

# NE Iowa Food & Fitness Initiative - Safe Routes to School Workshop

## February 2, 2010 – Workshop Presenters

### **Kathy Ridnour**

Kathy Ridnour is employed by the Iowa Department of Transportation and is the Safe Routes to School Coordinator for the State of Iowa. She manages the SRTS funding, project selection, and project development process for the state. Any questions about the SRTS program can be directed to her at [kathy.ridnour@dot.iowa.gov](mailto:kathy.ridnour@dot.iowa.gov) or by calling 515-239-1713. The SRTS Web site is: [www.iowadot.gov/saferoutes](http://www.iowadot.gov/saferoutes).

### **Molly Gable**

Molly Gable is the Safe Routes to School Program Director for the Iowa Bicycle Coalition. Molly previously worked at the University of Iowa Touch the Earth Outdoor Recreation Center and earned her masters degree at the University of Iowa. Molly can be contacted at [molly@iowabicyclecoalition.org](mailto:molly@iowabicyclecoalition.org). or by calling 515-309-2867.  
[www.iowabicyclecoalition.org](http://www.iowabicyclecoalition.org)

### **Greg Welk**

Assistant Professor in the Department of Health and Human Performance (HHP) at Iowa State University (ISU). The associated links on the page provide information about the courses I teach, the type of research I conduct and the service projects I contribute to. I mentor graduate students (M.E.D., MS and Ph.D. students in the program. Information on students and the collective work done by our research team can be found on a web page for the [Physical Activity and Health Promotion Lab](#). Contact information is provided below in case you would like to get a hold of me (email is preferable). Email: [gwelk@iastate.edu](mailto:gwelk@iastate.edu)

### **Chris Seeger**

Christopher J. Seeger, ASLA, GISP is an Associate Professor of Landscape Architecture and the Extension Specialist in Landscape Architecture at Iowa State University. Seeger is a licensed landscape architect and a Geographic Information Systems (GIS) Professional. His current research and outreach focus on creating healthy, sustainable communities that include safe routes to schools, connected trail systems, and environments and programs that promote healthy lifestyles.

Seeger specializes in the use of spatial technologies such as GIS and Global Positioning Systems (GPS) to help identify how the design of a community and elements of the built environment may affect residents' physical activity and health. His interests also include Public Participation GIS (PPGIS), Volunteered Geographic Information (VGI) and the development and delivery of multimedia-enriched, Web-based GIS solutions using online mapping software such as ArcGIS Explorer, Google Maps, Bing and Google Earth. Contact: [cjseeger@iastate.edu](mailto:cjseeger@iastate.edu)

### **Tim Lane**

Tim Lane, IDPH, has worked in the public health field for over a quarter of a century. In his career he has become recognized not only in Iowa but across the continent as a tireless advocate for prevention and wellness.

- He was a pioneer in the use of Iowa's fiber optic network.
- He has researched and published a book on walking with Mark Fenton (America's most noted walking advocate)
- His FITNET daily publication was the nation's first electronic fitness effort that is read by over 350,000 readers
- He led the Iowa Department of Public Health's effort to create a video stream for their health conferences
- His outdoor health column has run in every issue of Iowa Outdoor magazine
- He created the Healthy Communities magazine for the Iowa Department of Public Health
- He created the Ride Right safety program for RAGBRAI and the National Tour Directors
- He was a director with the National Ski Patrol and one of the first Bike Patrolmen for Ride the Rockies
- He has ridden his bike across Iowa 35 times... scaled mountains on four continents... and ridden his bike across America once. Contact: [tlane@idph.org](mailto:tlane@idph.org)