

**R. Mark Fenton**  
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Mark Fenton is a transportation, planning, and public health consultant, author, PBS television host, and pedestrian and bicycle advocate. This includes extensive work with the University of North Carolina's Pedestrian and Bicycle Information Center in development and presentation of the national Safe Routes to School training course, and as an Active Community Workshop facilitator, independently and for the National Center for Bicycling and Walking in Washington, DC. Mark is one of the nation's foremost experts on walking for health and fitness, has published widely on the topic, speaks regularly at regional and national conferences, and is quoted extensively in the media. He combines this health perspective with his engineering expertise to provide innovative community level program, design, and policy solutions to create more walkable, bicycle- and transit-friendly settings.

A recent focus for Mark is work on state and local Safe Routes to School initiatives. These range from community workshops that develop specific local intervention plans to training of state workshop facilitators. In all of his work Mark recommends a spectrum of tools from land use policies and practices to engineering and design details, as well as development of behavior change and promotional programs. The latter are critical to both build local interest and support for engineering and policy change, and to encourage use of new facilities. Throughout Mark combines the public health argument on the rise of sedentary lifestyles and chronic disease with the economic, transport efficiency, and environmental case for more pedestrian- and bicycle-friendly settings. His goal is to develop multi-disciplinary coalitions to help design, build, and promote such settings, and his technical background assures that the work is based on sound engineering principals and established best practices.

### Professional Highlights

- Contributing Editor, *Health Magazine*; former Editor-at-Large, *Walking Magazine*, 1993-present.
- Physical Activity Program Manager, UNC Pedestrian and Bicycle Information Center, 2001-2004.
- Host and chief creative consultant, *America's Walking*, PBS television health series, 2000-2002.
- Manager of Research Engineering & Human Performance, Reebok Int'l, Stoughton, MA, 1990-1992.
- Researcher, US Olympic Sports Science Laboratory, Colorado Springs, CO, 1983-84; 1987-88.

### Recent Project examples

**Seattle WA Pedestrian Master Plan roll-out.**  
Community workshops & DOT-training. 2009.

**Pioneering Healthier Communities, YMCA-USA.**  
Facilitation of community workshops & technical training; over 20 communities nationwide, 2006-09.

**Healthy Hawaii Initiative.** Statewide workshops & technical training, active community design. 2007-09

**Louisville, KY Pedestrian Plan & Summit.** Public workshops & summit facilitation. 2007-08

**Minnesota Active Living by Design programs.**  
Training, facilitation for MN Blue Cross Blue Shield-sponsored community interventions, 2007-09.

**Safe Routes to School state programs.** State or train-the-facilitator education sessions: HI, SC, MT, 2006-08.

**Bicycle & Pedestrian Connectivity Plan, Charlotte, NC.** Facilitated community input workshops to develop 25 priority bike-ped-transit linkage projects. 2005

**National Safe Routes to School Training Course; UNC Pedestrian and Bicycle Information Center, Chapel Hill, NC.** Curriculum development, instructor training, and workshops presentation, 2005-08.

**Berkeley-Charleston-Dorchester Regional Bicycle/Pedestrian Plan, Charleston, SC.** Facilitated public workshops, developed recommendations. 2005

**Walkable Community Workshop facilitator, National Center for Bicycling and Walking, Washington, DC.** Week-long MPO workshops nationwide. 2003-05

**Non-Motorized Transportation Plan, Ann Arbor MI.** Community education and visioning sessions. 2004

**Safe Routes to School workshop series, Milwaukee, WI.** Facilitated workshops at six at-risk schools. 2004

## Education

M.S., Massachusetts Institute of Technology, mechanical engineering, February, 1990. Studied multi-phase fluid flow modeling and power system design.

B.S., Massachusetts Institute of Technology, mechanical engineering, June, 1983. Bachelor's thesis in biomechanics, gait analysis, and exercise science.

## Selected Presentations

- Faculty member, *Physical Activity and Public Health* course, University of South Carolina/Centers for Disease Control & Prevention, annually 1999-present.
- YMCA/USA *Pioneering Healthy Communities* action institute, Washington DC, yearly 2004-present.
- "Nexus Between Transportation & Obesity Prevention" plenary; *Weight of the Nation*, CDC Obesity Conference, Washington, DC, July 2009.
- "Winning Battles, Losing the War: Time to Turn the Tide," closing plenary, Traillink National Rail-to-Trials conference, Portland, OR, Aug. 2007.
- "Creating Stickier Communities for Physical Activity," opening keynote, National Active Living by Design conference, Denver, CO, May 2006.
- "Fighting the Epidemic No One is Talking About," keynote, American College of Sports Medicine National Health and Fitness Conference, Las Vegas, April 2005.
- "Infrastructure Investments for Physical Activity in Communities," closing plenary, 18th National Chronic Disease Prevention Conference, Washington DC, Feb. 2004.
- "The Role of Transit in Creating More Active, Healthier Communities," Rail-Volution National Transit Conference, plenary session and walk audit workshop, Atlanta, GA, Sep. 2003.
- "Best Practices in Healthy Street Design," D Burden, M Fenton, K Sides, Institute of Transportation Engineers Technical Conference seminar, Ft. Lauderdale, FL, Mar. 2003.
- "Speaking the Many Languages of Smart Growth," National Smart Growth Conference, Local Government Commission, New Orleans, LA, Jan. 2003.
- Lessons from the North American Walking World," keynote; Walk 21 III: International Pedestrian Conference, Donostia, Spain, May 2002.

## Selected Publications; Books

- *The Complete Guide to Walking for Health, Weight Loss, and Fitness*, M Fenton, Lyons 2008 (2<sup>nd</sup> Ed).
- *Pedometer Walking*, M Fenton, D Bassett, T Teare, Lyons press, 2006.
- *Walking Through Pregnancy and Beyond*, M Fenton, L Fenton, T Teare, Lyons press, 2004.
- *The 90-Day Fitness Walking Program*, M Fenton, S Bauer, Perigee, 1995.

## Selected Publications; Chapters, Articles

- "Engineering Physical Activity Back Into Americans' Lives," M Fenton, in *Progressive Planning*, No. 157, p. 12-17, fall 2003.
- "Promoting Walking in the US: Overcoming the Stickiness Problem," M Fenton, *Creating Sustainable Transport*, Rodney Tolley, editor, Woodhead Publishing, London 2003.

## Academic publications

- "Battling America's Epidemic of Physical Inactivity: Building More Walkable, Livable Communities," *J. Nutrition Education and Behavior*, 2005; 37: S27-S32.
- "The Relationship Between Convenience of Destinations and Walking Levels in Older Women," W King, M Fenton, AM Kriska, et.al. *American Journal of Health Promotion*, 18 (1), 74-82, Sep. 2003.
- "Use of Joint Angle Biofeedback System in the Gait Training of Stroke Patients," RM Fenton, W.C. Flowers, *Biomechanics of Normal and Prosthetic Gait*, J.L. Stein, ed., ASME, BED-Vol. 4, Dec. 1987.

## National Organizations and Activities

- Vice Chair, Board of Trustees, East Coast Greenway Association, 1999 to 2008.
- Juror, Institute of Transportation Engineers Annual Pedestrian Project Awards, 2003, 2004.