

• INDIANA •  
**WALK**

*and*

**BIKE**

• SUMMIT •

MAY 5 - 6 AT THE OMNI SEVERIN HOTEL

PRESENTED BY:

**HEALTH** *by*  
**DESIGN**

# THANKS TO THE GENEROUS SUPPORT OF OUR SPONSORS



# DAY I SCHEDULE OVERVIEW

8-9 AM | REGISTRATION & REFRESHMENTS

9 - 9:20 AM | WELCOME & OPENING REMARKS

9:30 - 10:45 AM | BREAKOUT SESSIONS

11 AM - 12 PM | KEYNOTE - CHARLES T. BROWN

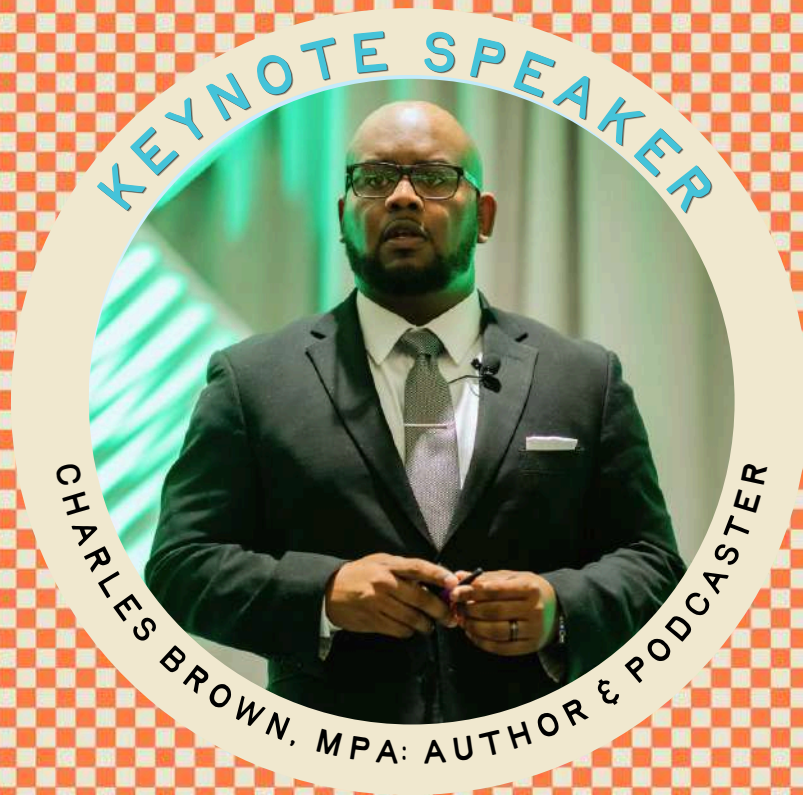
12 TO 1 PM | LUNCH & NETWORKING

1 - 3:30 PM | MOBILE WORKSHOP

-OR-

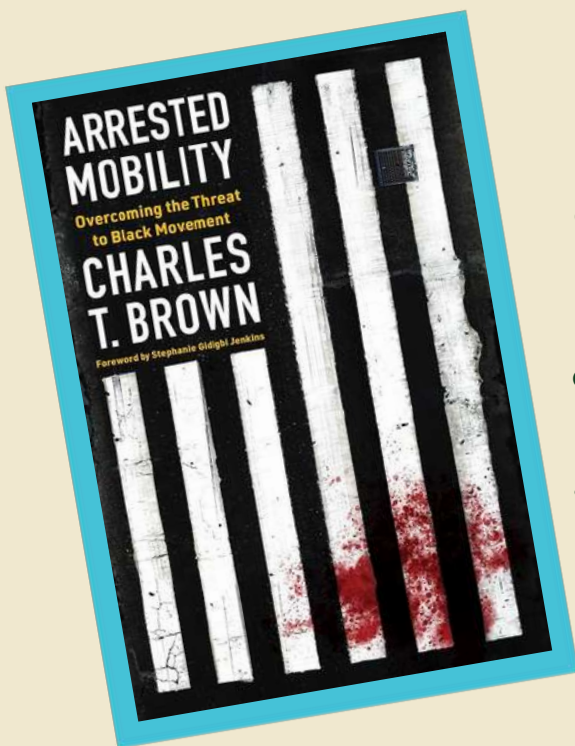
1 - 3:30 PM | BREAK OUT SESSIONS

4 - 6 PM | WALK, BIKE, WEAVE: NETWORKING EVENT



**TUESDAY, MAY 5  11 A.M. - 12 P.M.**

Charles T. Brown is an author, professor, military veteran, and host of the award-winning Arrested Mobility podcast, advancing national conversations around justice, mobility, and the freedom to move safely. He is also an adjunct professor at the Edward J. Bloustein School of Planning and Public Policy at Rutgers University.



**ABOUT ARRESTED MOBILITY:**

In the US, police conduct millions of traffic stops for reasons unrelated to safety. Study after study confirm that Black drivers experience higher rates of non-safety stops, searches, and use of force than White drivers. In Arrested Mobility, Brown examines why mobility is not afforded in the same way to everyone. Understanding the causes of arrested mobility, will help us to develop solutions to increase mobility for Black people and other marginalized groups, Brown explains. The conditions society has created have their roots in what Brown calls “The Four Ps”: Polity, Policy, Planning, and Policing.

# MORNING SESSION 9:30 - 10:45 AM

## CAMINO TRAIL: PRIORITIZING HEALTH & CULTURE ON THE WESTSIDE OF INDIANAPOLIS

Learn about the Camino International Marketplace, a trail being built on the Westside of Indianapolis connecting 38,000 people to 4 grocery stores, 4 health centers, over 100 businesses, and 6 schools. Prioritized by the neighborhood due to the dangerous car-centric infrastructure, with high crash areas and no place to exercise or pursue active transportation. The initial impetus for the trail happened when the local library was moved, resulting in poor pedestrian and bike connectivity. Learn about how to do community engagement with health at the center, through the pioneering "Safe Routes to Health Center" process and the Health Engagement Zones.



**TEDD GRAIN**  
DIRECTOR, SOCIAL  
DETERMINANTS OF HEALTH  
ESKENAZI HEALTH



**JEB BARDON**  
TRUSTEE  
WAYNE TOWNSHIP



**JOAN SERVAAS**  
CIVIC LEADER  
EAGLEDALE NEIGHBORHOOD  
ASSOCIATION



**FRANCISCO  
VALDIOSERA**  
EXECUTIVE DIRECTOR  
MONARCA ACADEMY



**SABINE AUGUSTIN**  
ENTERPRISE PROJECT MANAGER  
ESKENAZI HEALTH



# MORNING SESSIONS - 9:30 TO 10:45 AM

## DON'T GIVE ME MIXED SIGNALS: DECODING SIGNALS FOR WALKING AND BIKING

Everyone knows that Green means Go and Red means Stop when driving a car. But what do traffic signals mean for you when you're on a bike or walking down the street? Join Indy DPW's Traffic Signal Engineer and Bike and Walk Coordinator for an interactive discussion on how modern traffic signals are programmed to keep you safe while outside of a vehicle. We'll break down how signals "think," why certain timings exist, and how pedestrian push buttons and vehicle detection really work. This workshop is highly participatory—audience members will help act out real signal scenarios to demonstrate how intersections respond to different users. Whether you're a daily commuter, a recreational cyclist, or simply curious about what happens inside those metal cabinets on the corner, you'll come away with a clearer understanding of the systems that help keep everyone moving safely.



**TUCKER BORN, PE**  
TRAFFIC SYSTEMS  
ENGINEER  
CITY OF INDIANAPOLIS, DPW



**JAMEY MCPHERSON**  
BIKE + PEDESTRIAN  
COORDINATOR  
CITY OF INDIANAPOLIS, DPW

## PANHANDLE TRAIL: PUTTING THE PIECES TOGETHER

This session will describe initial processes of coordinating a multi-county and multi-jurisdictional regional trail, as well as coordinating planned and constructed segments through past and ongoing multiple organizational efforts. Topics discussed will include activities leading to segment determination and segment description, early coordination efforts needed, and how to support future coordination efforts through coordination, mapping, and supporting documentation.



**DAVID BENEFIEL**  
PRINCIPAL TRANSPORTATION PLANNER  
ANDERSON MPO

# PANEL DISCUSSION 9:30 - 10:45 AM

## COMMUNITY IN MOTION: BLACK CYCLING IN INDIANAPOLIS

This session highlights the incredible work of Black-led cycling groups across Indianapolis that are building strong networks rooted in mentorship, visibility, and advocacy. It centers community-driven efforts that are expanding representation, access, and joy in cycling while addressing broader issues of equity and mobility. Through shared experiences and perspectives, the discussion explores how these groups are strengthening connections, shaping more inclusive cycling culture, and influencing transportation and public health outcomes across the city.



**MODERATOR: ANDRE DENMAN**  
**DEPUTY DIRECTOR: INDY PARKS**



**CHERIA CALDWELL**  
**BLACK GIRLS DO**  
**BIKE: INDY**



**ADELLE HILL-STOKES**  
**CO-FOUNDER**  
**RIVERSIDE RIDERS**



**WILDSTYLE**  
**PASCHALL**  
**VISUAL ARTIST &**  
**ACTIVIST**



**DAMON RICHARDS**  
**MAJOR TAYLOR**  
**CYCLING CLUB**

# FILM SCREENING 9:30 - 10:45 AM

## FILM SCREENING AND DISCUSSION: WALKABLE USA

In the late 20th and early 21st century, downtown Hammond, Indiana, once a thriving commercial and civic center, was all but abandoned. Fast forward to the 2020s, and the community sees a path forward to revitalize an area that was once a point of civic pride. To do so, they've enlisted the help of city planner and urban designer Jeff Speck. Speck, a movement which promotes alternatives to suburban sprawl and urban disinvestment. Central to Speck's design philosophy is the power of people walking. His work aims to shift the design and scale of cities from the car to the individual. These changes result in safer streets, and in older "legacy" communities they can help reinvigorate neighborhoods where many could not imagine such transformations taking place. Walkable USA explores the impact of city planning on our society, and the film uses Hammond as an in-progress case study of a possible solution to years of car-centric design.



ANNE TAYLOR  
EXECUTIVE DIRECTOR  
OF PLANNING AND  
DEVELOPMENT  
CITY OF HAMMOND

# AFTERNOON LECTURE 1:00 - 2:15 PM

## TACTICAL URBANISM IN INDY: SUCCESSES & CHALLENGES

This session will highlight the successes and challenges of two Tactical Urbanism projects in Indianapolis: 1) Community Heights Neighborhood Association 10th St. Project 2) Monon/86th Project Each presenter will outline the need for the project, as well as challenges and successes they encountered. Resources for doing a tactical urbanism project and applying for funding will be shared.



**CONNIE SZABO**  
**CCHMUCKER**  
**ADVOCACY DIRECTOR**  
**BICYCLE GARAGE INDY**



**LESLIE SCHULTE, PHD, PE**  
**NEIGHBORHOOD LEADER**  
**COMMUNITY HEIGHTS**  
**NEIGHBORHOOD ASSOCIATION**



# PANEL DISCUSSION 1:00 - 2:15 PM

## PANEL: NOW ARRIVING: TRANSIT AS THE ROUTE TO GROWING BIKE AND WALK NETWORKS

This discussion highlights two transformative initiatives led by the Gary Public Transportation Corporation (GPTC). Presenters will explore Cycle219, the region's DIY bikeshare project, tracing its origins, key partners, community impact, and future potential. The session will also showcase recent downtown improvements, including new GPTC/INDOT transit stations and bus lanes, enhanced crosswalks, station art installations, and the Downtown Gary Art and History Fitness Trail—developed by Purdue Extension with support from an IDOH grant.



**DAVID WRIGHT**  
PLANNING AND  
MARKETING MANAGER  
GARY PUBLIC  
TRANSPORTATION  
CORPORATION



**JESSICA RENSLow**  
SENIOR CONSULTANT  
NEXUS STRATEGY AND  
IMPLEMENTATION



**MARJORIE  
HENNESSY**  
CHIEF IMPACT OFFICER  
HEALTH BY DESIGN



**TAYLOR FIRESTINE**  
DIRECTOR OF HEALTHY  
COMMUNITIES  
HEALTH BY DESIGN

# AFTERNOON LECTURE 2:30 - 3:30 PM

## FLAT FUNDING, RISING COSTS:

### WHY PUBLIC TRANSIT NEEDS BOLD ADVOCACY NOW

Over the last 13 years, state investment in public transportation has remained stagnant, failing to keep pace with rising operational costs and growing demand. As a result, many communities now face severe budget deficits that threaten to reduce or eliminate critical transit services. These cuts disproportionately impact vulnerable populations, reducing mobility for those who rely on public transit for work, school, and essential services. This session will explore how advocacy for expanded public transportation funding directly supports Safe Routes, Connectivity, and Equity. Safe Routes depend on reliable transit infrastructure to ensure that all travelers, including pedestrians and cyclists, have access to safe, multimodal transportation options. Connectivity is strengthened when transit systems operate efficiently, linking people to jobs, healthcare, and economic opportunities. Equity is achieved when transit funding prioritizes historically underserved communities, ensuring that mobility is not a privilege but a right. Through case studies and data-driven analysis, we will examine the consequences of underfunding transit and highlight successful advocacy efforts that have led to policy changes and increased investment. Attendees will leave with strategies to engage policymakers, mobilize community support, and frame transit as a vital public good that benefits everyone.



**JOHN METZINGER**  
**GENERAL MANAGER/CEO**  
**CITILINK**

# PANEL DISCUSSION 2:30 - 3:30 PM

## HOOSIERS ON THE MOVE: WHERE DO WE GO FROM HERE?

This will be a panel discussion and open Q&A regarding the future of mobility within the State of Indiana. The Crossroads of America is, itself, at a crossroads. From the 1950s to the present, Indiana has built an enormous industry around transportation engineering and construction for airports, freight railroads, and highways. Indiana currently spends about \$274 per Hoosier on new or expanded highways and roads, but only \$0.60 per Hoosier for local public transit capital and O&M support. Following the new Ohio River Crossing, Indiana's highway capital program is largely complete. This panel dares to ask: What now? Is it time to rethink and reframe the way our State handles mobility? We will present a vision for the future of mobility in Indiana, where we are today, and how to move forward.



**AUSTIN GIBBLE**  
**TRANSIT PLANNER & PROJECT MANAGER**  
**STANTEC CONSULTING SERVICES**



**ANNIE DIXON**  
**SENIOR PLANNER**  
**INDIANAPOLIS MPO**



**MARTIN BLAKE**  
**MULTIMODAL DIVISION DIRECTOR**  
**INDIANA DEPARTMENT OF TRANSPORTATION**

# AFTERNOON SESSIONS 1:15 - 1:45 PM

## OBSERVATIONS FROM A NOSY MOM WALKING AMERICA: LESSONS FROM SIDEWALKS AND BUS STOPS

Over the past two years, Hope Henchey has traveled to cities all over America, mostly by train, learning what she can about cities and the people who live in them. What does a happy everyday life look like, and what are the common factors? What neighborhoods seem to be thriving, and why do some feel disinvested? And how can communities come together to become stronger? In this talk, Hope will be telling stories and sharing insights from hundreds of conversations with locals and thousands of miles traveled on sidewalks all over the country. Seeing the world from the ground and listening to the stories of ordinary people can teach us more than you might expect. The goal is that after this talk you will feel hopeful about finding agency where you can, solving problems with what you have, and feel equipped to speak up for your community. Also...it will be fun!



**HOPE HENCHEY**  
**CONTENT CREATOR**  
**HOPE HENCHEY WRITES**

## THE ARCHITECTED COMEBACK: RETURNING TO CYCLING AFTER CONCUSSION

The traditional concussion protocol says "rest until asymptomatic." For a cyclist, this approach retrains the brain for fragility, not performance. The terrain demands instant processing of optic flow, vestibular balance, and autonomic stability. If you haven't trained these systems post-injury, you aren't recovered—you are just resting. Join a Nurse Practitioner, Brain Injury Specialist, and Concussion Survivor to shatter the "dark room" mentality and embrace the 2026 Neuro-Resilience Blueprint. This high-impact session merges clinical precision with the lived reality of navigating the pavement post-TBI. We won't just discuss recovery; we will architect it.



**CARMEN FREDE DNP, AGACNP-BC, ACBIS**  
**DOCTORATE OF ACUTE CARE NURSE**  
**PRACTITIONER, CERTIFIED BRAIN INJURY**  
**SPECIALIST**  
**INDIANA LOCAL TRAIL COMMITTEE MEMBER**

# AFTERNOON SESSIONS 2:00 - 2:30 PM

## FROM CONCERNED HOOSIER TO TRAIL ADVOCATE

Take the first step from caring about trails to actively shaping trail policy in Indiana. This hands-on, beginner-friendly session will introduce participants to the basics of advocacy, how it differs from lobbying, and practical ways to connect with your legislators. Attendees will explore the tools of the advocate's toolkit, practice starting conversations, and learn how to turn nervous energy into effective action. By the end of the session, you'll feel more confident engaging with policymakers, sharing your story, and making your voice heard for Indiana's trails.



**KHEPRI HAZEL**  
**EXECUTIVE DIRECTOR**  
**GREENWAYS FOUNDATION**

## OHIO RIVER VISION: FROM CONCEPT TO CONSTRUCTION

The Ohio River Vision and Strategic Plan (ORVSP) is a transformative, community-driven initiative to reimagine how people experience and connect to the riverfront across the region. Stretching 50 miles through Evansville, Mount Vernon, and Newburgh, the plan positions the Ohio River as a catalyst for economic growth, enhanced quality of life, and a stronger regional identity. A central focus of the ORVSP is creating a more connected and active community. The plan outlines expanded trail systems, safer and more accessible walk and bike routes, and new public spaces that invite people of all ages and abilities to experience the river. By improving multimodal infrastructure, the vision supports more convenient, healthy, and sustainable ways to move throughout the region. Developed through extensive community input, the plan also prioritizes ecological resilience and thoughtful design to ensure long-term impact. From revitalized riverfront destinations to strengthened neighborhood connections, the Ohio River Vision reflects a shared commitment to making the riverfront more vibrant, inclusive, and accessible.



**ASHLEY DIEKMANN**  
**RIVER VISION ADVANCEMENT DIRECTOR**  
**EVANSVILLE REGIONAL ECONOMIC PARTNERSHIP**

# AFTERNOON SESSIONS 2:45 - 3:15 PM

## BLACK GIRLS DO BIKE: INDY

Black Girls Do Bike: Indy is growing a vibrant, supportive community of women of color who share a passion for cycling. This session will explore how creating welcoming spaces, fostering connection, and prioritizing representation can help more women, especially Black women and girls, experience the joy and freedom of biking. Through community-building, skill-sharing, and organized rides, Black Girls Do Bike Indy is redefining who cycling is for and what it can look like. Attendees will gain insight into effective strategies for engagement, advocacy, and storytelling that promote safety, confidence, and visibility in cycling communities.



**CHERIA CALDWELL**  
**BLACK GIRLS DOBIKE: INDY**

## TRAIL ORIENTED DEVELOPMENT GUIDELINES FOR CENTRAL INDIANA

Central Indiana's 230+ miles of regionally connected trails are creating new opportunities for transportation and economic development. This session introduces the Central Indiana Trail Oriented Development (TrOD) Study, which offers a framework of ten development typologies and practical design guidance to support safe, connected, inclusive, and vibrant trail-adjacent communities. The discussion highlights example development concepts from four trail locations and explores strategies to support equitable growth, including approaches to protect affordable housing, improve access to public recreation amenities, and uplift underserved communities. Attendees will gain insights into how Trail Oriented Development principles can be adapted and applied in their own regions.



**JEN HIGGINBOTHAM, AICP**  
**PRINCIPAL PLANNER**  
**INDIANAPOLIS MPO**

# MOBILE WORKSHOP 1:00 - 3:30 PM

## WHERE WE CONNECT: A BIKE TOUR OF THE NEAR NORTHWEST'S TRAILS

Explore Indianapolis' new connected trail network on the near northwest through this guided, 10+ mile mobile bike tour led by the Indianapolis Cultural Trail and Riverside Riders. The ride will highlight recent infrastructure including the Indianapolis Cultural Trail's Indiana Avenue expansion, Fall Creek Trail, Riverside Promenade, White River Trail, and the 16 Tech Bridge. At a casual pace with several stops, participants will learn how these investments strengthen safe connections between neighborhoods, parks, and destinations while celebrating culture and community, particularly the rich history of Indiana Avenue and the Riverside neighborhood. Participants will also hear more about both organization's efforts to grow Indy's bike culture through social rides, adaptive and e-bikes, and on-bike education.

Bring your own bike; limited free Pacers Bikeshare (e-bikes are available by reservation for those needing a bicycle to participate).



**ADELE HILL-  
STOKES**  
CO-FOUNDER  
**RIVERSIDE RIDERS**



**AMY MARISAVLJEVIC**  
DIRECTOR OF PLANNING  
AND PUBLIC PROGRAMS  
**THE INDIANAPOLIS  
CULTURAL TRAIL**



**STEPHANIE  
MCLAIN-COLLAINS**  
CYCLIST  
**RIVERSIDE RIDERS**



**PAMELA HARDY**  
CO-FOUNDER  
**RIVERSIDE RIDERS**

# DAY 2 SCHEDULE OVERVIEW

8-9 AM | REGISTRATION & REFRESHMENTS

9 – 9:15 AM | WELCOME & OPENING REMARKS

9:15 – 10:15 AM | KEYNOTE SESSION

10:30 – 11:45 AM | BREAKOUT SESSIONS

12 TO 1 PM | LUNCH & NETWORKING

1:15 – 1:45 PM | BREAKOUT SESSIONS

2 – 2:30 PM | BREAKOUT SESSIONS

2:45 – 3:15 PM | BREAKOUT SESSIONS

3:15 – 3:30 PM | CLOSING REMARKS



**WEDNESDAY, MAY 6  9:15-10:15 A.M.**

Over the last two decades, Kentuckian Ben Sollee has distinguished himself as multi-faceted creative, blurring the lines between music, tech, and activism. His music has been featured in tv shows such as Weeds and Parenthood. In addition, Sollee has a growing career as a composer for film, tv, and interactive media earning an Emmy Award in 2018 for his score on the ABC special Base Ballet. Mr. Sollee is also known for his social and environmental advocacy. Growing up in Kentucky, he developed a deep affection for the land and its people. This affection has manifested in many collaborations and projects with Appalachian Voices, The Nature Conservancy, and Oxfam America to name a few. In 2009, Sollee began touring partly by bicycle. Over the following five years, he racked up over 5,000 miles of pedaling around the nation with his cello Kay on what he affectional called his “Ditch the Van” tour. Currently, Sollee works as Media and Production lead for Canopy Ky, a non-profit helping businesses incorporate, measure, and grow their social and environmental good. He currently lives in Louisville, KY with his wife and three children.



## FINDING CONNECTIONS: HOW GREATER INDY TRAILWAYS CELEBRATES A REGIONAL TRAIL NETWORK

Over 800 miles of multi-use trails and greenways stretch across nine Central Indiana counties—Marion, Boone, Hamilton, Hancock, Shelby, Johnson, Morgan, Madison, and Hendricks—connecting locals and visitors to scenic corridors and regional destinations. What if we had a coordinated voice to represent this ever-expanding network? How could a brand promote trail use within neighborhoods, between communities, and across county lines? How could we use this to build both local and national awareness of our region? Greater Indy Trailways offers a case study at the intersection of trails, tourism, and storytelling. SmallBox and Visit Indy will share insights from the process behind the brand—including research, audience personas, and brand messaging development—to demonstrate how community engagement and storytelling can support regional placemaking, connectivity, and trail tourism. Through this case study, session participants will see how; Learnings from community engagement can inform user-centered strategy. - Written and visual storytelling can support connectivity and trail usage. - Shared resources can bring a regional trail network to life.



MEG LIFFICK  
CEO  
SMALLBOX



BRAD BEAUBIEN,  
AICP  
SENIOR DIRECTOR  
OF DESTINATION  
DEVELOPMENT  
VISIT INDY



KATELYN REDELMAN  
RESEARCH STRATEGIST  
SMALLBOX

# PANEL DISCUSSION - 10:30 TO 11:45

## TRANSFORMING STREETS TOGETHER: COMMUNITY VOICES IN TACTICAL URBANISM

Hear from community leaders as they share the stories behind their successful tactical urbanism projects. Learn what motivated the panelists, and how they started. What are the impacts they've seen in their neighborhoods and the challenges they faced. They will highlight the successes these projects have created, from safer and more welcoming streets to stronger community connections. Looking ahead, panelists will discuss their hopes for the future: how tactical urbanism can continue to spark creativity, advance equitable mobility, and empower residents to shape streets they live on.



MOEDERATOR  
DAKOTA PAWLICKI  
DIRECTOR OF TALENT HUBS  
CIVICLAB



PANELIST  
TUCKER BORN  
TRAFFIC SYSTEMS  
ENGINEER  
CITY OF INDIANAPOLIS, DPW



PANELIST  
LESLIE SCHULTE  
NEIGHBORHOOD LEADER  
COMMUNITY HEIGHTS  
NEIGHBORHOOD  
ASSOCIATION



PANELIST  
ABBY MACI RECKARD  
FOUNDER  
LILLE BONNE  
COMMUNITY LIVING  
ROOM



PANELIST  
JEFFERY TOMPKINS  
PRINCIPAL  
PROFORMUS

# MORNING SESSIONS - 10:30 TO 11:45

## BEYOND ROADS: USING THE THOROUGHFARE PLAN TO ADVANCE MULTIMODAL TRANSPORTATION, LESSONS FROM BLOOMINGTON

This session explores how communities can better support walking, bicycling, and transit by reframing the Thoroughfare Plan as a multimodal transportation tool. It highlights why the Plan is especially significant in Indiana and how it can be used proactively to advance equitable transportation outcomes. Using Bloomington as a case example, the session demonstrates how transportation plans can guide incremental infrastructure improvements that improve safety and accessibility, even when major reconstruction projects and long-term funding are uncertain.



**BETH ROSENBERGER**  
SENIOR PLANNER  
TOOLE DESIGN

## SHORT FILM SCREENING & DISCUSSION: RIDE

“Ride” a short documentary directed by Wildstyle Paschall and Mark Latta, explores the cycling culture in Indianapolis. Bicycling creates sensations of joy, fosters community connectedness, and expresses personal independence. Despite an increase in traffic fatalities, underdeveloped infrastructure, and a hostile car culture, cyclists refuse to give up the ride.



**MARK LATTA**  
FOUNDER & STUDIO  
DIRECTOR  
CITY UPRISING



**WILDSTYLE  
PASCHALL**  
VISUAL ARTIST &  
ACTIVIST

## BRT IN THE HEARTLAND: BUILDING A NETWORK

Over the past 20 years, Indianapolis has become an unexpected national champion in the realm of mobility. The Cultural Trail has been the crown jewel in our ever-expanding protected bike lane and greenways network, we've become the first U.S. city to make bike-share free for all residents, and we're building out one of the premier bus rapid transit systems in the country. The first line, the Red Line, opened for service in 2019 and the Purple Line opened for revenue service in 2024. The third line of the Marion County Transit Plan, the Blue Line, is currently under construction and is anticipated to begin revenue service in 2028. In this workshop, participants will be guided by professionals who have worked, or are currently working, on the development of Indianapolis's BRT system. We will ride the Purple Line, discuss lessons learned, demonstrate changes to design between lines based on lessons learned, and provide an overview of community engagement and ongoing efforts.



**AUSTIN GIBBLE**  
**TRANSIT PLANNER & PROJECT MANAGER**  
**STATNEC CONSULTING SERVICES**



**MATTHEW DUFFY**  
**DIRECTOR OF CAPITAL PROJECTS**  
**INDYGO**



**KAYLA BLEDSOE**  
**OUTREACH SPECIALIST**  
**INDYGO**

# AFTERNOON WORKSHOP - 1:15 TO 3:15 PM

## TRANSIT NETWORK DESIGN BASICS: THE PRAIRIEVILLE INTERACTIVE DESIGN GAME

Prairieville is an interactive workshop exploring the trade-offs of designing a transit system. This two-hour workshop fills a critical gap in professional training by giving planners a grasp of how transit networks and services work, so that they can form more confident and resilient opinions about transit proposals in their own work. It offers a fun, hands-on way of learning what makes an effective transit network, and what those insights mean.



**SEAN NORTHUP**  
**DEPUTY DIRECTOR**  
**INDIANAPOLIS MPO**



**JEN HIGGINBOTHAM, AICP**  
**PRINCIPAL PLANNER**  
**INDIANAPOLIS MPO**

## THE POWER OF THE PEDAL - INTRODUCING BICYCLE EDUCATION PROGRAMS TO COMMUNITIES

The Power of the Pedal: Introducing Bicycle Education to Communities Can a bicycle change the neighborhood? This workshop explores the bike as a transformative tool for equity, health, and independence. We move beyond "how to ride" to show you how to build sustainable programs that break down transportation barriers. Lack of transportation is a leading barrier to education and employment. This session introduces a comprehensive model for community-based bicycle education. Participants will analyze the bicycle's role in equalizing power differences and providing underserved populations with access to vital resources. Through the lenses of curriculum development, safety advocacy, and refurbishing initiatives, we provide a toolkit for creating a mobile, empowered, and sustainable community.

What you'll gain:

- **Strategic Frameworks:** Design age-appropriate curricula from school age programs to adult commuting.
- **Partnership Blueprints:** Learn to turn schools, parts, and libraries into "Bicycle Friendly" hubs.
- **Impact Models:** Master the "Refurbish and Distribute" system to get bikes to those who need them most.
- **Advocacy Skills:** Teach safety and rights to empower riders in urban spaces.



LANISHA CLARK  
EXECUTIVE  
DIRECTOR  
FREEWHEELIN'  
COMMUNITY BIKES



## DATABIKE FOR QUALITATIVE TRAIL INVENTORY

People frequently use trails for physical activity and transportation. The quality of these pathways impacts the user experience and the number of user. Smoother trails are generally considered better trails and therefore have more users. However, it is unusual for regular trail maintenance to be planned or budgeted. In fact, the need for trail maintenance is becoming an issue throughout the nation as existing trail networks age. The Crossway Trails are made up of the trails within the MACOG region and are considered an asset to the region. MACOG believes these assets, much like roadways are commonly considered an asset to be qualitatively managed, should be maintained to ensure their high quality is planned for and budgets are created. The presentation will describe how MACOG utilized a databike to measure the smoothness and roughness of existing pathways as a baseline for current conditions and for anticipating future maintenance needs. We will share what makes up the databike, how the resulting data was visualized and how the data can be used for planning and budgeting purposes.



**DUSTIN NEW**  
**ACTIVE TRANSPORTATION PLANNER**  
**MICHIANA AREA COUNCIL OF GOVERNMENTS**

## TRAFFIC STUDIES 101

Come learn how to conduct your own traffic studies and better understand what's happening on your streets. You'll learn simple, low-cost methods to estimate vehicle volumes and collect speed data without expensive equipment, along with where to find and use existing public data. By the end, you'll have practical tools to gather insights, tell a stronger story, and advocate for safer, more informed street design.



**LAURA SLUSHER**  
**LEAD TRANSPORTATION SAFETY ENGINEER**  
**PURDUE UNIVERSITY: LOCAL TECHNICAL ASSISTANCE PROGRAM (LTAP)**

# AFTERNOON SESSION - 2:00 TO 2:30 PM

## BREAKING BARRIERS, BREAKING RECORDS: FITTING BIKESHARE INTO THE TRANSPORTATION PUZZLE

Communities across Indiana—especially small and mid-sized towns—are grappling with limited transportation options, workforce access challenges, and rising infrastructure costs. Creative, right-sized solutions are essential. Bikeshare is often viewed as a “big city” amenity, yet it can be a powerful, adaptable tool for smaller communities seeking affordable, flexible mobility options. In this session, we’ll share lessons from Pacers Bikeshare, operated by Indianapolis Cultural Trail, Inc., and explore what translates beyond Indianapolis. Since launching in 2014, the program has grown significantly—particularly following the introduction of e-bikes and IndyRides Free, a free annual pass for Marion County residents. These strategies reduced barriers, expanded access to jobs and essential services, and dramatically increased ridership. While Indianapolis is larger than many Indiana communities, the core principles—strong partnerships, phased growth, sustainable funding models, and equity-centered design—are scalable. We will discuss how bikeshare can complement existing trails, downtown districts, and tourism assets common in smaller towns, and how communities can start small, test demand, and grow intentionally. Attendees will leave with practical considerations for feasibility, funding, operations, and community buy-in.



**EMILY PLUNCKETT**  
PACERS BIKESHARE  
OUTREACH AND EDUCATION  
MANAGER  
INDIANAPOLIS CULTURAL  
TRAIL



**JOSHUA THARP**  
PACERS BIKESHARE  
PROGRAM DIRECTOR  
INDIANAPOLIS CULTURAL  
TRAIL



# AFTERNOON SESSIONS - 2:00 TO 2:30 PM

## UNDERSTANDING COMMUNITY & GROWING TRAILS: USING DATA TO CONNECT & IMPROVE INDY'S GREENWAYS

This session will discuss how the City of Indianapolis, MKSK, and its partners are using data and insights to guide the creation of this plan. This includes using data to understand how to connect people and trails, to connect underserved communities to active transportation, to improve health and the environment, to promote growth and development, and to encourage sustainable funding and operations. The session will include examples of how data and insights have guided approaches to community engagement, development prioritization, placemaking, and storytelling.



**DANIEL HEDGLIN**  
SENIOR PROJECT MANAGER -  
TRAILS & GREENWAYS  
CITY OF INDIANAPOLIS, DPW



**AARON KOWALSKI**  
ASSOCIATE PRINCIPAL  
MKSK

## FACTORS INFLUENCING PHYSICAL ACTIVITY PARTICIPATION AMONG RACIAL MINORITIES IN MARION COUNTY: FINAL OUTCOMES FROM A MIXED METHODS STUDY

Physical activity (PA) is essential for preventing chronic illnesses and promoting lifelong health, yet many adults fail to meet established PA guidelines. This is particularly true for underrepresented racial/ethnic minority adults, who face inequities that limit participation. This presentation will present the final outcomes of a mixed methods study done in Marion county that aimed to contextualize the factors promoting and preventing physical activity among minority adults. Attendees will 1) analyze factors influencing PA among minorities with varying leisure-time PA levels to identify barriers and facilitators; and 2) develop strategies to increase PA participation in minorities while addressing health disparities.

**RAFAEL ALAMILLA, PH.D.**  
HEALTH SCIENTIST  
INDIANA UNIVERSITY



# AFTERNOON SESSIONS - 2:45 TO 3:15 PM

## COMMUNITY ENGAGEMENT AND EDUCATION, FOR ENGINEERS, PLANNERS, AND LOCAL LEADERS

Infrastructure projects are costly and often take years to move from concept to construction—and without early, meaningful community engagement, they can face delays or derailment late in the process. This session highlights the importance of engaging residents early, particularly when active transportation and transit projects will change how local streets function. It explores how thoughtful community education, partnerships with local nonprofits, and public information sessions that go beyond “checking the box” can improve project outcomes by incorporating local knowledge and neighborhood priorities into planning and design.



**ANTHONY CHEROLIS**  
**EXECUTIVE DIRECTOR**  
**CENTRAL INDIANA CYCLING**

## MONON SOUTH TRAIL: WHERE TRAILS MEET ECONOMIC DEVELOPMENT

Construction of the Monon South Trail stretching over sixty miles through southern Indiana has been led by an unusual organization - Radius Indiana, an economic development group. Leadership by an economic development organization has led to a slightly different emphasis on development priorities and strategy.



**JEFF QUYLE**  
**PRESIDENT AND CEO**  
**RADIUS INDIANA**