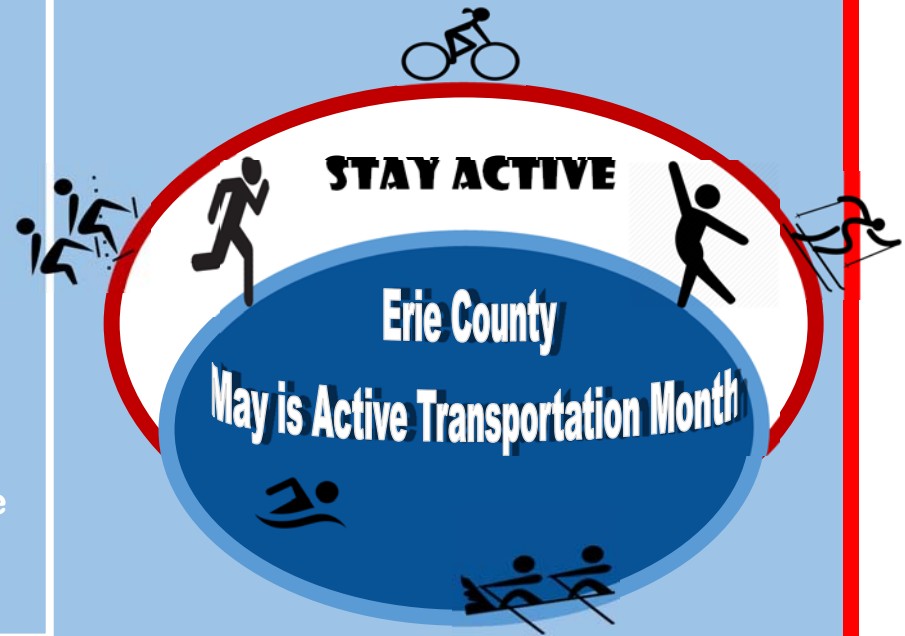


Erie County Active Transportation

What is it? Active transportation is defined as a physical activity that is undertaken as a means of transport and not purely for recreation. It is a great way to keep healthy, fit, save money and reduce your impact on the environment.

Why? As an Metropolitan Planning Organization (MPO), ERPC plans for all types of travel including alternative forms. For the entire month of May you can pick up an active transportation information packet at the Erie County Services Center (2900 Columbus Ave.) and at the Office Building (247 Columbus Ave.) if you would like to know more.



Do you or someone you know need a bicycle helmet? Call or stop by the Erie County Regional Planning Office—we have limited supplies, but would love to get them out to the community.
419.627.7792/planning@eriecounty.oh.gov

Did you know Erie County has a website dedicated to bicycling and walking just for this area? Visit us
at [http://www.eriecounty.oh.gov/
ErieCountyActiveTransportation.aspx](http://www.eriecounty.oh.gov/ErieCountyActiveTransportation.aspx)

Friend us on Facebook: ERPC MPO and Erie County, Ohio

Erie County Regional Planning 2900 Columbus Ave. Sandusky, OH 44870 419.627.7793 Planning@ErieCounty.OH.Gov

Did you know that Erie County has a Bicycle and Pedestrian Plan? Erie County is currently updating the plan with the assistance of a steering committee. Surveys to gain input from the public are posted online or can be obtained by request until 5/19.

Bicycle Survey:
<https://s.surveypplanet.com/F8H7mRmyd>

Pedestrian Survey:
<https://s.surveypplanet.com/dlxIBDArp>

How to Incorporate Active Transportation into Your Daily Life:

- Walk or bike to places close to your work, school or home.
- Take the stairs instead of the elevator when possible.
- Park your car further away from your destination to get in extra steps.
- Ride your bike and partially take the transit bus for the remainder of the trip if needed. Did you know the Sandusky Transit System can hold bikes? Many shelters also have places where you can chain your bike.
- Get off the transit bus a few blocks early and walk the rest of the way to your destination.
- See the sights in new/local cities by walking, jogging or bicycling. Check out Vogontz bike rentals.
- Plan family outings and vacations that include physical activity. Check out all the places to bike and walk in Erie County Regional Planning website.
- At the lake, rent a rowboat instead When golfing, walk instead of using a cart. Erie Metro Parks has canoes and kayaks that can be rented out.
- Purchase equipment that encourages exercise instead of sedentary behavior. Ex: Buy a bike instead of that PS4. It's cheaper and healthier.
- Have an active date night or play time. With your kids or pets. Check out the Lake Erie Shores and Islands event calendar online.
- Walk a dog while on a simple errand. The Erie County dog pound always needs volunteers!

Are you interested in getting involved with bicycle and pedestrian planning on a local level? Join the Bicycle and Pedestrian Advisory Committee; which meets quarterly. Contact ERPC staff for details.