

CMMPO Regional Bicycle Plan: 2025 Update



Adam Wriggins

October 2025

Overview

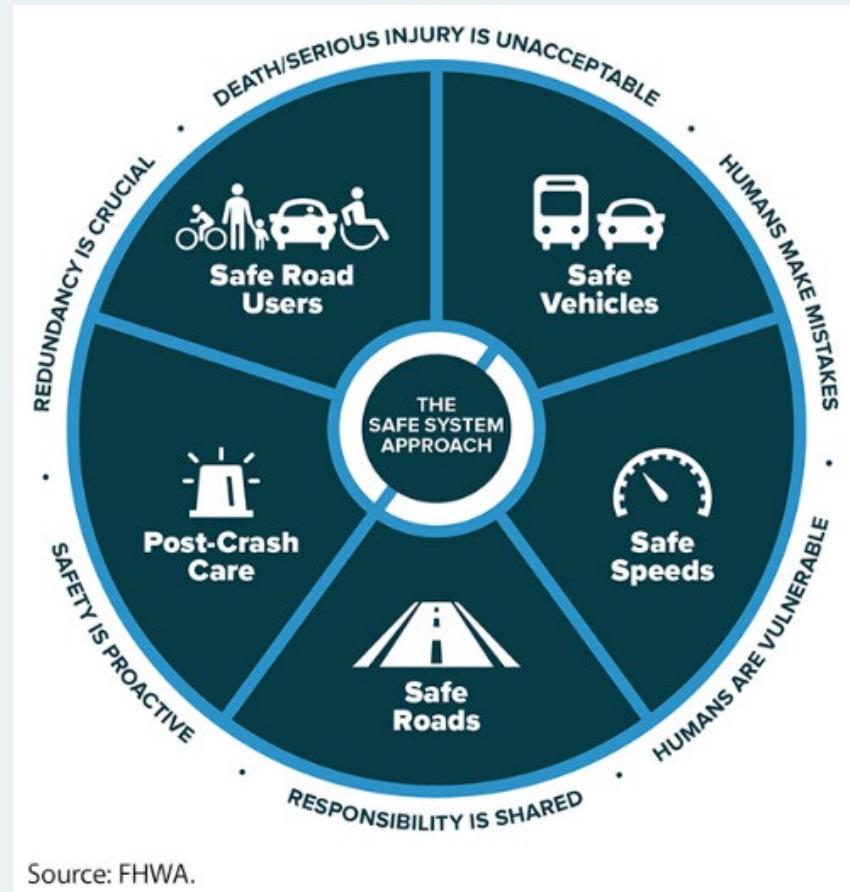
- Introduction
- History & Context
- Goals
- Tasks
- Community Engagement
- Analysis & Results



Blackstone River Bikeway

Introduction

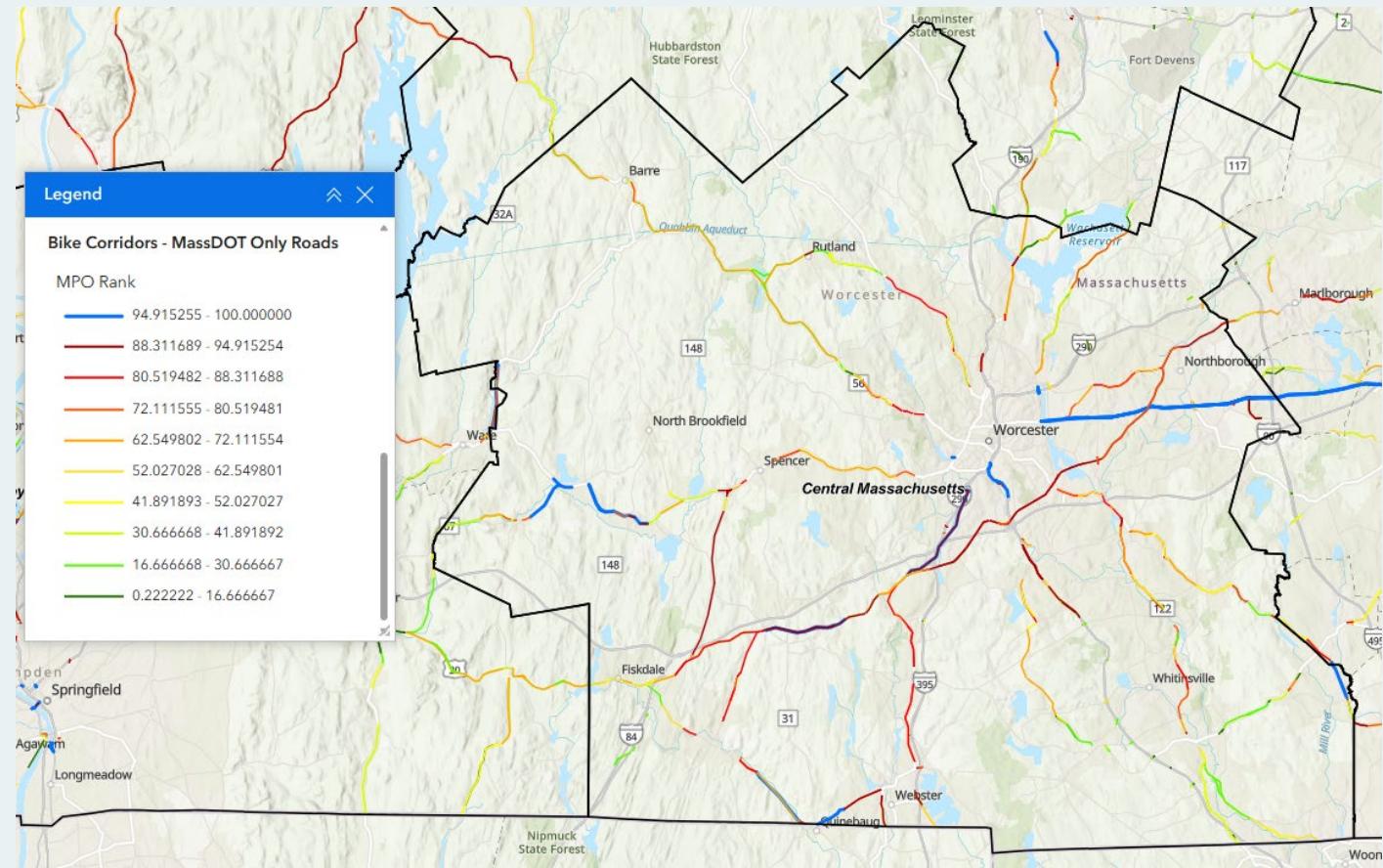
- What is a Regional Bicycle Plan?
- Benefits of Bicycling
 - Health
 - Safety
 - Economy
 - Livability
 - Environmental
- Policy shift toward all users
 - Vision Zero
 - Safe Systems Approach



Safe Systems Approach Framework

History & Context

- 2018 CMMPO Regional Bicycle Plan
- 2021 CMMPO Bicycle Compatibility Index (BCI)
- 2019 MassDOT Bicycle Transportation Plan
- 2025 MassDOT Next Gen Ped and Bike Vision Map
- Complete Streets Program



2025 MassDOT Next Generation Bicycle Vision Map Priorities

Goals

1. To continue the development of a safe regional bicycle network that encourages mode shift
2. To identify a prioritized list of potential improvements
3. To support member communities in the implementation of bicycle projects while addressing connectivity gaps in the regional network



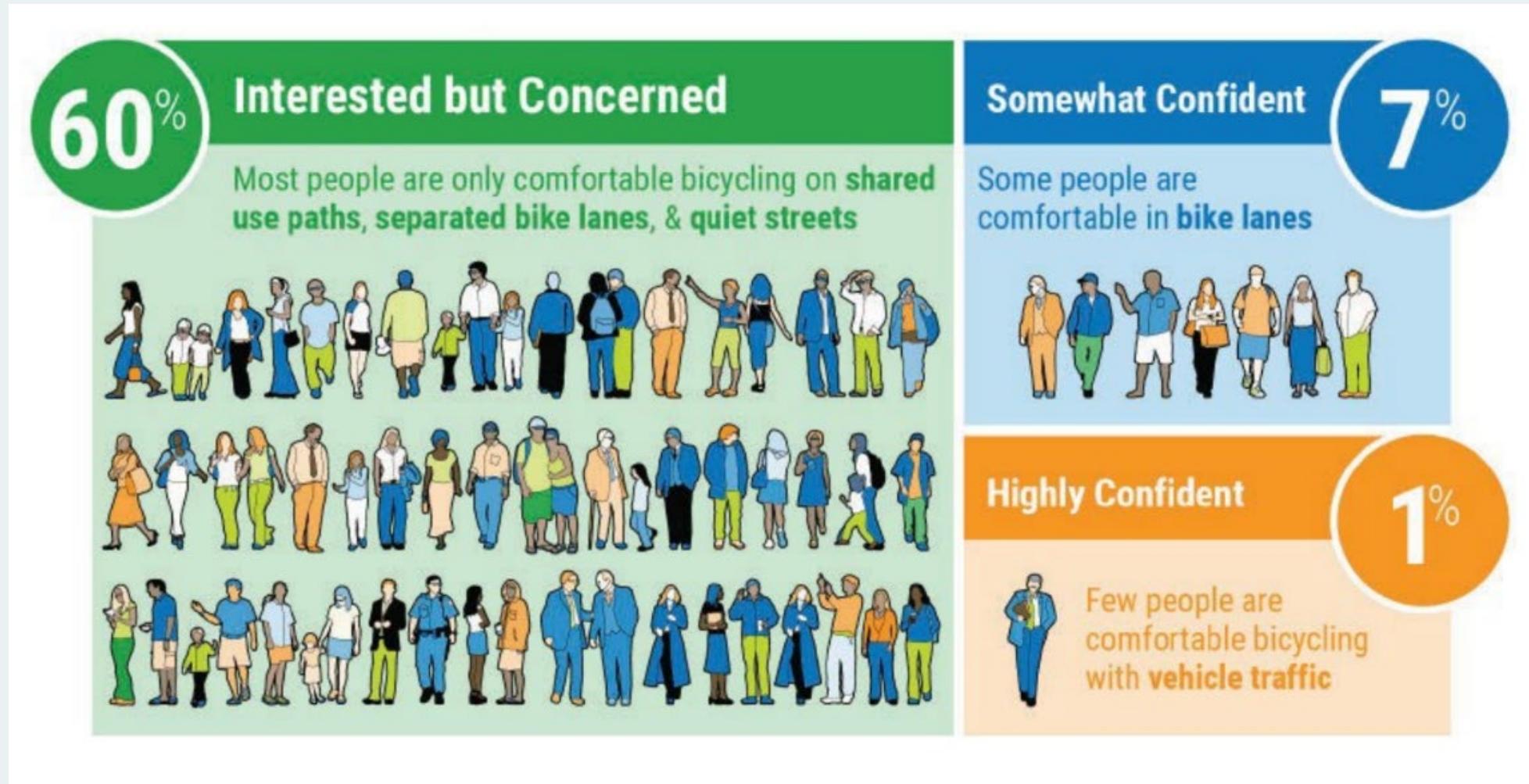
Water Street, Worcester

Tasks

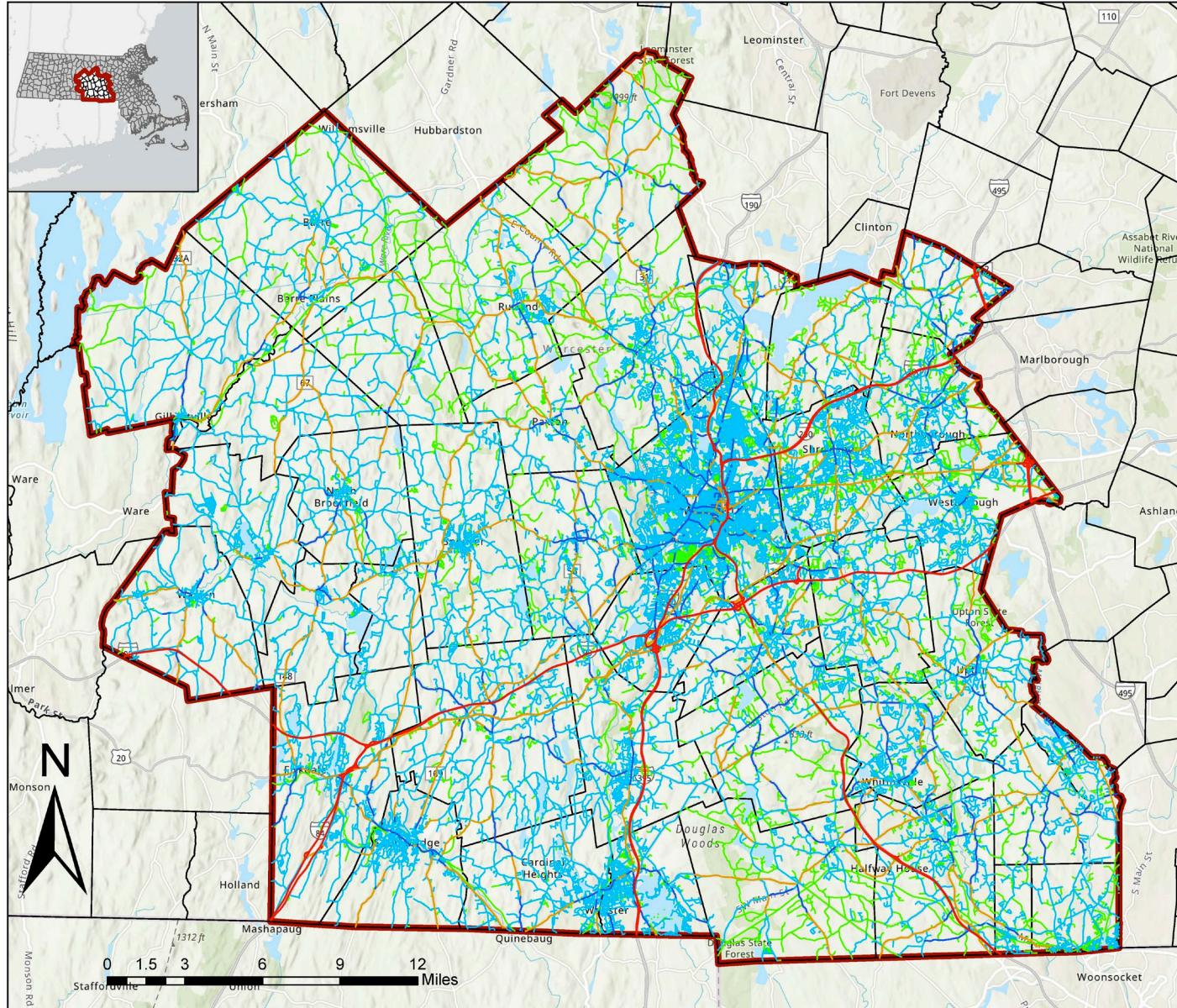
- Outreach & Community Engagement
 - Interactive Map/Survey
 - Formation of Bicycle Plan Advisory Committee
 - Subregional meetings with Municipal Staff
 - Stakeholder meetings (Worcester Bike Summit, 7 Hills Wheelmen Annual Meeting, MassBike Annual Meeting)
- Data collection, assembly, analysis
 - Bicycle Level of Traffic Stress (LTS) from MassDOT
- Conduct Access to Destinations Analysis
 - Schools, food stores, libraries, town halls
 - Travelsheds
- Conduct Safety Analysis
 - Crash locations, risk-based screening, MassDOT VRU Assessment

Understanding the Bicycle User Types

Biking must be safe, comfortable, and convenient to appeal to a broad range of people



Bicycle Level of Traffic Stress (LTS)



Bicycle Level of Traffic Stress (LTS): CMRPC Region

Legend

Level of Traffic Stress (LTS) Rating

- 1 Low Stress: Families and Children
- 2 Low-Medium Stress: Interested But Concerned
- 3 Medium-High Stress: Enthusiastic & Confident
- 4 High Stress: Strong & Fearless
- 5 Bicycling Prohibited

CMRPC Towns

CMRPC Outline

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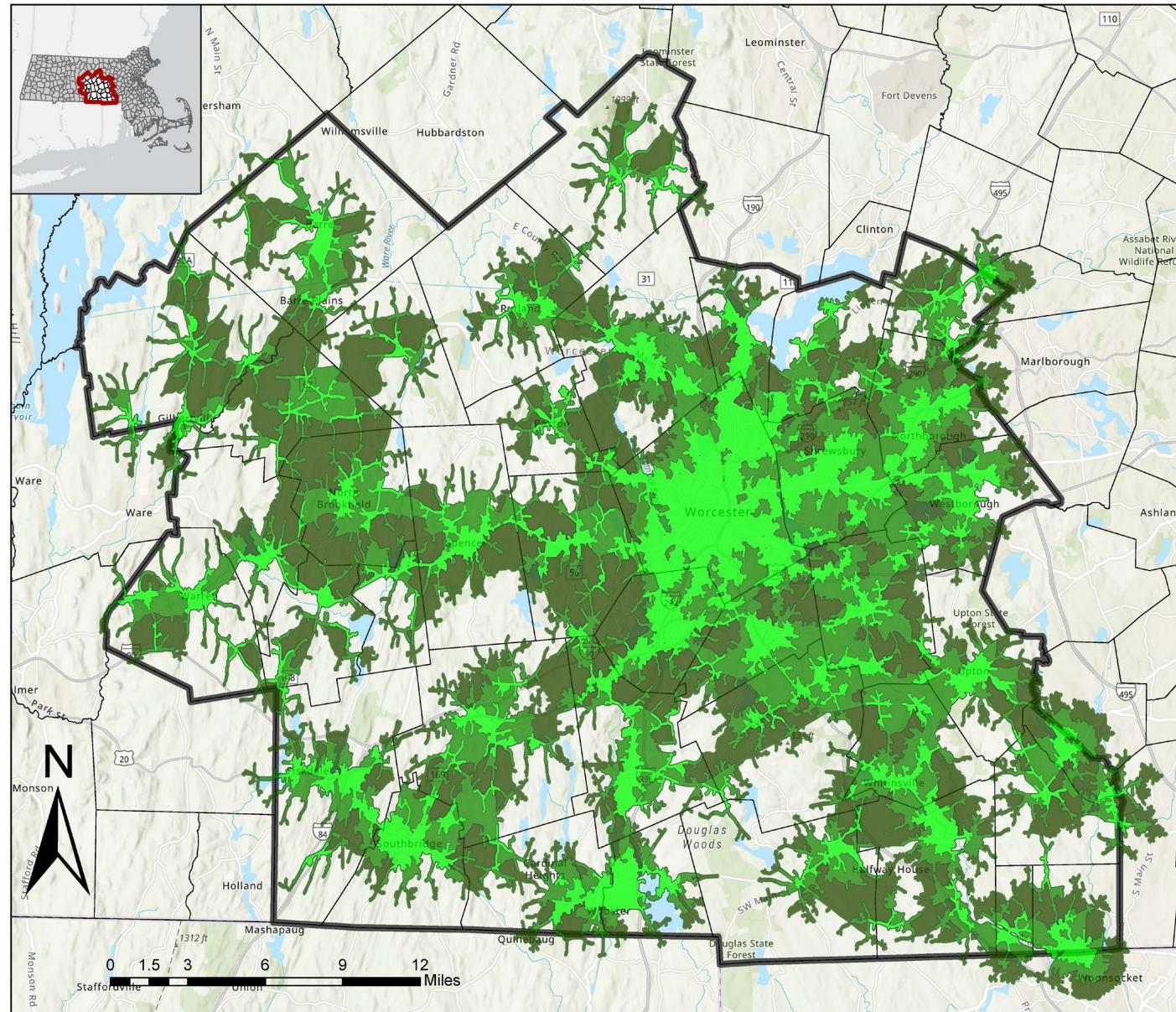
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Central Massachusetts
Metropolitan Planning Organization

Access to Destinations Analysis: Travelsheds



5-, 10-, and 15-Minute
Bicycle Travelsheds:
CMMPO Region

Legend

5-, 10-, and 15-Minute
Bicycle Travelshed

Cutoff

- 10 - 15 Minutes
- 5 - 10 Minutes
- 0 - 5 Minutes

CMRPC Towns

CMRPC Outline

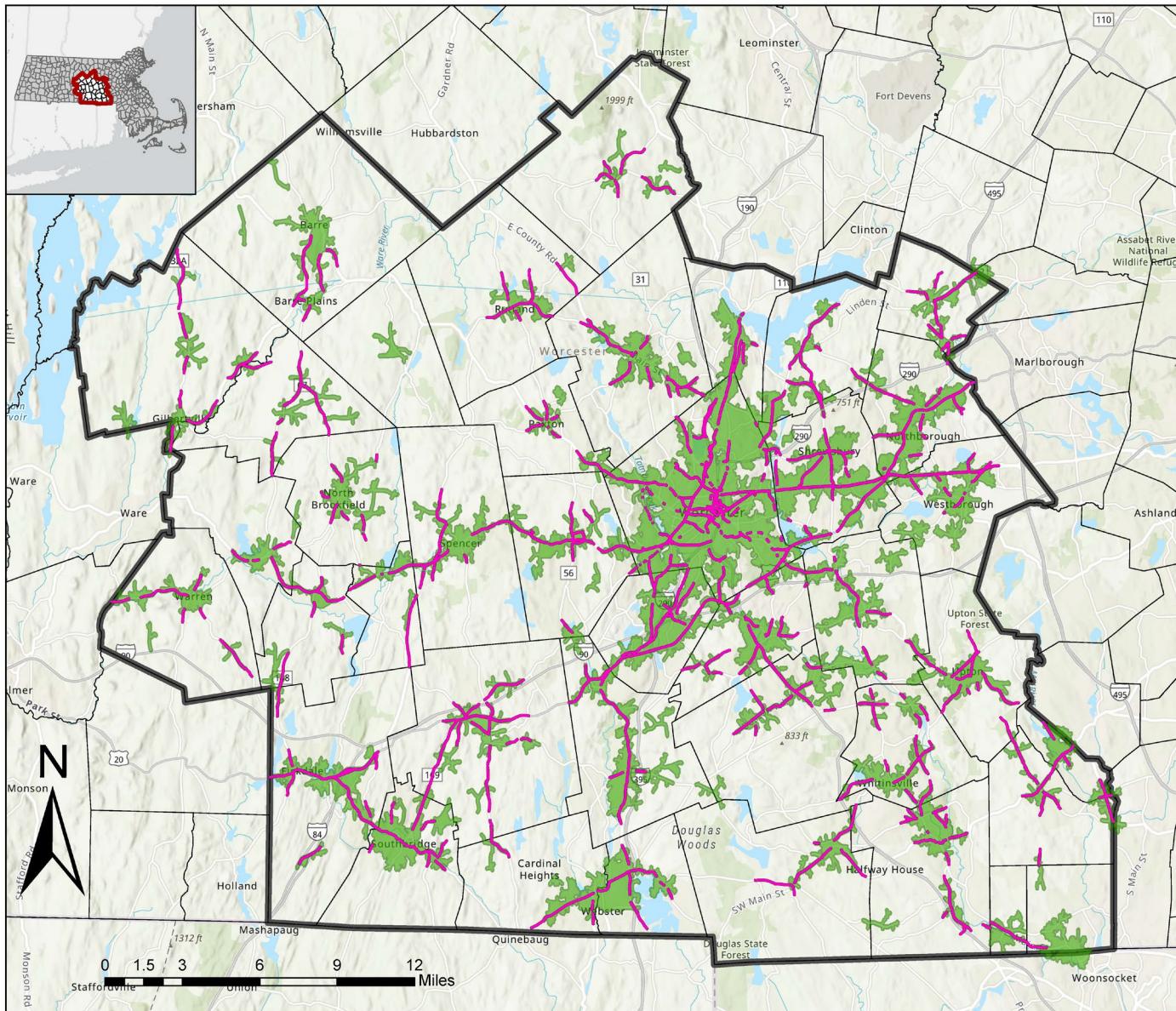
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Access to Destinations Analysis: Priority Identification



High Stress Bicycle Segments Intersecting 5-Minute Travelsheds: CMMPO Region

Legend

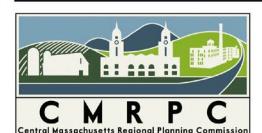
High Stress Segments
- Intersecting 5-Minute
Travelsheds

5-Minute Bicycle
Travelshed
Cutoff
0 - 5 Minutes
CMRPC Towns
CMRPC Outline

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Prioritization Scoring Rubric

Safety (40%)

- Crash-based Analysis
- Risk-based Analysis
- MassDOT VRU Assessment

Access & Comfort (30%)

- Bicycle Level of Traffic Stress (LTS) Rating
- Number of Bicycle Trip Origins

Public Participation (10%)

- Interactive Map/Survey
- Other Local Survey

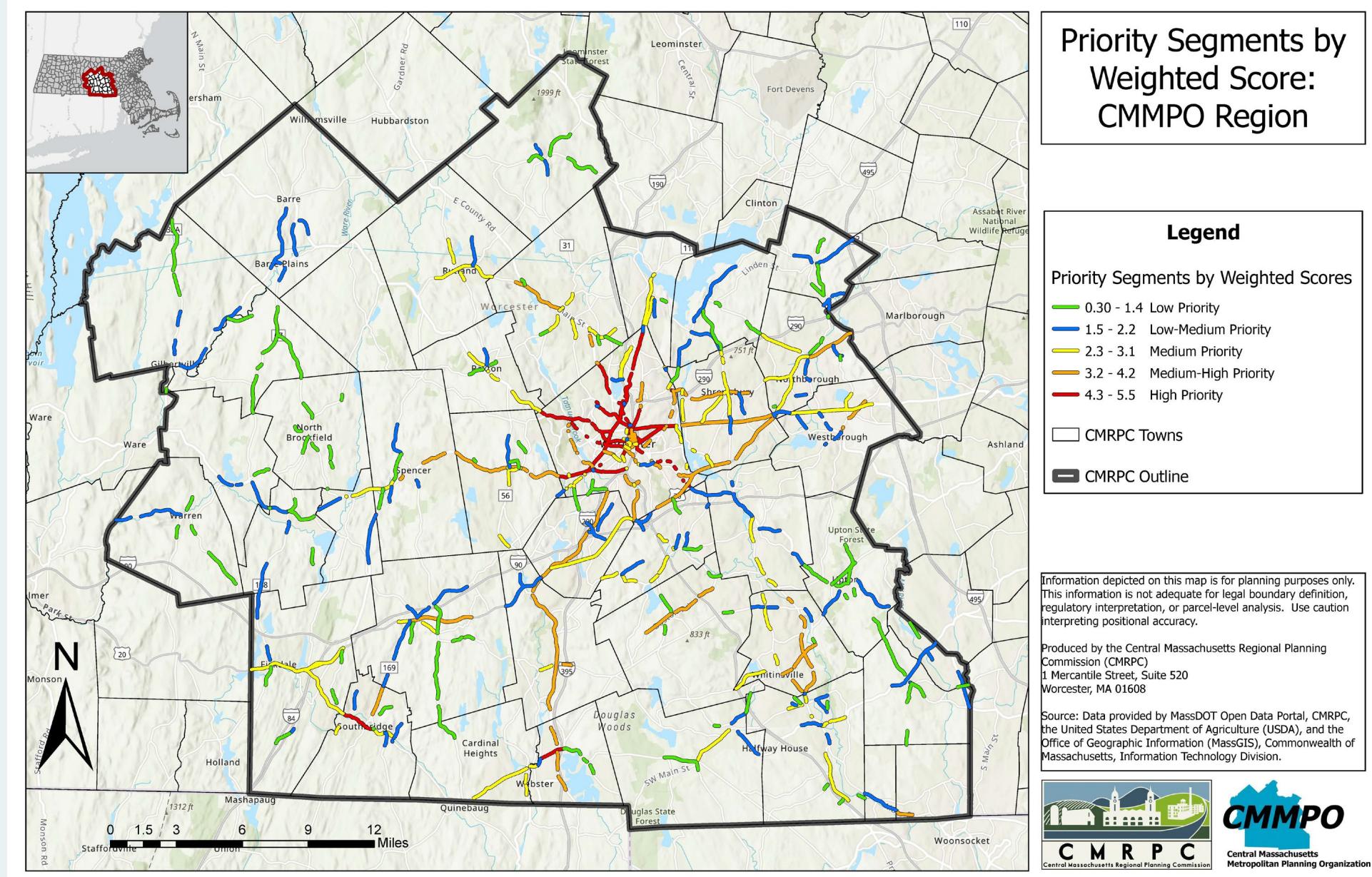
Local, Regional, State Priorities (10%)

- Local Priority
- Regional Priority
- State Priority

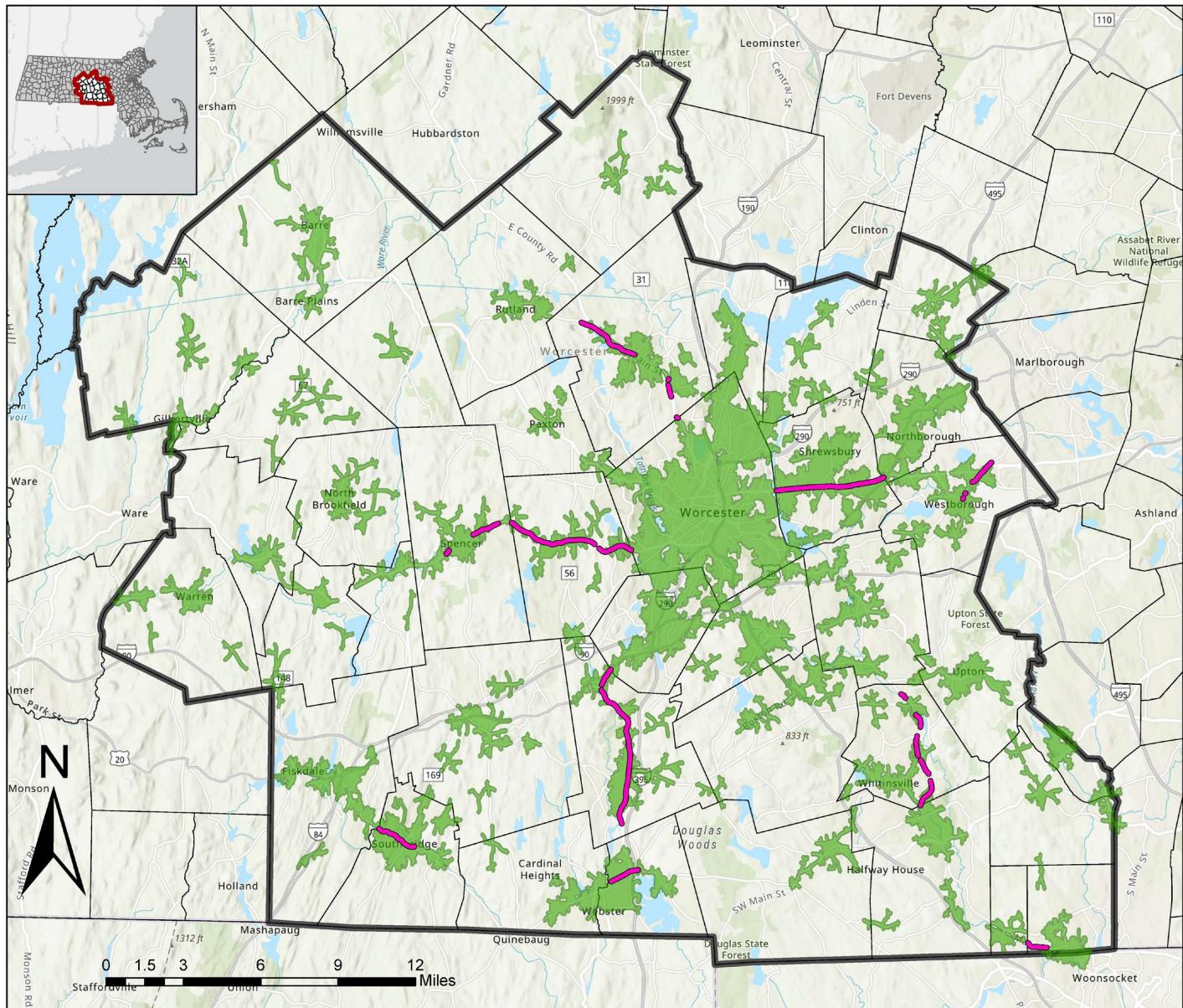
Socioeconomic & Demographic (10%)

- Population
- REJ+ Determination

Results: Priorities by Weighted Score



Results: Top 10 Priorities Outside Worcester



Top 10 Priorities
Outside Worcester with
5-Minute Travelsheds:
CMMPO Region

Legend

- Top 10 Priorities Outside Worcester
- 5-Minute Bicycle Travelshed Cutoff
- 0 - 5 Minutes
- CMRPC Towns
- CMRPC Outline

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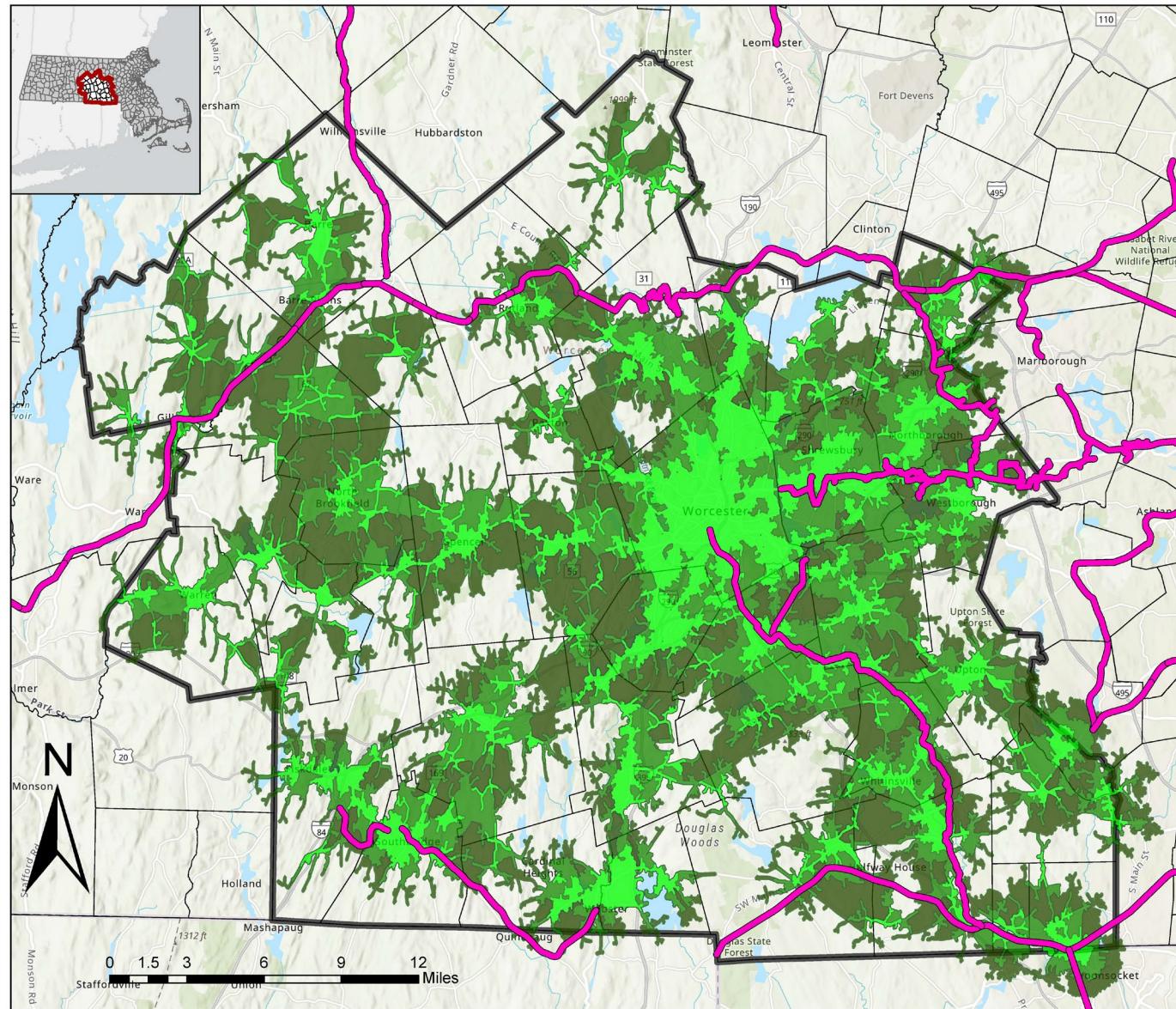
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Off-Road Regional Network Important Too!



Major Shared-Use Paths with Bicycle Travelsheds: CMMPO Region

Legend

- Major Shared-Use Paths
- 5-, 10-, and 15-Minute Bicycle Travelshed Cutoff
 - 10 - 15 Minutes
 - 5 - 10 Minutes
 - 0 - 5 Minutes
- CMRPC Towns
- CMRPC Outline

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Thank you



Questions?

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