Who Is Alta Planning + Design

- Nation’s leading team of bicycle, pedestrian, trail and greenway, planning and design professionals
- Over 5,000 miles of built bikeways, greenways and trails
- Cutting edge international, national and local research
- Experts in innovative solutions
- 60+ planners, designers, engineers
- Five California offices, including Los Angeles
Primary Author of the NACTO Urban Bikeway Design Guide

The purpose of the NACTO Urban Bikeway Design Guide (part of the Cities for Cycling initiative) is to provide cities with state-of-the-practice solutions that can help create complete streets that are safe and enjoyable for bicyclists.
Design Challenge:
Herding Cats at the Santa Monica Beach Path
World Class City and Waterfront

- Varied User Behaviors
  - Wheeled Users
    - Cycling groups
    - Recreational Cyclists
    - Tourists on rented bikes
    - Segways
    - Rollerbladers
    - Skateboarders
  - Pedestrians
    - Joggers
    - Walkers
    - Dog walkers
    - Beach goers
    - International Tourists

- Conflicts at Crossings
- Constrained Segments
- Confused Users
Project Goals & Approach

- Improve **Safety** by minimizing user conflicts.
- Provide **Guidance** with ground markings and signs.
- Ensure **MUTCD Compliant** markings and signs on LA County owned facility.
- Keep it **Simple** – Positive Messages & Symbols.
High Volume Pedestrian Crossing
Preliminary Crossing Concept 1
Preliminary Crossing Concept 2
Design Solutions

- Standardize Crossings
- Color Code Paths
- Wayfinding Signs
3 Miles of Design Plans
# Pavement Marking Material Selection

<table>
<thead>
<tr>
<th>Material</th>
<th>Bond to Concrete</th>
<th>Durability</th>
<th>Cost</th>
<th>Slippery?</th>
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<tbody>
<tr>
<td>Water-Based Paint</td>
<td>High</td>
<td>Low</td>
<td>Low</td>
<td>No</td>
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<tr>
<td>Thermoplastic (Centerline)</td>
<td>Medium</td>
<td>High</td>
<td>Medium</td>
<td>Specify rough beads</td>
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<tr>
<td>Preformed Markings (Pre-Mark –Flint)</td>
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<td>High</td>
<td>High</td>
<td>Specify rough beads</td>
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<tr>
<td>Acrylic Pavement Coating (Acrylotex)</td>
<td>High</td>
<td>Medium</td>
<td>High</td>
<td>No</td>
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</table>
Ongoing Construction Administration
Planning Challenge: Let Someone Else Pay for It
Temple City Bikeways
Planning = Grant Eligibility

• Rosemead Boulevard
  – City Plans to Beautify Former Caltrans Designated Roadway
  – Proposed Class II (On-Street) Bike Lane

• BTA Grant
  – Bicycle Master Plan Adopted March 2011
  – City Wins $443,000!! Caltrans Grant to Implement Bicycle Infrastructure on Rosemead Boulevard
Rosemead Blvd: Before

Source: Google
Rosemead Blvd: After (Concept)

Source: Gruen Associates
Rosemead Blvd: After

Source: Gruen Associates
Rosemead Blvd: After

Source: Gruen Associates
Community Challenge: Walk Your Way to Health! Healthy El Monte
Low-Cost Walking Promotion

• Encouragement
  – Established Walking Club
  – Free Giveaways (Shirt, Pedometer, etc)

• Engineering Improvements
  – Wayfinding Signs for 3 Routes
  – Lengths: 0.3 Miles, 0.7 Miles, 1.1 Miles
  – Engineering Improvements for Pedestrian Curb Ramps

• LA County PLACE Grant
  – Funding provided by LA County Department of Public Health
Arceo Walk: Custom Wayfinding Signs

Alternative 1 - Active Lifestyle Theme: Lime Green

- Building upon the City of El Monte's Health and Wellness concept, this suite of signs makes a bold statement with modern colors and lines. The custom shape gives a sense of movement and emphasizes the idea of active lifestyle.
- Aluminum sign panel, silk screen or heat lay with anti-graffiti coating
- Round or square posts, silver or powder coated with anti-graffiti coating
- Lime green, blue, yellow, and black on white background

<table>
<thead>
<tr>
<th>Sign / Marking</th>
<th>2-sided</th>
<th>1-sided</th>
<th>Size</th>
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<tbody>
<tr>
<td>Destination (A1-a)</td>
<td>4</td>
<td>8</td>
<td>18&quot; x 27.25&quot;</td>
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<tr>
<td>Directional (A1-b)</td>
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<td>12</td>
<td>18&quot; x 22&quot;</td>
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<tr>
<td>Posts, Cops and Rests</td>
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<td></td>
<td></td>
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<tr>
<td>Confirmation</td>
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<td></td>
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<tr>
<td>Optional</td>
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</table>

Destination symbols:
- Community Center
- Senior Center
- Historical Museum
- School
- Transit Center
- Aquatics Center
- Park
- Metro Link
- Library
- Trail
- Shopping
- Medical Facility
Arceo Walk: Starting Point Kiosk

**Arceo Walk**

**Transit Center**
- 0.5 miles

**Gateway Park**
- 0.5 miles

**Rio Hondo Trail**
- 0.6 miles

**Medical Facility**
- 0.0 miles

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**Walk Your Way To Health!**

**City of El Monte Health & Wellness**

**10,000 Steps A Day**

- Walking 10,000 steps a day translates to a 30-minute walk daily.
- Walking helps improve your overall health.
- Walking helps reduce the risk of cardiovascular disease.
- Walking helps reduce the risk of diabetes.
- Walking helps improve your mood.
- Walking helps improve your sleep.

**Calculate Your Steps**

- Keep a record of your steps to motivate yourself.
- Aim for at least 7,500 steps a day.
- Use a pedometer or a smartphone app to track your steps.

**Safety Tips**

- Wear bright or light-colored clothing, use reflective gear, and carry a flashlight.
- Be mindful of your surroundings, especially at night.
- Be careful at crosswalks, look before you step.
- Be patient; drive the speed limit.

**Explore Your Neighborhood**

- El Monte's first permanent residents arrived in 1849, so the City is rich in history.
- El Monte has been recognized for its walkability and bikeability.
- El Monte's Heritage includes the Garden City of the Valley, founded on agriculture.
- Arceo Park was dedicated as Veterans Memorial Park in 1946.
- The Aquatic Center at Tyler Avenue and Mildred Street was built in 2003.

**For more information visit** [www.HealthyElMonte.com](http://www.HealthyElMonte.com)
Lambert Walk: Starting Point Kiosk

Walk Your Way to Health!
¡Camina Hacia la Salud! Di bố cách của bạn để Y tế 走你的健康之路

10,000 Steps A Day
Have you heard the recommendations to walk 10,000 steps per day? The average sedentary person may only walk between 1,000 and 2,000 steps a day. Gradually increase the amount of walking you do each day to improve your health.

Physical activity through walking can:
- Help you stay at a healthy weight
- Prevent heart disease and high blood pressure
- Reduce stress and improve sleep
- Make you feel better overall

A healthy diet can improve your health:
- Emphasize fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products
- Choose foods low in saturated fats, trans fat, cholesterol, salt (sodium), and added sugars

Calculate Your Steps
1. Look for this marking on the sidewalk, located every 1/10th of a mile.
2. Count how many steps it takes to walk from one marking to the next.
3. Multiply the number of steps you walked by 10, or just add a 0! Now you know how many steps you walk in 1 mile.

Explore Your Neighborhood
Did you know 41% of all trips made in the United States are two miles or less and fewer than 10% of all trips are made by walking and biking? Improve your health, save gas money and reduce congestion by walking and bicycling around your neighborhood. It has so much to offer! Follow the signs on Lambert Walk to your destination.

.L75 miles
|.45 miles
Mt. View Walk: Starting Point Kiosk

Walk Your Way to Health!
¡Camina Hacia la Salud!
Di bộ cách của bạn để Y tế

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City of El Monte Health & Wellness

Medical Facility
School
Park
Bike Route
Healthy Food Store

.65 miles
.10 miles
Ten times around the Tot Lot Loop is a mile!
Thank You!

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