2019 ALASKA WALK & BIKE CONFERENCE
JUNE 4TH-8TH

There’s something for everyone!
This fun, hands-on conference will provide tools and inspiration you can use to make your community more bike and walk friendly.

Find the full schedule at
walkbikealaska.wordpress.com

ACTIVITIES INCLUDE
Group bike rides
Networking events
Informational seminars
Lunch & Learn events

QUESTIONS?
Contact Doug Osborne
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Agenda
All events at Aspen Suites Hotel, unless noted
Updated May 30, 2019
2019 Alaska Walk and Bike Conference Agenda

(please bring your own water bottle)

Tuesday, June 4

9-9:30 a.m. — Opening session
- Welcome, overview, logistics, icebreaker - Doug Osborne

9:30-10 a.m. — Sharing our communities’ bike/walk stories
- Sitka – Doug Osborne and Charles Bingham
- Anchorage – Pierce Schwalb and Dawn Groth
- Sacramento, Calif. – Elle Steele

10 a.m. to noon — Begin Smart Cycling seminar – Elle Steele and Pierce Schwalb
Noon to 1:15 p.m. — Lunch on your own, time to rent bikes
1:15-4 p.m. — Smart Cycling seminar continues – Elle Steele and Pierce Schwalb
4:15-5:45 p.m. — Fun ride bike to Whale Park and stop by the waterfall at Thimbleberry on the way back

Wednesday, June 5

8:30-9 a.m. — Welcome, overview and benefits of commuter cycling – Doug Osborne
9-11:45 a.m. — Smart Cycling seminar continues – Elle Steele and Pierce Schwalb
Noon to 1 p.m. — Greater Sitka Chamber of Commerce Luncheon – The benefits of being a Bicycle and/or Walk Friendly Community, at Westmark Hotel – Doug Osborne, Elle Steele, Dawn Groth, Sarana Schell, Lee Hart (there is a fee for lunch)
1:15-4 p.m. — Smart Cycling seminar final session – Elle Steele and Pierce Schwalb
4:15 p.m. — Bike, Hike and Swim — Bike from downtown to trail, then hike to Heart Lake and jump in for a refreshing swim

Thursday, June 6

8:30-8:45 a.m. — Welcome warm up – Doug Osborne
8:45-9:45 a.m. — Engineering, infrastructure and planning: Building for success – Elle Steele, Dawn Groth, Charles Bingham, Doug Osborne
9:45-10:15 a.m. — Pop-up bike projects in Anchorage – Pierce Schwalb
10:30-11:15 a.m. — The 4th E: Enforcement + diversion programs and working with police – Elle Steele
11:20-11:50 a.m. — Motorists: A session for drivers – Elle Steele
Noon to 1 p.m. — Brown bag lunch and learn: Basic bike repair – Charlie Lowell
1:15-1:45 p.m. — Building community through bike maintenance education – Charlie Lowell
1:45-2:45 p.m. — Youth, school and family biking — Elle Steele
3-3:30 p.m. — Walk, Bike, Roll: Equity and access for all ages and abilities – Sarana Schell and Dawn Groth
3:30-4:15 p.m. — Best practices for developing community bike culture – Lee Hart
4:30-5:45 p.m. — Cycling through the Tongass National Forest on the Sitka Cross Trail from Indian River Road to Kramer Avenue
7-8:30 p.m. — Bikes & Bites networking event: Community transformation through mountain biking – Lee Hart, at the Mean Queen @ Totem Square
Friday, June 7
8:30-8:50 a.m. — Welcome, review, warm up, and active transportation’s role in building healthy communities – Doug Osborne
8:50-10:30 a.m. — Making systemic changes and working with national, statewide, regional and local decision-makers and organizations/partners – Lee Hart, Elle Steele, Sarana Schell, Charles Bingham, Dawn Groth, group exercise
10:40-11:40 a.m. — Creating behavior change: How to add healthy activity to your daily routine – Holly Marban and Elle Steele
Noon to 1 p.m. — Walk this Way: An open lunch and learn on what makes a walkable town – Charles Bingham, Lynne Brandon, Rick Petersen, Sarana Schell
1-2:30 p.m. — Walk audit activity and debrief – group activity
2:45-4:15 p.m. — Best practices round up and next steps action planning – “What will people do in their home community as a follow up?” – Elle Steele and Doug Osborne
4:15 – 4:30 p.m. — Closing session and evaluation – Doug Osborne
4:30-5:30 p.m. — Walk downtown and around Sitka National Historical Park
7:30 p.m. — Sitka Summer Music Festival Friday Night Concert, at Harrigan Centennial Hall – Richard Dowling, piano, Great Scott! The Music of Scott Joplin ($25/$20/$15)

Saturday, June 8
10 a.m. (optional) — Sitka Trail Works guided hike (with boat ride) – All day trip to Lake Eva and back with short hike at Lake Eva ($110 fee, plus sales tax, register through STW)
10 a.m. (optional) — Bike ride to Green Lake (about 14 miles each way) – Sitka Cycling Club’s monthly community bike ride, meet at Back Door Café
2 p.m. (optional) — Creating a statewide organization (Walk/Bike Alaska) meeting at BEAK restaurant – Charles Bingham, Dawn Groth, Doug Osborne, others

Tentative speakers
Elle Steele — Trips For Kids (Sacramento, Calif.) board president, Whimsical Cycle owner, League of American Bicyclists trainer, has family ties to Sitka
Lee Hart — Confluence (coalition promoting Alaska outdoors and the economy) founder, Valdez Adventure Alliance founder
Doug Osborne — Sitka Community Hospital Health Promotion Director, Sitka Cycling Club, Sitka Health Summit
Charles Bingham — Walk Sitka, Sitka Cycling Club, Sitka Health Summit, Walking College Fellowship (America Walks)
Dawn Groth — Alaska Dept of Health and Social Services, Physical Activity and Nutrition Unit
Pierce Schwalb — Bike Anchorage executive director
Holly Marban — SouthEast Alaska Regional Health Consortium (SEARHC) Health Educator, Sitka Cycling Club, Sitka Health Summit
Rick Petersen — Southeast Alaska Independent Living (SAIL) Sitka office executive director
Lynne Brandon — Sitka Trail Works executive director
Charlie Lowell — Susitna Bicycle Institute youth programs
Sarana Schell — AARP Alaska Office