



Maine Success Stories

For

Active Community Environments,
Walkability and Bike-ability

Prepared by
Jane Lafleur, Lift360
and
Anne Ball, Maine Downtown Center
and
Local and Regional Contributors

Updated October 2016

BUCKSPORT

Submitted by: James Fisher, Hancock County Planning Commission (jfisher@hpcme.org)

Success Story Contact Details: Dave Milan, dmilan@bucksportmaine.gov

Location: PO Box X, Bucksport, ME 04416

Position/Title: Economic Development Director

Success Story Contact Willing to be featured online and/or in the Media? Y/N Yes

Category/Sector (Select all that apply):

- Individual
- Transportation / land use / urban design
- Media
- Faith/community leader
- Public health
- Parks & Recreation / Fitness / Sports
- Education
- Business/Industry
- Healthcare



Success Story Focus (Select all that apply):

- Health
- Relationship building/social cohesion/fun
- Economic improvement/tourism
- Reduced air pollution
- Other _____



Success Story in Brief

Bucksport has revitalized their waterfront, creating a scenic river walk trail. The trail connects to the business district, schools and other amenities with a network of sidewalks and crosswalks. They are currently working on improving way-finding to recreational facilities.

ELLSWORTH

Submitted by: James Fisher, Hancock County Planning Commission (jfisher@hcpcme.org)

Success Story Contact Details: Dave Norwood, dnorwood@rsu24.org - (207) 667-8074

Location: 299 State St Ellsworth, ME 04605

Position/Title: Ellsworth Walking School Bus Coordinator

Success Story Contact Willing to be featured online and/or in the Media? Y/N Y

Category/Sector (Select all that apply):

- Individual
- Transportation / land use / urban design
- Media
- Faith/community leader
- Public health
- Parks & Recreation / Fitness / Sports
- Education
- Business/Industry
- Healthcare



Success Story Focus (Select all that apply):

- Health
- Relationship building/social cohesion/fun
- Economic improvement/tourism
- Reduced air pollution
- Other _____

Success Story in Brief

Ellsworth transitioned in 2015 from hosting semi-annual walk to school days to hosting a walking school bus. One route was launched in the Spring of 2015 with two additional routes under recruitment.

The walking school bus is part of a long-term program to improve infrastructure, educate parents and kids and create a more walkable community.

ELLSWORTH (#2)

Submitted by: Darcy Whittemore, darcy@bikemaine.org, The Bicycle Coalition of Maine

Success Story Contact Details: David Norwood; 207-460-2136; dnorwood@ellsworthschools.org

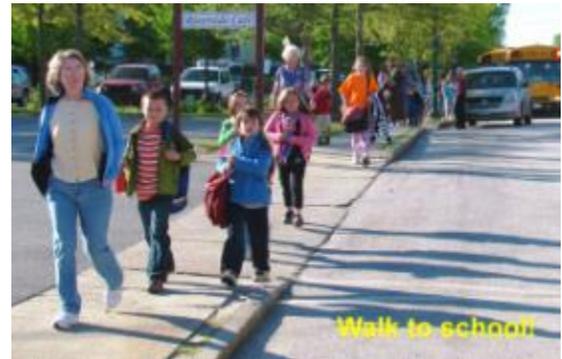
Location: Ellsworth Elementary-Middle School, 20 Forest Ave, Ellsworth, Maine

Position/Title: Walking School Bus Program Coordinator

Success Story Contact Willing to be Featured Online and/or in the Media? Yes

Category/Sector (Select all that apply):

- Individual
- Transportation / land use / urban design
- Media
- Faith/community leader
- Public health
- Parks & Recreation / Fitness / Sports
- Education
- Business/Industry
- Healthcare



Success Story Focus (Select all that apply):

- Health
- Relationship building/social cohesion/fun
- Economic improvement/tourism
- Reduced air pollution
- Other _____

Success Story in Brief

The Ellsworth Elementary-Middle School was selected through a competitive grant application process to start a daily walking school bus program in the spring of 2015. A Walking School Bus is a program in which groups of local elementary school students join trained adult volunteers to walk as a group along particular routes to school. The program brings together students, parents, school staff, local law enforcement, community businesses and volunteers for a daily healthy and fun walk to school. In Ellsworth, the program has a steady attendance of 12 students on one new route, in addition to a long-standing parent-led route – and it has inspired the YMCA to lead an after-school Walking School Bus of 45 students from the school to the Y facility. The town of Ellsworth has supported the construction of sidewalks, improved street crossings and multi-use paths – all of which help to support the safe walk to school for these students.

GARDINER

Submitted by: Anne Ball; aball@mdf.org; Maine Downtown Center

Success Story Contact Details: Patrick Wright; 207-582-3100r; director@gardinermainstreet.org

Location: 177 Water Street, PO Box 194, Gardiner, ME 04345

Position/Title: e.g., Director, Gardiner Main Street

Success Story Contact Willing to be Featured Online and/or in the Media? Yes

Category/Sector (Select all that apply):

- Individual
- Transportation / land use / urban design
- Media
- Faith/community leader
- Public health
- Parks & Recreation / Fitness / Sports
- Education
- Business/Industry
- Healthcare

X OTHER: downtown and community development, economic development

Success Story Focus (Select all that apply):

- Health
- Relationship building/social cohesion/fun
- Economic improvement/tourism
- Reduced air pollution
- Other



Success Story in Brief

The Gardiner Walking Train is an innovative way to get downtown employees of small businesses out for a healthy walk during the workday. The program is part of Healthy Maine Streets, a 2-year Community Transformation Grant funded by the Federal CDC which funded the Maine Downtown Center to work in 19 Maine downtowns and in small businesses (<20 employees) and make the case that if a downtown is healthier more people will want to live, work and play there. Check out the new CDC video that is in draft form, but highlights Gardiner, Maine at <https://www.dropbox.com/s/1muy56kvmk5vu1p/Gardiner%20ONLINE.mp4?dl=0>. There is footage of the Gardiner Walking Train in action. It is a low cost, community building, healthy community and worksite wellness activity!

NORWAY

Submitted by: Darcy Whittemore, darcy@bikemaine.org, The Bicycle Coalition of Maine

Success Story Contact Details: Rebecca Powell; 207-393-7373; rebeccapowellbusiness@gmail.com

Location: Guy E Rowe Elementary School, 219 Main St, Norway, Maine

Position/Title: Walking School Bus Program Coordinator

Success Story Contact Willing to be Featured Online and/or in the Media? Yes

Category/Sector (Select all that apply):

- Individual
- Transportation / land use / urban design
- Media
- Faith/community leader
- Public health
- Parks & Recreation / Fitness / Sports
- Education
- Business/Industry
- Healthcare



Success Story Focus (Select all that apply):

- Health
- Relationship building/social cohesion/fun
- Economic improvement/tourism
- Reduced air pollution
- Other _____

Success Story in Brief

The Guy E Rowe Elementary School was selected through a competitive grant application process to start a daily walking school bus program in the spring of 2015. A Walking School Bus is a program in which groups of local elementary school students join trained adult volunteers to walk as a group along particular routes to school. The program brings together students, parents, school staff, local law enforcement, community businesses and volunteers for a daily healthy and fun walk to school. In Norway, the program has grown from a start of just 8 students to now over 40 students! The school transportation director plans to remove a bus from the bus route, thus saving on transportation costs – and in preparation the program is also running an afternoon Walking School Bus to bring students home.

CAMDEN

Submitted by: Jane Lafleur, Lift360, Senior Consultant

Success Story Contact Details: Patricia Finnigan, Town Manager, 207-236-3353 ext 113, pfinnigan@camdenmaine.gov

Location: 29 Elm Street, PO Box 1207, Camden, Maine 04843

Position/Title: Town Manager

Success Story Contact Willing to be Featured Online and/or in the Media? YES



Category/Sector (Select all that apply):

- Individual
- Transportation / land use / urban design
- Media
- Faith/community leader
- Public health
- Parks & Recreation / Fitness / Sports
- Education
- Business/Industry
- Healthcare

Success Story Focus (Select all that apply):

- Health
- Relationship building/social cohesion/fun
- Economic improvement/tourism
- Reduced air pollution
- Other enhanced walkability

Success Story in Brief

The Town of Camden completed its [Downtown Master Plan](#) in 2012. Recommendations contained in the Plan included the construction of a riverwalk as not only a means to better use one of the many natural assets we have but also as a way to bring residents from neighborhoods to and from our downtown and Shirttail Point Park. Another benefit is that will provide a means of wayfinding in and around our downtown area.

Another recommendation in the Downtown Master Plan included determining the best uses of the Camden Public Landing and developing a redesign to blend parking, working waterfront, and pedestrian focused green space. These efforts have begun with wayfinding, parking lot signage, trail connections and other steps to increase walkability for residents and visitors.

PORTLAND

Submitted by: *Darcy Whittemore, darcy@bikemaine.org, The Bicycle Coalition of Maine*

Success Story Contact Details: *Maddy Ray, 207-766-1325, eecs@walkingschoolbus.me*

Location: *The East End Community School, 195 North St, Portland, Maine*

Position/Title: *Walking School Bus Coordinator*

Success Story Contact Willing to be Featured Online and/or in the Media? *Yes*

Category/Sector (Select all that apply):

- Individual
- Transportation / land use / urban design
- Media
- Faith/community leader
- Public health
- Parks & Recreation / Fitness / Sports
- Education
- Business/Industry
- Healthcare



Success Story Focus (Select all that apply):

- Health
- Relationship building/social cohesion/fun
- Economic improvement/tourism
- Reduced air pollution
- Other

Potential Success Story in Brief (3-5 sentences only)

Portland’s East End Community School piloted a Walking School Bus program starting in 2013 and then was selected through a statewide competitive grant application process to continue the daily walking school bus program in the fall of 2014. A Walking School Bus is a program in which groups of local elementary school students join trained adult volunteers to walk as a group along particular routes to school. The program brings together students, parents, school staff, local law enforcement, community businesses and volunteers for a daily healthy and fun walk to school. At East End, the program runs two daily routes for 30-50 students (the number fluctuates as parents grow comfortable with their children’s safety skills and students “graduate” to walking and biking on their own or with their peers) and also has piloted a hybrid version of AAA’s traditional student Safety Patrol for older, experienced students to assist the adult volunteers in leading each route. The school has also used the model to run a Walking School Bus for their summer programs.

BELFAST

Submitted by: Sadie Lloyd; sloyd@cityofbelfast.org; City of Belfast, Maine

Success Story Contact Details: Sadie Lloyd; 338-1417 x25; sloyd@cityofbelfast.org

Location: 131 Church Street, Belfast, Maine

Position/Title: Assistant Planner

Success Story Contact Willing to be Featured Online and/or in the Media? Y

Category/Sector (Select all that apply):

- Individual
- Transportation / land use / urban design
- Media
- Faith/community leader
- Public health
- Parks & Recreation / Fitness / Sports
- Education
- Business/Industry
- Healthcare



Success Story Focus (Select all that apply):

- Health
- Relationship building/social cohesion/fun
- Economic improvement/tourism
- Reduced air pollution
- Other:* mobility/public safety/transportation



Success Story in Brief

During the winter of 2014 Belfast participated in a walkability audit with Dan Burden, sponsored and funded by Friends of Midcoast Maine. The audit focused mostly on a commercial corridor and identified a number of ways to improve pedestrian safety, slow motor vehicles, provide bicycle amenities, and address challenges posed by the different seasons. Over the summer of 2015 Belfast plans to install bike lanes, improve sidewalks in disrepair, and provide pedestrian access to a shopping plaza (where a crosswalk currently ends in a pile of mulch). These are the first phase of improvements that the City's Pedestrian, Biking, and Hiking Committee have identified for this corridor. The Committee plans to recommend the second phase of improvements for installation in 2016. Some good news from Belfast: In July, we got stripes for bike lanes painted on Main Street from just above the Post Office all the way out to Reny's! I see the bike lanes used quite a bit, and their presence seems to have slowed the car traffic down some, too.

North Yarmouth

Submitted by: Brian Sites; *brian@claydog.com*; North Yarmouth Parks and Recreation

Success Story Contact Details: Brian Sites; 207-449-0799; *brian@claydog.com*

Location: 2 Colawicki Dr., North Yarmouth, ME 04097

Position/Title: e.g., Chairperson, NY Parks & Rec

Success Story Contact Willing to be Featured Online and/or in the Media? Y

Category/Sector (Select all that apply):

- Individual
- Transportation / land use / urban design
- Media
- Faith/community leader
- Public health
- Parks & Recreation / Fitness / Sports
- Education
- Business/Industry
- Healthcare



Success Story Focus (Select all that apply)

- Health
- Relationship building/social cohesion/fun
- Economic improvement/tourism
- Reduced air pollution
- Other _____



Success Story in Brief

Many small towns in Maine are being stretched thin these days in resources and energy, all the while dealing with the increasing need to broaden their economic base to deal with an economy and state priorities perpetually in flux. North Yarmouth, Maine is not immune and bike and pedestrian issues continue to compete with other community priorities, sometimes becoming divisive issues.

Over the last year, a group of residents has undergone a re-engagement process with town officials, town committees, and residents at-large to broaden the scope of bike/ped and integrate those issues into the economic development fabric of the community.

The results of this process are still playing out, but the energy that has been generated around this process is spinning out positive initiatives in all directions, not the least of which was a complete rebranding of the town, as well as a re-invigoration of dormant committees. In the end, residents have cultivated a fresh and favorable outlook on what the town has to offer in terms of bike/ped resources and how those resources can play a part of healthier and more sustainable economic growth of the community.

Lisbon

Submitted by: Mark Stevens mstevens@lisbonme.org

Success Story Contact Details: Tracey Steuber 353-3000 ex 122 tsteuber@lisbonme.org

Location: 300 Lisbon St. Lisbon ME

Position/Title: Economic and Community Development Director

Success Story Contact Willing to be Featured Online and/or in the Media? Y

Category/Sector (Select all that apply):

- Individual
- Transportation / land use / urban design
- Media
- Faith/community leader
- X Public health
- X Parks & Recreation / Fitness / Sports
- Education
- X Business/Industry
- Healthcare



Success Story Focus (Select all that apply):

- X Health
- X Relationship building/social cohesion/fun
- Economic improvement/tourism
- Reduced air pollution
- Other

Androscoggin River Trail (2014)

Once this portion of the trail system is completed, Lisbon will have 4 miles of bicycle and pedestrian trails in addition to the 10 miles of recreational trails located at Beaver Park.



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Lisbon

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Success Story in Brief: Lisbon is an amazing little town. The Androscoggin River walking/biking trail that link all three of our schools, and our downtown business was constructed in 2014. It has been a priceless addition for the people of our town inspiring more people to become active.

Lisbon Parks and Recreation Department along with St. Mary's weight management and health program, offered Healthy Cooking Classes to the public over a period of 4 weeks. We also offered free 3 month fitness center membership to any Main St. business employee. New bike racks were purchased and placed near libraries, business, and community centers in October.

Lincoln

The Penquis DCC received a Community Transformation Grant (CTG) and the program coordinator worked with the community in the Town of Lincoln, Maine to support and maintain an Active Community Environment Team (ACE).

Key community members were identified to be a part of the team including the town manager, the town recreation director, representatives from local hospitals and health care facilities, local business owners, public safety individuals, chamber of commerce leaders, along with several others.

Starting an ACE Team proved to be beneficial for to the already successful local community coalition since exercise was recognized as something that many people have limited access. The CTG Coordinator helped the Lincoln ACE Team identify several grants, big and small, that were appropriate for the community.

The Recreation Director and an ACE Team member applied for a grant that would provide funds to a trail program that has been brought to the table several times in Lincoln. The location of the trail is on school and town property so it is perfect for use by both. A local forester and biologist, had been involved in the original design of the trail. The Team worked together, along with a few volunteers, to get all of the information needed to complete the grant application.

The ACE Team was the perfect platform to receive the grant. The ACE Team also gathered ideas, suggestions, and support from the membership, including ways to involve local business, school and youth. In April 2014 the ACE Team received full funding and the project was implemented.

Through the connections of the ACE Team, as well as the momentum of the trail project, the community was granted access to a trail system that is family owned and maintained. For years the Slike family has allowed the school to utilize their property as a cross country practice running location. The family had developed the trails over the years and maintains and enjoys them for personal use year round. They have clearly marked all trails and they have also provided a map with the varying distances on it for the cross country team to use.

In the fall of 2014 the town was granted access to these trails. The ACE Team was able to promote the trails for snowshoeing and cross country skiing. The Town started a walking program in which the trails were utilized each week for a walk at lunch. Those involved found the trails to be very welcoming and word spread quickly.

In 2015, the trail has since been used for an obstacle race 'The Lynx Rush', which raised \$7,500 to lengthen the trails. Local woodshop students built the obstacles and used engineering and building principles to create each one. Exercise stations have also been installed and the local school uses it for education and physical activity purposes. In the summer a local writer and artist held a book walk for local children in the community. In the fall there was 'Haunted Community Trail Walk'. More information can be found the Facebook Page: <https://www.facebook.com/Lincoln-Lakes-Region-Active-Community-Environment-Team-684789644883851/>

Lincoln Ace Team-Community Trails

Submitted by: Kalie Hess; kalie.hess@maine.gov; Maine Center for Disease Control

Success Story Contact Details: Betheny Proctor; 207-794-1294; bproctor@rivercoalition.org

Location: PO Box 6, Lincoln, ME 04457

Position/Title: Community Health Educator, Partnership for a Healthy Northern Penobscot

Success Story Contact Willing to be Featured Online and/or in the Media? Yes



Category/Sector (Select all that apply):

- Individual
- Transportation / land use / urban design
- Media
- Faith/community leader
- Public health
- Parks & Recreation / Fitness / Sports
- Education
- Business/Industry
- Healthcare

Success Story Focus (Select all that apply):

- Health
- Relationship building/social cohesion/fun
- Economic improvement/tourism
- Reduced air pollution
- Other _____

Success Story in Brief (3-5 sentences only) Please include funding sources.

The Lincoln Lakes Region Active Community Environment (ACE) Team has been a driving force behind making physical activity more accessible to people in the rural town of Lincoln. The group was originally funded through the Centers for Disease Control and Prevention’s Community Transformation Grant and received ongoing support from their local Healthy Maine Partnership, The Partnership for a Healthy Northern Penobscot before becoming self-sustaining. As a result of the ACE Team’s efforts, the Lincoln Economic development planning committee is making changes to the downtown to make it more pedestrian-friendly, the town has been able to successfully win funding to build a trail system, and the town enjoys popular active community events such as 5ks and obstacle courses.

