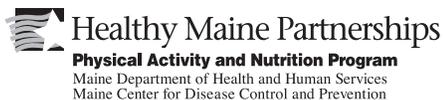


The Built Environment and Physical Activity A Walking, Biking and Active Community Conference

May 7, 2008 • Eastland Park Hotel, Portland

PART OF THE PHYSICAL ACTIVITY & NUTRITION TRAINING SERIES



Maine
Nutrition
Network



UNIVERSITY OF
SOUTHERN MAINE



Who Should Attend?

- Public health, safety, planning, and public works professionals, citizens, municipal officials and others interested in learning more!

What Will I Learn?

- Strategies to improve the built environment to promote physical activity, including biking, walking, and trails
- Funding opportunities
- How to conduct a walking audit

8:00-8:30 Registration/Continental Breakfast

8:30-9:00 **Welcome and Overview of the Day**

David Crawford, Maine Physical Activity and Nutrition Program and Dan Stewart, Maine Department of Transportation Bicycle and Pedestrian Program

9:00-9:45 **The Built Environment: Influencing Physical Activity, Health and Community Vitality**

Bob Chauncey, National Center for Bicycling and Walking

9:45-10:00 Break

10:00-10:45 **Breakout One**

1A. Infrastructure Options for Improving the Built Environment

Bob Chauncey, National Center for Bicycling and Walking

1B. How to Create and Improve Local Plans for Compact Active Communities

Jim Fisher, Hancock County Planning Commission

1C. Community Mobilization for Change

Burnham Martin, National Park Service and Bethany Sanborn, Portland Public Health

1D. Kid-Friendly Approaches for Walking and Biking to School

Denise Delorie, Safe Routes to School Program and David Carpenter, Kids and Transportation Program of York County

1E. Show Me the Money: Getting Your Project Funded

Dan Stewart, Maine Department of Transportation Bicycle and Pedestrian Program and Mick Rogers, Department of Conservation, Recreational Trails Program

10:45-11:00 Break

11:00-11:45 **Breakout Two: Repeat of All Breakout One Workshops**

11:45-12:45 **Networking Lunch with Others from your County**

12:45-2:45 **Walking Audits: Learn How to Evaluate Pedestrian Needs in School, Neighborhood and Downtown/Village Settings**

2:45-3:30 **Bringing Your Walking Audit Home**

Bob Chauncey, National Center for Biking and Walking

Rain or Shine:
Bring Your
Walking Shoes!

To Register

- Registration fee is \$10 and includes lunch. If needed, scholarships are available by contacting Denise Delorie at saferoutes@bikemaine.org or 207-692-7384.
- Register online at www.healthymainepartnerships.org/panp or contact USM Department of Conferences at 207-780-5951 with registration questions.
- For more information on the program, please contact Rebecca Drewette-Card, Maine Physical Activity and Nutrition Program, at 207-287-5084 or Rebecca.DrewetteCard@maine.gov.

For directions to the Eastland
Park Hotel, please visit
[www.eastlandparkhotel.com/
map-directions.htm](http://www.eastlandparkhotel.com/map-directions.htm)