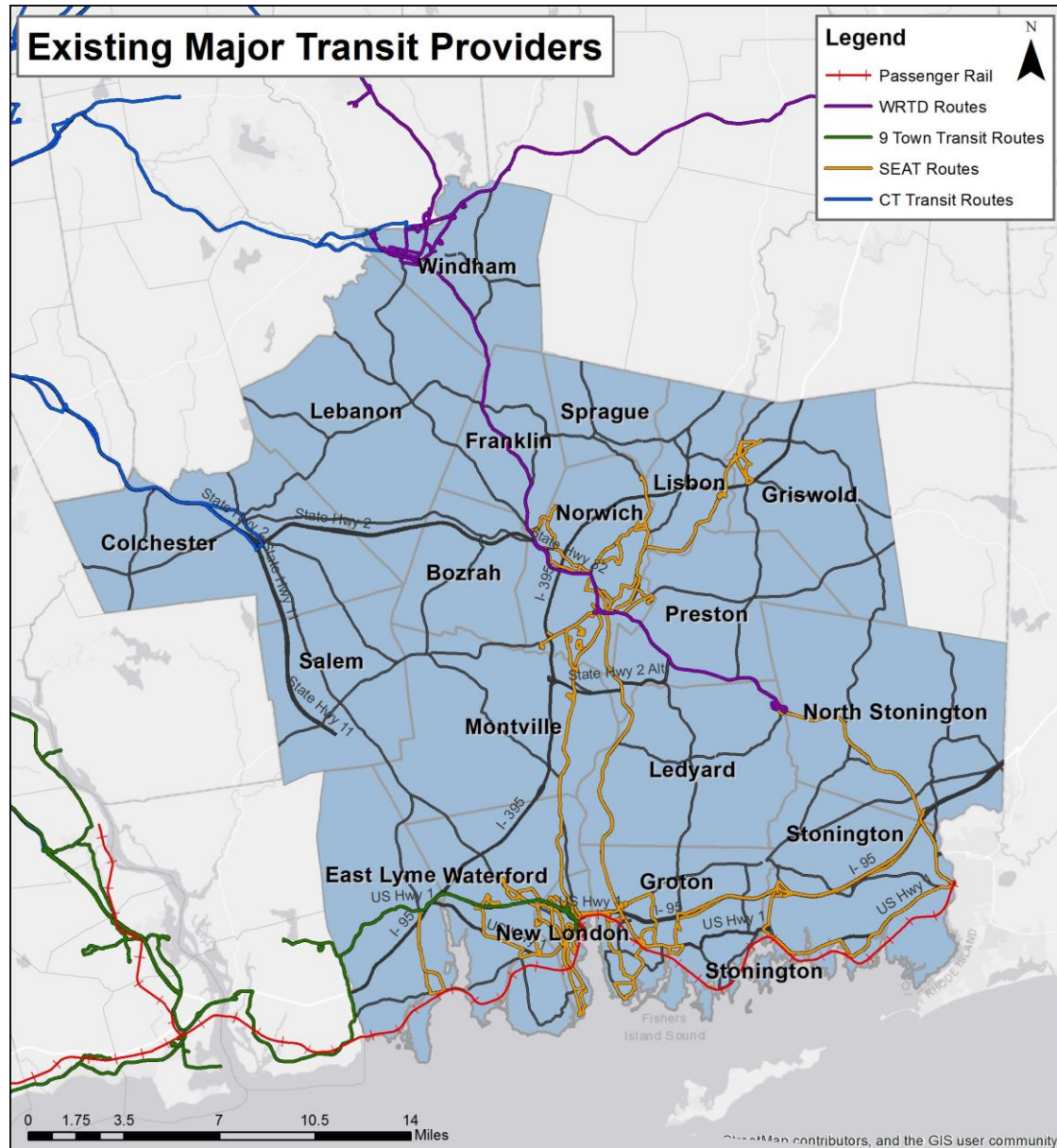
Buffered Bicycle  
Lane with Flex  
Delineators



Off-Road  
Multi-Use Trail



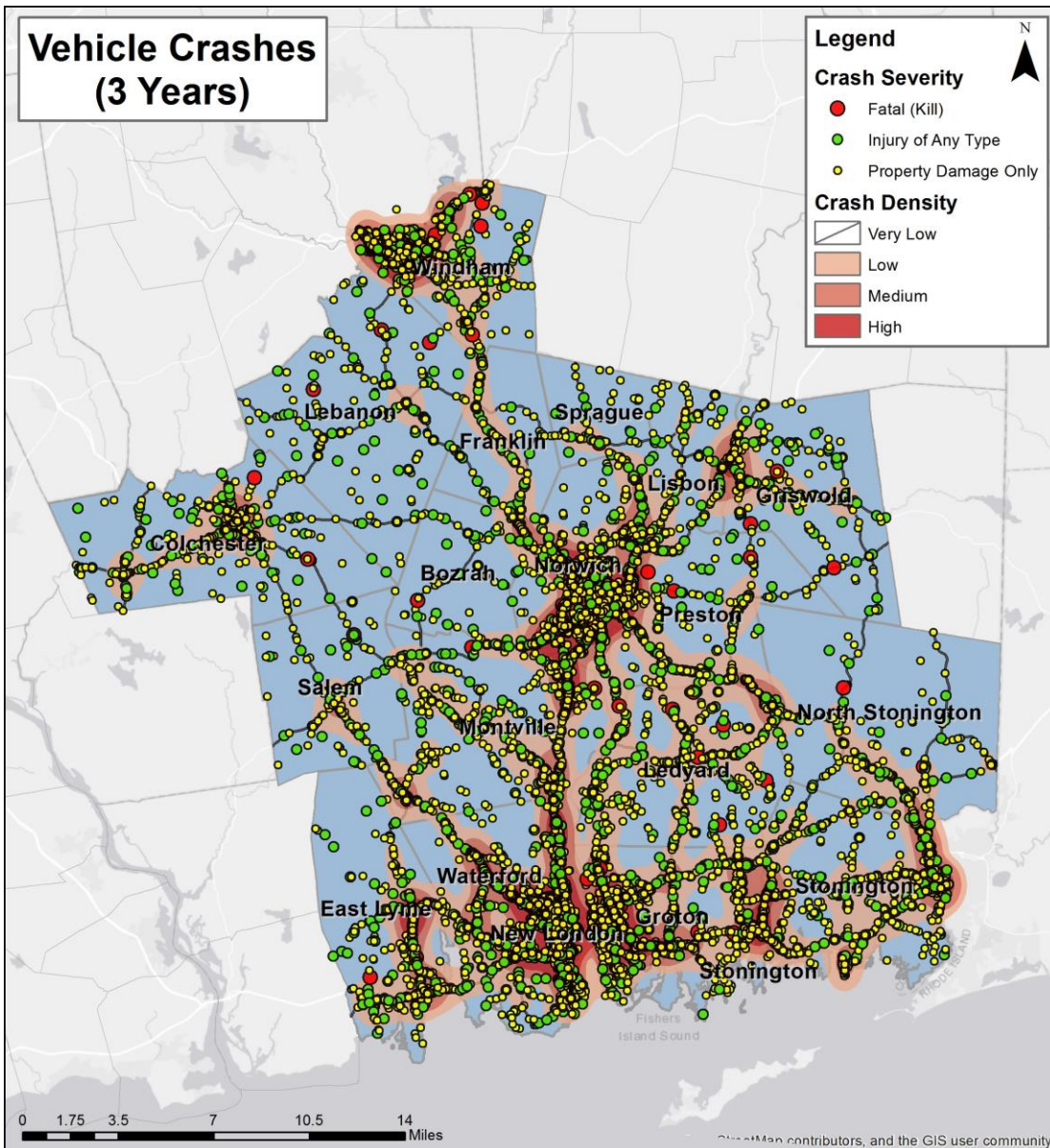
# Transit Integration



## Major Transit Providers

- Windham Region Transit District (WRTD)
  - Serves Windham area w/ connection to Norwich
- 9 Town Transit
  - Serves Middletown-Madison-New London area
  - Vehicles have racks for 2 bikes; bikes permitted on-board as space allows
- Southeast Area Transit (SEAT)
  - Serves urbanized areas of Norwich, New London & surrounding communities
  - Vehicles have racks for 2 bikes; bikes not typically allowed on-board
- CTtransit
  - Serves Windham, Colchester, & Old Saybrook
- Shore Line East (Passenger Rail)
  - Serves New London to New Haven
  - Bicycles allowed on-board
- Amtrak
  - Service from New London to Boston, Providence, New York, Philadelphia, and Washington, D.C.

# Vehicle Crashes (2015-2017)



## Vehicle Crashes

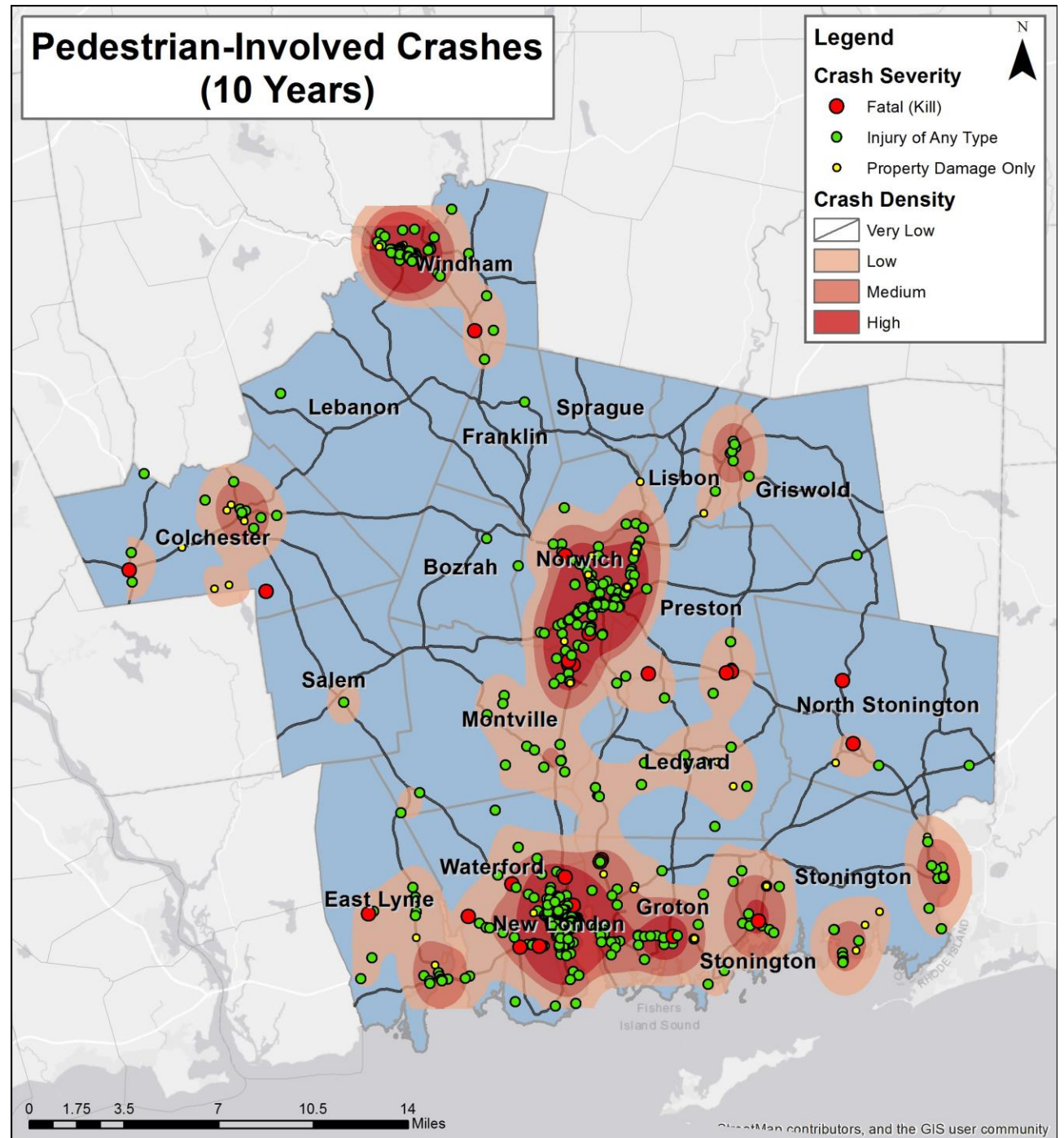
- 20,620 crashes in the past 3 years
- 4,463 resulted in injury; 68 resulted in fatality
- Clustered along denser areas and State roads
- Most Crashes occurred during the day in dry conditions



# Pedestrian Crashes (2007-2017)

## Pedestrian Crashes

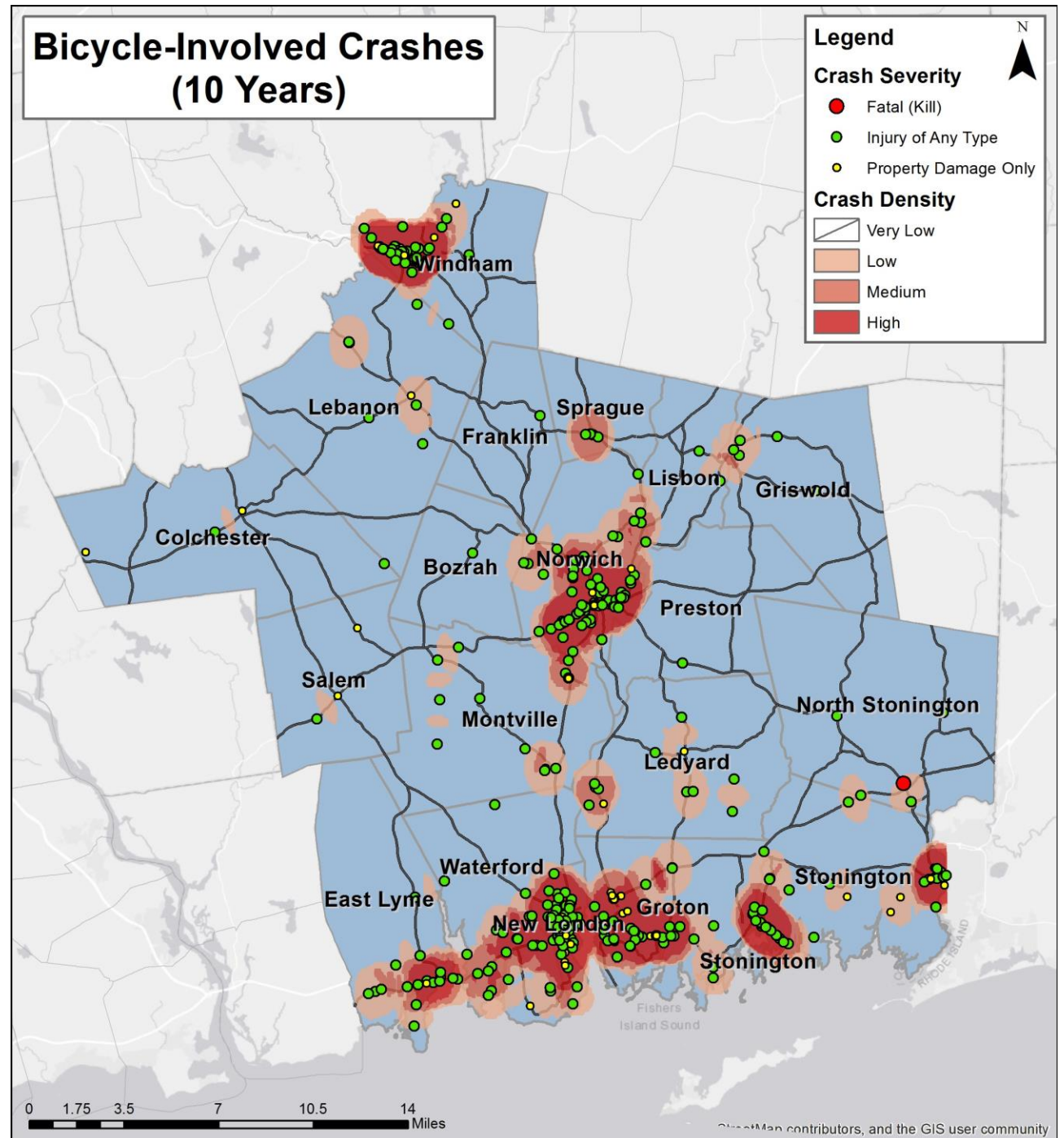
- 645 pedestrian involved crashes in past 10 years
- 555 resulted in injury; 29 resulted in fatality
- Visible patterns to crashes
- Clustered along coast & denser towns
- Fatalities increased in rural areas
- 19 out of the 29 fatal crashes occurred at night



# Bicycle Crashes (2007-2017)

## Bicycle Crashes

- 505 bicycle involved crashes in past 10 years
- 404 resulted in injury; 2 resulted in fatality
- Clustered along coast & denser towns
- Fatalities in North Stonington and Windham (Thread City Crossing)



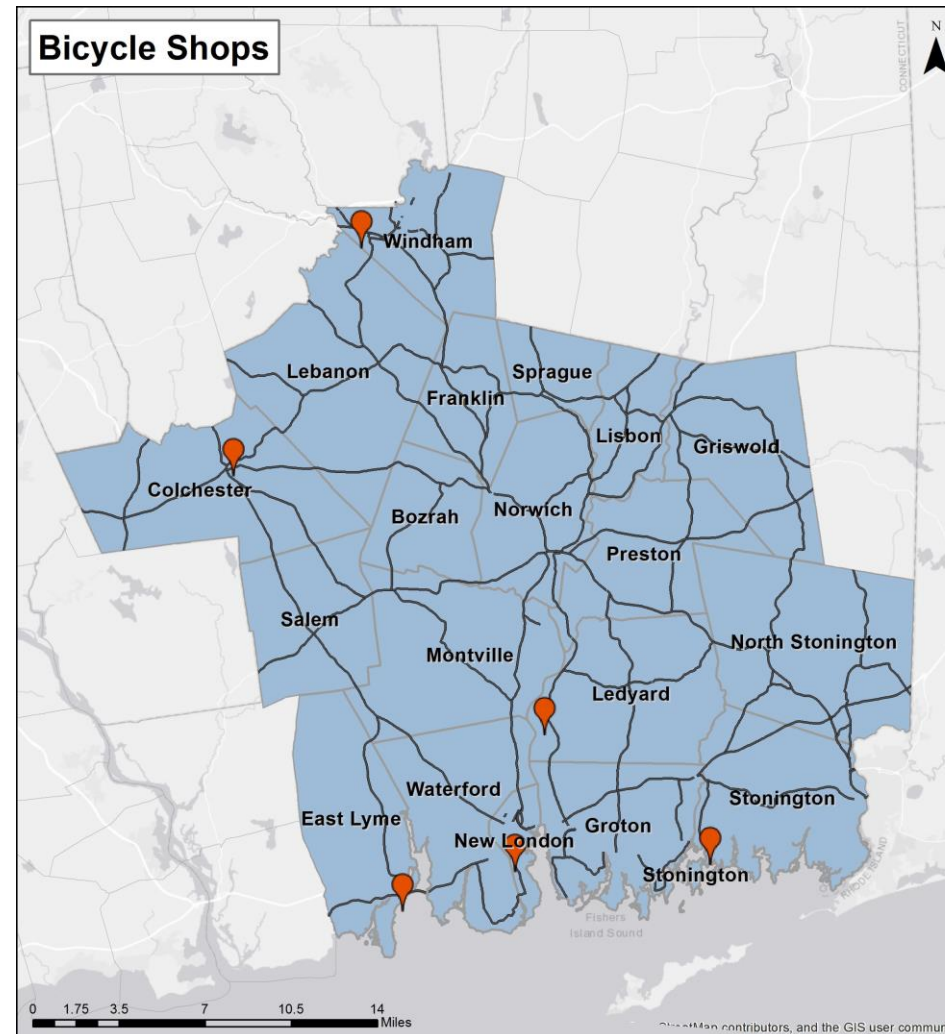


# Programs Available



# Promoting Bicycling & Walking

- The Connecticut Cycling Advancement Program
- Eastern Connecticut Transportation Consortium, Inc.
- Bike Walk CT
- Girls on the Run
- Local Bicycle/Running Shops
  - Scott's Cyclery Inc.
  - Sunshine Cycle & Run
  - Cycle Shed Stores
  - Niantic Bay Bicycles
  - Wayfarer Bicycle
  - Mystic Cycle Center





# What is Bike Share



# Bike Share Programs

## Mystic Community Bikes

- Founded the first bike share system in CT in 2008
- Consists of 80 donated & refurbished bikes
- Operates in Mystic area from May through October
- Free rental for 24-hours
- Bikes maintained by volunteers, stations hosted by local businesses

## Bike New London

- When active, consisted of two stations in downtown New London
- City of New London will launch a commercial bike share in 2019

## Connecticut College

- Provides loaner bikes to students through Spokespeople program.



Image from: Mystic Community Bikes Website

# Gap / Star Analysis



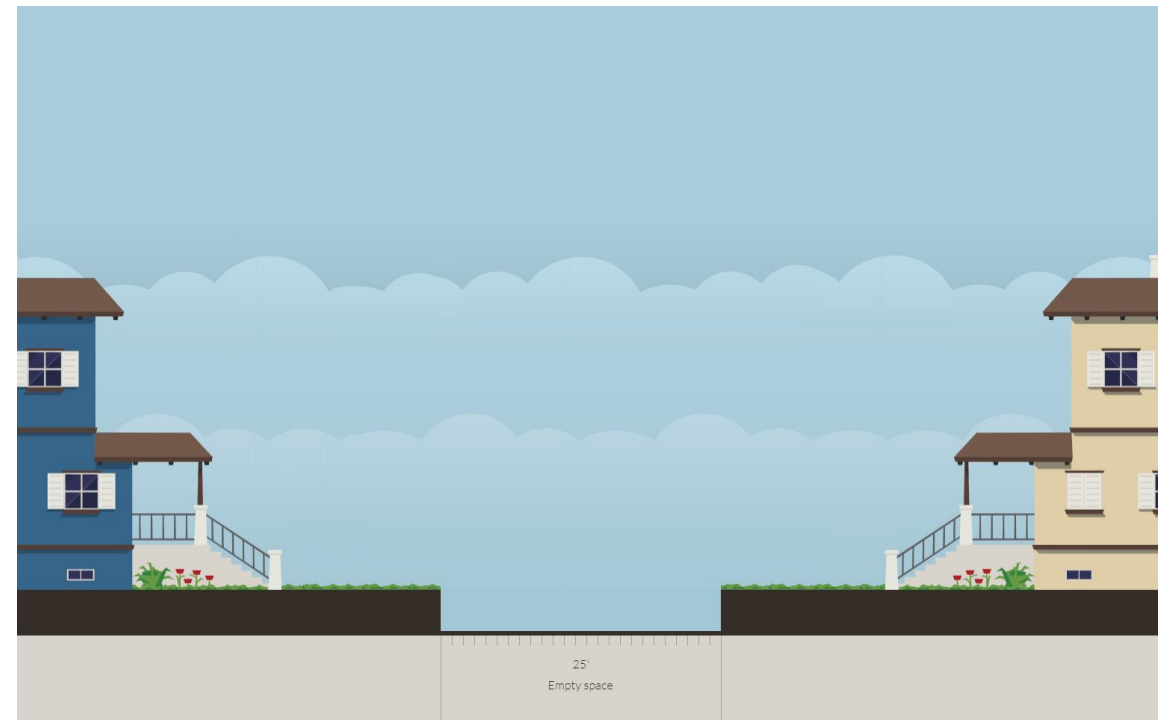


# Kids/ Younger Adult Exercise

---

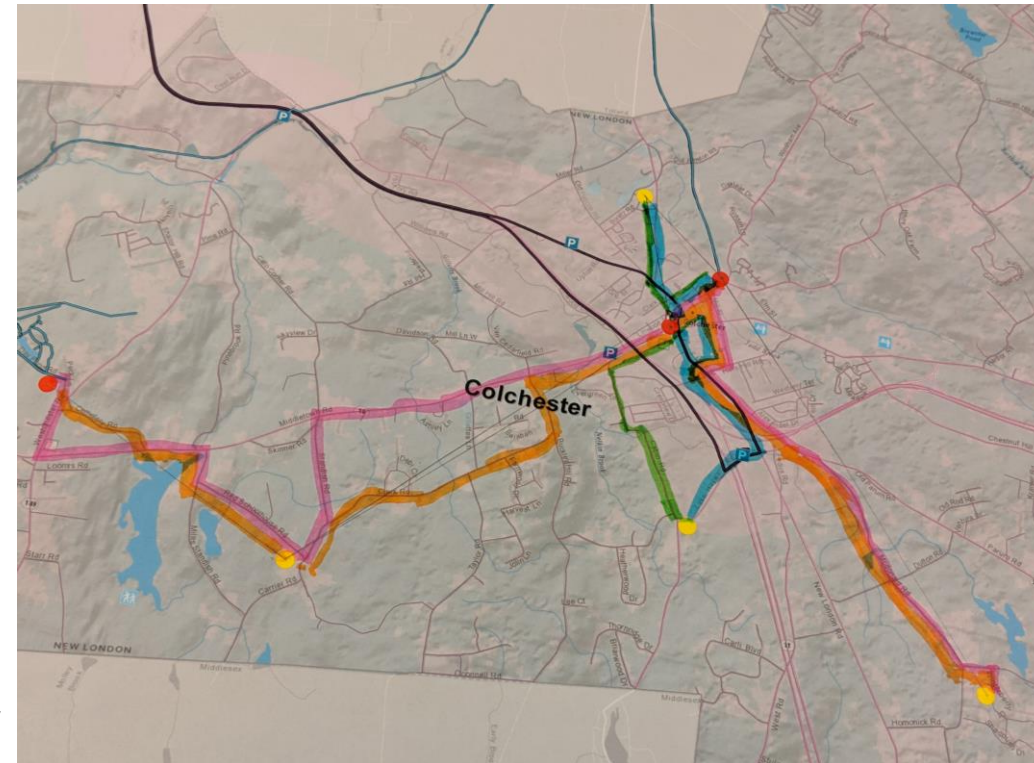
Build your ideal street!

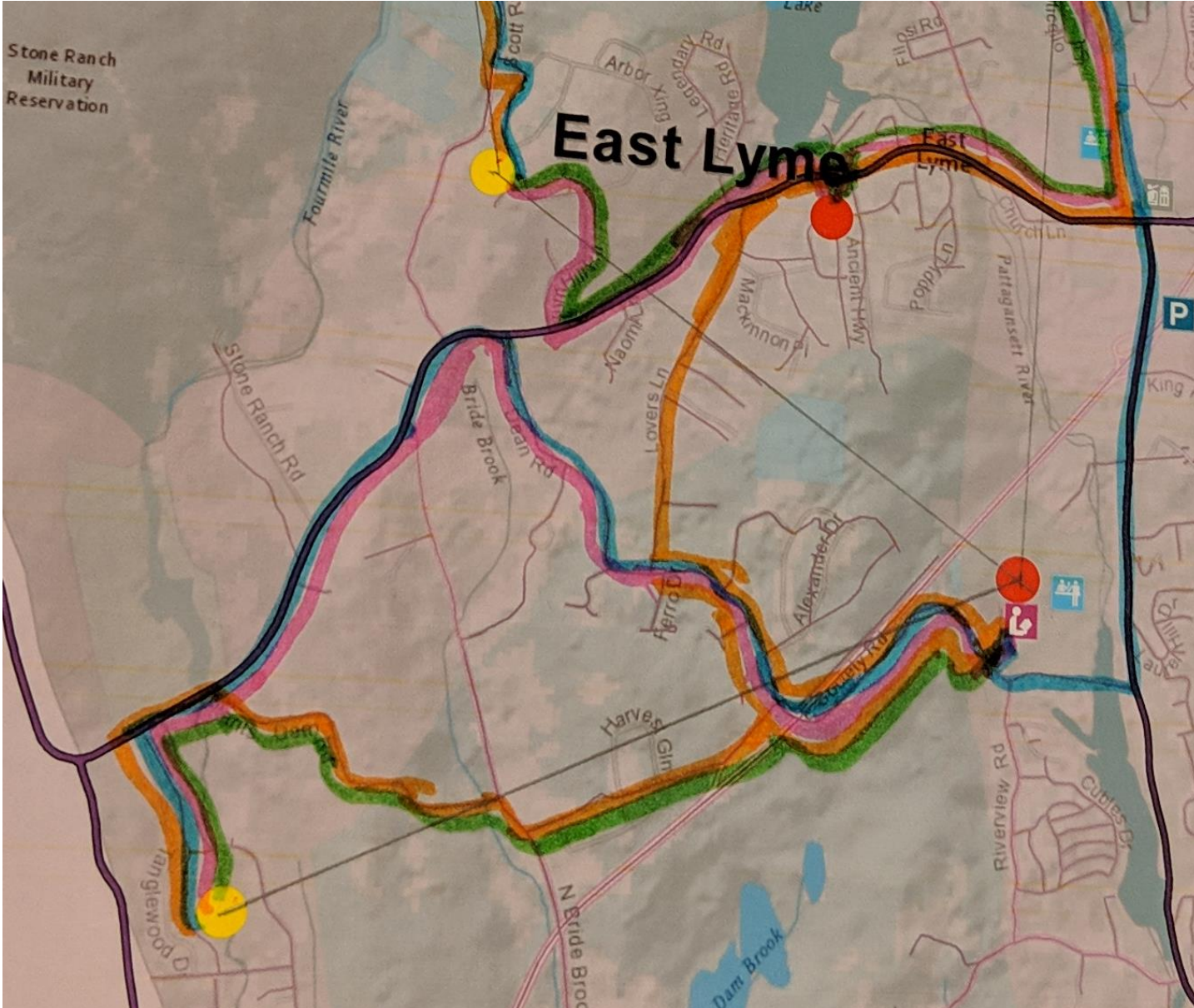
- Two sections provided
  - Urban
  - Rural
- Use the “Kit of Parts” to build your idea of a perfect roadway for each section



# Goals and Objectives

- The goal of the Connectivity analysis is to reach a significant number of stakeholders and achieve an understanding of the travel conditions pedestrians and bicyclists throughout the region
- Travel patterns and where people need and want to go
- The object is to identify:
  - How you biked or walked in the past
  - What places you want to travel to by bicycling or walking
  - How you would like to access destinations regardless of current conditions





# Exercise Instructions

---

1. Place Red dots for Destinations
2. Place Yellow dots for Origins
3. Use pencils to draw straight lines from origins to destinations that you want them to connect to
4. Use highlighters to draw connection lines:
  - Use Blue highlighters to draw the most direct Bicycle Connection
  - Use Orange highlighters to draw the most safe Bicycle Connection
  - Use Pink highlighters to draw the most direct Pedestrian Connection
  - Use Green highlighters to draw the most safe Pedestrian Connection

# Questions?





# Next Steps

---

- Recommendations Analysis
- Tactical Engagement Projects
- Present and solicit public comment of recommendations
  - Mid to late spring
- Finalize Plan for adoption



## Contact Information

---

Project Website: <https://bikewalksect.com/>

Visit us on Facebook: Bike Walk SECT

Katherine Rattan, AICP

Senior Transportation Planner

Southeastern CT Council of Governments

[krattan@seccog.org](mailto:krattan@seccog.org)

Kevin M. Tedesco

Transportation Planner

AECON

[kevin.tedesco@aecon.com](mailto:kevin.tedesco@aecon.com)