

## NORTHWEST MUNICIPAL CONFERENCE

1600 East Golf Road, Suite 0700  
Des Plaines, Illinois 60016  
(847) 296-9200 • Fax (847) 296-9207  
[www.nwmc-cog.org](http://www.nwmc-cog.org)



A Regional Association of Illinois  
Municipalities and Townships  
Representing a Population of Over One Million

### MEMBERS

Antioch  
Arlington Heights  
Bannockburn  
Barrington  
Bartlett  
Buffalo Grove  
Deer Park  
Deerfield  
Des Plaines  
Elk Grove Village  
Evanston  
Fox Lake  
Glencoe  
Glenview  
Grayslake  
Hanover Park  
Highland Park  
Hoffman Estates  
Kenilworth  
Lake Bluff  
Lake Forest  
Lake Zurich  
Libertyville  
Lincolnshire  
Lincolnwood  
Morton Grove  
Mount Prospect  
Niles  
Northbrook  
Northfield  
Northfield Township  
Palatine  
Park Ridge  
Prospect Heights  
Rolling Meadows  
Schaumburg  
Skokie  
Streamwood  
Vernon Hills  
West Dundee  
Wheeling  
Wilmette  
Winnetka

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Kathleen O'Hara  
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*Executive Director*  
Mark L. Fowler

## Northwest Municipal Conference Bicycle-Pedestrian Committee Agenda

May 18, 2021

10:30 a.m.

Via Zoom Video Conference

<https://us02web.zoom.us/j/86238813559?pwd=ZlFjdkttWTdYN2VKWUtwUnYyYWpxZz09>

Meeting ID: 862 3881 3559

Passcode: BP051821

- I. **Call to Order/Introductions**
- II. **Approval of April 20, 2021 Meeting Minutes (Attachment A)**  
**Action Requested:** Approve of Minutes
- III. **Cycling Without Age Presentation (Attachment B)**  
Dave Simmons, Executive Director of Ride Illinois, will give a presentation on [Cycling Without Age](#), a program that allows elderly and less-able members of our community the opportunity to remain active in society through volunteers that provide bike rides via trishaws.  
**Action Requested:** Informational/Discussion
- IV. **Multimodal Plan "Re-Launch" Strategy (Attachment C & D)**  
Staff will discuss plans to re-launch the NWMC Multimodal Plan, including targeting opportunities throughout the summer to spread public awareness, resources for soliciting interest in local board/committee presentations and a [social media toolkit](#).  
**Action Requested:** Discussion
- V. **Proposed Meeting Dates for 2021-2022 (Attachment E)**  
Staff will review the proposed meeting dates for 2021-2022, and requests feedback and approval from the Committee.  
**Action Requested:** Approve of Meeting Dates
- VI. **Local Project Updates**  
**Action Requested:** Informational/Discussion
- VII. **Other Business**
- VIII. **Next Meeting**  
The next meeting of the NWMC Bicycle and Pedestrian Committee is tentatively scheduled for Tuesday, September 21 at 10:30 a.m., location TBD.
- IX. **Adjourn**

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**NWMC Bicycle-Pedestrian Committee  
Via Video Conference  
Tuesday, April 20, 2021  
Meeting Minutes**

**Attendance:**

Nellie Beckner, Village of Mount Prospect (co-chair)  
Jim Baxa, Village of Northbrook (co-chair)  
Andrew Binder, Village of Barrington  
Jessica Hyink, City of Evanston  
Adriana Webb, Village of Glenview  
Jenny Horn, Village of Hoffman Estates  
Tim O'Brien, Village of Niles  
A.C. Buehler, Village of Northbrook Bicycle Task Force  
Ald. Lara Sanoica, City of Rolling Meadows  
Patrick Knapp, Village of Schaumburg  
Ross Klicker, Village of Wheeling

**Others Present:**

Briget Schwab, Village of Arlington Heights  
Devin Kamperschroer, Village of Bartlett  
Eric Heiker, City of Des Plaines  
Mara Gericke, Village of Hoffman Estates  
Scott Mangum, Village of Lincolnwood  
Matt Lawrie, Village of Mount Prospect  
Bob Rado, Village of Niles  
Dan Kaup, Village of Wheeling  
Danielle Horn, Village of Wilmette  
Caitlin Goodspeed, Chicago Metropolitan Agency for Planning  
Benet Haller, Cook County Department of Transportation and Highways  
Laura McFadden, Cook County Department of Transportation and Highways  
Tomohiko Music, Cook County Department of Transportation and Highways  
Larry Bury, Northwest Municipal Conference  
Matt Pasquini, Northwest Municipal Conference

**I. Call to Order/Introductions**

Ms. Beckner called the meeting to order at 10:31 a.m.

**II. Approval of March 16, 2021 Meeting Minutes**

*Mr. Buehler moved approval of the March 16, 2021 meeting minutes. Ald. Sanoica seconded the motion, which was unanimously approved.*

**III. Cook County Bike Plan Presentation**

Benet Haller, Transit Manager at the Cook County Department of Transportation and Highways, gave a presentation on the development of the Cook County Bike Plan. Mr. Haller elaborated on the need to create a low stress bicycle network of off-street

and side paths throughout Cook County to enhance equity and increase the frequency of bike commuting and other purposeful bike trips. Following the presentation Ms. Beckner asked what the committee and staff can do to create better alignment between the NWMC Multimodal Transportation Plan and Cook County Bike Plan. Mr. Haller emphasized the different focuses between the two plans but reiterated the need for both and that they will ultimately benefit each other.

**IV. Multimodal Plan GIS Tools**

Mr. Pasquini provided a brief overview of the GIS web tools that were recently added to the Multimodal Plan section of the NWMC website to make the priority corridor and sidewalk network maps more accessible for comment and review.

**V. Multimodal Plan “Re-Launch” Strategy**

Mr. Pasquini shared that staff is preparing to re-launch the NWMC Multimodal Plan to make up for the plans abandoned due to the beginning of the COVID-19 pandemic. He shared that staff is looking to identify projects that are nearing completion and open to hosting ribbon cutting ceremonies to bring attention to the plan. He also shared that him and Ms. Johnson are prepared to make themselves available to speak with village boards, city councils, and bicycle and pedestrian task forces. Mr. O’Brien mentioned the Howard Street project in the Village of Niles would be interested in coordinating an even with the Conference. Ms. Beckner suggested that staff create a flyer to distribute to municipal staff and elected officials and a social media tool kit so member communities can help publicize the plan.

**VI. Local Project Updates**

Ms. Schwab reported that the Buffalo Creek Trail project has begun. She reported the pedestrian signal foundations have been installed and that they’re beginning work on ADA ramps. She also added that it’s a 30 day working contract and anticipated work to be completed before the end of May, weather pending.

Ms. Goodspeed reported that CMAP is hosting a CMAP Talks panel conversation on complete streets and best design and policy practices.

**VII. Other Business**

No report.

**VIII. Next Meeting**

Ms. Beckner noted that the next meeting of the NWMC Bicycle and Pedestrian Committee is scheduled for Tuesday, May 18, 2021 at 10:30 a.m. via Zoom.

**IX. Adjourn**

*Mr. Buehler moved adjournment of the meeting at 11:26 a.m. Ms. Hyink seconded the motion, which was unanimously approved.*



## The Cycling Without Age dream

*“We dream of creating a world together, in which the access to active citizenship creates happiness among our fellow elderly citizens by providing them with an opportunity to remain an active part of society and the local community.”*



# Mental health and the elderly



Mental health has an impact on physical health and vice versa



Promote active and healthy aging



Create living conditions and environments that support well being and allow people to lead a healthy life

# Reasons to stay actively involved as we age

- Reduce risk of age related decline
  - Prevent stagnation or boredom
  - Avoid social withdrawal
  - Community engagement may serve a protective role against neurodegenerative diseases
- Staying involved in the community improves functioning
  - Benefits retiree as well as community
  - Raise community expectations

# Cycling Without Age

- Started in 2012 in Copenhagen, Denmark
- Worldwide movement
  - 51 countries
  - 2,500+ chapters
  - 3,500+ trishaws in use
  - 3 chapters in Illinois
    - Elk Grove Village
    - McHenry County
    - North Shore (Chicago)



Photo courtesy of Cycling Without Age

***“The right to wind in your hair”***



# The Trishaw:

- Built in Copenhagen
- Electric assist motor
- Approximately 35" wide
- Seatbelt
- Storage unit
- Retractable canopy
- Blanket
- Cost: any guesses?







## 5 Guiding Principles:

- **Generosity** – a simple act that everyone can do
- **Slowness** – sense the environment; be present in the moment
- **Storytelling** – reach out and listen
- **Relationships** – build trust, happiness, and quality of life
- **Without age (or ability)** – life unfolds at all ages and can be thrilling, fun, beautiful, and meaningful



## Who CWA serves?

- Elderly population
- Less-able members of the community
- Marginalized populations



## Who can ride?

- Up to two passengers
  - Primary passenger
  - Caregiver
  - Family member
  - Friend





# How to get involved

- Schedule a ride for a loved one
- Share CWA with possible passengers and organizations
- Follow on social media
- Get trained as a Pilot

**“Hurry slowly, turn softly”**





Friends of Cycling in Elk  
Grove (FCEG) teams up  
with Cycling Without Age  
(CWA)



# FCEG meets CWA

- Became an official affiliate in January, 2019
  - Endorse and encourage 5 guiding principles
  - Charge no fee
- Ordered the trishaw March 1, 2019
- Delivered late July, 2019
- Offered nearly 50 rides to date
- Raising funds to cover cost of trishaw







# When & where will we ride?

- Busse Woods Forest Preserve
- Spring – fall as weather permits
- Other FCEG and village events
  - Bike with the Mayor
  - Hometown Parade
  - Village events where the bike valet is present





# Safety

- Insurance through Silent Sports
- Slow, comfortable pace
- Obey road and path rules
- Seatbelt
- Helmets
  - Not required if 15+ years old
  - Required for passengers 14 years old and under



## CWA-EGV on social media



**Facebook**  
**@CWA.EGV**



**Instagram**  
**@cycling.without.age.egv**

## Contacts at Illinois CWA Chapters



Elk Grove Village: [sarah@cyclingwithoutage.com](mailto:sarah@cyclingwithoutage.com)

McHenry County: [mchenrycounty@cyclingwithoutage.com](mailto:mchenrycounty@cyclingwithoutage.com)

North Shore (Chicago): [deborah.goldsholl@cyclingwithoutage.com](mailto:deborah.goldsholl@cyclingwithoutage.com)

**Learn more about Cycling Without Age at [cyclingwithoutage.com](http://cyclingwithoutage.com)**





# NWMC Multimodal Transportation Plan

## About the Northwest Municipal Conference

The Northwest Municipal Conference (NWMC) is a council of government serving more than 1.2 million citizens residing in 42 municipalities and 1 township. The membership area covers over 350 square miles in Cook, DuPage, Kane, Lake and McHenry counties. The NWMC works to strengthen communities and enhance intergovernmental cooperation amongst its members, with transportation planning being a primary focus.

## What is the NWMC Multimodal Transportation Plan?

An emerging system of bicycle and pedestrian facilities—some connected and others isolated—can be found throughout the NWMC service territory. With recent trends pointing toward growing demand for non-motorized modes of transportation, there is need to provide a safe, cohesive network of facilities for people walking, biking, and accessing transit throughout the region. The [NWMC Multimodal Transportation Plan](#) is a comprehensive planning document that:



*Identifies priority bicycle corridors to better connect the region's existing system of trails and creates a comprehensive bicycle network that is safe and comfortable for people of all ages and abilities.*



*Evaluates sidewalks along major roads and surrounding transit stops and identifies key gaps.*



*Analyzes the issues that make it difficult for people to walk and bike to Metra, Pace, and CTA stops and identifies scalable solutions that can be used throughout the region.*

## How does this Plan benefit my community?

The NWMC Multimodal Plan includes a toolbox of design and policy strategies to improve the experience of people walking, biking, and accessing transit as well as guidance on how to implement more projects throughout the region. Additionally, NWMC transportation staff actively maintains GIS tracking tools to help municipal staff and residents visualize the current status of the priority bicycle corridors and sidewalk networks.

## Next steps...

As part of the rollout for the NWMC Multimodal Plan, NWMC transportation staff is offering to speak and engage with boards, councils, and bicycle and pedestrian committees and/or task forces to expand on and discuss the plan in greater detail. If your community is interested in receiving a presentation, please contact Kendra Johnson and Matt Pasquini at [kjohnson@nwmc-cog.org](mailto:kjohnson@nwmc-cog.org) and [mpasquini@nwmc-cog.org](mailto:mpasquini@nwmc-cog.org).



## Promotional toolkit

### What's in here?

- Social media posts
- Newsletter blurb
- Related links
- Graphics

### Social media

- Feel free to use these sample posts as-is or update them to share more about your municipalities plans to implement projects identified along priority bicycle corridors and sidewalk segments. You can also share posts directly from the Northwest Municipal Conference (NWMC) [Facebook](#) and [Twitter](#) pages.

#### **Tagging NWMC**

Tag NWMC so we can like and share your posts:

Twitter: @NWMCTrans

Facebook: @NWMunicipalConference

#### **Sample posts**

NWMC provides a forum for local governments to plan around regional issues. Read how their Multimodal Transportation Plan sets the blueprint for making our region friendlier for bicyclists and pedestrians: [link](#)

The [City/Village](#) is committed to make walking, biking, and taking transit more comfortable and enjoyable in our community. NWMC's Multimodal Transportation Plan includes a variety of implementation tools to accomplish these goals. Check them out here: [link](#)

Multimodal projects [optional: like {insert bike-ped project}] can lead to positive impacts in health, safety, economic development, and the environment. Learn how we're making it happen in our community and the region in the NWMC Multimodal Transportation Plan: [link](#)

The [City/Village/other org](#) was heavily involved in planning efforts to create the NWMC Multimodal Transportation Plan. Now we're ready to implement its goals to make it easier to walk, bike and connect to transit around the region. Learn more about the Plan here: [link](#)

The [City/Village/other org](#) is eager to participate in the work laid out in NWMC's Multimodal Transportation Plan to improve the health & safety of residents in our community and throughout the region. For more info on these goals and more, check out the full Plan: [link](#)



The City/Village's work along [Insert priority bike corridor or sidewalk segment here, ex: Skokie Valley Trail] is supported in the NWMC Multimodal Transportation Plan. Read the plan to learn more about multimodal initiatives throughout the region: [link](#)

## Newsletter

- Feel free to cut/add content to fit space as necessary

### **Shorter Blurb**

After a year of postponement due to the COVID-19 Pandemic, The Northwest Municipal Conference (NWMC) is relaunching their [Multimodal Transportation Plan](#). The Plan builds upon the organization's previous bicycle plans and expands the focus to include pedestrians and those who walk or bike to access transit. With growing demand for non-motorized modes of transportation, the Plan recognizes the need to provide a safe, cohesive network of multimodal facilities throughout the region. To read the plan and learn more, please visit the [NWMC's website](#). Questions about the plan can be directed to Kendra Johnson and Matt Pasquini at [kjohnson@nwmc-cog.org](mailto:kjohnson@nwmc-cog.org) and [mpasquini@nwmc-cog.org](mailto:mpasquini@nwmc-cog.org).

### **Longer Blurb**

After a year of postponement due to the COVID-19 Pandemic, The Northwest Municipal Conference (NWMC) is relaunching their [Multimodal Transportation Plan](#). The Plan builds upon the organization's previous bicycle plans and expands the focus to include pedestrians and those who walk or bike to access transit. With growing demand for non-motorized modes of transportation, the Plan recognizes the need to provide a safe, cohesive network of multimodal facilities throughout the region.

Through a combination of detailed data collection and analysis, consultation with transportation staff throughout the region and extensive community engagement, the NWMC Multimodal Transportation Plan lays a blueprint for connecting the region. The Plan identified 19 priority bicycle corridors to connect the existing system of trails, evaluated sidewalks along major roads and surrounding transit stops to identify key gaps, and analyzed the issues that make it difficult for people to walk and bike to Metra, Pace, and CTA. To read the plan and learn more, please visit the [NWMC's website](#). Questions about the plan can be directed to Kendra Johnson and Matt Pasquini at [kjohnson@nwmc-cog.org](mailto:kjohnson@nwmc-cog.org) and [mpasquini@nwmc-cog.org](mailto:mpasquini@nwmc-cog.org).

## Links

- Link to the Plan: <https://nwmc-cog.org/important-docs/nwmc-multimodal-transportation-plan-02-28-20>
- NWMC Multimodal Transportation Plan website section, including GIS web tools to track implementation: <https://nwmc-cog.org/transportation/bike-and-pedestrian-planning/nwmc-multimodal-transportation-plan>





## Graphics



## KEY FINDINGS

FROM NWMC COMMUNITY SURVEY

RESIDENTS FROM > 50 COMMUNITIES RESPONDED

### \\ **BARRIERS**

#### BARRIERS TO **WALKING**



LACK OF DESTINATIONS  
LACK OF SAFE  
STREET CROSSINGS  
SPEED OF TRAFFIC

#### BARRIERS TO **BIKING**



LACK OF SAFE PLACES  
TO RIDE ON THE ROAD  
SPEED OF TRAFFIC  
LACK OF ACCESS  
TO TRAILS/PATHS

#### BARRIERS TO **TRANSIT**



DISTANCE TO/FROM  
TRANSIT STOPS  
LACK OF SAFE SPACE  
TO WALK/BIKE  
FREQUENCY OF TRANSIT



# NWMC Multimodal Transportation Plan



## KEY FINDINGS FROM NWMC COMMUNITY SURVEY

..... > 550 SURVEY RESPONSES

### HOW DO PEOPLE GET AROUND?

**32%**

WALK, BIKE, OR TAKE  
TRANSIT TO GET TO  
WORK/SCHOOL DAILY



**1** OUT OF **3**

WALK OR BIKE  
TO GET TO TRANSIT



**53%**

WALK OR BIKE  
AT LEAST A FEW  
TIMES A WEEK



NWMC  
Multimodal  
Transportation  
Plan

## Improving Public Safety

Using crash data to understand the cost of the status quo

Between 2013 and 2016 IDOT found...



**110** people walking were killed or seriously injured in traffic crashes within a half-mile of a priority transit stop, about a 10-minute walking distance

**93%**

of crashes where people walking or biking were killed or seriously injured occurred on roads with more than two lanes



**150** people biking were killed or seriously injured in traffic crashes within 1.5 miles of a priority transit stop, about a 10-minute walking distance

**96%**

of crashes where people walking or biking were killed or seriously injured occurred on roads with a speed limit of 30 MPH or greater

Note: All following statistics are for the NWMC service territory

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Lincolnwood

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**TO:** NWMC Bicycle and Pedestrian Committee

**FROM:** NWMC Transportation Staff

**DATE:** May 18, 2021

**RE:** NWMC Bicycle and Pedestrian Committee Meeting Dates for 2021-2022

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Below are the proposed dates for monthly NWMC Bicycle and Pedestrian Committee meetings for 2021-2022. While meetings are traditionally held at NWMC Offices at Oakton Community College, 1600 E. Golf Road, Suite 0700 in Des Plaines, current circumstances surrounding COVID-19 may warrant that meetings continue to be held via teleconference.

Tuesday	September 21, 2021	10:30 a.m. – NWMC Offices
Tuesday	October 19, 2021	10:30 a.m. – NWMC Offices
Tuesday	November 16, 2021	10:30 a.m. – NWMC Offices
Tuesday	January 18, 2022	10:30 a.m. – NWMC Offices
Tuesday	February 15, 2022	10:30 a.m. – NWMC Offices
Tuesday	March 15, 2022	10:30 a.m. – NWMC Offices
Tuesday	April 19, 2022	10:30 a.m. – NWMC Offices
Tuesday	May 17, 2022	10:30 a.m. – NWMC Offices