

Saranac Lake Healthy Infrastructure Advisory Board



Annual Report

**Healthy Infrastructure
Advisory Board**

39 Main Street
Saranac Lake, NY 12983
518-891-4150

HELLO

The Healthy Infrastructure Advisory Board (HIAB) was created to ensure that Saranac Lake residents have abundant opportunities to live healthy, active lifestyles.

In recent years Saranac Lake has taken many small steps to improve healthy infrastructure in the community which adds up to big changes today. Saranac Lake has historically been a hub for recreation, healing, and wellness. Those traditions have continued to be represented in the community with recent projects that include the 6ers Program, new trails and base lodge at Dewey Mountain, new trails at Mount Pisgah, the Safe Routes to School campaign, Sidewalk Capital Improvement Program, and shared lane markings on Main Street and Broadway.

The coming year is sure to be equally exciting as Saranac Lake hosts the first Cycle Adirondacks ride, completes construction of the Skate Park and installs community-wide Wayfinding Signage.

Saranac Lake is a great place to live and it is thrilling to see it keep getting better.

Jamie Konkoski
HIAB Chair



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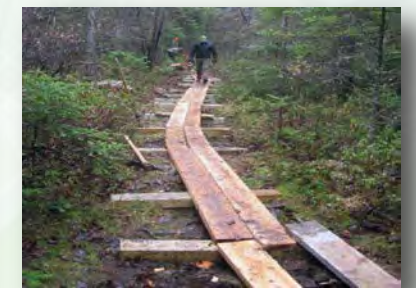
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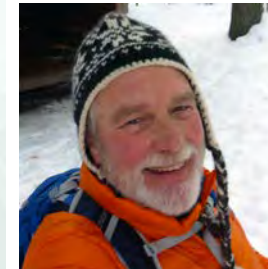


COMMUNITY PROJECTS

- ⑦ Lake Flower Ave Accessibility & Pedestrian improvements (TEP funds)
Village of Saranac Lake & DOT
- ⑧ Broadway pedestrian improvements
Village of Saranac Lake
- ⑨ New mountain bike trails at Pisgah
Village of Saranac Lake & BETA
- ⑩ Skate Park site preparation
Village of Saranac Lake & Skate Park Committee
- ⑪ New Dewey Mountain Lodge
Harrietstown & Friends of Dewey Mountain
- ⑫ Jack Rabbit Trail improvements
BETA & Adirondack Ski Touring Council
- ⑬ Walk & Bike to School Week
North Country Healthy Heart Network & Franklin County
- ⑭ New Lake St sidewalk segment (Safe Routes to School grant)
North Country Healthy Heart Network & Franklin County

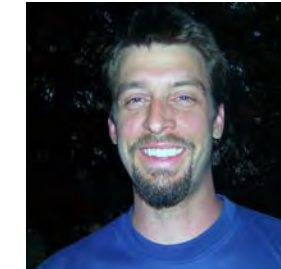
WHO

The Healthy Infrastructure Advisory Board (HIAB) was established in 2009. HIAB is a seven member board appointed by the Village of Saranac Lake.



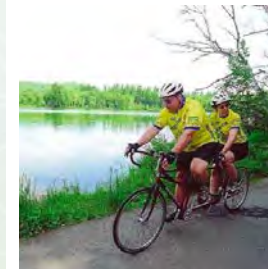
Tom Boothe

Tom is a biker and all-around outdoor and Saranac Lake enthusiast. Making Saranac Lake Village nicer for human powered travel is a great thing to contribute to.



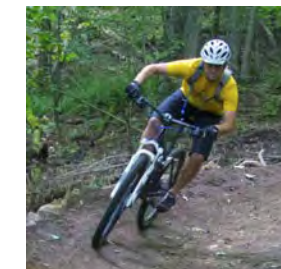
Jason Smith

Healthy and alternative ways of transportation and recreation are important to my family and me. Providing access to safe and user- friendly areas for biking, walking, skiing, and snowshoeing is what lead me to volunteering my time to HIAB.



Lindy Ellis

Lindy bikes, cross country ski, and hikes. Lindy supports the HIAB because it helps everyone in Saranac Lake be more active, with recommendations on healthy infrastructure.



Josh Wilson

Josh is an all-around bicycle advocate working at the state level for the New York Bicycling Coalition. As a member of the Barkeater Trails Alliance (BETA) and Adirondack Ski Touring Council (ASTC) he has helped to construct miles of mountain bike trails at both Dewey Mt & Mt Pisgah, and maintains the Saranac Lake section of the Jackrabbit Ski Trail.



Jamie Konkoski

Jamie enjoys year round outdoor recreational activities and often walks or bikes for transportation around Saranac Lake. She works for a public health organization as an advocate for healthy infrastructure in Franklin County communities.



Marijke Ormel

Marijke uses her bicycle year round for transportation to work and errands around town. She has led efforts to make Adirondack Health more bicycle friendly for staff and visitors and is on HIAB to help make Saranac Lake friendly for people of all ages on bikes.



2015 GOALS

The purpose of the Advisory Board is to make recommendations to the Saranac Lake Village Board on policy and implementation that support and promote healthy lifestyles through healthy infrastructure.

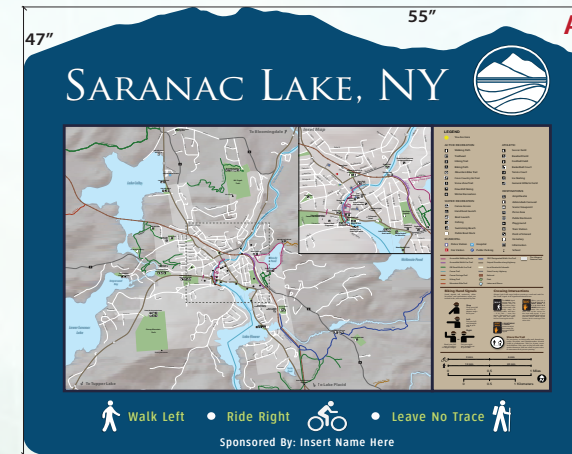
‘Healthy Infrastructure’ is a way of describing the connection between facilities for walking, bicycling and physical fitness as an integrated part of transportation, recreation, community quality of life and economic vitality.

This year HIAB will focus on these four main goals:

- Install wayfinding signage
- Improve visibility of school crosswalks on Petrova Ave.
- Recommend a Saranac Lake Bike & Pedestrian Policy
- Increase the number of roads with Shared Lane Markings



Potential Outcomes



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HIAB PROJECTS

- ① Wayfinding signage plan finalized
HIAB
- ② Temporary traffic calming & crosswalk improvements at Petrova
HIAB
- ③ Shared Lane Markings on Broadway & Main Street
HIAB & Village of Saranac Lake
- ④ Downtown truck traffic ban
HIAB & Downtown Advisory Board
- ⑤ Pontiac Parking lot improvements
HIAB & Downtown Advisory Board
- ⑥ Walk & Bike Education at Summer Youth Program
HIAB & North Country Healthy Heart Network

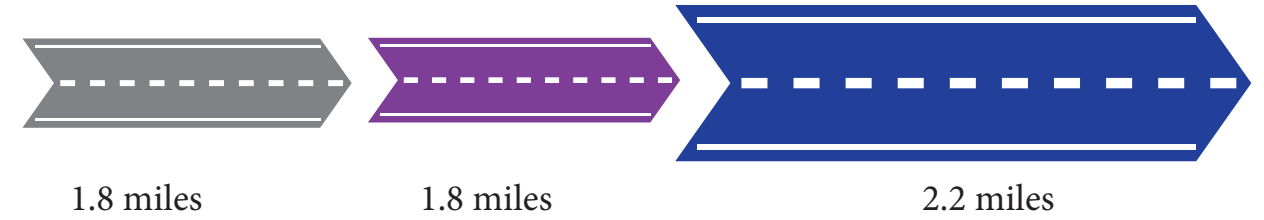


2012

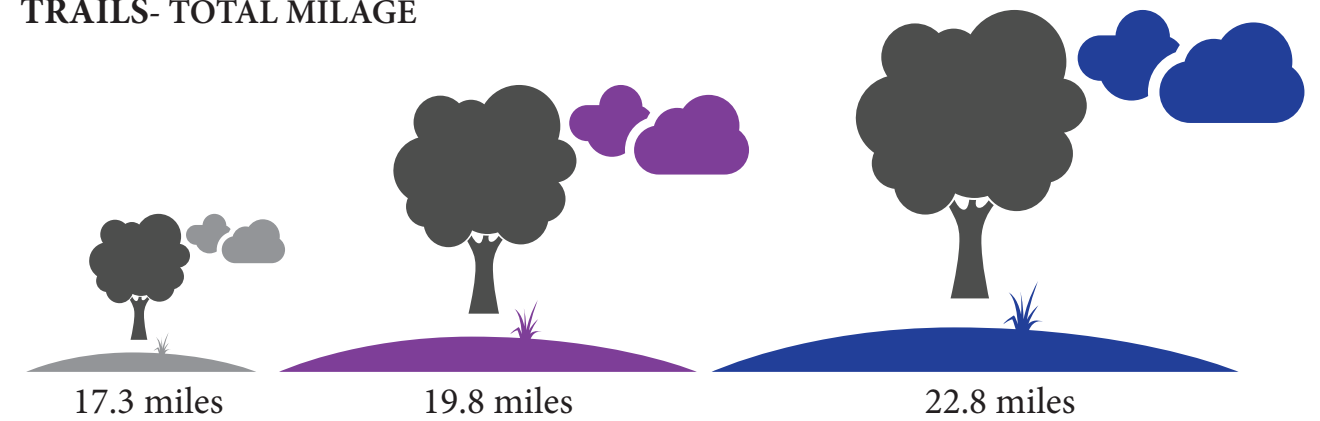
2013

2014

BIKE FACILITIES- BIKE LANES, USABLE PAVED SHOULDERS, SHARED BIKEWAYS

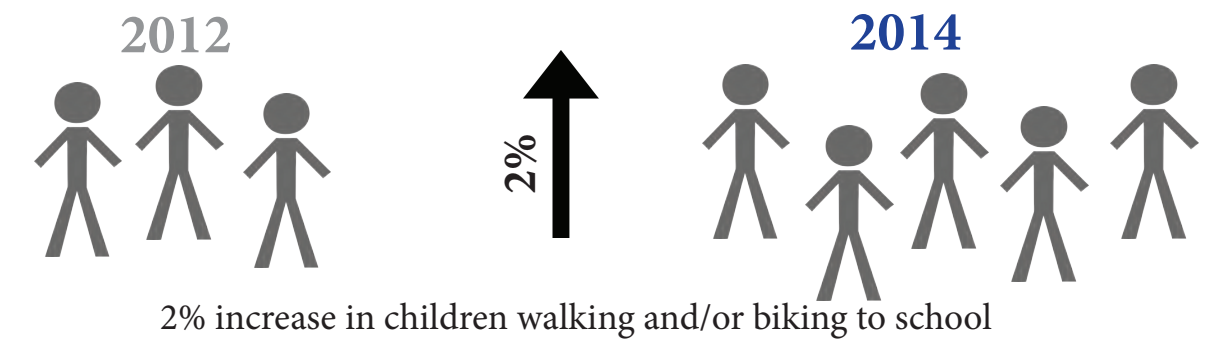


TRAILS- TOTAL MILEAGE



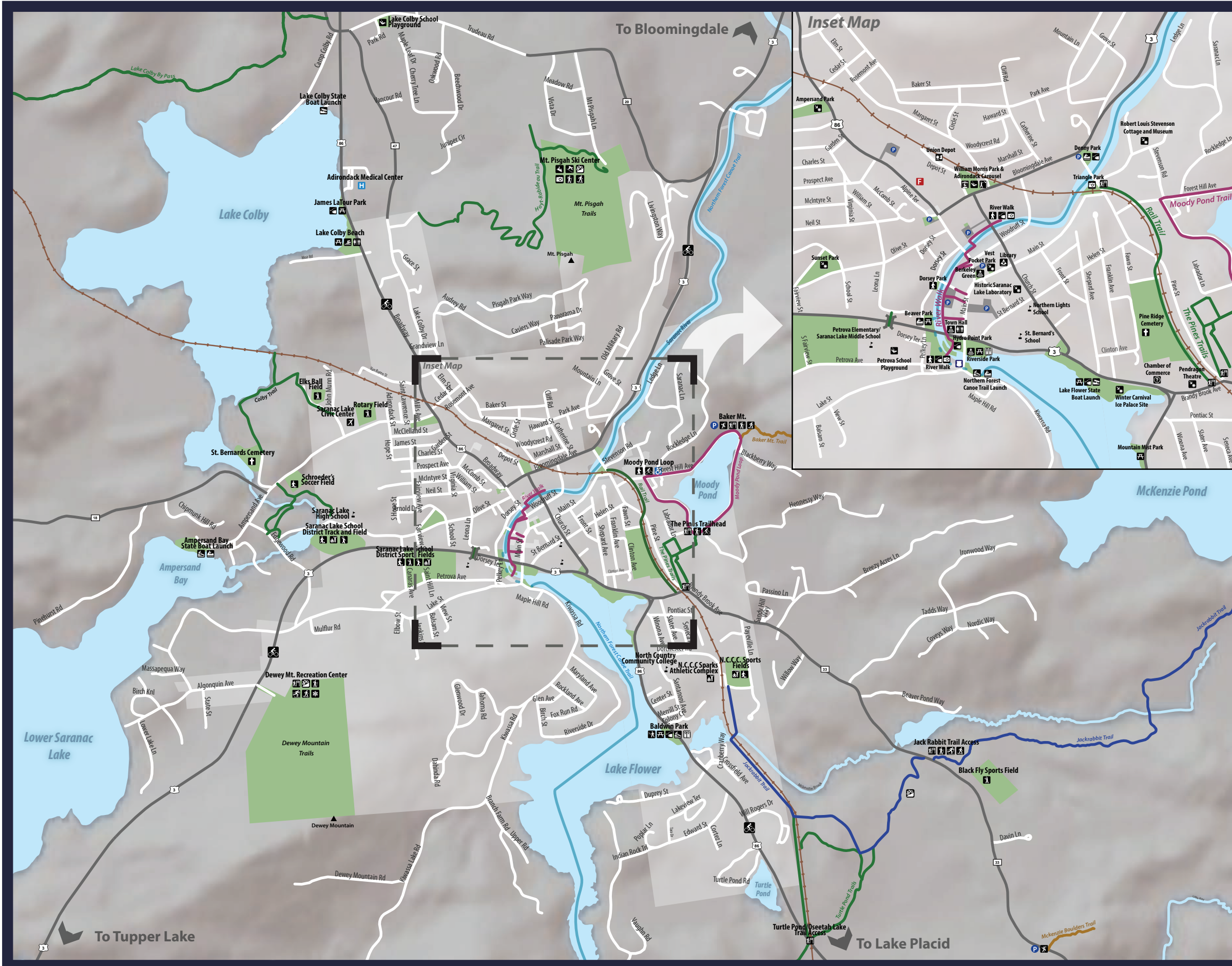
SIDEWALKS- NEW & RECONSTRUCTED

2014



50 4th graders received Walk & Bike Education!





LEGEND

● You Are Here

- Walking Route
- Off Road Multi-Use Trail
- Canoe Trail
- Canoe Portage Trail
- Hiking Trail
- Jack Rabbit Trail
- Local Road with Sidewalk
- State/County Highway
- Railroad
- Park
- Lakes and Rivers

ACTIVE RECREATION

- Walking Path
- Trailhead
- Hiking Trail
- Bike Route
- Mountain Bike Trail
- Cross Country Ski Trail
- Snowshoe Trail
- Downhill Skiing
- Snow Tubing
- Rock Climbing
- Accessible Walking Route

ATHLETIC

- Soccer Field
- Baseball Field
- Football Field
- Basketball Court
- Tennis Court
- Ice Skating
- General Athletic Field

DESTINATIONS

- Amphitheatre
- Adirondack Carousel
- Scenic Viewpoint
- Picnic Area
- Public Restroom
- Playground
- Train Station
- Point of Interest
- Cemetery
- Information
- School

WATER RECREATION

- Canoe Access
- Hand boat launch
- Boat Launch
- Fishing
- Swimming Beach
- Public Boat Dock

MUNICIPAL

- Police Station
- Hospital
- Fire Station
- Public Parking

HOW LONG WILL IT TAKE ME?

