

Teen Input into the Healthy Places by Design Process

Youth Involvement—Walking and Biking

When talking about walking and biking, the majority of students supported developing new biking and walking paths to connect their neighborhoods with public spaces and other local destinations, but they were also aware of the issues that surround walking and biking in NK. Their comments included:

- . Biking can save you money, give you exercise and reduce pollution
- . Sidewalks and bike paths increase town accessibility
- . Creates a more active community
- . Allows people to get more exercise by incorporating exercise into transportation from A to B
- . Love paths in Ryan Park
- . Need better sidewalks
- . We have very scary and unsafe roads
- . Would like to be able to ride our bikes or walk without getting hit by a car

Possible Solutions Discussion:

- . Love to see ways to have sidewalks or ways to walk in those areas and have neighborhoods interconnect
- . The old train tracks turned into a boardwalk/bike path
- . Neighborhoods between Essex and Potter Road more paths and connectivity – be able to get to Quonset bike path
- . Old Calf Pasture Point – paths are gated – want them to be revitalized/opened and connected to Quonset bike path
- . No bike racks at the high school – one bad one exists, but no one knows it's there
- . Bike paths to and from the high school need to be established



Possible Next Steps...

- . Establish a town-wide bikeability/walkability committee and have teen representation and voice
- . Education
- . Bike safety
- . Bike repair
- . Biking & Walking Clubs
- . Work to have bike racks not only at the High School, but at various 'destinations' in the community.