



## Walking is Viable Transportation:

Incorporating walking into your daily routine can benefit both your health and the environment but pre-planning is advised any time you are heading out on a walk that will last longer than twenty or thirty minutes.

**Liquids:** Remember to take plenty of water with you on any walk/hike. Drink before you feel thirsty.

**Clothes:** Choose comfortable clothes that are not restricting. Especially during the change of seasons it is important to be prepared.

**Shoes:** A good walking shoe provides ankle support. Along with the shoe, choose a cushioned sock. If you are just beginning a walking program, break new shoes in gradually to avoid blisters.

Always warm up at a slow pace each time you go for a walk. If shopping, remember to take along shopping bags with handles and remember to limit the weight of items. If on a linear creekway remember to walk on the right side of the path and please no more than two people side by side.

## Pedestrian Safety Tips:

1. **Be predictable:** Cross the street at a crosswalk, never in-between parked cars. Avoid mid-block crossings. Obey the signalized crosswalks, crossing only on a green signal. Walk on the sidewalk; if there is no sidewalk, and if it is necessary to walk in the roadway, walk on the left side, facing traffic.
2. **Be visible:** Crossing at designated pedestrian crosswalks makes it easier for drivers to see you but make eye contact with the driver before proceeding across the street, just to make sure. Wear light reflective clothing at dusk, night and dawn.
3. **Be alert:** Always look left, right and left again before crossing a street. Stay sober. Walking while impaired greatly increases your chances of being struck. Take a cab, bus or use a designated driver to get home safely.



## Motorist Safety Tips when Pedestrians are present:

Walkers and wheelers are everywhere, even where you may not expect them. Pedestrians can be hard to see at dusk, dawn, night and in some weather conditions. Watch for pedestrians constantly.

Stop for pedestrians who are in a crosswalk, even if it is not marked. When you stop for a pedestrian in a crosswalk, stop well back so that drivers in the other lanes can also see the pedestrian in time to stop.

Do not overtake and pass other vehicles stopped for pedestrians. Remember that elderly, kids and disabled individuals may need extra time to cross the street.

Be especially attentive around schools and other areas such as in neighborhoods where children are active; they may not be paying attention to the cars.

**Walking is simple, easy, and healthy, so build it into your lifestyle.**



# PMAC Mission



The Pedestrian Mobility Advisory Committee (PMAC) supports comprehensive, coordinated and continuous planning for a safe, regional pedestrian system that is accessible to all residents. A successful transportation system depends on the regional partners' ability to work together to enhance the pedestrian's experience. Expanding on the "Complete Streets" concept and developing policies and programs that support walkable communities is a key step for a healthy future.

MPO meetings are open to the public.

# Who is the PMAC?

The Pedestrian Mobility Advisory Committee is an advisory committee for pedestrian issues to the MPO's Transportation Policy Board.



The PMAC is comprised of staff representatives from the Alamo Area Council of Governments, Bexar County, City of San Antonio, Texas Department of Transportation, VIA Metropolitan Transit and citizen members.

# Walking & Wheeling



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