

A photograph of a snow-covered path, likely a pedestrian or bicycle trail, with trees and a fence on the left and a low wall on the right. The path is covered in a thick layer of snow, and there are footprints visible. The trees are heavily laden with snow, and the sky is overcast.

BMTS Article Digest
January - February 2025

BMTS Pedestrian & Bicycle Advisory Committee Members:

The following is a compilation of articles that may be of interest to BMTS Pedestrian & Bicycle Advisory Committee members. This and past digests can also be accessed from the Pedestrian & Bicycle Advisory Committee page at <http://bmtsonline.com/about/committees>.

Sights you get to enjoy while walking!

Pedestrian & Bicycle Information Center (PBIC) Messenger e-Newsletter

Go to <http://www.pedbikeinfo.org/newsroom/newsletters.cfm>.

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See the **Two Rivers Greenway Pedestrian & Bicycle Monthly Counting Reports** at <http://bmtsonline.com/data/bikeped-counts>.



Waverly PD reveals cause for car vs. pedestrian crash in Wavery

By Sara Kinneary

Published: Jan. 15, 2025 at 11:35 AM EST | Updated: 50 minutes ago

WAVERLY, N.Y. (WBNG) -- The Waverly Police Department completed its investigation into a motor vehicle collision that left one hospitalized with serious injuries.

On Jan. 4, around 6 p.m., Waverly Police responded to the intersection of Chemung Street and Clark Street in Waverly, near the St James Catholic Church, for reports of a motor vehicle accident.

According to the department, upon investigation, it was found that an 82-year-old woman had failed to use a nearby crosswalk when she was struck by a moving vehicle.

Police reported that the driver, a 35-year-old woman, was not hurt during the incident and could not avoid the collision.

The 82-year-old woman was transported to a local hospital for medical treatment for reported serious injuries.

Waverly PD said Greater Valley EMS and the Waverly Barton FD assisted at the scene.

Binghamton Vet Center installs 30 new banners as part of its Hometown Heroes Program



By [Daniel Curren](#)

Published: Jan. 14, 2025 at 4:55 PM EST | Updated: 20 hours ago

BINGHAMTON, N.Y. (WBNG) -- The Binghamton Veterans Center, as a part of its Hometown Heroes Program, installed 30 new banners on Front Street and Bevier Street in Binghamton on Wednesday.

The banners display the names and pictures of the local veterans and indicate which branch of the military they served in. There are 22 banners on Front Street and eight on Bevier Street.

[Note that the banners are on the Front St. Trail light posts. 😊]

Jason Davis with the Binghamton Vets Center said this initiative allows the community to recognize the service of Binghamton natives who served their country.

“Our veterans here know that they’re surrounded by supportive communities, not just citizens but organizations alike,” said Davis. “I mean, there are a lot of veterans that move to this area just because it is such a veteran-friendly community.”

Davis said that programs like Hometown Heroes help veterans feel at home when they return from their service.

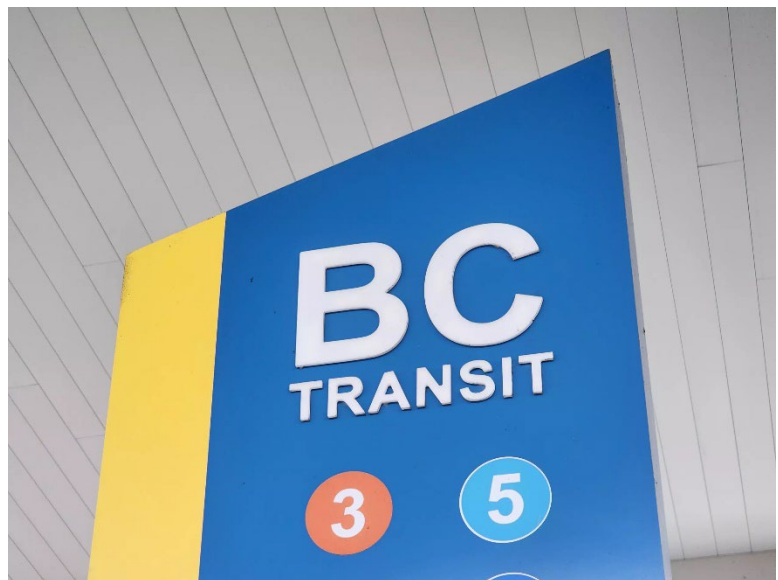


BC Transit will be adding electric buses to its fleet of diesel-powered and hybrid vehicles this year.

The system's first electric buses are scheduled to arrive this summer.

Broome County public transportation commissioner Greg Kilmer said the move toward electrification is "well underway" with development of the needed charging infrastructure.

A bus route designation sign in downtown Binghamton. (Photo: Bob Joseph/WNBF News)



During a WNBF News interview, Kilmer said the state and federal governments are providing a significant amount of money to help pay for the transition.

Kilmer said the county expects the delivery of its first six battery electric buses in August. He said seven more electric buses are to be added to the BC Transit fleet at a "date to be determined."



A bus at the BC Junction on Prospect Avenue in Binghamton. (Photo: Bob Joseph/WNBF News)

The commissioner said plans call for the addition of solar panels at the existing transit center on Old Mill Road in Vestal. He said a sophisticated battery electric storage system will be developed to "capture some of the sun's energy to help offset the cost of recharging our buses."

The new electric buses will be manufactured by Gillig in California. Kilmer said there now is enough

charging infrastructure in place so the buses can be driven from the West Coast to Broome County. Originally, it was expected the buses would need to be transported from the factory on flatbed trucks.

Kilmer said the cost of a battery electric bus with the associated charging dispenser is about \$1.3 million. That compares to a cost of \$600,000 for a conventional diesel bus and about \$800,000 for a third-generation hybrid bus.

He said the current price of electric buses is "why it's critical that we rely on state and federal grant funding to offset this incremental cost."

Kilmer said the net benefit should be a lower operating cost in the long run.

Vestal Police Respond to Car vs. Pedestrian Crash



By [Sara Kinneary](#)

Updated: 23 hours ago

VESTAL, N.Y. (WBNG) -- Crews responded to a motor vehicle incident on Monday.

Around noon, crews responded to 2521 Vestal Parkway East for reports of a car vs. pedestrian incident.

According to the Vestal Police Department, a female victim

attempted to cross the parkway. Cars stopped in the passing lanes, but not in the driving lanes, where an SUV struck the victim.

The victim was transported to a local hospital for injuries.

A 12 News crew on the scene saw Vestal Police and Vestal Emergency Squad responding.



What Happens to Your Body When You Walk 10,000 Steps a Day?

Story by Marian Avila

February 2, 2025



What Happens to Your Body When You Walk 10,000 Steps a Day?

Reaching 10,000 steps a day has become a popular fitness goal, and for good reason. Lacing up your sneakers and heading outdoors or hitting the treadmill for a cardio session is linked to a ton of amazing health benefits. We chatted with a fitness pro to learn all about how walking 10,000 steps a day impacts your body, and it might just inspire you to take a refreshing stroll ASAP!

Boosts Cardiovascular Health: Walking every day helps improve cardiovascular health and fitness. "It strengthens the heart and enhances circulation, reducing the risk of heart disease, high blood pressure, and strokes," explains Ronny Garcia, CPT from Blink Fitness.

Increased Muscle Endurance and Leg Strength: Walking is a fantastic way to boost lower body strength, as it intensely engages those muscles.

Calorie Burn: If you're looking to burn calories and slim down, making daily walks a habit can help you achieve that. "Walking 10,000 steps burns approximately 300 to 500 calories," Garcia tells us. "This calorie burn is great if your goal is to lose weight or maintain it."

More Energy and Focus: Besides the mental clarity a brisk walk provides, walking can boost your energy levels and focus. "Walking increases blood flow and oxygen supply to the brain and muscles, so you might notice a higher level of energy and concentration throughout the day," notes Garcia.

Taking 10,000 steps or more daily amplifies the benefits of a quick stroll.

"Walking 10,000 steps a day improves both heart efficiency (the ability to pump blood) and circulation (oxygen supply to the brain and muscles)," Garcia explains. "By enhancing both, the risk of cardiovascular diseases like heart disease, strokes, and high cholesterol is reduced."

Moreover, walking 10,000 steps a day further increases calorie burn, helping to establish a calorie deficit, especially when combined with a nutritious diet. This contributes to weight loss and weight management. "Plus, the constant movement to reach those 10,000 steps keeps your metabolism active," Garcia points out.

You'll also boost your muscle endurance, especially in the lower body: hamstrings, quadriceps, calves, and glutes. "You also maintain proper posture while walking, which exercises the core muscles," says Garcia. "Ultimately, muscle endurance in the legs and core will make functional exercises (like carrying groceries or climbing stairs) easier."

One of the best things about walking 10,000 steps a day? It's one of the simplest forms of physical activity you can do. "It doesn't require training or special equipment and can be done anywhere," Garcia notes. "Walking is a low-impact exercise (meaning it doesn't harm the joints), so the risk of injury is minimal."

Waverly Reduces Speed Limit on Three Roads

by: [Gillian Friebis](#)

Posted: Feb 2, 2025 / 03:51 PM EST

Updated: Feb 3, 2025 / 08:47 AM EST

WAVERLY, N.Y. ([WETM](#)) — Waverly residents will have to drive slower on a few roads due to new speed limit reductions.

The Waverly Police Department [announced](#) on Jan. 31 that the speed limit is now 20 mph on Broad Street from Route 220 to Spaulding Street, Waverly Street from Chemung Street to Spaulding Street, and Fulton Street from Chemung Street to the village and state line.

The speed limit was reduced from 30 mph to 20 mph in these areas due to safety concerns. Village meeting [minutes](#) state that Police Chief Russell Buesink Jr. proposed the speed reductions to the

Waverly Village Board of Trustees on June 11, 2024, and the trustees unanimously approved the reductions on Sept. 24, 2024, following a public comment period that no one spoke during.

According to the [local law filing document](#) on the reductions, there wasn't a traffic study conducted on the area, and the reductions were made based on Buesink's recommendation. Buesink cited discussions with community members, business owners, and officers as the reasons for his recommendation to change the speed limit in these areas. The reduced speed limit is expected to increase public safety.

Residents don't have to worry about remembering the changes; new signs are in place announcing the new speed limits.
