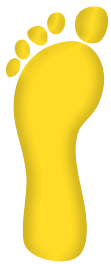


Footprints

May 2009

Matariki 2009

Newsletter for Living Streets Aotearoa



The Golden Foot Awards

New Zealand's National Walking Awards

Living Streets Aotearoa is asking transport and health professionals to step up to the challenge and enter the new National Walking Awards.

These new industry awards will celebrate and recognise New Zealand achievements for walkers, by acknowledging innovative new facilities, highlighting national best practise and rewarding ongoing commitment by organisations. The awards are not just for private companies and public organisations,

but will also reward not-for-profit groups and community organisations.

The categories are:

- The New Zealand Best Practice walking Facility
- Top commitment to walking by a New Zealand organisation
- Consultancy Award for walking excellence in New Zealand
- New Zealand Accessibility Innovation Award
- Best New Zealand Walking Promotion
- Best New Zealand Small Walking Project

The awards will showcase walking innovations and facilitate the sharing of new ideas across the country. The awards will be presented in a high profile ceremony in Wellington in July.

By raising the profile of walking friendly infrastructure and promotions, it is hoped future projects will give more consideration to walking friendly designs.

Living Streets Aotearoa is calling for people to nominate their top projects for the awards. Nominations close on 19th June.

For information and entry forms visit www.livingstreets.org.nz. All nominators will go into a prize draw to receive a free pass to the 2010 Walking Conference.

The Walking Awards will be presented at a ceremony in Wellington at 5.30pm on Friday 24th July. Contact us for more information.

Walking 2 work – a great celebration across the country

Walk2Work 2009 saw thousands of kiwis leave their cars at home and take to the streets – either as first time walkers or as regular Walk2Workers. The 2009 event was a resounding success following a successful pilot event in Wellington.

Living Streets Aotearoa coordinated 12 events in North Shore, Auckland, Bay of Plenty, Levin, Taupo, Hutt City, Wellington, Nelson, Tasman, West Coast, Christchurch and Dunedin. Complimentary breakfast snacks and coffee, speakers, entertainment and spot prizes created a lively atmosphere.

In Wellington walkers were serenaded by Maori actress and classical singer Mere Boynton (pictured right) and on the West Coast business professionals canned their weekly meetings in preference of a group Walk2Work.

The Dunedin group was perhaps the most

ambitious with special trains arranged to take people from Mosgiel and Waitati into central Dunedin. These were a successful show of the community support for a regular train service.

The event was met with an amazing response, many people tried a combination of public transport and walking for the first time.

continued page 8...



Actress and classical singer Mere Boynton wows the crowd at Wellington's W2W Day

Coming Up!

*Page 2: Living Streets AGM
Walking Advocates Workshop &
New funding for walking groups*

Contributions, articles and feedback: contact the editor: footprints@livingstreets.org.nz.

Past editions of Footprints can be read online: www.livingstreets.org.nz/newsletters.html

The deadline for content for the August newsletter is 20th July.

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From the Director's Desk



Liz Thomas, Director

In the last edition of Footprints, I talked about the beginning of the new year being a good opportunity to reflect on the big picture, and to consider where walking fits into the issues and concerns of our local communities, our country and the world.

Living in Aotearoa, we have the opportunity to celebrate new year not once, but twice. The Maori new year is marked by the rise of Matariki, the group of stars also known as the Pleiades or the Seven Sisters, and by the sighting of the next new moon.

The stars have been an important navigation tool since long before the days of maps and GPS systems. People on foot, on waka, and, like the three wise men, on camel, used the stars to guide them. The stars are a way of fixing our place in the universe.

Matariki is celebrated at different times by different tribes. For some, feasts are held when the star cluster is first seen, at the end of May. For others, it is the full moon after it rises that is celebrated and for others, celebrations are centred on the dawn of the new moon – this year on the 24th of June.

In Maori culture, Matariki is seen as an important time for family to gather and reflect

on the past and the future, and for celebrating and giving respect to the land. It is a time of new beginnings, a time to pause and reflect on the year that was and the year that will be. It's a time for people to take a look at their lifestyles, their health and make some changes for the better.

At a meeting recently, a Maori woman talked about how in the early days of settlement around Port Nicholson, people used to walk between Wellington and Petone, to collect kai moana, and to trade and exchange goods. It's a sad reflection on our 'civilization' that there is now no safe walking route between these two centres. The car has taken precedence over other forms of transport.

Less walking has had serious implications, not least on people's health. Maori traditionally got around in their waka and on foot. A combination of factors, including less physical activity, has adversely affected health in the Maori population. The 2006/07 New Zealand Health Survey found that Maori men and women were one and a half times more likely to be obese than men and women in the total population, and that 41.7% of Maori adults were classed as obese. The prevalence of diabetes in Maori is two and half times higher than for non-Maori.

However, Maori have a strong tradition of hiko, and there are many innovative programmes encouraging Maori to get back on their feet and to walk for exercise. *Walk 2 Health* in the Bay of Plenty, and *Hiko for Health* are but two of the ways that health issues are being tackled using the cheapest, most accessible, sociable and environmentally friendly form of exercise available – walking.

Enjoy Matariki celebrations and step forward in the new year by putting thirty minutes walking into your daily routine. It's fun!

New funds available for Living Streets groups

Living Streets groups are now entitled to receive 80% of member subscription fees – this means your subscription directly benefits your local group! Funds for your area can be used to help local projects, events and activities that promote walking in your neighbourhood. National office will let you know members numbers in your area and the funds available. You can then invoice us up to the amount you have in credit. More members = more funds, so numbers count! Another good reason to get friends to join!

Contact national office for more information about funding.

Mark it in your diary now!

Training workshops for walking advocates and Living Streets AGM: 25 & 26 of July 2009.

TRAINING FOR WALKING ADVOCATES

A Living Streets training weekend for walking advocates is being held on July 25 & 26 in Wellington. Advocates from the branches will have the opportunity to learn more about pedestrian planning and design, and strategies for effecting change in their communities. For more information contact: liz.thomas@livingstreets.org.nz.

Quiet Revolution on the Streets of Otara

There is a very quiet revolution going on in Manukau's vibrant suburb of Otara. Local walking champions Kathy Williams and Timmy Barker gave me some insights recently on some of the issues, both real and perceived, faced in increasing the number of feet on the street among Otara's Maori and Pacific island communities, and some of their projects aimed at getting more people out and active.

Otara is home to a large Maori and Pacific Island community, Auckland's best outdoor market as well as some unwanted negative stereotypes. Roaming dogs, street crime and youth gangs are real but grossly exaggerated issues for the area and have a definite influence on peoples decision to walk more.

According to Timmy Barker, Physical Activity leader employed by Counties Manukau Active, the nature of many of the barriers to walking are actually quite subtle, and most are perceived rather than real. In her experience Pacific women for example can be very shy about fronting up to a walking group. They may be embarrassed about the fact that they are unfit or worried that they'll be slow and lag behind.

Interestingly there is a perception that exercise is something only fit people do. Timmy

is involved in starting up and supporting local walking groups including group night walks around the neighbourhood based out of Otara Health Incorporated, a not-for-profit organisation, working to promote a positive healthy community in Otara for over ten years now.

Timmy has had a very positive response to her walking groups and realized early on that for many Maori and Pacific Island women the initial step of joining a walking group is the main barrier.

"Sometimes it's as simple as not having suitable walking shoes and once people get over the embarrassment they love it."

"People actually walk a lot more than you would think. Sometimes we have people walking nearly 30 minutes just to get to their walking group and they simply don't see it as included in the formal exercise".

Short trips like walking over to "aunty's place" for a cuppa add up very quickly but are just seen as something you do, not as exercise.

The environment can also be seen as a deterrent, surrounded by roads full of fast moving traffic, Otara is wedged between three very busy arterial routes and the town centre is an island in a sea of carparking.

There are definitely safety issues to be considered for walkers and there are areas

where "you just don't go on your own". The perceived dangers of roaming dogs, youth gangs and street crime do exist but are nowhere near as bad as portrayed by the media.

This extends to the area's parks which are largely underused and often poorly maintained.

Kathy Williams of Otara Health is developing a program called 'Healthy Whenua, Healthy Tangata' with the aim of cleaning up the physical environment, developing pride in the area to bring people back into the parks making them a great place for all people to harness collective spirit and develop community. "It could be as simple as putting up some volleyball poles in the park and increasing the visibility of people walking". At present they are not inviting places and hence are a magnet for 'out of sight out of mind' behaviour feeding peoples perceived fears.

Taking care of the environment...

is, according to Kathy, the first step in creating a culture of people walking and exercising in their neighbourhoods.

Kathy is planning the first park clean up with members of the Manukau Living Streets group in June 2009. Information on this and other walking initiatives will be available at: www.livingstreets.org.nz/manukau.html
Kelvin Aris

Government News

"Rethinking urban environments and health"

Published late last year by the Public Health Advisory Committee, this document contains five 'think pieces' that provide fresh insights into the links between urban environments and health & wellbeing in NZ. On-line: www.phac.health.govt.nz, order a copy: moh@wickliffe.co.nz, or borrow it from the Living Streets office.

Government Policy Statement (GPS)

The Minister of Transport is amending the GPS on Land Transport Funding, a key government document for influencing land transport planning and funding. Living Streets was one of 15 representative groups of land transport users and providers invited to give views on the proposed changes. The Government's key priority is economic productivity and growth, and proposed changes include more funding for state highway construction, reallocating \$420m from non-state highway activities to state highways, and replacing the outcome targets in the old GPS with a list of impacts the government wants to achieve. The new

GPS will be released in May. (www.livingstreets.org.nz/SubmissionGPS2009.htm)

2020 Road Safety Strategy

The Ministry of Transport is in the process of developing a new road safety strategy for the next 10 years to 2020. They have invited Living Streets to meet with them to discuss our views before the consultation document released for submissions later this year. The final strategy will be released this December. If you have any ideas about priority areas that the road safety strategy should be addressing, and initiatives for tackling them, please contact liz.thomas@livingstreets.org.nz to pass on for consideration.

National Cycleway

Latest on the national cycleway – read the media release on Living Streets' website www.livingstreets.org.nz/press.htm. If you're wondering why an organisation working for walking-friendly environments is involved with a national cycleway, read *Milennium Miles* by Sustrans, on their national

cycling network. The book is inspirational, has wonderful pictures, and clearly shows that within walking distance of towns and cities, cycle networks are used by as many people on foot as on cycle. Borrow the book from our office or order from www.sustrans.org.nz at 5 pounds (or on eBay). We sent copies to the ministers of Tourism, Finance and Transport, and got a very enthusiastic reply from Bill English.

The Ministry of Transport website now lists a summary of its workshops and presentations: www.transport.govt.nz/home/?stage=Stage

Quality of Life Survey 2008

This survey is a multi-agency research project, exploring quality of life issues in twelve New Zealand cities. The survey aims to measure residents' perceptions of overall quality of life, including health and wellbeing, community, culture and social networks, and lifestyle - www.bigcities.govt.nz/pdfs/Quality_of_Life_2008.pdf

Interview with Mere Boynton

Mere Boynton is Manager of Events at Te Papa Tongarewa, a singer/actor, mum and wife. She is of Te Aitanga a Mahaki, Ngati Oneone and Tuhoë descent. Mere's singing was a highlight of Wellington's Walk2Work Day 2009. Mere keeps fit and slim by walking. Celia Wade-Brown interviews Mere about her walk home from Wellington's waterfront to Island Bay on the South Coast.



Celia Wade-Brown and Mere Boynton

What route do you take and does it take long?

I walk from Te Papa up Tory St, then Tasman St, turn left into John St, right into Hanson St past the park with tui, right into Stoke St, then right into Adelaide Rd and continue on until it links up to The Parade in Island Bay. It is 5.5kms and takes me 50 mins on a good day when I'm feeling extra energetic and an hour if I'm feeling a bit slower.

How often do you do it?

Twice a week if I can, depending on weather and work commitments, three times during warmer weather if I can.

Why do you walk?

I love walking, its time to myself to clear my head before I get home, I get some much needed oxygen after being in an air-conditioned environment all day, I save a bus fare, what else oh yes keeps me fit.



Your favourite part?

The homeward stretch along The Parade, I usually race myself and see if I can beat my last time.

Unpleasant parts or barriers

Walking across the intersection on John St to get to Hanson St, very busy intersection and lots of smelly exhaust fumes!

How do you feel after/during the walk

Sweaty, de-stressed and energised.

What do you wear?

Proper walking shoes and whatever comfortable clothing I have that's clean, I don't buy special outfits.

Why do you think others don't walk too?

Many people don't prioritise time for themselves to exercise and most people just want to get home after work by the fastest means possible.

Celia Wade-Brown

International Snippets

Walk21 in New York, 7-9 October 2009

New York will host this year's Walk 21, the annual pedestrian planning conference. From 7-9 October the city's Department of Transportation will welcome pedestrian advocates and professionals from around the world.

This year's topics will include examples of good public realm projects in New York, and the city's new street design manual that aims to ensure all future projects lead to attractive, walking-friendly streets. Conference themes promise a great mix: walkable communities are sustainable cities, investing in the public realm for a successful city, design strategy for urban quality and city design for active living.

Walk21 is an opportunity to learn of trends in urban design and transportation and to make the pedestrian advocate's voice heard.

Daphne Bell | www.walk21.org

London Lessons: reclaiming the streets

The Royal Borough of Kensington and Chelsea may seem a far cry from NZ in terms of traffic but the issues are the same according to Daniel Moylan, Deputy Chair of Transport for London.

In his recent visit he paid tribute to the late Hans Monderman whose legacy continues to challenge traditional approaches to traffic engineering. Monderman, a mild-mannered Dutch roading engineer, pioneered the concept of shared space or 'woonerf'.

Reclaiming the streets for pedestrians reverses decades of giving priority to vehicles and corraling pedestrians. Eye contact and consideration leading to slower speeds, he argued, are more effective for road safety than signs and rules.

Moylan cites supermarket carparks as shared spaces that work. Pedestrians and drivers share with reasonable courtesy and little conflict. He argues this concept could be more widely used. He also reminded us of the clutter that collects on footpaths: poles, signs and street furniture - clearing this would be part of more walkable streets.

Danny Moylan article review, Daphne Bell

'Complete Streets' Movement gains momentum with Bills Introduced in Congress

A more integrated approach to the design of roadways, increasingly referred to as the 'Complete Streets' movement, is gaining currency in America. This design paradigm has a broader focus beyond vehicles to encompass the needs and safety of all users; pedestrians, people with disabilities, cyclists, public transport, motorists, and others.

US Congress has designed legislation to advance this approach by making it integral to street design. 'The Complete Streets Act of 2009', requires state and local jurisdic-

tions to adopt laws and policies applying complete streets principles to the design of new roadways. The bills stipulate scope, coverage, and content of policies and also authorise the Board to develop accessibility standards for new or altered streets covered by the Act. The bills status is on the Library of Congress website at <http://thomas.loc.gov/> (House bill HR1443, Senate bill (s584). www.completestreets.org

Alexia Pickering, *Accessible Options* - NZ

Latest figures show that road deaths on British roads have fallen below 3,000 for the first time since records began in 1926, but the UK government wants this figure below 2,000. They have published a consultation document, 'A Safer Way: Making Britain's Roads the Safest in the World', which includes a planned reduction of the speed limit on many A-roads to 50mph and 20mph in residential streets and outside schools. You can read the document at www.dft.gov.uk/pgr/roadsafety/roadsafetyconsultation

*There is nothing like walking
to get the feel of a country.
A fine landscape is like a piece of music;
it must be taken at the right tempo.
Even a bicycle goes too fast.*

- Paul Scott Mowrer



Walk Score

A GREAT INTERNET WALKING TOOL TO BOOKMARK, HERE'S WHY.

Type an address into Walk Score and it mines various Google directories to produce a walkability rating for that neighbourhood. It isn't perfect, but gives a good summary. I have entered addresses in New Zealand, Canada, the United States, and England where I'm familiar with the walkability, and results came quite close to my perceptions.

It doesn't acknowledge intermodal transport hubs. For example, if you enter *Sound Transit's Everett Station* you don't get a hit on this as being important to walkers despite it being a major hub for commuter rail to Seattle, Amtrak, a bus exchange, a Greyhound station, etc. But the understanding and use of good metrics regarding walking is still in its early stages.

Walk Score is honest and lists these issues. <http://www.walkscore.com/how-it-doesnt-work.shtml>, but they are taking 'baby steps' to improve. For example this month they introduced transit-walk maps, so all in all it is still a great basic tool for being carfree.

In addition you can update Google databases with locations that you are familiar with in your neighbourhood. And now I have walkability envy. A friend who lives on Seattle's Capital Hill has the Walk Score of his address listed as 97 out of 100 - Walkers' Paradise.

I'm just living at a mere 49 out of 100 (Car-Dependent). Ohwell.

Ken Wuschke | Project Manager
Sustainable Transport Southland



Feet First Update

The Feet First walk to school project continues to be supported by schools throughout New Zealand in many different creative ways. A good example is Waterlea School in Mangere where teachers have a new walking club, doing 45 minute walks twice a week at 7am.

The teachers are also raising awareness among parents by asking them to drop older students off a block or two away from school and putting walking reminders in newsletters. The weekly statistics show more children are walking to school as a result. One class has reached 89% participation and the school weekly average has increased to 59%.

Schools are using resources from the Feet First website including keeping walking blogs, complete with pictures and digital videos.

Other schools are sharing their inspiring stories on the interactive website - read more at www.feetfirst.govt.nz. Feet First is a flexible project for primary schools that encourages walking. Schools can choose to take part in a variety of ways. For more information visit the website or email feetfirst@nzta.govt.nz.

Raewyn Baldwin

Encouraging walking (pictures above):

This year's Hamilton V8 Supercar racing event attracted 120,000 people. Signs at intersections gave walk times from the race circuit to the central city encouraging fans to explore Hamilton on foot. Businesses in the city heart reported bumper trade.

Daphne Bell

Promenadology

As if being a tenured professor wasn't good enough, Martin Schmitz's job is a real walk in the park - literally. Professor Schmitz holds Germany's only chair of "promenadology," or the science of walk-taking.

"It's all about the concentrated and conscious perception of our environment"

What may sound like a religious cult to the layman is in fact an official course of study at the University of Kassel, in the central German state of Hessen. And though it may seem silly to dedicate an entire field of study to the simple act of taking a walk, promenadologists say there is more to it than putting one foot in front of the other.

"It's all about the concentrated and conscious perception of our environment," Professor Martin Schmitz explains. He accepts that technology changes the way people perceive the world, but progress need not blind people to the world around them, the 50-year-old professor mused. More at: http://www.cicle.org/cicle_content/pivot/entry.php?id=1323

Patrick Morgan

News from the regions

Living Streets North Shore

Life on the Beach

On the North Shore of Auckland, we are very lucky with our easy access to beaches, so we decided that during the summer months Living Streets North Shore would meet at the beach. We found the perfect location outside the Takapuna Beach Cafe at the beach's northern end. The indoor cafe closes at 4pm but sells coffee, ice-cream and other snacks till 8pm with terrace seating provided. So when we met to plan our 2009 Walk 2 Work event and draft our response to North Shore City's Draft Walking Strategy, we did it outside in the sun and sea breezes, just metres from the Devonport to Takapuna section of the Te Araroa route. We had our W2W debrief there too, sitting in the March sun.

Living Streets North Shore met for the first time in November 2008. Along with W2W day, our focus has been local submissions, most recently on North Shore City's Draft City Plan for the next 15 years (despite the fact that this is likely to be overtaken by proposed Super City restructuring by the end of next year). A recent success is the granting of a resource consent for a short walkway, creating a long awaited link between a suburban Devonport street and the historic Fort Takapuna Reserve with its stunning views of Rangitoto and the Hauraki Gulf. This project was supported by several local groups including us, with some opposition from neighbours. The real coup for Living Streets was that the consent conditions include the requirement to provide signage.
Gay Richards



Photo: Andy Smith, the boardroom

Living Streets Hamilton

Living Streets Hamilton has been engaged in preparing submissions for LTCCPs for both Hamilton City Council and Environment Waikato. For Hamilton City we focussed on the main pedestrian obstacles in the city and specified what we believe to be the necessary action to deal with the worst ones. We

conducted a brief 'walkability survey', to get walkers' opinions from Hamilton suburbs to support our submission.

For Environment Waikato (EW), we submitted on bus services, emphasising the need for EW and other local authorities to lobby central government to alter the funding ratios for public transport provision, so the burden is not carried by local ratepayers. The fear of raising rates to fund public transport has a paralysing effect on many regional authorities. We have also put in a brief submission to EW on the Regional Land Transport Plan.

The CBD walking map has been in strong demand, with libraries and Wintec both requesting more. It also featured in a Sport Waikato page in the local Hamilton Press.
Judy McDonald | Coordinator

Walk Nelson Tasman

Walk Nelson Tasman is seeking dialogue with the accessibility and mobility representatives on Nelson and Tasman's Regional Land Transport Committee. The Walk2Work events in Nelson and Richmond were a success. Walk Nelson Tasman is writing to Nelson City Council (NCC), Tasman District Council (TDC) and New Zealand Transport Agency asking to be consulted when new walking infrastructure is planned. NCC and TDC are jointly working on a wayfinding initiative. This is eagerly anticipated by our members as, while the region has a great network of walkways and tracks, these are often not signposted.
Richard Butler

Living Streets Dunedin

Living Streets Dunedin wants to give a BIG thank you to the DCC team and Charlotte Flaherty in particular, for leading the first Walk to Work Day in Dunedin, on 18 March. This was a grand event, complete with hot cross buns, fragrant coffee, commuter trains (a rare event in Dunedin), a piper, two venues and hundreds of morning walkers who were very grateful for having their effort recognized. Next year, the aim will be to encourage new walkers to have a go, as well as supporting those who already walk.

We have written submissions for the Dunedin City Council Long Term Council Community Plan, and the Otago Draft Regional Land Transport Programme. In each case we argue the importance of taking pedestrian needs into account when 'upgrading' roads,

especially where there is no alternative foot route between adjacent communities, or roads where 'upgrading' will destroy their attraction for active transport users.

Judy Martin

ph 453 4619 | jmartins@ihug.co.nz

Palmerston North

Palmerston North is sometimes regarded as behind the times. But that doesn't worry locals who usually have their own reasons for their actions. So it was with this year's event to encourage people to walk to work, called Workers' Walking Wednesday, held on the April 29th rather than on national Walk to Work day on the 18th of March. The aim was not only to encourage workers in the central city to walk to work, but also to cap off a series of events held each Wednesday during April. These were Waste Not day, Free Bus day, Bikers' Breakfast and a day to showcase your own grown food. Collectively, the 5 events were called the Living Lightly series. Additionally, it tied in with the end of Sport Manawatu's iMove Workplace programme which aims to get workers using active transport to and from work.

As is typical in Palmerston North in April, four of the days were beautiful with stunning sunshine and little wind. But on the fifth day, despite overnight pleadings with the weather fairies, it rained, and it rained. That was the 29th, our day for making a fuss over walkers, and one of only two significantly wet days during the month.

We still had a core of regular walkers, a cyclist or two, and a few bus passengers who walk some of their journey too. These hardy souls would probably require a pandemic emergency to keep them from moving actively, but the weather really did put a damper on things. Attendees still appreciated the bagels, cereals, fruit and hot beverages under the wide eave of a building and a mobile canvas gazebo which only occasionally decided to dump its load of ponded water on us.

So although the event on the day turned out disappointingly, it was valuable in bringing together a number of organisations all keen to promote healthier lifestyles and a better environment through active transport. Hopefully, such collaboration will strengthen the relationships among them. It also identified a group of people who have already decided walking is the way of the future as well as the present

Meetings

and there is potential for them to become champions for walking in their workplaces.

Chris Teo-Sherrell

Manukau

We've been busy this month writing a submission on the Manukau City Council 10 year plan and thank all who made a contribution of time and energy on this one.

Otara Health continue to run walking groups including some night walks based around the Otara town Centre - contact Timmy Barker on 3697165.

Living Streets and Otara Health will be running a clean up walk in one of Otara's reserves in June as part of a healthy whe-nua, healthy tangata initiative. Last but not least, Jim Sinclair will be taking a group around some of his choice spots on the Otara Heritage trail, details at our next meeting.

Walk Auckland

Walk Auckland has finished the submission on the Auckland City 10 Year plan.

We are currently counting vehicles going through red lights. This is year 3 of the survey and will be valuable as the council has just installed red light cameras in Auckland. We have one councillor saying that they have stopped the problem and all is well. The survey is pointing the the other direction so that will be a fun press release. The Getacross campaign is ramping up for a rally of walking and cycling supporters at the Harbour Bridges 50th birthday. 50 years of denied access for walking and cyclists. They will not let us walk across and have told the Police to stop us. We will have about 3,000 to 5,000 people at the rally.

Andy Smith

Walk Wellington

Many Wellington members enjoyed participating in the successful Walk2Work Day and thank our Super-Volunteer, Zamerley Zammudio.

Volunteers have now walk-tested the three new Lunchtime walk brochures. Minister Tariana Turia will support the launch.

A controversial item in Wellington has been the proposed re-opening of Manners Mall to buses. Most members who walked the route, and discussed the proposal, concluded it was

a positive proposal as long as a number of conditions could be met. We need to remember that public transport is a pedestrian's friend compared to the equivalent amount of private vehicle traffic. Ofcourse trolley buses are more pleasant regarding air and noise but the newer diesels are a great deal better than their black-exhaust predecessors. If reduction in public space for people on foot in Manners Mall can be balanced by more pedestrian space in lower Cuba St, providing a link to Civic Square and the waterfront, much wider footpaths on the sunny north side of Dixon St linking up with Te Aro Park and light phasing can be markedly improved for pedestrians travelling parallel to the bus route, there can be a win-win. Almost all submitters also favoured the whole 'Golden Mile' becoming a 30kph speed zone.

Many 'Save Manners Mall' people are fighting to save this spot because in general pedestrians feel beleaguered, even in walkable Wellington. Long delays at lights, wide road crossings (though narrower than most Australasian cities), too many narrow uneven footpaths, cars parking across our right of way or failing to give way at intersections, all put us on the defensive. The other issue many "on the hoof in Manners Mall" don't fully understand is the increase in bus reliability that a relatively small time saving for an individual bus journey can give. Finally, if we want light rail in Wellington, we need a dedicated public transport corridor (plus bikes and walkers) through the city from the railway station to Newtown and beyond, without sharp turns and conflicts. As planners in New York say, bus priority lanes are a great way to move towards light rail implementation.

We're working with other organisations in health, transport and iwi authorities to plan the start up of a walking advisory/user/advocacy group - hopefully a Living Streets branch, in the Hutt Valley.

The Great Harbour Way project is progressing, with a feasibility study underway of this walk & cycle way round Wellington Harbour. Living Streets is a key member of the coalition pushing the project along.

The Living Streets Aotearoa AGM will be on the 22nd of June.

Walk Auckland

Second Tuesday of the month 5:30pm
Leys Institute Hall, 20 St Marys Rd, Ponsonby.
Upstairs in the Supper Room to the left of the stained glass doors. (The Leys Institute is by 3 Lamps Ponsonby, it houses the Library and parking is behind the building).
June 9, July 14, August 11

Living Streets Manukau

The Living Streets Manukau group meet on the 4th Wednesday of the month at the Tui room at the Otara Town Centre.
Next meeting: 24th of May 6pm, all welcome.
Contact Kelvin: 09 378 0953

Living Streets North Shore

Last Thursday of the month
May 28, June 25, July 30
Next meeting: 5pm on Thursday 28 May
Mary Thomas Centre, Gibbons Rd (behind the Library) Takapuna. All welcome.

Living Streets Hamilton

Second Thursday of the month at 5:30pm,
at 29 Claude St, Hamilton
June 11, July 9, August 13

Walk Taupo

Meets as required

Living Streets Palmerston North

Meets as required

Living Streets Wellington

Fourth Monday of the month, 6pm, WCC
Committee Meeting Room.
May 25, June 22, July 27

Living Streets Canterbury

Join us! Contact Wendy for where to meet:
wendy.everingham@xtra.co.nz

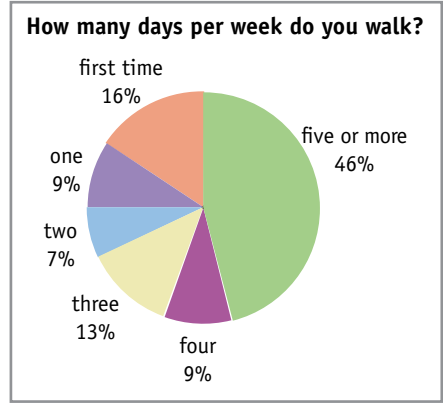
Living Streets Dunedin

Third Wednesday of the month, Sport Otago
rooms, 7pm (unless otherwise notified).
June 17, July 15, August 19
Contact Judy Martin: jmartins@ihug.co.nz
Phone: 03 453 4619

Walk 2 Work Day

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Walk2Work



Completed registration forms showed that 16% were walking for the first time, a great result, showing that we are not just preaching to the converted (see graph right). We also met a lot of walkers who walk every day and thoroughly enjoy it. This trend was echoed in the some of the stories, where people were proud of the fact that they walked 'come rain or shine'.

Some participants traveled remarkable distances to participate in their local event – in Dunedin a keen group walked from Port Chalmers to the Octagon with Walk2Work signs attached to their backpacks! This is the exception however, as almost 70% of walks to work were under 30 minutes. Special thanks to all local and national sponsors along with everyone who gave their time and donations to their local event.

A massive 16% of people were walking for the first time. Almost half of those registered walked every day.

Janet Lawson | Project Officer

Above: results from completed registration form surveys show the number of days per week people walk.



1. Even a dragon was spotted at Taupo's Walk2Work day!
2. Volunteers across the country got up early to butter bagels and buns and a good time was had by all
3. Palmerston North walker's breakfast - in the cosy comfort of a tent

4. Some of the hardy walkers who turned up in Palmerston North
5. Wellingtonians read information on Walk 2 Work day
6. The beauty of 'Walk 2 Work' North Shore style!
7. In Dunedin a keen group walked from Port Chalmers to the Octagon with 'Walk 2 Work' signs on their backpacks!

Walking events

Auckland

www.aucklandcity.govt.nz/whatson/calendar
www.akactive.co.nz
 numerous walking events

Otara Health run walking groups including some night walks based around the Otara town Centre - contact Timmy Barker on 3697165.

Hamilton

www.whatsonhamilton.co.nz

Wellington

www.feelinggreat.co.nz
Keep Fit Heart Health Walk
 Wednesdays at 10:00am, 40 minute walk
 Keep fit and enjoy a social chat.
 139 Oriental Parade, Freyberg Pool Car Park

Nelson

www.ncc.govt.nz/sports/facilities/walks/walkways.htm
Women's activator series: Walk, cycle, swim & run | Amanda Dykzeul (03) 547 9192
nelsonactivator@gmail.com

Christchurch

Christchurch Walk2Work
 18th March, Cathedral Square, 7-9am.
www.ccc.govt.nz/recreation/Walking

Dunedin

Regular walking events
<http://www.dunedin.govt.nz/events/sports/walking-and-running>