



# Bicycle Master Plan

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## Acknowledgments

Many people contributed to the development of the APU Bicycle Master Plan by providing valuable input, comments and review of the document. Different departments of APU will have to work together to implement the plan and to further encourage bicycling on the APU campus. Recreation Programs would like to acknowledge these contributions by thanking the following organizations and individuals for their assistance.

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## Introduction

As the first bicycle plan developed for Alaska Pacific University this document outlines a plan to encourage APU's students, staff, and faculty to use bicycling for both a sustainable commuting option and for recreational purposes.

## Purpose

The APU bicycle master plan will serve as a guide for improving current bicycling conditions, to establish a bicycle education program, and a bicycle share program. The plan also recommends various strategies intended to improve bicycle safety and increase bicycle use on the APU campus.

## Bicycle Mission Statement

To improve cycling conditions and promote the bicycle as a transportation mode to and from as well as on campus, APU will set policies and provide programs to support and accommodate bicycling.

## History

Currently at APU, there are bicycle trail routes that can be used to access our campus and we provide bicycle parking at every building on the APU campus. We also encourage sustainable commuting by providing every student, faculty, and staff with a bus pass to Anchorage's Public Transportation People Mover bus system. All buses have bike racks available so that commuters can combine bicycling with riding the bus as a commuting option. APU is well served by the public transportation system as there are four different bus stop locations on our campus. Shower facilities and lockers are available for commuters and are located both at the Moseley Sports Center and Atwood Fitness Center. The facilities are free for all APU students, faculty, and staff.

Each year in the month of May, Recreation Programs and the staff Wellness Committee encourages participation in the National Bike to Work Day by providing a morning breakfast and prizes to those who choose to bike to work on Bike to Work Day. In the fall of 2010, the President's Office applied with League of American Bicyclists for APU to be recognized as a Bicycle Friendly Business. In spring of 2011, APU received an honorable mention as a Bicycle Friendly Business from the League of American Bicyclists. In the summer of 2011, staff and faculty participated in the local Summer Bike Commute Challenge hosted by Bicycle Commuters of Anchorage. In the past, Recreation and Outdoor Programs have offered a number of different events from winter fat tire biking, bicycle repair workshops, and get to know your trails by bike events. This spring of 2012, we added a bicycling information web page to the APU website that provides information on commuting to campus by bike and bus, safe bicycling practices, and information on upcoming bicycling events.

For five years, APU has been encouraging physical fitness among students, staff, and faculty by sponsoring the Mile Club Program and the Wellness Incentive Program both programs are organized by the Health and Wellness Committee. The Mile Club Program is co-sponsored by Campus Life and challenges participants to track and log 100 miles during the fall and spring semesters and 200 miles during the summer semester. Each participant that logs the required amount of miles receives a prize at

the end of the semester. Prizes have varied each year and have included hats, water bottles, shirts, sweatshirts, gym bags, and fitness towels. The Wellness Incentive Program is an incentive program for full time staff members. The program was created to encourage staff members to participate in the wellness benefits APU offers students, staff, and faculty members. Wellness benefits include free use of the pool, gymnasium, fitness center, climbing wall, and fitness classes (Water Aerobics, Pilates, Yoga, Zumba, and Strength Training); discounted classes in kayaking, swimming, and kayak polo; and bi-monthly activities hosted by Rec. Programs and the Wellness Committee in which staff members get paid to participate in fun recreational fitness activities. At the beginning of 2012, sustainable commuting by either bicycling, running, or skiing was approved to also count towards participating in an APU wellness benefit. When a staff member participates in 3 or more wellness benefits a week the following week they receive an hour of paid time off.

All of these programs will continue as APU strives to increase bicycling as a viable means of commuting and transportation to and from as well as on the campus. The recommendations laid out in this document will serve as the plan to encourage and foster the growth of an APU bicycling community.

### Goals and Objectives

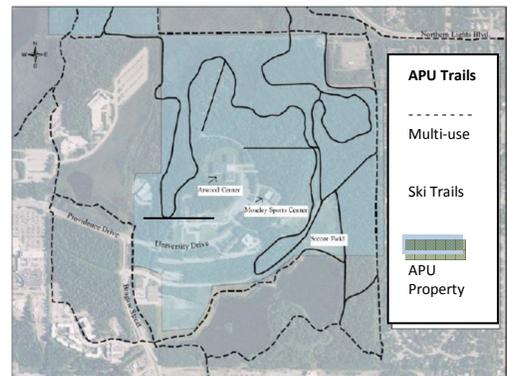
1. - Increase Bicycle Use at APU 10% per year over the next 5 years.
  - Develop and implement a Bicycle Share Program making bicycles available and convenient for students, staff, and faculty to borrow for free.
  - Provide educational programs and events to encourage more community members to use bicycles as means of transportation.
  - Establish programs that support and serve the APU bicycling community.
  - A survey will be sent out at the end of each academic year to measure the annual increase of bicycle use on campus.
2. - Increase Bicycle Awareness
  - Market bicycling as a viable transportation mode to the campus community.
  - Include bicycling merchandise in the campus bookstore.
  - Institutionalize a general awareness of bicycling on the APU campus such that it is incorporated into all levels of future development and construction.
3. - Improve Bicycle Safety
  - Create bicycle safety materials and distribute widely.
  - Adopt and enforce on-campus rules and regulations to improve overall safety for bicyclists, pedestrians, and motorists.
  - Provide safety equipment such as helmets and orange reflective vests as a part of the Bicycle Share Program.

## Plan Context

The framework for the Bicycle Master plan includes clearly establishing guidelines for the use of the APU trails, campus bicycle safety regulations, and programs to promote bicycling.

### APU Trails and Bicycle Routes

Currently the Jim Mahaffey Trail system on the APU campus consists of 5 km of continuous trails. Our trails are an integral part of the Anchorage Trail System that includes Hillside/Service, Bicentennial Park, Chester Creek Greenbelt, the Coastal Trail, and Kincaid Park. The Anchorage trail system connects 400 miles of trails that covers 10,000 acres. The topography of the APU trails contains no large hills or especially challenging terrain. The connection between the APU trails and the Anchorage municipality trails makes APU extremely accessible for those who'd like to commute to APU by bicycle, skis, or running.



Snow fall can occur as early as September in Anchorage, and during the winter, many of the APU and Municipality trails are groomed for skiers. Bicyclists, walkers, and runners should stay off of the groomed ski trails. Although avoiding ski trails for bicyclists may add a few miles to their ride, APU is still accessible by taking the multi use trails to Elmore St. or Providence Dr., which leads to a paved path that enters the APU campus. Studded tires or fat tire bikes are recommended for winter riding in Alaska. Bicyclists are required to stay off all dirt trails until June 1<sup>st</sup>. Waiting until the dirt trails are completely dry ensures the longevity of our trails. Bicycling is still a yearlong commuting option as many of the multi use trails are now paved and may be ridden on year round.

### Campus Bicycle Regulation

Currently APU does not have any set policies or regulations regarding bicycle use on campus. The policies presented in this section will help avoid future possible problems and help maintain a safe environment for pedestrians and bicyclists. As bicycling continues to grow on the APU campus, safety regulations will need to be reviewed to continue to ensure that bicycling is a safe and realistic option for our students, faculty, and staff.

#### 1. - Bicycling Regulations

Bicyclists on the APU campus will be expected to abide by all Bicycle Laws set by the State of Alaska. All bicyclists regardless of their age are encouraged to wear a helmet and reflective vest. Bicycling is not allowed in any of the campus buildings. The Alaska state laws are available on the Bicycle Information webpage on the APU website. A summary of these laws follow:

- a. - Ride on the right side of roadways.

- b. - Ride with traffic.
- c. - Use signals to turn, slow, and stop.
- d. - Obey all traffic signs and signals.
- e. - Give pedestrians the right-of-way.
- f. - Any person under the age of 15 must wear a helmet.

## 2. - Bicycle Registration

Bicyclists are encouraged to register their bicycle with Campus Safety. By registering your bicycle it will help in the identification of your bike if it is lost, stolen, recovered, or impounded. Registration can be done at the Campus Safety office in the Atwood building and is free. Upon change of ownership we will request that the previous owner who registered the bicycle informs Campus Safety that the bicycle is no longer their responsibility. Bicyclists will have to request a renewal of registration at the beginning of each academic year. During the summer, bicycles that are left on campus must be registered with Campus Safety by the bikes owner to avoid their bicycle being impounded.

## 3. - Impounding Bicycles

Bicycles that are left on campus during the summer and are not registered with Campus Safety will be considered abandoned and will be impounded. Each year during the month of May, Campus Safety will first leave a written notice on unregistered bicycles left on campus warning the owner of the bike of the possible impound. If after 7 days the bicycle is still on the campus and has not been registered the bicycle will be impounded. Owners will have 90 days to reclaim impounded bicycles. All unclaimed bicycles will either become part of the bicycle fleet for the Bicycle Share Program or be donated to a local charity or thrift store.

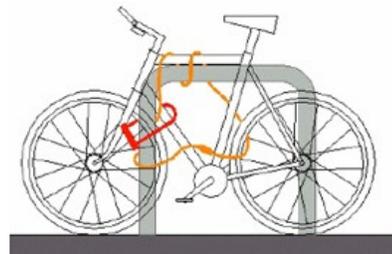
## 4. - Parking Regulations

It is recommended that all bicycles be parked and locked onto a bicycle rack. Bicycles may not be parked in a way that would block or impede the access to a building entrance or exit. Bicycles may not be parked or left on any lawn or landscaped area. Bicycles may not be parked or left standing in any lobby or hallway of any building.

## 5. - Bicycle Theft

Stolen bicycles are not the responsibility of APU. It is recommended that bicyclists always use a high quality lock to lock the frame and both wheels to a bike rack. The use of multiple u-locks or a combination of a u-lock and a cable or chain lock will provide better deterrence to theft. Any bicycle theft should be reported to Campus Safety.

Filing a police report with the Anchorage Police Department is recommended and can be done online. Providing information regarding the bicycles serial number, brand name, color, fenders, and



gender specific style may help in the recovery of a stolen bicycle.

### Bicycle Share Program

The Bicycle Share Program will be a free service to students, staff, and faculty to check out a bicycle for their personal use. Recreation and Outdoor Programs will oversee this program. Bicycles will be available for check out from the Outdoor Programs equipment room. Users will be required to show an APU ID and sign a user agreement form. Locks will be checked out with each bicycle and the user will have the option of also checking out a helmet and an orange reflective safety vest. Outdoor Programs has just recently purchased 6 fat tire bikes, which are ideal for winter biking. These bikes will be the start of the bicycle fleet and will be available for check out starting in the fall of 2012. Rec. and Outdoor programs will work to increase the fleet each year to meet the needs of the APU community.

### Guaranteed Ride Home

Since all APU staff, faculty, and students are provided with a free bus pass those who choose to commute to work have a guaranteed ride home if they decide for any reason not to ride their bicycle back from the APU campus.

### Summer Biking Program

During the summer months of June and July a Rec. Programs/Outdoor Programs staff member will host a bicycling group once a month. This will help build a sense of community among bicyclists at APU and encourage others to start bicycling.

### Incentive Programs

Incentive programs include the Wellness Incentive Program and 100 mile club. Staff can receive 1 hour of PTO per week by participating in the Wellness Incentive Program. The Mile Club program provides students, staff, and faculty the opportunity to be rewarded for staying active three separate times throughout the year. In May of 2012, APU will be adding an insurance fee reimbursement up to \$30 per eligible month of employment for any staff or faculty member that participates in all three of the Mile Club Programs throughout the year and completes an annual health screening.

### **Community Involvement**

The success of this plan will rely largely on the ability of APU to gain the involvement of the community as a whole. It will require involvement from different APU departments, an active public outreach program, the dispersal of educational materials, and an incentive program to help encourage the APU community to engage in bicycling activities both for commuting and recreational purposes.

### Interdepartmental Responsibilities

Recreation and Outdoor Programs will oversee the Bicycle Share Program, offer an annual Get to Know APU Trails Event, an annual bicycle safety and maintenance event, the monthly bicycle group during the summer, and continue to offer bicycling recreational opportunities to the APU community. Rec. and

Outdoor Programs will also continue to co-host with the Wellness Committee the annual Bike to Work Day event.

The Wellness Committee will continue to co-host the annual Bike to Work Day event. They will be sure to invite a bicycling store/company to the annual Health and Wellness Fair. The committee will also continue to work with Campus Life in overseeing the Mile Club Programs and the Staff Wellness Incentive Program. The Wellness Committee will also be responsible for dispersing an annual survey measuring the success of the programs outlined in this plan, reviewing the plan each year, and submitting any suggestions of improvement to the APU President's Council.

Campus Safety will oversee the Campus Bicycling Regulations including bicycle registration, reports of theft, and impounding procedures. Campus Safety will annually review the regulations set forth in this plan and determine when and if there should be additions or revisions of the APU Campus Bicycling Regulations.

The Dean of Student's Office will include the Campus Bicycling Regulations in the Student Handbook. Campus life will include Campus Bicycling Regulations in the Campus Life Handbook and help to promote bicycling through dispersing bicycling education and safety handouts along with a campus map and Anchorage Trail map to new incoming students.

The APU bookstore will start to offer bicycling merchandise, starting with bicycle locks and increasing such merchandise as bicycling popularity grows on campus.

### **Public Outreach**

Public outreach starts in the Master Bicycle Plan's planning process. Involving several departments of the APU community in the planning process will help in communicating to the community our commitment to increase bicycle use on campus. Before this plan is submitted to the President's Council for final approval it will first be submitted to the varying departments that will be required to work together for the success of this plan and to a committee of students set by the student government, ASAPU. Each department will be asked to provide feedback to the proposed programs, how the new programs will be managed, and to share ideas/opinions about any additional items to be included in this Master Bicycle Plan.

### **Bicycle Safety and Education Programs**

To promote bicycling as a viable means of transportation and for recreational use the Bicycle Safety and Education Programs will also serve as a means of public outreach and marketing tool. The annual events sponsored by Rec. and Outdoor Programs along with the educational materials dispersed by Campus Life will serve as the primary programs to promote bicycle safety and education. In the beginning of each academic year, Rec. and Outdoor Programs will host a "Get to Know Your Trails" bicycle event in which new students will be shown how to access the Anchorage multi-use trails from the APU campus. Another annual event hosted by Rec. and Outdoor Programs will be a bicycle maintenance and repair workshop.

Rec. and Outdoor Programs will also maintain the Bicycle Information web page on the APU website. The website will offer information on upcoming bicycling events/activities, provide information regarding APU bicycle regulations, offer advice on how to stay safe while commuting, a link to Anchorage bicycling laws and Anchorage Police Department to report a stolen bicycle. A copy of the APU Master Bicycle Plan will also be available on the Bicycle Information web page.

Rec. and Outdoor Programs will provide some educational materials on Bicycling at APU and Safe Bicycle practices to Campus Life. Campus Life will provide the educational handouts along with a copy of the APU and Anchorage trail maps to new students living on campus.

### **Summary**

This plan confirms APU's commitment for increasing bicycle use as viable means of transportation and recreation among student, staff, and faculty. As APU grows and as bicycling becomes more popular changes to the plan will need to be made. Each year the plan will be reviewed and the effectiveness of the plan will be determined through an annual survey.