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Richard P. Merson

From: Traffic Logix [newsletter@trafficlogix.com]  
Sent: Tuesday, January 08, 2013 9:59 AM  
To: Richard P. Merson  
Subject: January Traffic Calmer

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**The Traffic Calmer**

A monthly newsletter for the Traffic Logix community January 13



**Will You Stick to Your Diet in the New Year?**  
*A Guide to Healthier Roads in 2013*

**What is a Road Diet?**



As people across the country commit to healthier lifestyles after a season of indulgence, streets can benefit from diets too.

*In this issue:*  
*What is a Road Diet?*  
*How to Slim Your Roadway*  
*Is a Road Diet for You?*  
*Beyond Diet- Complete Streets*  
*On the Streets*  
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*Did You Know?*  
*Traffic Logix Tidbits*

Instead of changing eating habits, road diets are used by traffic engineers to improve road health by reducing road width or the number of travel lanes. Road diets are used both as a [traffic calming](#) measure and to provide space for cyclists and pedestrians. Urban roadways across the country are trimming their widths to **encourage slower speeds, create two way turn lanes, and establish bike lanes and walkways.** Putting roadways on a "diet" can also encourage improved commerce as reduced travel speeds improve access to parking and shopping.

**How to Slim Your Roadway**

Road narrowing can be done in a variety of ways. Footpaths or sidewalks can be created or expanded.

***On the Streets***



*A Michigan study proposes that*

[Curbing](#) can be installed with or without landscaping strips or [bicycle lanes](#) can be created on one or both sides of the road. Existing traffic lanes can be widened or a two way lane can be added to the middle of the roadway in place of standard travel lanes. [Chicanes](#) can be designed, which extend the curb on alternating sides of the street, forming S shaped curves. On-street parking is another option that can narrow the roadway while making effective use of existing road surface.

### Is a Road Diet for You?

Road diets certainly have their benefits. They lower vehicle speeds, reduce crash rates, and improve pedestrian safety. In fact, a [2010 FHWA study](#) found that road diets can be expected to **reduce overall crash frequency by 19-43%**. Numerous studies and reports corroborate the increased safety achieved when lanes are narrowed. But road diets are not for everyone. The FHWA road diet study found that on roadways with upwards of 20,000 vehicles per day, there is increased likelihood of traffic congestion, which includes the added risk of diverting traffic to neighboring streets. Road diets can also negatively impact the speed and reliability of transit service, delaying buses and creating congestion around bus stops.

### Beyond Diet- Complete Streets

Healthier streets, like healthier lifestyles, often need more than just diets. Complete Streets, a term coined in 2003 by David Goldberg of Smart Growth America, are roads that consider the needs not only of cars, but also of bicyclists, pedestrians, shopkeepers, and transportation vehicles and riders.

The [National Complete Streets Coalition](#) defines complete streets as roads that are designed with all users in mind. Some tools used in creating complete streets include traffic calming measures such as [speed humps](#), [radar signs](#), staggered parking, and lower speed limits; pedestrian accommodation such as sidewalks, crosswalks, and pedestrian signals; bicycle infrastructure such as [bike lanes](#) or wide shoulders; and recognition of transit needs such as bus lanes and bus pullouts.

*you diet along with the road. The study recommends making streets more pedestrian-friendly, and estimates that commuters can lose an average of 25 lbs this year by biking or walking to work. Read more [here](#).*

### Premiering



*The City of Ukiah, CA has received almost \$2 million to create a road diet on downtown State St. Read the full article [here](#).*

*Did You Know? Slimmest US City: San Francisco has more road diets than any other city in the country.*

### Traffic Logix Tidbits



*Seen our holiday video yet? Check it out for the Traffic Logix 2012 year in review. Watch it [here](#).*



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