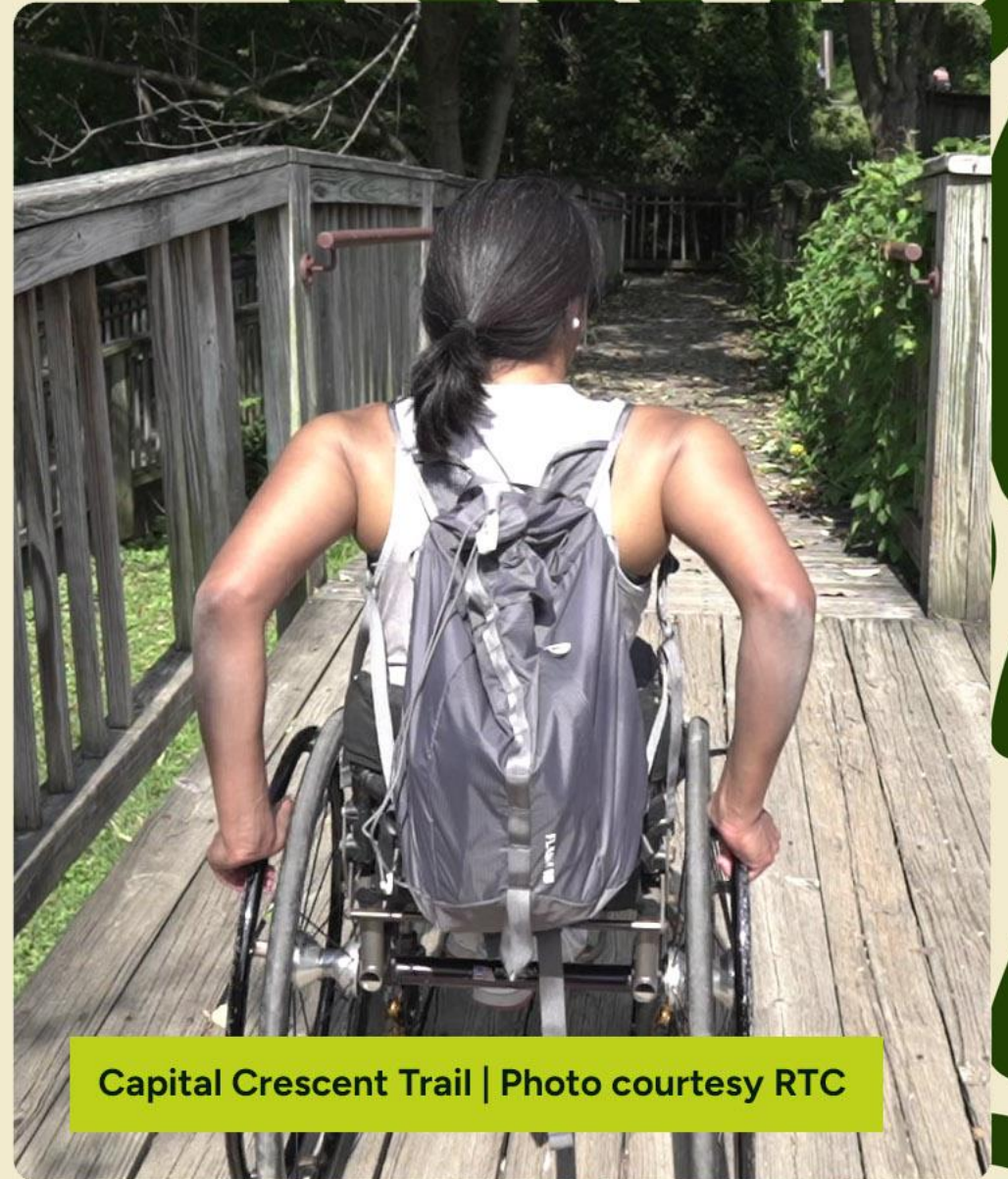


JULY 31, 2024

Resources for Improving Accessibility on Multiuse Trails



Capital Crescent Trail | Photo courtesy RTC

Before we begin...

- Drop your questions in the Q&A box.
- Send your technical assistance questions to: <https://rtc.li/technical-assistance>
- In the event you run into technical difficulties during the webinar, here's how to troubleshoot:
 - Log out and back into the webinar
 - Webinar ID: 819 3151 7505
 - Browse Zoom Customer Support topics & contact Customer Support: <https://support.zoom.us>
- Live transcription is enabled for this webinar

Panelists



Cecelia Black

Seattle Transit Organizer
Disability Mobility Initiative

4



Cat Fribley

Executive Director, Birdability



Kevin Andrews

Board Member, Metro Washington
Association of Blind Athletes



Resources



Trail-Building Toolbox: Accessibility



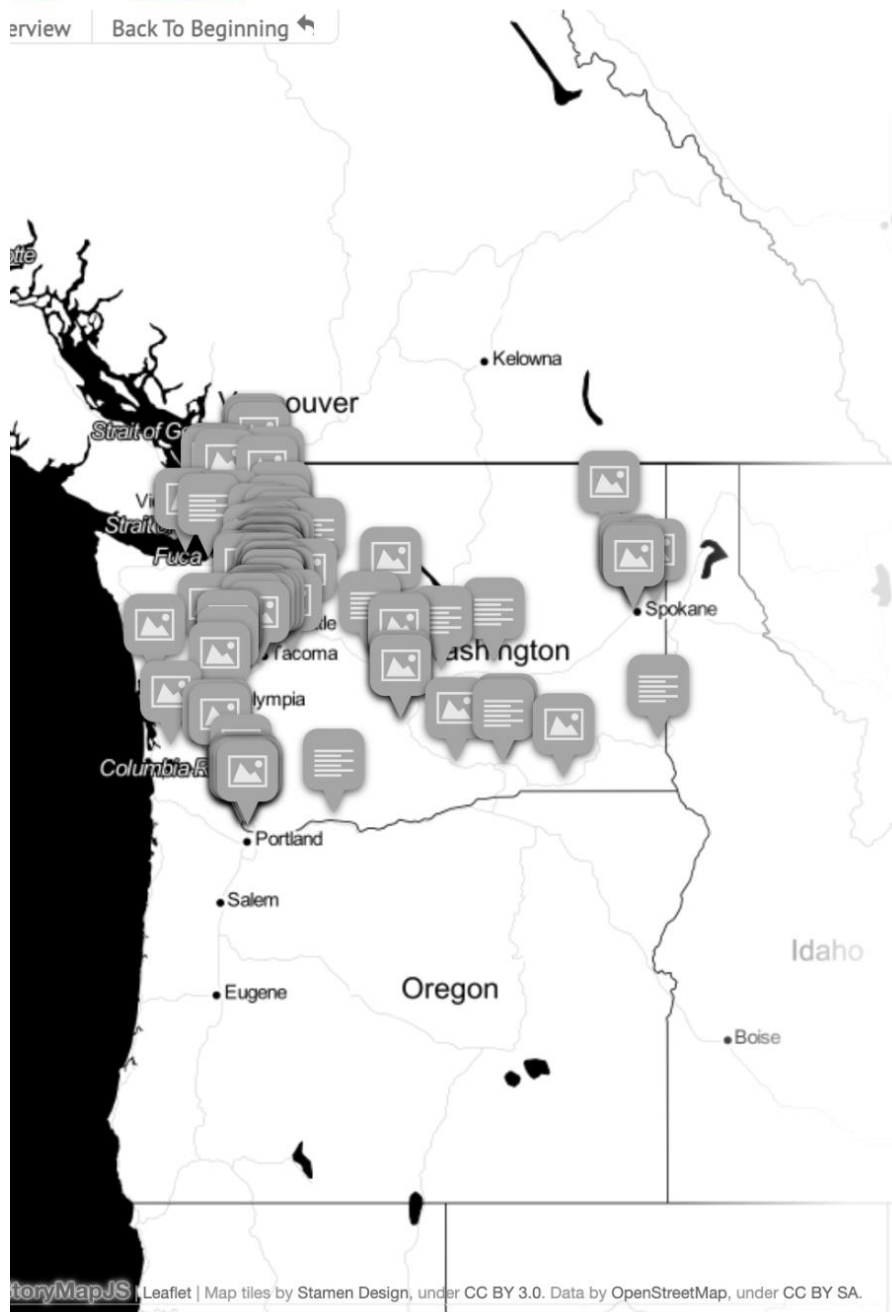
Accessibility on Rail-Trails and other Shared Use Paths (webinar)



Accessible and Inclusive Events and Programming on Multiuse Trails (webinar)



Disability Rights Washington: Trails Beyond Recreation



TRANSPORTATION ACCESS FOR EVERYONE: WASHINGTON STATE

A quarter of our population doesn't have a driver's license, and we know that with the current economic crisis, there are even more people in our communities who can't afford to own or drive a vehicle.

Who are we, and how do we get around? Disability Mobility Initiative wants to raise awareness about how people without access to cars navigate to essential services in our communities. We've interviewed people from every legislative district in our state who rely on transit, paratransit, walking, biking, rolling or community rides to get where we need to go.

Questions or press inquiries? Contact Anna Zivarts 206 324 1521 x 242





Disabled Nondrivers

- People with disabilities are 4x more likely to not drive than nondisabled people. We use buses, subways, and commuter rail for a higher share of trips than people without disabilities (BTS, 2022).



Nondrivers Can't Afford to Drive

- Households that make less than \$25,000 are 9x more likely to not have a car than households who earn more than \$25,000 (BTS, 2001).
- Black households are 3x more likely to lack access to a car than White households (Molloy et al, 2024)

Older Nondrivers

- 18% of people older than 65 don't drive, 35% of women over 75. On average, Americans will spend the last seven to ten years of their life unable to safely drive (AARP, 2022).



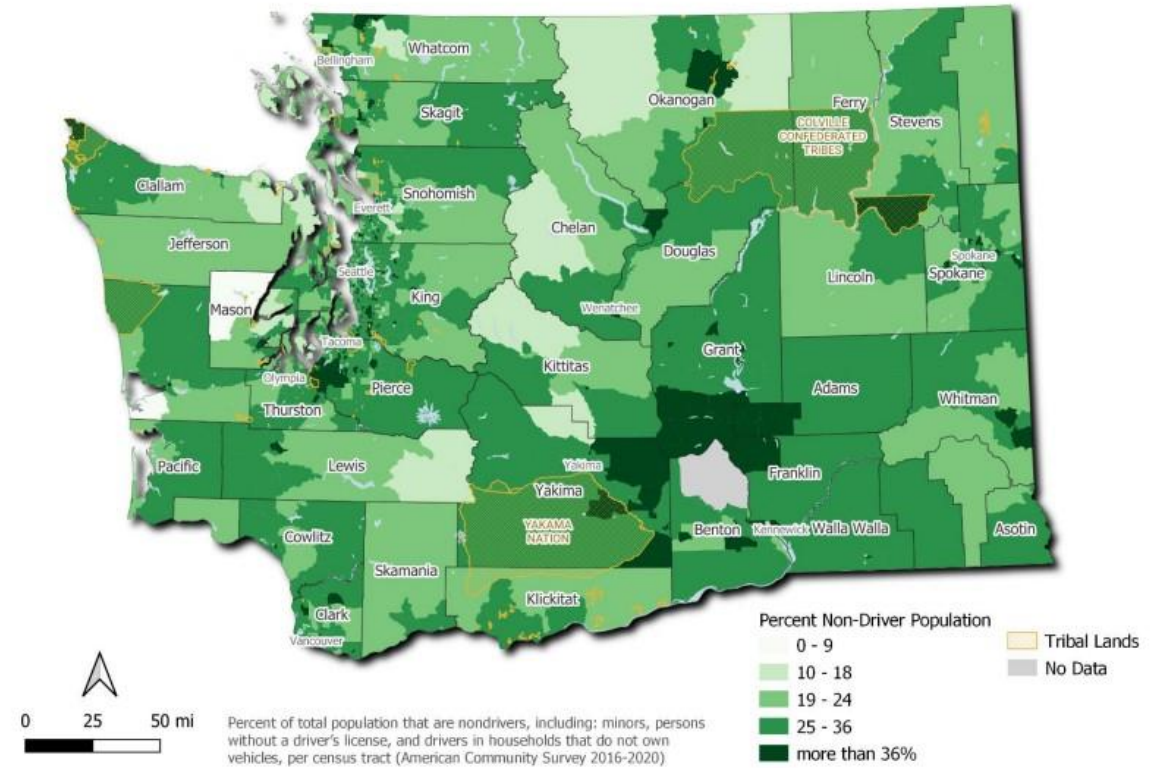


Yes,
Children
Count

One Third of Us

- 31 out of every 100 residents in the US lack a driver license (USDOT, 2020).
- Washington State: 30% of the population are nondrivers (JTC, 2023).
- Wisconsin: 31% of the population are nondrivers (WisDOT, 2021)

Percentage of Nondriver Population Per Census Tract





Trails are more than recreation

Does trail have 24-hour access?

Does trail connect to transit?

Is it accessible to all users?

How does it interact with car traffic?

Trails as transportation: Yakima Nation

- 350 pedestrians were injured and 22 died on a 50 mile stretch of 97 in Yakima Nation
- Heritage Connectivity Trails will span 150 miles through Yakima Valley





How do we design communities for nondrivers?



WEEKWITHOUTDRIVING

September 30 – October 6



WEEKWITHOUTDRIVING

Will you take the challenge with us?

- Sign up as a host organization at weekwithoutdriving.org
- Share with your networks **#WeekWithoutDriving**
- Invite electeds and agency leaders
- Organize an event!







Birdability



Celebrating the completion of a personal challenge to visit and bird in all 50 states by the time I turned 50 years old.

Alaska, August 2019.

Birdability's Mission

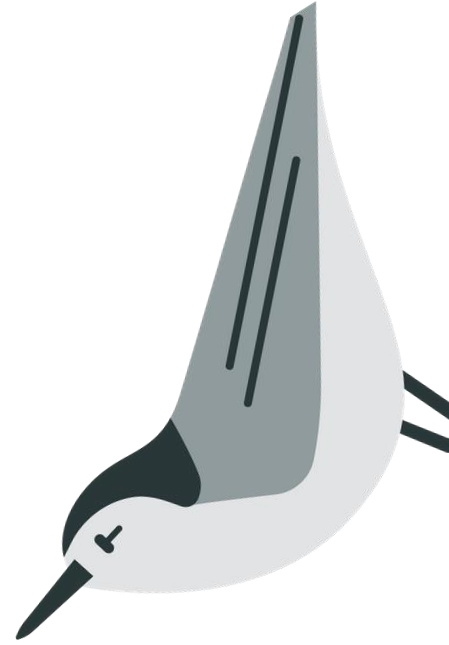
To share the joys of birding with people who have access challenges and ensure that birding locations and birding communities are accessible to everybody.

The three spokes of Birdability's work



Who we work with/for:

**People with mobility challenges,
blindness, chronic illness, cognitive/
intellectual or
developmental disabilities,
mental illness, and
those who are neurodivergent/neurodiverse,
Deaf and HoH, or who have other health concerns.**





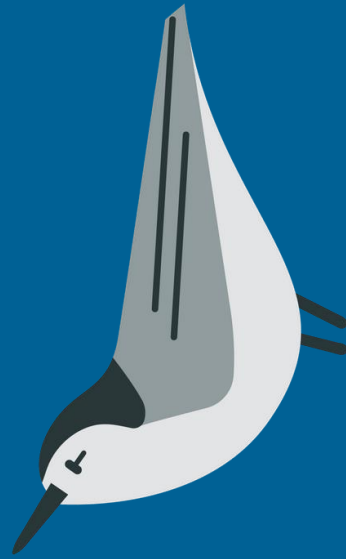
Some of Birdability's Work Includes:

- Birdability Map
- Resources and Guidance Documents
- Captains Program and Accessible Outings
- Advocacy and Education, consultation with parks and trail managers
- NPS Internship Program with Environment for the Americas
- Birdability Outreach Program (BOP)
- Birdability Week
- Virtual Programming (book club, Wingspan game night, webinars, virtual bird outings)



What is Accessible and Inclusive?

- Nothing is accessible to everyone, so we need to provide as much information as possible and let folks decide for themselves
- The ADA does not address many of the access needs that folks with disabilities have
- Access is the floor and inclusion is the goal
- Access and Inclusion require us to have an intersectional approach to disability
- We believe in the social model of disability and argue that it is society and our spaces that are barriers, and not disabilities



**Disabilities
are not the
problem.
Barriers to
people with
disability are.**



 **Birdability**



Why is it important?

- One in three birders experiences accessibility challenges to participation in birding, according to Virginia Tech researchers Emily Sinkular and Ashley Dayer
- Many historically excluded folks don't believe that birding and nature is open and available to them
- When we create accessible and inclusive trails and outdoor spaces, EVERYONE benefits
- We know that birding and time in nature has incredible mental and physical wellness benefits
- Every single being deserves to be in nature



Why do accessible trails matter?



“There is ample evidence that time in nature provides a range of physical, emotional and mental benefits and can enhance a sense of belonging. Yet the people who need these benefits the most – the disability community — are often excluded from the outdoors.”

<https://www.wta.org/news/magazine/features/helping-disabled-people-find-belonging-outdoors>

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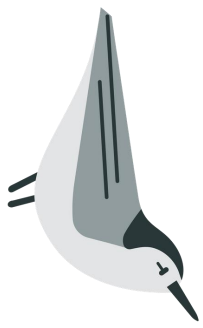
What we know

- **1 in 4 Americans currently has a disability, including:**
 - **36 million have a mobility challenge;**
 - **19 million are Deaf or hard of hearing**
 - **16 million are blind or have low vision.**
 - **15–20 percent of the world's population identifies as having some form of neurodiversity.**



(National Survey on Recreation and the Environment, 2020.)

(US Census Bureau, 2020.)











Access Considerations

Parking

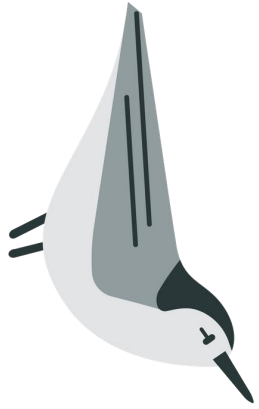


Trail information ahead of time

Information				
 LENGTH	 SURFACE	 TREAD WIDTH	 GRADE	 CROSS SLOPE
0.4 mile	Concrete, Wood Deck	Typical: 8' Minimum: 8'	Typical: 2.2% Maximum: 4.2%	Typical: 1.5% Maximum: 2.0%
0.6 mile	Unpaved	Typical: 5' Minimum: 2.5'	Typical: 2.2% Maximum: 15%	Typical: 1.5% Maximum: 12%
1 mile				

 TACTILE EXHIBITS  TOILETS  TRASH BINS

[For more information, visit birdability.org/access-considerations](https://birdability.org/access-considerations)



Access Considerations

Bathroom availability

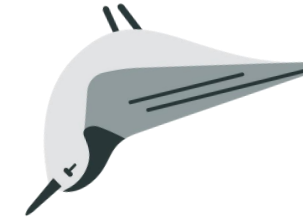


Interpretive signs



For more information, visit birdability.org/access-considerations

Access Considerations



**Maintenance, including
vegetation, snow, leaves**

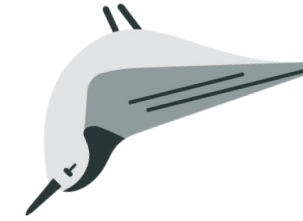


Railings



[For more information, visit \[birdability.org/access-considerations\]\(https://birdability.org/access-considerations\)](https://birdability.org/access-considerations)

Access Considerations



**Maintenance, including
vegetation, snow, leaves**



Railings



[For more information, visit birdability.org/access-considerations](https://birdability.org/access-considerations)



Access Considerations

Steps or other obstacles



Benches



For more information, visit birdability.org/access-considerations



What resources are available?

The Birdability Website has multiple resources including:

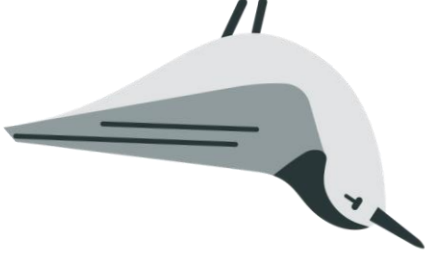
- Access Considerations- a trail assessment tool
- Inclusive Language resources and guidance
- Writing an Event Description
- Welcoming and Inclusive Birders
- Steps to Inclusive Outings
- Interacting with Wheelchair Users
- Understanding Neurodiversity
- Adaptive Birding Equipment

And more!



No one can predict
what an individual
with an access
challenge can or
cannot do.

Virginia Rose

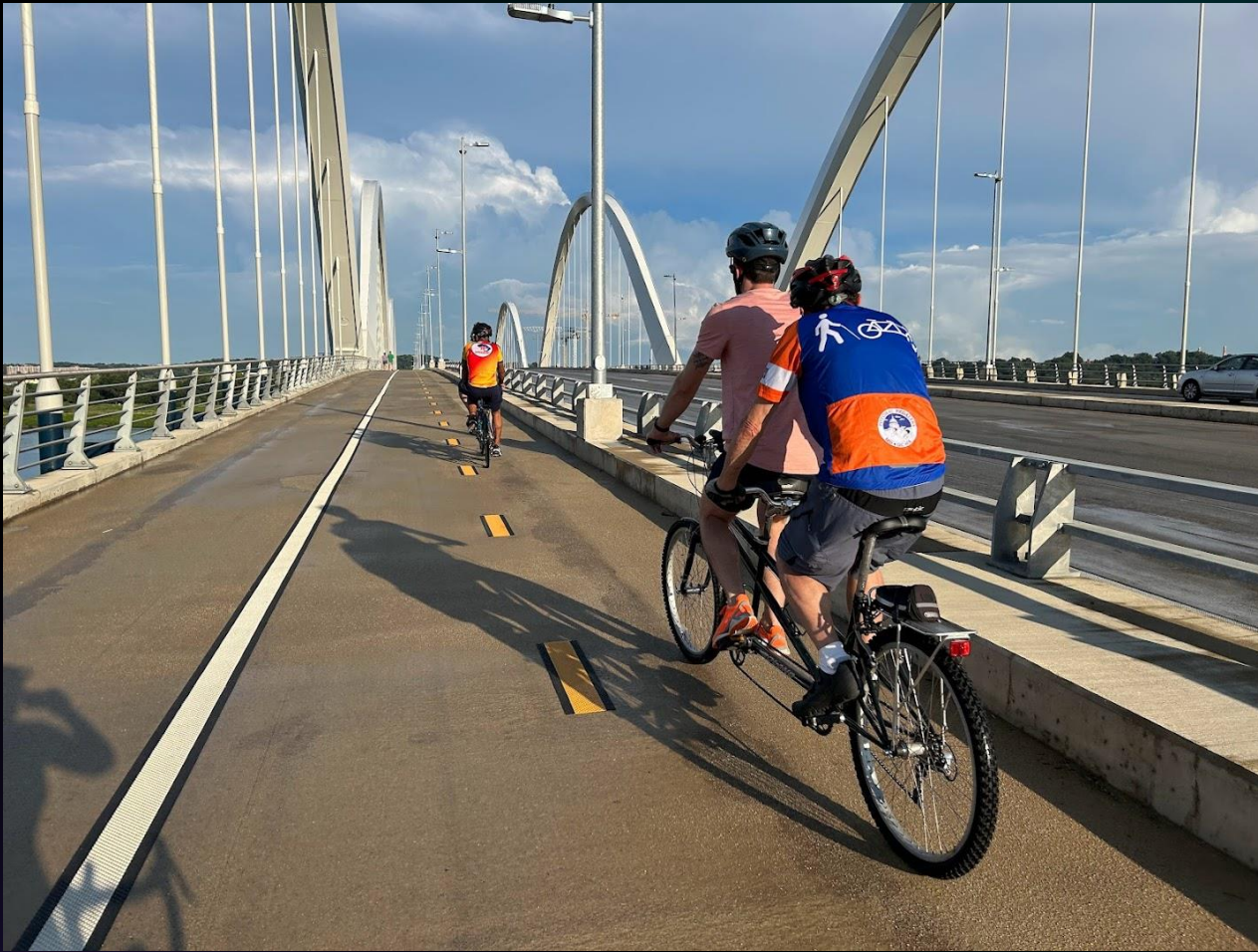


Ways to get involved

- **Contribute Site Reviews** to the Birdability Map.
- **Advocate** for accessibility improvements in your community.
- **Share our resources** with anyone who might benefit.
- Sign up for our monthly **newsletter** to keep up to date.
- Follow **@birdability** on Facebook, Instagram or YouTube
 - Share our posts.
- **Donate** to help support our work.
- Join us October 21-27, 2024 for **Birdability Week**.

For more information, visit birdability.org





Metro Washington Association of Blind Athletes (MWABA)

Enhancing Lives through Multi-Use Trails and Tandem Cycling

- Introduction to MWABA
- Our mission is to connect visually impaired individuals in D.C., Maryland and Virginia to activities that will help them live healthy, active, and balanced lifestyles!
- Overview of Presentation

Importance of Multi-Use Trails: Building Community, Promoting Health

- Community
- Physical Activity, Mental Well-Being
- Accessible Recreation for All

Exploring the DMV Area Trails

- Anacostia Riverwalk Trail
- Capital Crescent Trail
- Tandem lockers at the Eastern Market and Bethesda Metros



Criteria for Trail Selection

- Safety: paved, minimal road crossings
- Accessibility: ease of access for blind and visually impaired individuals
- Scenic value
- Proximity to public transit
- Affordability



Impact on our Community

- Camaraderie
- Social Networks

“The speed, the freedom, the sense of connection—it’s what made me fall in love with biking,” Karla Gilbride,

[Metro Washington Association of Blind Athletes Makes Tandem Connections on DC Trails - Rails to Trails Conservancy | Rails to Trails Conservancy](#)

Tandem Cycling Program

- Began in 2017, served over 90 individuals in 2023
- Many experienced cycling for the first time or after many years
- Teamwork
- Community engagement



Enhancing Trail Usability

- No tight curves, blind spots, dangerous bollards
- Wider trails
- Maintenance, smooth and hazard-free surfaces
- Rest areas, benches
- Lighting
- Tandem storage



MWABA in Action



MWABA in Action, Continued



Thank You and Q&A

Join the Tandemonium!

Gomwaba.org

Mwaba.inc@gmail.com

Kevin Andrews: 248-
508-8569





Q&A