



Walk Bike Bus

» — SPOKANE, WASH. — «

Spokane on Foot Guide



Information on Laws & Safety, Organized Walks
& Groups, Advocacy Organizations, Maps & Guides

"I only went out for a walk and finally concluded to stay out 'til sundown, for going out, I found, was really going in."

- John Muir, John of the Mountains: The Unpublished Journals of John Muir

Table of Contents



4

The Benefits of Walking

6

Get Walking

How and Where to Fit Walking
Into Your Life

8

Walking Accessories

10

Pedestrian Tips and Laws

Be a Safe and Responsible Pedestrian

15

Get to Know Your Streets

Crosswalks, Signals and Infrastructure

18

Power to the Pedestrian

Advocacy Groups

19

Extend Your Trip with STA

How to Ride

21

Exploring the Spokane Area

Maps and Guides

23

Walking Websites

The Benefits of Walking



Walking sustains health, improves mood, keeps you social with your neighbors, saves you money and conserves the environment.

FOR YOUR HEALTH

One of the most accessible forms of exercise, walking provides an amazing number of health benefits. According to the Centers for Disease Control and Prevention and the National Center for Health Statistics, fewer than 50 percent of Americans meet the minimum guidelines (150 minutes per week) for moderate physical activity—walking is the easiest and most affordable way to correct this problem. Walking to do errands, visit friends, or take the kids to school counts toward the daily recommended amount of physical activity. According to Harvard Medical School:

- 1) Walking helps you stay strong and fit as it:
 - Helps increase bone density
 - Improves joint health
 - Increases muscle strength
- 2) Walking helps prevent disease. Walking and being more physically active:
 - Reduces your risk of cancer
 - Decreases your risk of a heart attack
 - Cuts your risk of a stroke in half
 - Reduces your risk of type 2 diabetes

“Thoughts come clearly while one walks.”

~Thomas Mann

FOR YOUR BRAIN

Getting out and walking every day helps to:

- ◆ Increase your energy level
- ◆ Improve your ability to cope with stress, depression and anxiety
- ◆ Increase your brain power

FOR FRIENDSHIPS AND COMMUNITY

Walking to a friend’s house, the store, or with your family is a great way to meet neighbors and stay in touch with your neighborhood. Discover beautiful gardens, pocket parks, local shops and interesting places all by foot. When you and others walk, you help keep an eye on your neighborhood and make it safer for everyone.

FOR YOUR WALLET

One-quarter of all trips in the United State are one mile or less, and yet most of these trips are taken by car. Think about the short distances you travel by car now. Taking these trips on foot can save you money in several ways. An immediate benefit is saving money on gas and other car expenses. The average household cost to own and operate one car in the United States is \$9,000 per year (American Automobile Association) – walking for short trips may allow families to own fewer cars and save money. Also, fewer cars on the road means less road repair and maintenance.

FOR THE ENVIRONMENT

Transportation is responsible for nearly half of all greenhouse gas emissions in Washington state according to the Department of Ecology. Converting short driving trips to walking journeys can significantly reduce air pollution.



“Everywhere is walking distance if you have the time.”

~ Steven Wright

Get Walking



Think about your short car trips. Can you walk there? Perhaps start with trips that are one mile or less from home. Is it the grocery store? The bank? The park? A friend's house? Your workplace? The easiest way to start walking is replacing the car trip with a walk. You complete errands and exercise! A win-win!

TO WORK

Try walking to or from work. A bit too far? Ride public transit and get off a few stops early. Park farther away and walk the last 10 to 15 minutes. Make sure you allow a little extra time the first few days when adding walking to your commute.

AT WORK

- ◆ Have “walking meetings” with co-workers and touch base on projects.
- ◆ Walk to a restroom on another floor instead of using the one down the hall.
- ◆ Take the stairs instead of the elevator.



TO SCHOOL

Make Wednesdays “Walking Wednesdays!” Start by walking once a week or a few times a month. Meet with families in your neighborhood and switch off leading the walk with other parents.

For those even more inspired, a “Walking School Bus” is for you. It’s just like a school bus, but instead of wheels, use your feet. Learn more about Safe Routes to School in our community at saferoutesspokane.org.



BE CREATIVE

Leave home in search of a penny on the street. Do not return home until you find one. To make it an adventure, what other ordinary items can you include on your walk?

MORE THAN ONE = FUN

Ask family members, neighbors or friends to join you. It’s fun and motivating to walk with someone and share the experience and benefits.

Walking Accessories



LET YOUR LIGHT SHINE: INCREASE YOUR VISIBILITY

Wear bright clothing or backpacks with reflective striping so you're visible. You are more visible when you:

- ◆ Attach flashing lights to zippers or pockets.
- ◆ Carry a small flashlight to help be seen and to shine on your path on darker streets.
- ◆ Attach reflective tape, stickers or a flashing light to a pet's leash or collar.
- ◆ Use bright umbrellas or rain gear. Choose a lighter color like white or bright yellow since bright colors are more visible to road users.



HAULIN' THE GOODS

Personal, foldable shopping carts are great for grocery, laundry and other shopping trips on foot. They're easy to take on transit buses if a destination is farther than walking distance.

Backpacks are also helpful for carrying home your purchases. Backpacks help with transporting small quantities while distributing the load on both shoulders, which is better for your back. If you're carrying larger or heavier items, consider a backpack with a waist strap that removes some weight from your shoulders.

Reusable, nylon shopping bags fold and fit in a pocket or purse. They're useful for spontaneous purchases on your walk. Heavier cloth or canvas bags are sturdier for larger loads.



KNOW YOUR NUMBER

Clipped on a belt or waistband, pedometers track your steps. By counting your daily steps, you can set goals, monitor progress and stay motivated. The Mayo Clinic suggests to improve your health with a goal of 10,000 steps per day, which is about 5 miles.



Washington State Pedestrian Laws



Follow these laws and tips to keep you and your family safe while walking.



Cross the street at marked crosswalks and intersections whenever available.



Before crossing, look left, right, then left again. Avoid cell phone use, such as texting, when crossing the street.



Very small children should not cross the street by themselves. Make sure your children are aware of pedestrian safety tips and laws.



Don't wear headphones. Watch out and listen for cars and trucks backing out of parking spaces and driveways.



Stay visible after dark and in bad weather. Wear reflective items and light colors. Dress in layers and wear proper shoes.



Begin crossing the street on the "Walk" signal.



Excessive alcohol consumption can impair the motor skills and judgment of pedestrians just as it does for drivers. Don't take the risk.



Use pedestrian push buttons when available.

BEFORE YOU START

- ◆ **MAKE YOURSELF VISIBLE** – Wear bright or contrasting colors.
- ◆ **MINIMIZE DISTRACTIONS** – Put away your cell phone and ear buds.
- ◆ **BE ALERT** – Alcohol and other drugs impair judgment, so take caution.

WHEN CROSSING

- ◆ **CONNECT** – Make eye contact with drivers.
- ◆ **LOOK** – Don't cross until cars have stopped.
- ◆ **CROSS WITH CAUTION** – Make sure cars in all lanes stopped.
- ◆ **TRAVEL AGAINST TRAFFIC** – That's the safest way to walk when sidewalks aren't available. Beware of corners with little to no visibility.



“An early-morning walk is a blessing for the whole day.”

-Henry David Thoreau

MULTI-USE PATHS

The Washington Trails Association suggests:

- ◆ **STAY TO THE RIGHT** so walkers, cyclists and other users moving at faster speeds can pass safely on your left.
- ◆ **WHEN TRAVELING IN A GROUP**, walk two abreast so other users have room to pass.
- ◆ **LISTEN UP** for bike bells or an “on your left” call. A bicyclist might pass you or ask for more room. Move to the right of the path, be sure your children are not in the passer’s way, and bring your dog closer if you’re walking one.
- ◆ **TURN DOWN THE VOLUME** in your ear buds. Stay aware of other users and vehicles around you.
- ◆ **OBEY ALL TRAIL AND ROAD SIGNS**, and use care where city streets intersect with paths.
- ◆ **YOU HAVE THE RIGHT OF WAY** as the slowest traveler on the path, so runners and cyclists should yield to you.

PETIQUETTE

Responsible pet ownership helps keep our city clean, green and safe.

- ◆ **LEASH YOUR DOG** – Spokane County Animal Control Code 6.14.080 states that dogs must be kept on a leash and under physical control of the handler at all times, unless a park or a park area is signed or designated as an off-leash area.
- ◆ **SCOOP THE POOP** – Some parks provide pet waste bags throughout the park. All pet owners are encouraged to prepare to pick up their pet’s waste wherever they go.

NEARBY PARKS IN EAST SPOKANE

- ◆ Hays Park 1812 E Providence Ave., 99207
- ◆ Minnehaha Park 4000 E Frederick Ave., 99217
- ◆ Andrew Rypien Field 3501 N Regal St., 99207
- ◆ Kehoe Park 4903 N Nelson St., 99217
- ◆ Wildhorse Park 3717 N Ralph St., 99217
- ◆ Loren Kondo Park 4119 E Longfellow Ave., 99217



PEDESTRIAN LAWS

In Washington state:

- ◆ **TRAFFIC SIGNALS** - Pedestrians must obey traffic signals and traffic control devices unless otherwise directed by a traffic or police officer (RCW 46.61.050).
- ◆ **SIDEWALKS** - Drivers and bicyclists must yield to pedestrians on sidewalks and in crosswalks (RCW 46.61.261).
- ◆ **PEDESTRIANS ON ROADWAYS** - Pedestrians must use sidewalks when they are available. If sidewalks are not available, pedestrians must walk on the left side of the roadway or its shoulder-facing traffic (RCW 46.61.250).
- ◆ **BOLTING INTO TRAFFIC** - No pedestrian or bicycle shall suddenly leave a curb and move into traffic so that the driver cannot stop (RCW 46.61.235).
- ◆ **DRIVERS EXERCISE DUE CARE** - Every driver of a vehicle shall exercise due care to avoid colliding with any pedestrian upon any roadway and shall give warning by sounding the horn when necessary (RCW 46.61.245).
- ◆ **STOP FOR PEDESTRIANS AT INTERSECTIONS** - Vehicles shall stop at intersections to allow pedestrians and bicycles to cross the road within a marked or unmarked crosswalk (RCW 46.61.235). See Washington's Crosswalk Law for more information.
- ◆ **YIELD TO VEHICLES OUTSIDE INTERSECTIONS** - Every pedestrian crossing a roadway at any point other than within a marked crosswalk or within an unmarked crosswalk at an intersection shall yield the right of way to all vehicles upon the roadway (RCW 46.61.240).

“Walking takes longer... than any other known form of locomotion except crawling. Thus it stretches time and prolongs life. Life is already too short to waste on speed.”

~Edward Abbey, “Walking”

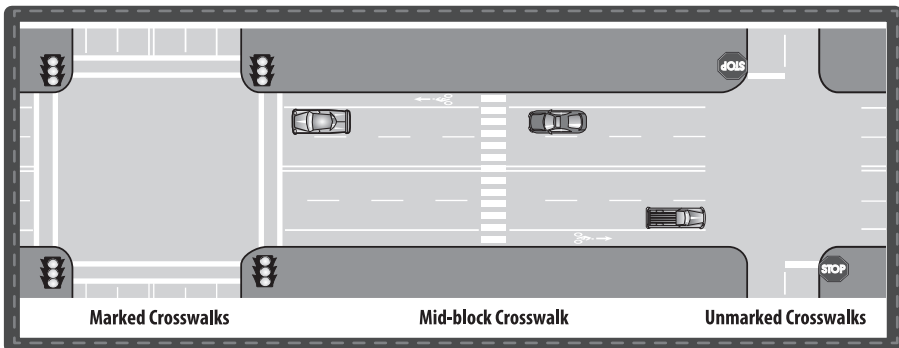
Get to Know Your Streets



TYPES OF LEGAL CROSSWALKS

The Federal Highway Administration defines the following types of legal crosswalks:

- ◆ A crosswalk exists at any public street intersection, including “T” intersections, whether marked with paint or unmarked.
- ◆ Crosswalks also exist between intersections (mid-block), but only if they are marked with white lines.
- ◆ Pedestrians are only allowed to cross mid-block at an unmarked crossing if they are more than 150 feet from a marked or unmarked crosswalk.



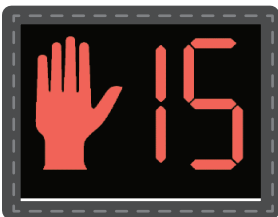
PEDESTRIAN RESPONSIBILITIES

Washington laws provide protection and opportunity to cross the street safely. At the same time, **pedestrians are responsible for acting in a safe manner.**

- ◆ Before crossing, pedestrians should show intent to cross by extending part of their body, wheelchair, cane, crutch or bicycle into the roadway.
- ◆ Pedestrians need to allow drivers enough time and distance to stop before crossing.

KNOW YOUR SIGNALS

- ◆ **LOOK!** Did cars stop? Then go. Watch for turning and oncoming cars.
- ◆ **DON'T START CROSSING!** However, finish crossing if already in the crosswalk.



- ◆ **STOP!** Don't leave the curb. A walk signal will appear soon.

COUNTDOWN CROSSWALK SIGNALS

Countdown signals notify pedestrians on how long crossing time remains to finish crossing the intersection. Once the red hand flashes, it's not safe to begin crossing the street. Finish crossing if you've already started.

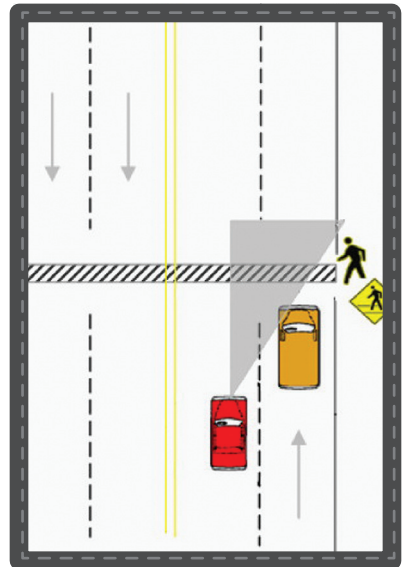
MOTORISTS AND CYCLISTS

- ◆ Stop for pedestrians at crosswalks.
- ◆ Stop and remain stopped for students until directed by a crossing guard in school zones.
- ◆ Stop and remain stopped for a blind pedestrian using a white cane or guide dog until the pedestrian is completely across the roadway.

THE “DOUBLE THREAT”

A “double threat” can occur on streets with two or more lanes of vehicles traveling in the same direction. If one vehicle stops for a pedestrian and another vehicle overtakes it on either side, the pedestrian may not be visible and risks getting hit.

- ◆ In this situation, you may be blocked from the view of other approaching motorists by a stopped vehicle. Before entering the next lane of traffic, STOP and look to make sure all approaching vehicles have stopped for you before crossing the next lane.



PEDESTRIAN SAFETY EDUCATION

Walking is among the earliest skills people develop. It's always important people are

walking in a safe manner. Walking skills and knowledge can change with age.

The Pedestrian and Bicycle Information Center provides guidance on how to best teach and educate pedestrians of different ages:  

pedbikeinfo.org/programs/education.cfm

Power to the Pedestrian

ADVOCACY GROUPS

Feet First works to ensure all communities across Washington are walkable.

feetfirst.org/

Futurewise is a statewide public interest group working to promote healthy communities and cities while protecting farmland, forests and shorelines today and



for future generations.

futurewise.org/

Transportation Choices is a statewide policy and advocacy nonprofit dedicated to bringing Washingtonians more and better transportation choices.

transportationchoices.org/



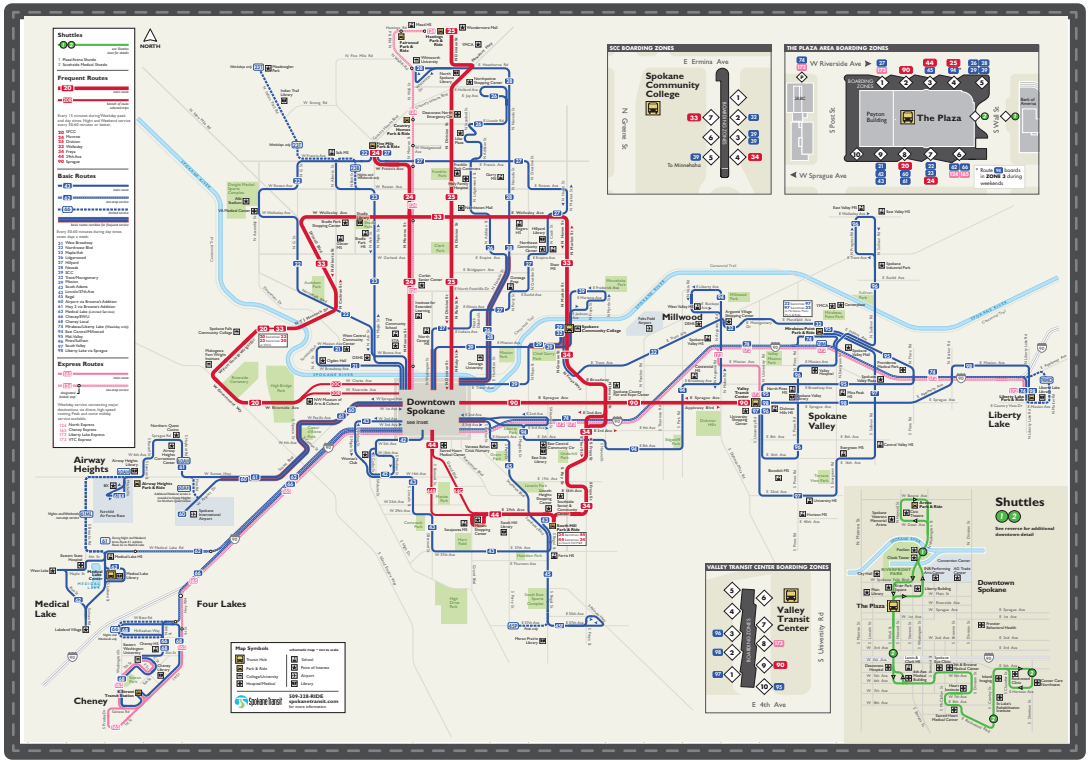
GO FURTHER ON YOUR LOCAL BUS

STA Bus Service at Your Fingertips

If your destination seems too far to walk or roll, try Spokane Transit Authority (STA) bus service. Assistance and trip planning are available by phone, on the web and with smart phones. Visit spokanetransit.com to use the online trip planner. You can use the software to create a travel itinerary, or go to the 'Routes and Schedules' page to view the system map and the individual route schedules. The map will indicate where the route travels and possible connections to other routes. The schedules help you estimate when the bus will arrive at your stop. Find real-time bus information by texting 99689 and the stop number. Call (509) 328-RIDE (328-7433) or TTY (509-456-4327) for more information.

How to Ride

- ◆ Look for your neighborhood bus stop. There are about 2,500 bus stops in the STA service area. The information on the sign at the stop will tell you which bus route(s) stop there and which direction they are going from that stop.



- ◆ Please have exact fare ready. Neither the fare box, nor the bus operator, can make change. The operator does not carry cash.
- ◆ Be sure you are visible to the bus operator as the bus approaches. Stand as close to the sign or shelter as possible. When it's dark, use a flashlight or phone.
- ◆ If you need a transfer, ask the bus operator as you board for a two-hour pass.
- ◆ If you don't know which stop is the one closest to your destination, ask the bus operator for help. When you are one block away from your stop, either push the yellow strip or pull the overhead bell cord. The operator will let you off at the next bus stop.

For more information visit spokanetransit.com.

GOOGLE MAPS

Google Maps is also great for route planning. Click the “bus” icon instead of “car.”

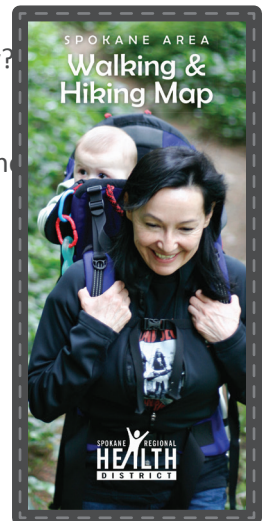
Exploring the Spokane Area

MAPS AND GUIDES

Looking for great places to walk, run or hike in Spokane County? Regional Health District’s website at: srhd.org/walkingmaps

Scenic, historic...these great routes offer something for everyone

- ◆ Centennial Trail – Mirabeau Park to Plantess Ferry
- ◆ Cheney – Downtown Loop
- ◆ Little Spokane River – Indian Painted Rocks
- ◆ Manito Park – Cannon Hill Park Loop
- ◆ Medical Lake Loop





◆ Riverfront Park – Gonzaga University Loop

◆ Riverside State Park – Bowl & Pitcher Loop

LINKS TO MORE GREAT PARKS, TRAILS, ETC.

Centennial Trail

37.5 miles long, the Centennial Trail begins at the Washington/Idaho state line and ends at Nine Mile Falls, Wash. The one-of-a-kind trail has its metropolitan center section in downtown Spokane in Riverfront Park and branches out to more rural east and west endpoints.

spokanecentennialtrail.org

Spokane Valley Parks & Recreation

Maps to parks and trails in Spokane Valley

spokanevalley.org

Spokane Parks & Recreation

Maps to over 100 parks, trails, golf courses, and more!

my.spokanecity.org/parksrec

Spokane County Parks & Recreation

Maps to over 50 county parks, golf courses, lakes, and more!

spokanecounty.org/parks

Visit Spokane Hiking

Suggested hiking through the seasons, to see wildlife, and hiking the river

visitspokane.com/things-to-do/recreation/hiking

Riverside State Park



Miles of trails to hike, bike, or run – free to everyone.

riversidestatepark.org

Mt. Spokane State Park



Over 100 miles of hiking trails located 25 miles southeast of Spokane.

parks.wa.gov

Walking Websites

GET ONLINE TO GET OUTDOORS

mapmywalk.com

Map your own routes, view distance and elevation information, and share with friends. Find runs and walks posted by others and create your own training plans.

walkjogrun.net

A free and easy way to create walking routes or choose from others. Calculate distance and pace, track calories and log your walks with a free training diary.

walkscore.com

Take a step toward a walkable lifestyle by entering your home address to find your walk score and seeing what your neighborhood has to offer within walking distance.

meetup.com

Meet other local people interested in walking for fitness. Enter your zip code and find groups in Spokane or other cities.

walkbikebus.org

Download and share free walking resources such as the Spokane Area Walking and Hiking Map, Stickman Knows Pedestrian Safety Tips and this guide.

FOR MORE INFORMATION ABOUT



Email: INFO@WALKBIKEBUS.ORG

Web: WALKBIKEBUS.ORG

Walk Bike Bus Spokane is a program of:



Walk Bike Bus Spokane is led in partnership with the Spokane County Commute Trip Reduction program, City of Spokane, Spokane Transit Authority, Spokane Bicycle Club and The Lands Council. In summer 2018, the project is funded by Local Capacity Development Funds.

Endorsed by:



StickmanKnows.org

Guide adapted from City of Portland, Ore., SmartTrips

Disclaimer: The information contained in this publication is provided without any warranties or guarantees. Spokane Regional Health District, nor its partners, are not responsible for any injuries or difficulties you may encounter as a result of using this information. Always consult a physician before starting any new exercise program.

SRHD is committed to nondiscrimination in accordance with Title VI of the Civil Rights Act of 1964, and Civil Rights Restoration Act of 1987 (P.O. 100.259) and the Americans with Disabilities Act. To request reasonable accommodations, accessible formats, information or to file a complaint, contact 509.324.1501. TDD 509.324.1464.



Look us up on Facebook

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