



Stay Active This Year

New Year's resolutions are made with the best intentions, but many of us have trouble keeping them. If you are trying to make staying active part of your routine, the City of Tallahassee

has plenty of options to help keep you moving.

Walking is one of the easiest ways to incorporate physical activity into your day. Even better – it's free! From sidewalks to multi-use paths to outdoor trails, options abound in Tallahassee for walking. After work, wander your neighborhood. For a weekend excursion, try a new park path. You'll have fun exploring the city at a slower pace while increasing your circulation.

If you prefer to tour the town on two wheels, the bike network in Tallahassee is constantly expanding with options for everyone from beginner to expert. If you like mountain biking, Tom Brown Park has trails for all skill levels. If you prefer road rides, head downtown and experience the new protected bike lanes. If you're somewhere in the middle, a fun spin around the neighborhood is always a great option.

Don't want to brave the weather outside? The City's Parks, Recreation and Neighborhood Affairs Department offers exercise classes at most community centers. Options range from gentle Tai Chi and mindful movement classes to high energy Zumba and cardio kickboxing. Whatever level you're at, there's a class for you.

If keeping your New Year's resolution isn't a convincing enough reason to keep you active, your health should be. February is American Heart Month, and one of the key components of a heart-healthy life is physical activity. According to the American Heart Association, being physically active is important to prevent heart disease and stroke, the nation's No. 1 and No. 5 killers. Show your heart some love and keep moving!

To learn more about City parks, trails and exercise classes, visit Talgov.com. Parks maps with available amenities, like bike trails, are also available on the DigiTally and TallyParks apps.



City Services in the Palm of Your Hand

With DigiTally, you have access to a wide range of City services – all in the palm of your hand. From reporting issues like power outages to getting real-time bus information, it's all accessible through the mobile app!

Issues are easily reported through DigiTally. See a problem? Snap a picture and send it in. Reports go directly to City departments, and you'll receive updates as staff works to resolve them.

DigiTally uses geographical information system data to identify the precise location of the problem. By attaching a photograph to the request, the responding staff person will know exactly what to look for when they arrive to address the issue.

Other features allow you to quickly check your garbage pick-up schedule, locate nearby parks and so much more.

Visit the App Store or Google Play to download DigiTally today! For more information, visit Talgov.com/apps.



For more information on your City government,

TALGOV.COM



For all City of Tallahassee utility-related inquiries, including account issues or to report outages, please call Your Own Utilities at 891-4YOU (4968) or visit Talgov.com.



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JANUARY 2016

INSIGHT

Cycling Gets Easier and Safer Downtown



The Downtown-University Protected Bike Lane Network enhances safety for all.



Why We Celebrate Arbor Day In The Coldest Month Of The Year

Here in Tallahassee, January is the ideal time to plant trees! Trees and shrubs planted early in the year are more likely to survive a dry spell in May. That's why in Florida we celebrate Arbor Day on the third Friday in January.

In addition to adding beauty to your lawn, planting shade trees can save energy. Good shade on your home's roof can lower summer air conditioning costs by 30 percent.

These easy tips will help you make the most of planting trees near your home.

- 🌲 For energy savings, plant shade trees on the east, south and west sides of your home.
- 🌲 To block winter winds, plant evergreen trees and shrubs on your home's north and northwest sides.
- 🌲 Choose deciduous trees that drop their leaves in winter. You'll get shade in summer and sun in winter.
- 🌲 Don't plant trees under power lines.

Wondering what trees to plant? Local nurseries and arborists can help you choose wisely.

For more information about saving energy or to schedule a free home energy audit, please call Utility Customer Services at 891-4YOU (4968) or visit us online at Talgov.com/YOU.



Cycling Gets Easier and Safer Downtown

New biking amenities aim to protect riders

Get on your bike and ride because new biking amenities have been installed downtown! The Downtown-University Protected Bike Lane Network creates designated bike lanes, separated from traffic by reflective posts and curbs, on portions of Pensacola, Madison and Adams streets. Other enhancements, like more visible shared lane pavement markings and signage, have also been installed in the area to create an enhanced network of biking facilities.

Protected bike lanes have three key characteristics.

- 1.** Protected bike lanes have some sort of physical, stationary, vertical separation between motor vehicle traffic and the bike lane. In downtown Tallahassee, the protected bike lane is separated by rubber bumpers and flexible, pole-style dividers.
- 2.** Protected bike lanes are only to be used by cyclists. Segways, pedicabs, pedestrians and motorized vehicles are not permitted to use this lane.
- 3.** A protected bike lane is part of the street grid. On roads where protected bike lanes exist, cyclists can still legally ride with traffic in the travel lane; they are not restricted to the protected bike lane.

Because protected bike lanes use clear dividers to separate bike and auto traffic on busy streets, they make riding more comfortable and practical for a far greater number of cyclists. Additionally, the new signage and green pavement markings at intersections and driveways along the protected bike lanes increase the visibility of cyclists in order to avoid right hook conflicts, one of the more common types of collisions between motorists and cyclists.

Shared lane pavement markings are used to indicate a shared environment for bicycles and automobiles. The markings are typically located on roads with lanes too narrow for a vehicle and a bicycle to safely and comfortably travel side by side. Cars can pass cyclists on roads with shared lane markings but only when they can give at least the minimum 3 feet of space required by law.

Where Macomb Street intersects with both Pensacola Street and Madison Street, two-stage left turns for bicycles have been implemented. This helps cyclists safely make left turns without crossing multiple lanes of vehicle traffic. Here's how it works:

- 🚲 When approaching the intersection, cyclists should stay to the right and proceed through the intersection.



- 🚲 Once across, they should stop in the designated bike area, turn toward the new direction of travel and wait for the light to turn green.
- 🚲 Once the light changes to green, cyclists can continue their ride.

Riders should position themselves as close to the right edge of the box as possible to allow other cyclists space to wait as well. If there's already someone in the box, stay to the left of them. Once the signal turns green, the cyclist on the far right should proceed first, and other riders should follow behind.

The Downtown-University Protect Bike Lane Network is a joint effort of the City of Tallahassee / Leon County Planning Department and the City's Public Works Department. Phase 1 has been completed; work on Phase 2 will take place later this year. For more information and educational videos, please visit BikeTallahassee.com.

FEBRUARY

CALENDAR

- 8** Capital Region Transportation Planning Agency meeting at 1 pm
- 10** City Commission regular meeting at 4 pm
- 24** City Commission regular meeting at 4 pm
- 25** Community Redevelopment Agency board meeting at 9:30 am
- 29** Blueprint 2000 Intergovernmental Agency meeting at 3 pm

All meetings are held in the City Commission Chambers, located on the second floor of City Hall (300 S. Adams St.), unless noted otherwise. Meeting dates, times and locations are subject to change. City Commission meetings are shown live on WCOT, the City's government access channel (Comcast Cable and CenturyLink channel 13). The meetings are rebroadcast the following Thursday at 12:30 pm and 7:30 pm and the following Saturday and Sunday at 12:30 pm. City Commission meetings are also streamed live online and are indexed and posted for viewing on Talgov.com. Call the Department of Communications at 850-891-8533 for more information or view the current City Commission agenda online at Talgov.com. Follow City news on Twitter @COTNews.