

BMTS Article Digest

June – July 2026

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!

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

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



Whitney Point School District launches bike riding program for young students



By [Madeline L. Adams](#)

Published: May 7, 2026 at 3:51 PM EDT

WHITNEY POINT, N.Y. (WBNG) — Whitney Point Central School District has implemented the All Kids Bike program, helping kindergarten and first-grade students learn how to ride bicycles during physical education classes.

Through a collaboration with Broome-Tioga

BOCES' Professional Learning Innovation Center, the program builds confidence, coordination and lifelong healthy habits.

Danielle Montesano, a physical education teacher at Caryl E. Adams Primary School, said the program starts with balance bikes.

“When you start with the bikes, that’s just a balanced bike with no pedals on it at first, which is really nice for the kids to learn how to balance,” Montesano said. “A lot of them have ridden bikes at home with the training wheels on it, which doesn’t really give them the opportunity to learn how to ride a bike and balance.”

Montesano said bike riding is a skill students can use throughout their lives.

“I think along with swimming and different activities, things like that, it’s a lifelong activity,” she said. “It’s something that I still do with my young children as an adult, so I think it’s super important for someone to learn how to do it now so that they can do it when they’re an adult as well.”

Tioga County Public Health reminds riders to follow e-bike, e-scooter safety rules



By [Jolie Jenkins](#)

Published: Jun. 16, 2026 at 6:34 PM EDT

TIOGA COUNTY, N.Y. (WBNG) -- Tioga County Public Health is reminding individuals to follow safety guidelines while riding e-bikes and e-scooters.

The devices look similar to regular bikes and scooters but perform differently; they accelerate faster, weigh more and don't turn as easily.

They are powered by lithium-ion batteries and can overheat if damaged or misused, which can cause a higher risk of fires.

Users must follow these guidelines before riding:

- Riders must be 16 or older
- Helmets are required for every ride
- No additional passengers
- Ride only on roads with speed limits of 30 mph or less
- Sidewalk riding is not allowed

According to TCPH, research shows that many crashes happen on a rider's very first time on the e-bike or e-scooter.

E-bike and e-scooter crashes lead to more serious injuries than regular bicycles, especially head injuries when helmets aren't worn.

Additionally, e-bikes are more likely to injure pedestrians due to loss of control or speed, and e-scooters have the highest risk of head trauma due to lack of helmet use.

TCPH reminds riders to look out for one another, know the rules, ride responsibly and keep Tioga County safe.

To learn more about E-Bikes or E-Scooters, please visit: nybc.net/nys-bike-law/e-bike



Construction of the long-awaited "Art Park" on Washington Avenue in Endicott is almost complete.

The project initially was to be developed on a village-owned parking lot north of Broad Street. That proposed site sparked opposition from some members of St. Ambrose Church, so a nearby

location at 123 Washington Avenue was chosen.

The \$1 million park will be known as "Strand Commons." The name was chosen to acknowledge the 1,000-seat Strand Theater, which opened at the site in 1923. The old building was knocked down in 1960 to provide space for a municipal parking lot.



A sign at the soon-to-open Strand Commons at 123 Washington Avenue Photo: Bob Joseph/WNBF News

Boland Excavating of Conklin began working on the Art Park project last August. The originally-announced completion date was November but some additional work was delayed until this spring.

Village officials have said the park would feature public art installations, open seating and space for community events.



A view of the new Endicott art park looking toward Washington Avenue on June 17, 2026. (Photo: Bob Joseph/WNBF News)

The Strand Commons art park is one of a series of projects designed to make Washington Avenue more attractive.

"The Avenue" from North Street to East Main Street received an \$11 million makeover in 2024.



NOW OPEN: \$1.1 MILLION ART PARK ON THE AVENUE IN ENDICOTT



Bob Joseph | Published: June 30, 2026

Photo: Bob Joseph/WNBF News

Strand Commons - an art park on Endicott's Washington Avenue - has opened.

The \$1.1 million project had been in the works for several years. A municipal parking lot has been transformed into a community space that will support community events.



A rendering of Endicott's "Square Deal" arch appears on a steel sphere that stands in the new art park on Washington Avenue. (Photo: Bob Joseph/WNBF News)

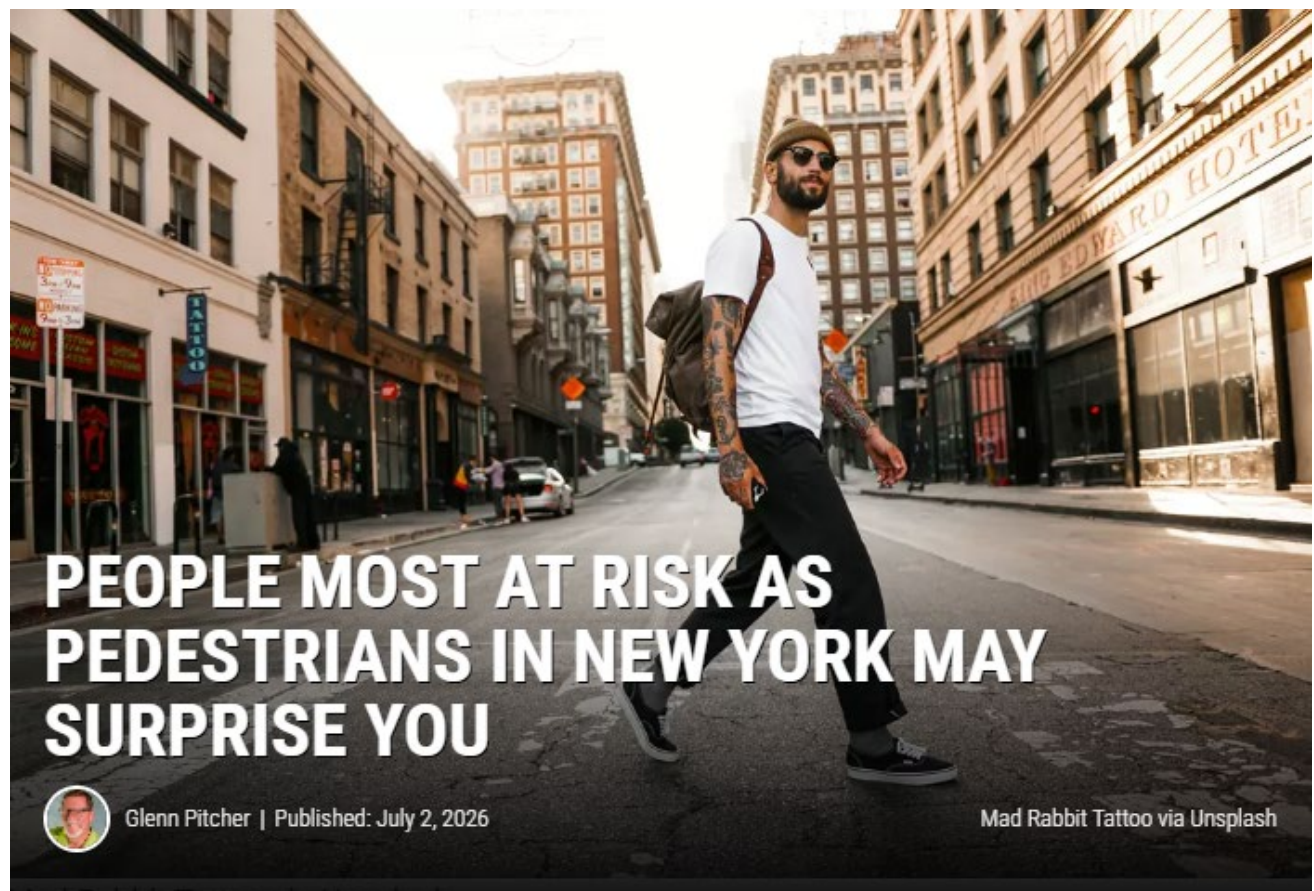
The name for the park pays tribute to the Strand Theater, a movie house that had operated at 123 Washington Avenue for nearly four decades.

The 1,000-seat theater was demolished in 1960 to make way for the parking lot.

The Greater Binghamton Fund provided \$805,000 for the Strand Commons project. The village of Endicott provided \$333,000 it had received under a state Downtown Revitalization Initiative award. The park features a six-foot illuminated steel sphere art installation that incorporates various designs including a rendering of Endicott's iconic Square Deal Arch.

Project design and engineering services were provided by LaBella Associates. Construction of the park was performed by Boland's Excavating & Topsoil of Conklin.

The village originally considered building the art park on a lot off Broad Street. That site was scrapped due to opposition from some members of St. Ambrose Church.



When people think about pedestrian safety, they think about young children crossing the street or older adults walking through busy intersections. But new research shows the group most at risk may actually be adults in the middle of their working years.

Working-Age Adults Face the Greatest Risk

The study found that 1,391 pedestrians between the ages of 35 and 44 were killed nationwide in 2024, more than any other age group. Adults between 25 and 34 accounted for 1,103 pedestrian deaths, while 1,006 people between 45 and 54 lost their lives. Another 1,163 deaths involved adults between 55 and 64 years old. All together, adults ages 25 through 64 accounted for more than 4,600 pedestrian deaths last year.

Daily Life May Be Part of the Problem

The numbers suggest pedestrian danger is tied to everyday activities. Many working-age adults spend time walking near busy roads, parking lots, shopping centers, public transportation stops, and workplaces.

Nighttime Remains Especially Dangerous

The study found many fatal pedestrian crashes happen after dark. Poor lighting, busy roads, and reduced visibility are major factors in pedestrian deaths across the country.

Pedestrian safety is something everyone can help improve. Drivers are encouraged to slow down, stay alert, and watch carefully for people crossing roads, especially at night.

A Reminder for Drivers and Walkers

Pedestrians can also help protect themselves by using crosswalks when available, wearing bright or reflective clothing after dark, and staying aware of their surroundings. The study shows that pedestrian safety is not just a concern for children and seniors. The greatest risk may be faced by adults simply going about their everyday lives.

One Walking Habit Could Signal a Healthier Brain after 80, Scientists Say

'Super movers' had about half the cognitive impairment risk compared to slower walkers

By **Melissa Rudy** | Fox News

Published July 8, 2026 7:00am EDT

Older adults identified as "super movers" are about half as likely to develop cognitive impairment than their peers.

That's according to a recent study led by Stony Brook Medicine in New York, which evaluated the cognitive function of 4,000 adults 80 and over who participated in multiple [aging and longevity studies](#) over several years.

Among this group, 6% to 10% were classified as super movers, which means they walk at a much faster pace than others of the same age and gender — at speeds comparable to people three decades younger.

The super movers were found to have about half the risk of cognitive decline compared to seniors with typical gait speed.

The findings were published in the journal *Neurology* on June 16.



Older adults identified as "super movers" are about half as likely to develop cognitive impairment than their peers. (iStock)

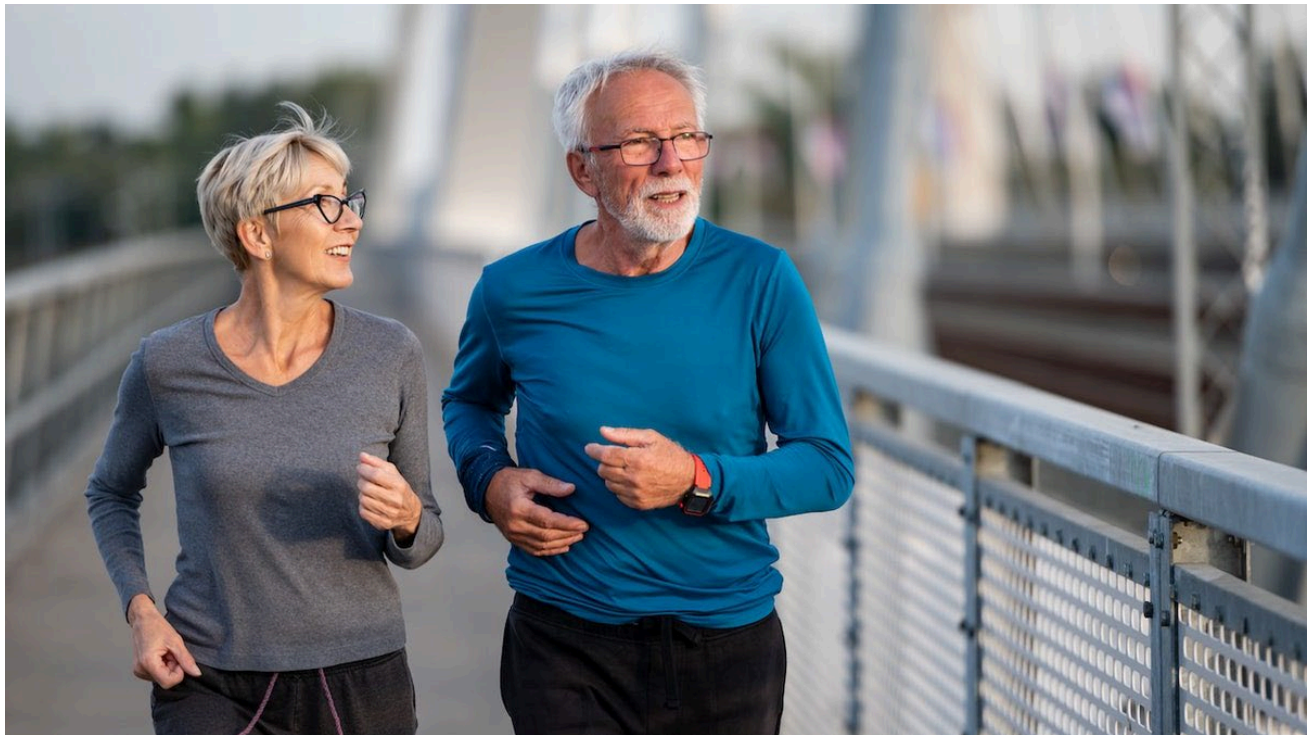
"The study reinforces that mobility and [brain health](#) are closely connected," lead study author Dr. Joe Verghese, MD, neurologist at Stony Brook Medicine, told Fox News Digital. "This suggests that preserving mobility may be an important marker of healthy brain aging and resilience."

The most intriguing finding, according to Verghese, was that super movers maintained cognitive function despite having similar [dementia-related](#) brain changes as their peers.

In postmortem brain analysis, there was no difference in dementia-related pathologies between the super movers and the slower walkers, the study stated.

"This suggests they may possess resilience mechanisms that help preserve brain function even in the presence of [age-related changes](#)," he said. "Understanding these resilience factors could lead to new strategies for promoting healthy brain aging."

As the study was observational, there were some limitations, and it does not prove that walking faster prevents dementia, the researchers noted.



Super movers were found to have about half the risk of cognitive decline compared to seniors with typical gait speed. (iStock)

"Other factors, such as cardiovascular health, [physical fitness](#) or genetics, may also contribute to both faster walking and better cognitive outcomes," Verghese said.

This study adds to growing evidence that what's good for the heart and muscles also benefits the brain, he noted, adding that "staying physically active remains one of the most effective, evidence-based ways to support [healthy aging](#)."

"Walking speed is best viewed as a marker of overall health, not a treatment."

"The broader message is that physical activity is important at any age," Verghese said. "Walking is an easy step-up point because you don't need any special equipment. You can do it inside or outdoors, and you can do it on a regular basis. You can walk with a dog, you can walk with a friend."

Any activity is beneficial if it's done regularly and with the right intensity, he added.

Rather than just trying to walk faster, the neurologist recommends that seniors focus on maintaining mobility through regular physical activity, strength training, balance exercises and good [cardiovascular health](#).

"Walking speed is best viewed as a marker of overall health, not a treatment," Verghese noted.

Major public health guidelines from the CDC and U.S. Physical Activity Guidelines recommend at least 150 minutes of moderate-intensity [aerobic activity](#) each week, such as brisk walking.



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This can be achieved by walking 30 minutes a day, five days a week, or about 20 to 25 minutes most days. Another option is to engage in shorter sessions that add up over the day.

"You have to do it within your health limitations and medical conditions," Verghese advised. "So if there are any medical concerns, I would get [your physician](#) to clear you before starting exercise." The good thing about walking, he added, is that you can start at a slow pace and then gradually build up to a brisker pace.

"And then adding on strength and balance training, whatever age you are, I think is also important."



A major road reconstruction project is resulting in a new series of traffic tie-ups in downtown Binghamton and on the city's West Side.



The Court Street Bridge and several blocks of Main Street are closed to traffic for milling and paving operations.

A sweeper on Main Street near the scene of the 2025 blaze that resulted in the death of Binghamton Firefighter J.R. Gaudet. (Photo: Bob Joseph/WNBF News)

The work is being done as part of a

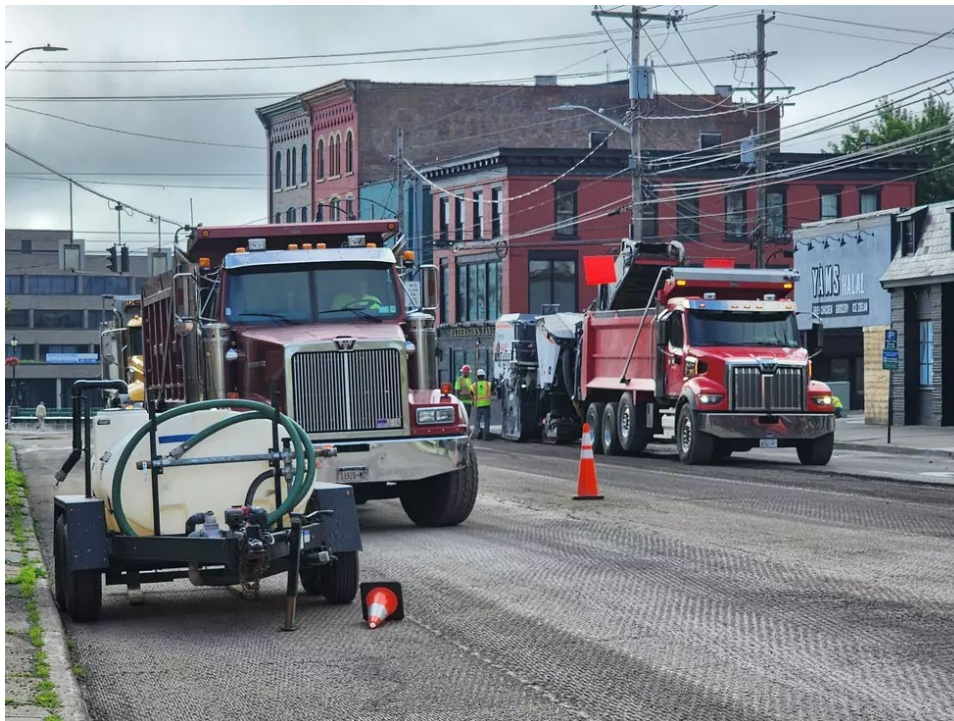
two-year \$6.2 million improvement project designed to upgrade intersections and pavement.

Safety enhancements also are being made along the 1.7-mile Main Street corridor. New curbs and high-visibility crosswalks are included in the work.

Pedestrian crossing and traffic signals are being replaced at several intersections.

New pedestrian crossing signals have been installed at Main and Front streets. (Photo: Bob Joseph/WNBF News)

Traffic is being detoured at the intersection of Main and Chestnut streets. Local traffic is permitted on parts of Main Street for residents and businesses.



The closure of the bridge linking Court and Main streets has caused traffic congestion at times on Front Street and Water Street as motorists travel to the Clinton Street Bridge.

Construction equipment on Main Street in Binghamton on July 8, 2026. (Photo: Bob Joseph/WNBF News)

The Main Street improvement project began at the Binghamton-Johnson City line last summer.

Transportation planners have said the enhancements should make the heavily-traveled east-west thoroughfare safer for motorists, pedestrians and bicyclists.
