

Aitkin County Board of Commissioners  
Request for County Board Action/Agenda Item Cover Sheet



To: Chairperson, Aitkin County Board of Commissioners      Date: 4-29-14

Via: Roxy Traxler, Interim County Administrator

From: Tom Burke / Amy Wyant

Title of Item: Sample Packet for "Bike to Work" Day 2014

Requested Meeting Date: 5-13-14      Estimated Presentation Time: \_\_\_\_\_

Presenter: Tom Burke or Amy Wyant

**Type of Action Requested** (check all that apply)

- For info only, no action requested       Approve under Consent Agenda
- For discussion only with possible future action       Adopt Ordinance Revision
- Let/Award Bid or Quote (attach copy of basic bid/quote specs or summary of complex specs, each bid/quote received & bid/quote comparison)
- Approve/adopt proposal by motion       Approve/adopt proposal by resolution (attach draft resolution)
- Authorize filling vacant staff position
- Request to schedule public hearing or sale       **Other (please list) As follow-up to questions asked at H&HS Board Meeting April 22, 2014.**
- Request by member of the public to be heard
- Item should be addressed in closed session under MN Statute \_\_\_\_\_

**Fiscal Impact** (check all that apply)

- Is this item in the current approved budget?  Yes  No (attach explanation)
- What type of expenditure is this?  Operating  Capital  Other (attach explanation)
- Revenue line account # that funds this item is: \_\_\_\_\_
- Expenditure line account # for this item is: \_\_\_\_\_

**Staffing Impact** (Any yes answer requires a review by Human Resources Manager before going to the board)

- Duties of a department employee(s) may be materially affected.  Yes  No
- Applicable job description(s) may require revision.  Yes  No
- Item may impact a bargaining unit agreement or county work policy.  Yes  No
- Item may change the department's authorized staffing level.  Yes  No



**Supporting Attachment(s)**

- Memorandum Summary of Item
- Copy of applicable county policy and/or ordinance (excerpts acceptable)
- Copy of applicable state/federal statute/regulation (excerpts acceptable)
- Copy of applicable contract and/or agreement
- Original bid spec or quote request (excluding complex construction projects)
- Bids/quotes received (excluding complex construction projects, provide comparison worksheet)
- Bid/quote comparison worksheet
- Draft County Board resolution
- Plat approval check-list and supporting documents
- Copy of previous minutes related to this issue
- Other supporting document(s) (please list) Sample Packet for "Bike to Work" Day 2014 - 1 copy to circulate**

**Provide eleven (11) copies of supporting documentation NO LATER THAN Wednesday at 12:00 pm to make the Board's agenda for the following Tuesday. Items WILL NOT be placed on the Board agenda unless complete documentation is provided for mailing in the Board packets. (see reverse side for details)**



GET YOUR WORKOUT BEFORE YOU GET YOUR WORK IN.

THURSDAY, MAY 29, 2014

AITKIN, MINNESOTA

Commuter: Sample

Employer: \_\_\_\_\_

**Informational Package #1**

**ASAP:** Please email your t-shirt size: Adult S, M, L, XL to Amy M. Wyant at [amy.wyant@co.aitkin.mn.us](mailto:amy.wyant@co.aitkin.mn.us)

**This package contains:**

Share the Road brochure from MN DOT

Share the Road pocket guide from MN DOT

MN Bicycle Laws from MN DOT

Healthy Northland flyer

City of Aitkin Walking Trail brochure

Helmets for sale informational flyer

BEANERY BIKE BINGO card-[find instructions on the event website-Bike Bingo tab.]

[www.co.aitkin.mn.us/BikeToWorkDay/BTW-home.html](http://www.co.aitkin.mn.us/BikeToWorkDay/BTW-home.html)

BICYCLE SAFETY IS  
A TWO-WAY STREET

**Bicycling Is Safer and More Enjoyable When  
Bicyclists and Motorists Follow the Rules**

Whether bicyclists are riding for pleasure or to commute to work, biking is a safe and legal way to travel on Minnesota's roadways. Failing to yield the right-of-way and obey traffic control devices are major factors in collisions between bicyclists and motorists.

**Contributing Factors in Bicycle Collisions**

**TOP FACTORS ATTRIBUTED TO BICYCLISTS**

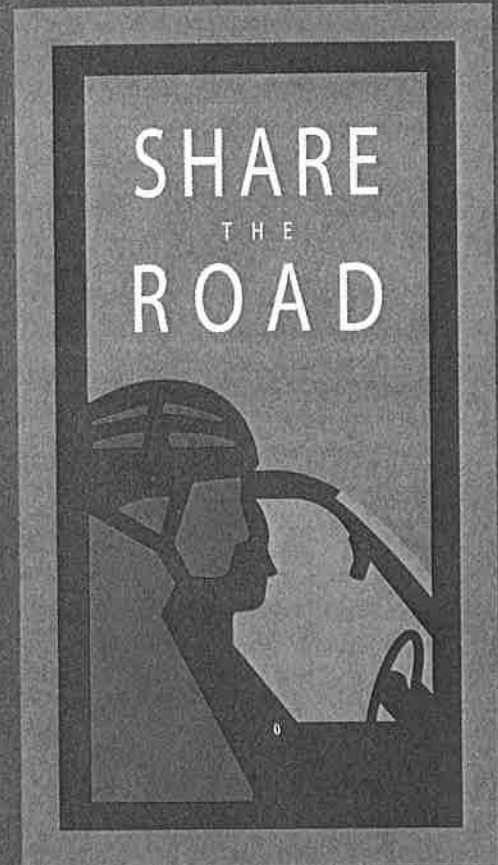
- Failure to yield right-of-way
- Inattention/distraction
- Disregard traffic control device
- Improper/unsafe lane use

**TOP FACTORS ATTRIBUTED TO MOTORISTS**

- Failure to yield right-of-way
- Driver inattention/distraction
- Vision obscured

Source: Minnesota Department of Transportation, 2002

To learn more about bicycle safety in Minnesota, visit  
[www.sharetheroadmn.org](http://www.sharetheroadmn.org)



MINNESOTA DEPARTMENT  
OF TRANSPORTATION

STATE NON-MOTORIZED  
TRANSPORTATION  
ADVISORY COMMITTEE

[www.sharetheroadmn.org](http://www.sharetheroadmn.org)

# EIGHT RULES OF THE ROAD THAT SAVE LIVES AND REDUCE INJURIES

Minnesota's streets, roads and highways provide transportation for a variety of vehicles – cars, trucks, motorcycles and, yes, bicycles. By following eight rules of the road, bicyclists and motorists can share the road more safely and enjoyably. After all, bicycle safety is a two-way street.



Bicyclists may ride on all Minnesota roads, except where restricted.

Bicyclists have all the same rights and responsibilities as motor vehicles, including the right to operate in a traffic lane.



Bicyclists should ride on the road, and must ride in the same direction as traffic.

It's illegal and unsafe for bicyclists to ride against (facing) traffic.



Motorists must at all times maintain a three-foot clearance when passing a bicyclist.

When a motorist is overtaking a bicyclist, the bicyclist has the right-of-way.



Bicyclists must obey all traffic control signs and signals, just as motorists.

Plain and simple – it's the law. Motorists and bicyclists must follow the traffic rules, such as stopping at stop signs and traffic lights.



Bicyclists and motorists must yield the right-of-way to each other.

Among the most common causes of bicycle-motor vehicle collisions is the failure of bicyclists and motorists to yield the right-of-way to each other.



Bicyclists must signal their turns and should ride in a predictable manner.

Bicyclists must use proper hand signals when turning left or right, or changing lanes.

Riding predictably means riding in a more or less straight line, avoiding abrupt swerving motions.



Bicyclists must use a headlight and rear reflector when it's dark. To increase visibility, add a rear flashing light.



Bicyclists should always wear helmets. Properly fitted helmets save lives and reduce injuries.



healthy northland  
STATEWIDE HEALTH IMPROVEMENT PROGRAM

Healthy Northland is building healthy, vital communities in Northeast Minnesota.



**Parking**

- Parking on a sidewalk is OK unless locally restricted, but don't impede normal movement of pedestrians and other traffic. (169.222, s. 9)
  - Parking on a roadway where obstruct movement of legally parked motor vehicles. (169.222, subd. 9)
- Sidewalks**
- Yield to pedestrians on sidewalks and in crosswalks. (169.222, s. 4)
  - Call-out or ring a bell when passing a pedestrian on a sidewalk or trail. (169.222, subd. 4)
  - Don't ride on sidewalks in business districts unless locally permitted. (169.222, subd. 4)

**Affirmative Defense**

- If charged with entering or crossing an intersection against a red light, a bicyclist has an affirmative defense if the bicyclist can establish all of these conditions:
  - the bicycle has been brought to complete stop;
  - the traffic-control signal continues to show red for an unreasonable time and appears to not be working, or has failed to detect the bicycle if programmed or engineered to do so; and
  - no motor vehicle or person is approaching on the cross street or highway or is so far away from the intersection that it does not constitute an immediate hazard. (169.06, subd. 9)

**Electric-assisted bicycles**

- An electric-assisted bicycle with pedals and a motor that can't go faster than 20 mph is considered a bicycle under state law; all relevant bicycle laws apply. (169.011 s. 4.27)
- You must be at least 15 years old to operate an electric-assisted bicycle. (169.222, subd. 6b)

**Additional Resources:**

- Unabridged Minnesota Laws  
[www.revisor.mn.gov](http://www.revisor.mn.gov)
- Share the Road  
[www.sharetheroadmn.org](http://www.sharetheroadmn.org)
- Dept. of Public Safety, Traffic Safety  
[www.dps.state.mn.us/tls](http://www.dps.state.mn.us/tls)
- Pedal Minnesota - The Bike-Friendly State  
[www.pedalmn.com](http://www.pedalmn.com)
- Bicycle Alliance of Minnesota  
[www.bikemn.org](http://www.bikemn.org)

**A POCKET GUIDE TO MINNESOTA BICYCLE LAWS**

8/2012



[www.dot.state.mn.us/bike](http://www.dot.state.mn.us/bike)



[www.mnsbac.org](http://www.mnsbac.org)

SHARE ROAD

MINNESOTA DEPARTMENT OF TRANSPORTATION

STATE NON-MOTORIZED TRANSPORTATION ADVISORY COMMITTEE

[www.sharetheroadmn.org](http://www.sharetheroadmn.org)

The following is an abridged summary of Minnesota State laws that pertain to bicycles and can be used as a reference by cyclists and others who need to know the laws.

### Minnesota Bicycle Laws

Minnesota Statutes  
Sections 169 (abridged)

#### Riding

- Bicyclists have all rights/duties of any other vehicle driver; obey all traffic control signs and signals that motorists must obey (169.222, subd. 1)
- On trails and bike paths that cross roadways, obey all stop signs and warning devices. (169.222, subd. 1)
- Carry only the number of persons on a bicycle for which it is designed and equipped. Exceptions include

- legal baby seats and seats attached to the bike operator. (169.222, subd. 2)
- Don't hitch a bicycle to another vehicle for a ride. (169.222, subd. 3)
- On roadways, ride in the same direction as traffic. (169.222, subd. 4)
- Ride as close as practicable to right hand curb or edge of roadway, except when passing a vehicle moving in same direction, when preparing to turn left at an intersection or into a private driveway, or when necessary to avoid conditions (such as objects, surfaces, hazards) that make it unsafe to ride close to the right. (169.222, subd. 4)

- Ride two abreast only if not impeding normal and reasonable traffic flow. (169.222, subd. 4)
- When passing a bicyclist or person on a bikeway, maintain a safe distance from the bicycle or person being passed. (169.222, subd. 4)
- Don't carry anything that prevents the operator from holding the handlebars with at least one hand or from properly operating brakes. (169.222, subd. 5)

#### Equipment

- In dark or dim light, always use a white front lamp and a red rear reflector or lamp; lamps may flash. Use enough reflective materials on each side of the bicycle or its operator to be seen by drivers of motor vehicles. (169.222, s. 6)

#### Turning

- Hold arm signal continuously for 100' before turning or when stopped waiting to turn, unless arm is needed to control bike. (169.222 s. 8)
- Use left arm to signal turns. When turning right, holding right arm straight out to right is also OK. (169.19, subd. 8)

8. Bicyclists should always wear helmets.

7. Bicyclists must use a headlight and rear reflectors when it's dark. To increase visibility, add a rear flashing light.

6. Bicyclists must signal their turns and should ride in a predictable manner.

5. Motorists and bicyclists must yield the right-of-way to each other.

4. Bicyclists must obey all traffic control signs and signals, just as motorists.

3. Motorists must maintain a three-foot clearance when passing a bicyclist.

2. Bicyclists should ride on the road, and must ride in the same direction as traffic.

1. Bicyclists may ride on all Minnesota roads, except where restricted.

## Learn more about:



### Active Living

Be active – walk, swim, bike, play, 30-60 minutes every day!

### Healthy Eating

Healthy food can be affordable, delicious, and simple to prepare!



### Clinical Care

Connecting clinics and communities to promote health for all.

### Tobacco Free Living

Be tobacco free where you live, learn, work, and play.



### Healthy Community Resources

You can help make your community a healthy place!



[HEALTHYNORTHLAND.ORG](http://HEALTHYNORTHLAND.ORG)

Made possible from a Community Transformation Grant, Centers for Disease Control and Prevention and the Minnesota Department of Health's Statewide Health Improvement Program

**Step Up to a Healthier You!  
Log Your Miles**

Date	Miles	Time Walked

**Additional Walking Resources  
in the Aitkin Area**

**Long Lake Conservation Center:**  
Several nature walking trails. North and East on HWY 210. Look for LLCC sign on the left. (Approximately 18 miles from Aitkin.)

**Indoor Walking:** Beat the chill of walking at Rippleside Elementary.



**GET ACTIVE!  
HAVE FUN!  
IMPROVE YOUR HEALTH!**

**Learn More about Active Living in AITKIN!**

*For more information contact:*

**Aitkin City Clerk**

Phone: 218-2527  
cityclerk@ci.aitkin.mn.us

Funding for this project provided by the Minnesota State Health Improvement Program (SHIP) 2010

**MINNESOTA'S VISION**  
*A Better State of Health*

*Statewide Health Improvement Program* | **SHIP**

**CITY OF AITKIN**

**A designated Minnesota Governor's FIT CITY**



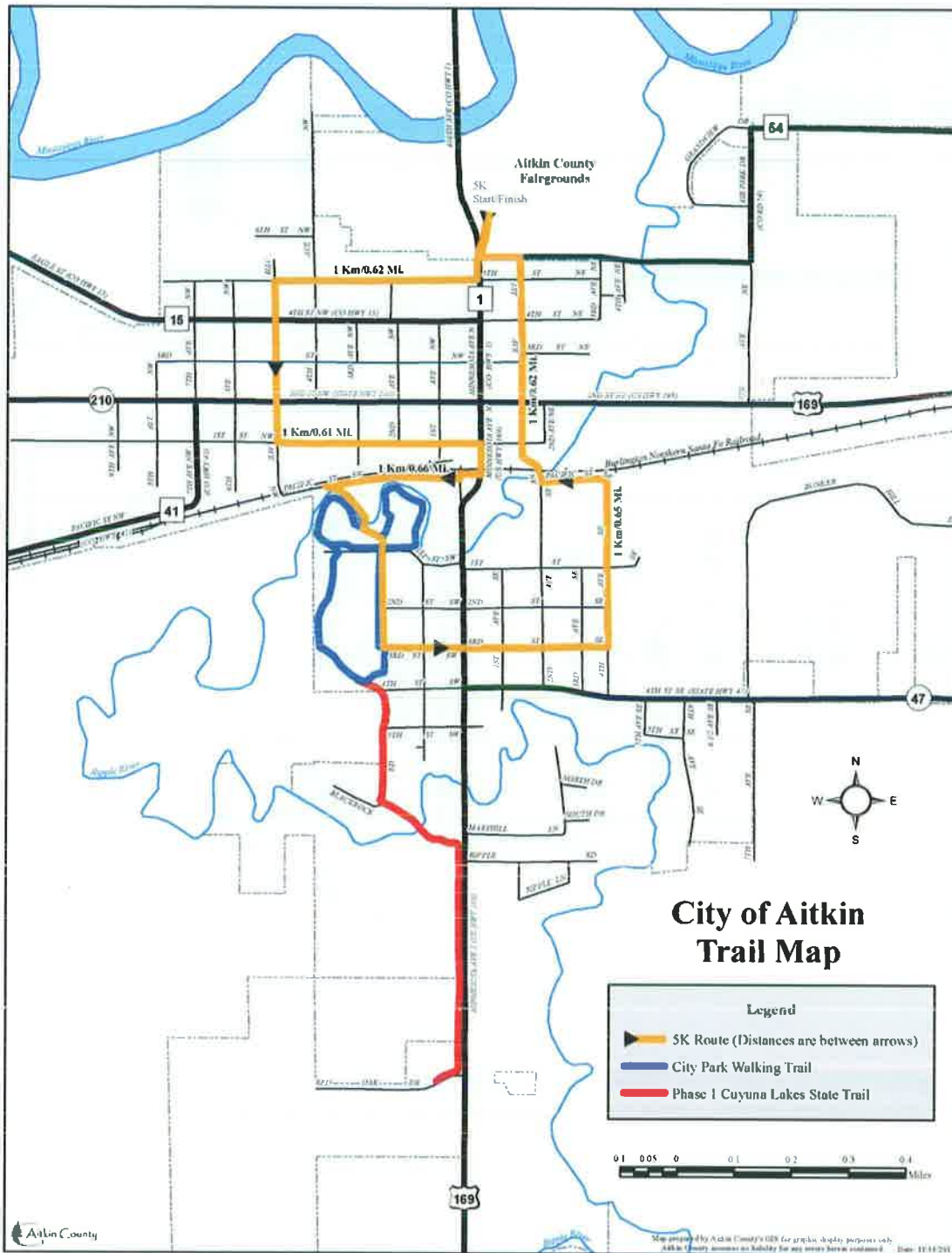
**CITY PARK**

**WALKING TRAIL**



**And explore a great community along the Mississippi River!**

# AITKIN WALKING TRAIL



## ABOUT AITKIN WALKING TRAILS

The 5K route has been certified by the USA Track & Field Road Running Technical Council. USATF MN13015RR effective 6-25-2013 to 12-31-2023.

The City Park walking trail loop is approximately 1 mile.

The Cuyuna Lakes State Trail is a multi-purpose paved trail that will eventually connect the communities of Aitkin, Deerwood, Crosby, Ironton, Riverton and Brainerd to the Paul Bunyan State Trail. Plans for Phase 2 in Aitkin are currently underway.

## BENEFITS OF WALKING

- Burns calories
- Strengthens muscles
- Slims your waist
- Easy on your joints
- Strengthens your bones
- Lowers blood pressure
- Allows time with family and friends
- Shapes and tones
- Cuts cholesterol
- Reduces risk of heart disease, & diabetes
- Reduces stress
- Sleep better
- Improves mood and outlook on life
- Requires no equipment
- AND it's Free



**healthy northland**  
STATEWIDE HEALTH IMPROVEMENT PROGRAM





Bell X-Games Champion Dave Mirra Signature Series Helmut-Brand New

Six in stock. \$15 per helmet [size s/m]

To pre-order: send an email to Amy M. Wyant at [amy.wyant@co.aitkin.mn.us](mailto:amy.wyant@co.aitkin.mn.us)

Price discount courtesy of Aitkin County Public Health and Human Services.












Bell Radar Adult Bicycle Helmet-Brand New Features: pinch guard, smart fit, sizing pads.

Fifteen in stock: \$10 per helmet  
[7 of s/m and 8 of m/l]

**To pre-order: send an email to Amy M. Wyant at: [amy.wyant@co.aitkin.mn.us](mailto:amy.wyant@co.aitkin.mn.us)**



GET YOUR WORKOUT BEFORE YOU GET YOUR WORK IN.  
THURSDAY, MAY 29, 2014  
AITKIN, MINNESOTA

B	I	N	G	O
<p>Rode someplace I'd never ridden before</p>		<p>Visited the resources tab on the Bike to Work Day website</p>		
	<p>Rode to work</p>		<p>Said hello to another bicyclist</p>	
	<p>Rode farther than I ever have before</p>		<p>Lubed my chain</p>	
	<p>Added air to tires</p>			<p>Encouraged a friend to start riding</p>
<p>Rode on a trail</p>	<p>Biked at least 5 miles in one day</p>	<p>Organized or joined a group bike ride</p>		



GET YOUR WORKOUT BEFORE YOU GET YOUR WORK IN.

MAY 1-MAY 29  
BEANERY BIKE BINGO