

WTA has many free publications about walking, bicycling and riding the bus. These brochures are filled with interesting facts and useful tips for meeting your transportation needs.

For more information contact us at:

Whatcom Transportation Authority
4111 Bakerview Spur, Bellingham, WA 98226
360-676-RIDE (7433)
www.ridewta.com



design & photography: good eye design, Bellingham, WA

WALKING SAFELY

Facts & Safety Tips for Walking

facts about walking

The average pedestrian can walk about a quarter of a mile in 5 minutes.

As many as 16.1 billion of the miles that Americans walk in a year actually replace automobile travel.

Walk Alert: National Pedestrian Safety Program Guide

In 1990 an estimated 4.5 million people commuted to work by walking (4 percent of all workers).

National Walking and Bicycling Study



photo: © Megan King

why walk?

According to the 1990 *National Personal Transportation Survey*, 27 percent of all travel trips are less than one mile in length and another 13 percent are within two miles (feasible walking distance).

In Washington State, 55 percent of air pollution is caused by motor vehicles. Walking can replace short trips made by car, which are proportionately more polluting than longer drives.

Walking is one of the best things you can do for your health. Only one in 10 adults in the US exercises three times a week for more than 20 minutes at 60 percent of their overall heart-lung capacity. Increasing the percentage of the population that walks on a regular basis would likely improve overall public health by reducing the occurrence of a variety of ailments.

It is generally accepted that streets with significant pedestrian activity are less hospitable to criminal behavior than are streets that have few people walking.

Excerpts from *Getting People Walking: Municipal Strategies to Increase Pedestrian Travel*



see

Look left, right, and left again before stepping onto the road, even at marked crosswalks and traffic signals. At unsignalized intersections, wait for gaps in traffic.

If obstacles (bushes, parked cars, etc.) block your view of approaching traffic, step out slowly and carefully to see cars and make sure drivers see you.

Be alert—don't assume you're safe when crossing, even in a crosswalk showing a "Walk" signal.

Be aware of all traffic, especially left-turning vehicles or vehicles taking a "right on red."

be seen

Try to make eye contact with approaching drivers to be sure they see you. Signal your intention to cross.

Cross legally, and at locations where you are most visible to motorists.

When crossing a road with two or more lanes of traffic moving in the same direction, use caution. A driver yielding in the near lane may prevent a driver in the far lane from seeing you.

During the day, wear light, bright, or fluorescent-colored clothing when you walk. At night or in bad weather, wear reflective material and carry a light. If you use a mobility aid, such as a wheelchair or cane, add reflective strips to the device as well.

When there are no sidewalks, or when walking in a bike lane, walk facing traffic.

Walk with friends. It's fun, motivating and safer because drivers can more easily see a small group than one person.

as a pedestrian, you have the right to...

Cross at the intersection of any two streets, (unless there are signs prohibiting crossing) or any other marked crossing. Vehicles are legally required to yield to you, but always be cautious. At signals, obey the law (see Pedestrian Signal section below).

Cross mid-block, except between two signalized intersections; however, in these locations, you must yield to vehicles.

Report places that are unsafe or uncomfortable for walking. Contact City of Bellingham Bicycle and Pedestrian Hazard Program.

Access information about your local transportation system and participate in decision-making processes.

Be accepted as a valid user of the transportation system. Alert, responsible pedestrians should feel safe.

using pedestrian signals

If the signal shows a steady "walk" or symbol of a person walking, it is okay to cross, but watch for turning cars.

If the signal shows a flashing "Don't Walk" or a flashing hand, don't start crossing. If you are already crossing the street, go ahead and finish crossing.

If the signal show a steady "Don't Walk" or a steady hand, don't start crossing.

as a motorist, you have the responsibility to...

Stop for pedestrians in all crosswalks. There are crosswalks at every street intersection – whether they are marked on the pavement or not.

Remain stopped for all pedestrians in crosswalks until they are more than one lane away from your half of the roadway. On one-way streets remain stopped until there are no pedestrians in the roadway.

Look for pedestrians before making a left turn, especially when crossing multiple lanes. Focus on on-coming vehicle traffic and pedestrians who will cross your intended path.

Use caution when passing another vehicle that is stopped at an intersection. They may be stopped for a pedestrian you cannot see.

Look for pedestrians when turning right at a red light. They may be crossing with the walk signal.

Yield to pedestrians on the sidewalk when crossing, entering or leaving a street. Be sure to look at both sides of the sidewalk that crosses your path.

important phone numbers

(all area code 360)

City of Bellingham	
Sidewalk repairs/Obstructions.....	676-6850
Planning	676-6982
ADA Coord./Public Works.....	676-6961
Police Department/Traffic.....	676-6677
Neighborhood Patrol Sgts	676-6968
Neighborhood Block Watch	676-6924

Public Transit (WTA)	
Route Information	676-7433
TTY	676-6844

