

The GPTN Newsletter is published quarterly and is distributed to GPTN members and other interested parties.



**Great Plains Trails Network**

5000 North 7th · Lincoln, NE 68521

For more information, contact: Elaine Hammer, 402-477-0242, or [www.gptn.org](http://www.gptn.org)

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# Great Plains Trails Network

Winter 2016

Issue 122

## GPTN Annual Meeting - Feb 21, 2016

Lincoln's trails system continues to grow as Nicole Fleck-Tooze, Special Projects Administrator with Lincoln's Parks and Recreation Department, will be one of the guest speakers at the Annual Meeting of the Great Plains Trails Network (GPTN). The meeting is scheduled for Sunday, February 21, 2016 at 1:00 p.m. at the CHI Health NE Heart Medical Office, 7440 South 91st Street in Lincoln. The public is invited.

Fleck-Tooze will be speaking about the Prairie Corridor on Haines Branch, the 7.5 mile-long corridor linking Pioneers Park and Spring Creek Prairie with a recreational trail near Denton. The Corridor will support economic development, build on Lincoln's nationally recognized trail system, support environmental education, and promote the enhancement and

preservation of one of Nebraska's most valuable resources—tallgrass prairies.

Along with Fleck-Tooze, Glenn Johnson, General Manager of the Lower Platte South Natural Resources District, and Sara Hartzell, Park Planner for Lincoln Parks and Recreation, will also be speaking at the meeting. Johnson will give an update on the MoPac Trail expansion. Hartzell will give an overview of the Lincoln Trails system, and showcase the progress that has been made on the trails in 2015 and trail projects that are currently underway. The trails system is now over 132 miles in length, and includes 86 miles of Commuter/Recreation trails, and 46 miles of Hiker/Biker trails in parks.

Following the presentations, GPTN's annual awards program and election of the 2016 Board of Directors will take place. Refreshments will be provided.

For more information about the Great Plains Trails Network or the annual meeting, contact Roger Hirsch, President of GPTN at [rhirsch@neb.tr.com](mailto:rhirsch@neb.tr.com), or visit our website at [www.gptn.org](http://www.gptn.org).

### Prairie Corridor on Haines Branch

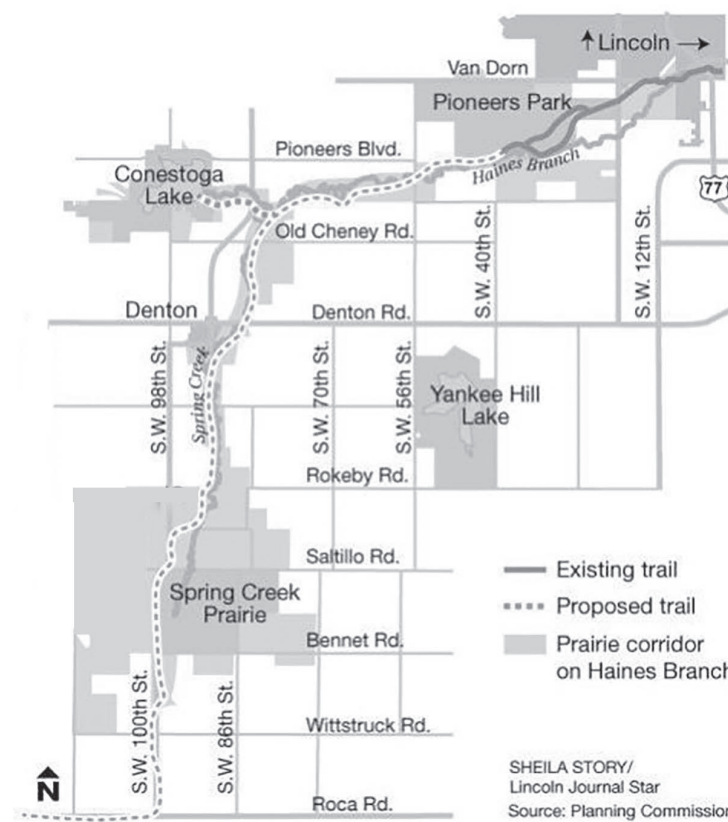
The City of Lincoln is developing a 7.5 mile-long corridor linking Pioneers Park and Spring Creek Prairie with a recreational trail. GPTN is raising \$60,000 to support construction of the first phase of the trail within Pioneers Park. Please consider donating to this exciting project.



#### Make contributions payable to: Nebraska Trails Foundation

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City, State, Zip: \_\_\_\_\_  
Designated Project: \_\_\_\_\_

**Mail to: GPTN**  
**5000 North 7th St.**  
**Lincoln, NE 68521**



General location of the Prairie Corridor on Haines Branch..

#### 2016 PROPOSED GPTN BOARD OF DIRECTORS

- |                  |                 |
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|                  | Bill Wehrbein   |



# Great Plains Trails Network

since 1988

*dedicated to the goal of developing a network of commuter and recreational trails within Lincoln and Lancaster County*

2016

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WWW.GPTN.ORG

Newsletter comments, questions, corrections  
gbentrup68@gmail.com



## HUB CAFÉ IS NOW OPEN!!!!

The Hub Café at the Jayne Snyder Trails Center at 21st and Q St is now open. Serving delicious, locally-sourced food with great coffee and local brews on tap. Breakfast, lunch, dinner with grab-and-go items for trail users. 402.474.BIKE

**Wed-Sat:** 7:30 am—9:30 pm

**Sunday:** 7:30 am—2:30 pm



## GPTN NEW AND RENEWING MEMBERS

November 2015 —Jan 2016

Welcome to John Green.

Thank you to renewing members: David Anderson, Lisa Anderson, Max Antoine, Wendy Austin, Kevin Bachman, Jim Barger, Mary Barry, Rita & John Bartzatt, Neil & Jo Bateman, Betty Beam, Jim & Carol Bishop, Maxine Bishop, Pam & Mike Bjerrum, Bob & Stacie Bleicher, Raymond Bloomquist, A. John Boye, Pat Braken & Geri Cotter, Dirk Brom, Patty Pansing Brooks. David Burd, Don & Trudy Burge, Duane Byerly, James Carr, Jim & Liz Carney, Doc & Christi Chaves, Frank Chavira, Sheryl Chisholm, City of Hickman, Paul Claus III, Parks Coble, Carolyn Collier, Kath & Mike Conroy, Janine Copple, Joe & Jenny Daner, Kirk & Joan Dietrich, Sue & Rad Dobson, Curt Donaldson, Richard Draper, Steven & Charlene Dunbar, Ted Durant, De & George Edgar, Todd Eggerling, John Eggers, Tim Einspahr, Richard Eisenmenger, Bonnie & Michael Engel, Chuck & Mary Ann Erickson, Gene & Coleen Eubanks, Katherine Evans, Amy Fabricus & Cameron Tietgen, Linda Faris, Bob & Sue Ferguson, Lezlie Ferguson & Mike Wensel, Larry & Peg Fletcher, Bruce & Lisa Forbes, Barb & Ted Fraser, Barb & Chuck Francis, Sara Gauger & Charles Duerschner, Bud Gerhart, Mark & Nanette Gokie, Nancy & Steven Green, Dennis & Hayley Grabest, Marynelle Greene & Ned Sharp, Mark & Karen Hakenkamp, Jeff & Amy Handeland, Doyle Haney, Sharon Kennedy & Ralph Hartley, Jim Hawkins, Garland Headrick, Gregory & Mary Heidrick, Nancy Heiser, Craig & Jean Hellwege, Kent & Lisa Henning, Phylis & Gary Hergenrader, Damon Hershey, Kay Hesse, Dennis Hicks, Gary Hill, Brian & Gail Hinkley, Roger Hirsch, Randy Holcomb, Michael Hopkins, Doug Holle, W F Hoppe, Phil & Ann Hovis, Betty Howe, Sarah Howell, Eric Hunt, Kent Imig, Bill & Nancy Ingham, Lori Kreimer, Wayne & Judy Jensen, Dick & Margaret Johnson, Sheri Johnson, DuWayne Johnson, Con & Barbara Keating, Todd Kellerman, Scott & Debbie Kerr, Kirk & Jo Kinberg, Mary & Jim King, Chris & Mary Kingery, C. Kingsbury, Anne & Brian Kitten, Don Knop, Lynn & Marcia Knuth, Marshall & Gail Kohtz, Paul Konig, Dan Kounovsky, Steve & Diane Kraus, Ted & Mary LaGrange, Alice Lane, Jon Large, Carla Lasley, Sherry Lawton, Lynn & Sherri Lightner, Pamela Lionberger, Mary Jo Livingston,

Nancy Loftis, Cindy Loope, Mike & Peggy Loos, Lower Platte North NRD, Bill & Susan Macy, Galen Madsen, Jay Marshall, Doug & Jody Martin, Kent & Shelley Mattson, David & Jan McChesney, Robert McCollough, Paul McCreight, Thomas McGinty, James McGuire, Laurie McKenzie, Steve Miers, Jim Miller, Terry & Jan Monk, Jon & Carol Morgenson, Glen Moss & Nancy Sutton-Moss, Jim Muggy, Mike & Lynn Murman, Robert & Phyllis Narveson, James Nau, Joe Nigro, Randy Nitz, Jim Nora, Bill & Jan Norris, Ronald & Susann Ogden, Gail & Jim O'Hanlon, Rich & Barb Ollenburg, Tonn & Holly Ostergard, David Palm, Karl Schlitt & Rosina Paolini, Jim & Denise Peter, Rich Peters, Cary & Lisa Peterson, Don Pinkley, Dick & Jody Pitsch, Sheri Pfeil, Curt & Betty Pkschus, Don Pinkley, Catherine & Danny Pudenz, Rose Quackenbush, Ann Quinlan, Georgia Raefcke, Robert & Lisa Rauner, Daryoush Razavian, Bryan Rettig, Jeff & Kathy Richner, Fred & Margaret Rickers, Ray & Ann Ringlein, Arlan Ristow, Bruce Robbins, Sandra Roche, Linda Roos, Terry Rush, Richard Russell, II, Larry & Pat Ruth, Roger Sand, Alisa & Bruce Sandahl, Chris & Cathy Sayre, Tim & Barb Schepers, Marge & Dan Schlitt, Curtis & Pat Schneider, David & Rhonda Schoenmaker, Rebecca & Sharad Seth, Karl Shaddock, Scott & Marla Shaw, Jim Shonka, LeRoy & Joyce Furry-Sievers, John & Jean Slieter, Bert & Karalene Smith, Hal Smith, Randall B. Smith, Linda Smitz, Paul Smith, Robert & Nancy Sorensen, Brad & Jackie Southwick, Mike & Michele Spadt, Bill & Sandy Spielman, Daria Springer, Nancy & Dennis Stara, Faye Stevens, Ray & Karen Stevens, Tom Stine, Greg & Margaret Sutton, Ronald & Camilla Svoboda, Ray & Katie Taddeucci, Mark Taylor, Dennis & Laura Tegtmeier, Denise Terry, Beth Thacker & Dan Lynn, John Thacker, Ginny Schabel & Mike Thew, Theresa Thomssen, Robert & Julie Timme, Margene Timm, Bob & Karen Truka, Margaret Tyler, Jim & Nancy VanKirk, Dave & Sue Van Horn, Verjean Vannier, Dennis & Betty Vodehnal, Ken & Peggy Volker, Dustin & Stacey Walsh, Jane & Ron Wasserman, Bill & Naomi Wayne, Terry & Mary Werner, Bobbie & Kevin Wickham, Alan Wickman, Margaret Williams, Dayle Williamson, Mark Wilson, Rick & Susie Windle, Randle & Vicky Winter, Philip Wolfe, Roy & Carolyn Wolgamott, Kevin Wright.

*Thank you from the 2015 GPTN Board of Directors. Your memberships are crucial to GPTN's efforts.*



Back row (L-R) Jordan Messerer, Corey Godfrey, Roger Hirsch, Steve Dunbar, Karen Griffin, Greg Rosenboom, Bill Wehrbein.

Middle row (L-R) David Scoby, Parks Coble, Marynelle Greene, Mary Torell, Gary Bentrup, Dale Arp, Beth Thacker.

Front row (L-R) Joyce Vannier, Carolyn Collier, Elaine Hammer, Ron Case, Dena Noe.

Not Pictured: David Burd, Jim Carveth, Chris Heinrich, Kris Sonderup, Ann Ringlein, Brett Baker, Damon Hershey, Bob Torell, Jamie Warren, Ray Stevens, Jr.

# Lincoln Track Club Membership Application

The Lincoln Track Club, Inc. was established in 1975 by an eager group of track enthusiasts. Although our title contains the reference to track, we have become a distance oriented club. Our membership includes some of the nation's finest road racers as well as a great number of fun runners.

In essence, our club is a nonprofit community service organization, established to promote running throughout this area and provide educational assistance for its runners. Our quarterly newsletter has become an informational running publication for local runners. The LTC is a member club of both the Road Runners Club of America (RRCA) and USA Track and Field.

The Lincoln Track Club is not just about running. It's also about volunteering. This is the one ingredient that makes LTC work. The whole organization is made up of volunteers and we can always use more.

Please consider joining one of Nebraska's finest volunteer-run organizations. LTC members receive entry forms for all LTC races, FastTimes (our newsletter, which is e-mailed quarterly), an invitation to our annual meeting, and a discount of an entry fee for a single LTC road race. All memberships expire at the end of the calendar year (December 31).

## 2016 LTC Calendar

- 3/19 State Farm (10M/5K/1M)
- 4/9 Novartis (10K/2M)
- 4/30 Mayor's Run (1M)
- 5/1 Marathon/Half-Marathon
- 6/4 Havelock (10K/3K)
- 7/10 Lincoln Mile
- 7/197 Uplifting Athletes Run (5K/1M)
- 8/13 Thunder/KFOR (5K/1M)
- 9/131Buffalo (5M)
- 10/23 Governors (15K/5K/1M)
- 12/4Holiday Run (5K)

To join the Lincoln Track Club: [www.lincolnrun.org](http://www.lincolnrun.org)

## RUN FOR THE BRIDGES 2016

Run for the Bridges was created to match grant funds to replace and repair the bridges in Wilderness Park. The bridge that connects the Pioneers Boulevard section to the Old Cheney section was put in place last March. The Saltillo bridge is the next on the list. GPTN is a great partner in this endeavor to reconnect the park.

The route will be different offering 10 mile 10K and 1.8 mile distances due to the continued closure by Parks and Recreation of the southern portion of Wilderness Park. They are working diligently to officially open the park as soon as possible.

All proceeds go toward the bridges through the Lincoln Parks Foundation. You all will have raised over \$45,000.

Please go to [getmeregistered.com](http://getmeregistered.com) to register. Volunteers are needed and appreciated. A two hour commitment will help so much. If you are interested, please call Rosina Paolini, 402-423-1260.



## TOUR DE LINCOLN RETURNS IN 2016

If you are new to Lincoln, or just want to get out there and see the trails of a growing city, don't pass up Tour de Lincoln, an annual biking tour sponsored by GPTN and the Lincoln Parks and Recreation Department that will take you to all quadrants of the city.

While the routes were still being designed at press time, the dates of Tour de Lincoln 2016 have been set:

- May 12<sup>th</sup>, Southeast Tour
- May 19<sup>th</sup>, Southwest Tour
- May 26<sup>th</sup>, Northeast Tour
- June 2<sup>nd</sup>, Northwest Tour

All routes will start from the Jayne Snyder Trails Center, 21<sup>st</sup> and Q in Union Plaza Park at 6:00 p.m., with refreshments available 15 minutes before each ride. No registration fee is required, but all bikers must strap on helmets for GPTN-sponsored biking events, as they should whenever they bike.

The rides are designed to be leisurely rides appealing to all ages and families. "Racers" are encouraged to look

elsewhere, or don't be surprised if we don't keep up! Varying in length from 12 to 16 miles in past years, each ride uses the popular multi-use trails that spread throughout the city. Each Tour de Lincoln will be led by a GPTN board director or directors.

Some rides will feature some new trails, or trails that have been re-opened. The Southeast Tour will no doubt include the Old Cheney segment from 70<sup>th</sup> to 84<sup>th</sup> while the Southeast and Southwest Tours will use the remodeled trail along Capitol Blvd. near 27<sup>th</sup> street, and feature the re-opened trail underneath "Penny Bridge", the overpass at Sheridan Blvd.

Trail designers are looking at options for the Northeast and Northwest Tours.

So get out there and greet Spring! Join GPTN and other Lincoln bikers eager to explore our trails, and be a part of Tour de Lincoln – 2016!



# N Street Protected Bikeway Is Now Open!

People for Bikes selected N Street as one of the top ten bikeways for 2015.

The N Street Protected Bikeway Grand Ceremony will be on April 23, 2016.

More details to come.



## MAJOR CONTRIBUTORS FOR THE N ST PROTECTED BIKEWAY

### \$5000 to \$10,000

Assurity  
Bike Rack  
Cooper Foundation  
Cycle Works  
Dillon Foundation  
Great Plains Trails Network  
Nelnet  
People for Bikes  
Gregory & Margery Sutton  
Union Bank and Trust  
J.A. Woollam Foundation

### \$1000 to \$4999

Ameritas Charitable Foundation  
Catherine Angle  
Cara & Gary Benstrup  
Scott & Maggie Bigelow

### \$1000 to \$4999

John & Jan Blumer  
Bryan Medical Center  
Parks Coble  
Cornhusker Bank  
Gene & Andrea Dinkelman  
Steve & Charlene Dunbar  
Great Plains Bicycling Club  
Karen Griffin  
Elaine Hammer  
Malcolm & Diane Heard  
Tom & Candy Henning  
Roger W. & Janet L. Hirsch  
Kirk & Jo Kinberg  
Jim & Doris Lewis  
Lincoln Pediatric Group, LLC  
Lincoln Track Club  
Steve & Patsy Meyer

### \$1000 to \$4999

Glen Moss  
Olsson Family Foundation  
Tom & Rhonda Peed  
Jim & Denise Peter  
Cary & Lisa Peterson  
Pink Gorilla Events  
Pinnacle Bank  
Bob & Lisa Rauner  
Vonn Roberts  
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Jim Rynearson  
Nancy & Dennis Stara  
Stephen & Laurie Stromberg  
Swanson Biggs Adams Foundation  
John Thacker  
Bill & Rose Marie Utley  
John & Cyndi Woollam

Please call Elaine Hammer at 402-477-0242 for corrections and/or additions.

## Sustainable, Responsible, & Impact Investing



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## BICYCLING LINCOLN™

BicyLincoln is a community group that supports and promotes bicycling in the city of Lincoln. Our mission is to provide information and a unified voice for bicycle advocacy in an effort to make cycling in Lincoln more friendly, safe, easy, accepted, and "so that more people bike and bike more often."

Check them out at <http://bicyclincoln.org/>

**NEBRASKA Home Sales**  
Rich Rodenburg P.O. Box 6165, Lincoln, NE 68506  
Partner, Associate Broker Rich@NebHomeSales.com  
402-440-7570 www.NebHomeSales.com

**The Canine Scrub**  
Self-Serve Dog Wash  
2774 South Street  
Lincoln, NE 68502  
(402) 477-2782  
www.TheCanineScrub.com email@TheCanineScrub.com

**HOURS:**  
Monday: 10 AM – 7 PM  
Tuesday – Saturday: 10 AM – 5 PM  
Sunday: 12 PM – 6 PM



## Ride. Share.

That's what the Great Plains Bike Club is all about. We actively promote bicycling with rides for all levels of riders in and around Southeastern Nebraska.

Weekly rides with a leader | Show 'n go rides  
Ice cream & coffee shop rides | Moon-lit rides  
Hammering training rides | Trail rides

We sponsor the Spring Fling ride in April and Heatstroke 100 in August. We also promote bicycling safety through community-sponsored events. For more information and an on-line application to join the club, go to [greatplainsbikeclub.org](http://greatplainsbikeclub.org).



The Nebraska Bicycling Alliance is a nonprofit corporation primarily supported by public donations, memberships and grants. Our mission is to promote health and safety for all who ride bicycles in Nebraska.

The vision of the Nebraska Bicycling Alliance does not compete with existing clubs or organized bicycling groups, but rather enhances and supports all of these groups, bike shops, health and safety groups, city planners, policy makers and NDOR. We plan to promote bicycling in Nebraska when needed at the State and local levels in any way we can with project design, seeking federal funding, promoting safe routes for kids, and public education.

Learn more at: <http://www.nebike.org/>

## TRAIL UPDATES!

**Billy Wolff Repair:** A short stretch of the Billy Wolff Trail from the underpass at 27th and Capitol Parkway to the new pedestrian bridge over the Antelope Creek is currently being replaced with a 10 feet wide trail. Due to unforeseen construction issues, this project is scheduled to be completed this spring. Better lighting will also be added to the underpass in the spring.

**Pioneers Park Trail – Phase III:** is in the initial phase of design. This project will provide a connection along the southern edge of Pioneers Park with the western edge of the park and is part of the Prairie Corridor on Haines Branch. Expected completion is August 2016.

## CELEBRATE SOUND WALK

Lincoln area Sertoma clubs are hosting a Celebrate Sound Walk again on April 17 at 2:00 PM at Walton. The walk will be a couple of miles east on the trail from Walton and back. Walkers should be able to hear birds along the trail and celebrate the joy of hearing. Twenty-five percent of the funds raised will go to the Lincoln Trails Maintenance Endowed Fund at the Lincoln Community Foundation. For more information and to register: [sertom.convio.net](http://sertom.convio.net)

## EVENT CALENDAR

### FEBRUARY

21—GPTN Annual Meeting

### MARCH

10—Bicycle Advocacy Meet and Greet—see article

12—Run for the Bridges—see article

### APRIL

17—Celebrate Sound Walk—see article

23—N St Protected Bikeway Grand Ceremony—see article

### MAY

1—National Bike Challenge Kickoff

12—GPTN Tour de Lincoln Bike Ride—Southeast

19—GPTN Tour de Lincoln Bike Ride—Southwest

26—GPTN Tour de Lincoln Bike Ride—Northeast

28—Give to Lincoln Day

### JUNE

2—Tour de Lincoln Bike Ride—Northwest

26—14TH ANNUAL TRAIL TREK

## TRAIL RECONSTRUCTION UPDATE

*By Bill Wehrbein*

The flooding which followed the storm that struck the Lincoln area on May 6 will be remembered for a long time. Damage to the trail system was especially severe. Sara Hartzell, Park Planner with Lincoln Parks and Recreation, has provided us with an update on the recovery process:

Lincoln Parks and Recreation Department has been working with the Federal Emergency Management Agency (FEMA) to complete damage records and pre-construction calculations for the Jamaica North Trail. The team from FEMA evaluated the damage according to severity (e.g., limestone chip missing, gravel missing, damage to the geotextile fabric) as well as displaced granite ballast, which is the pink rock that forms the old rail bed, and damage to the subgrade bed.

FEMA calculated the quantities of each replacement material required and then developed project worksheets for the trail surface, Train Wreck Bridge, the 14<sup>th</sup> Street bridge, and other sites. The city has used this information to issue the Request for Proposals which were circulated among qualified engineering firms. Proposals will be reviewed and applicants interviewed in mid-January and the city intends to have an engineer hired by mid-February. Finalizing designs and securing permits will be accomplished during late winter and early spring and a construction contractor will then be identified, probably in April. Parks and Recreation plans for construction to begin in late spring or early summer, but the date of completion is uncertain: the time required for construction will depend on the engineering studies.

Most of Wilderness Park has been closed since the Salt Creek flood undermined and washed away sections of the trails used by hikers, bicyclists, and equestrians, but some undamaged sections in the north of the Park have been reopened. The Friends of Wilderness Park have assisted the city in evaluating the need for re-routes and identifying appropriate alternative routes. Some tree removal was required to create safe routes adjacent to the waterways where erosion had created dangerous conditions, and some routes were evaluated to assure that they can be maintained. Cleanup was interrupted briefly when the Friends questioned the extent of tree removal and trail widening, but those issues seem to have been resolved. While work to repair trails in Wilderness Park has been ongoing during the winter, the need for heavy equipment in some areas has required a delay until the ground was frozen. Parks and Recreation anticipates having the majority of the park open by spring. However a few routes that connect to sections of the Jamaica North Trail may not be reopened until that trail project is complete.

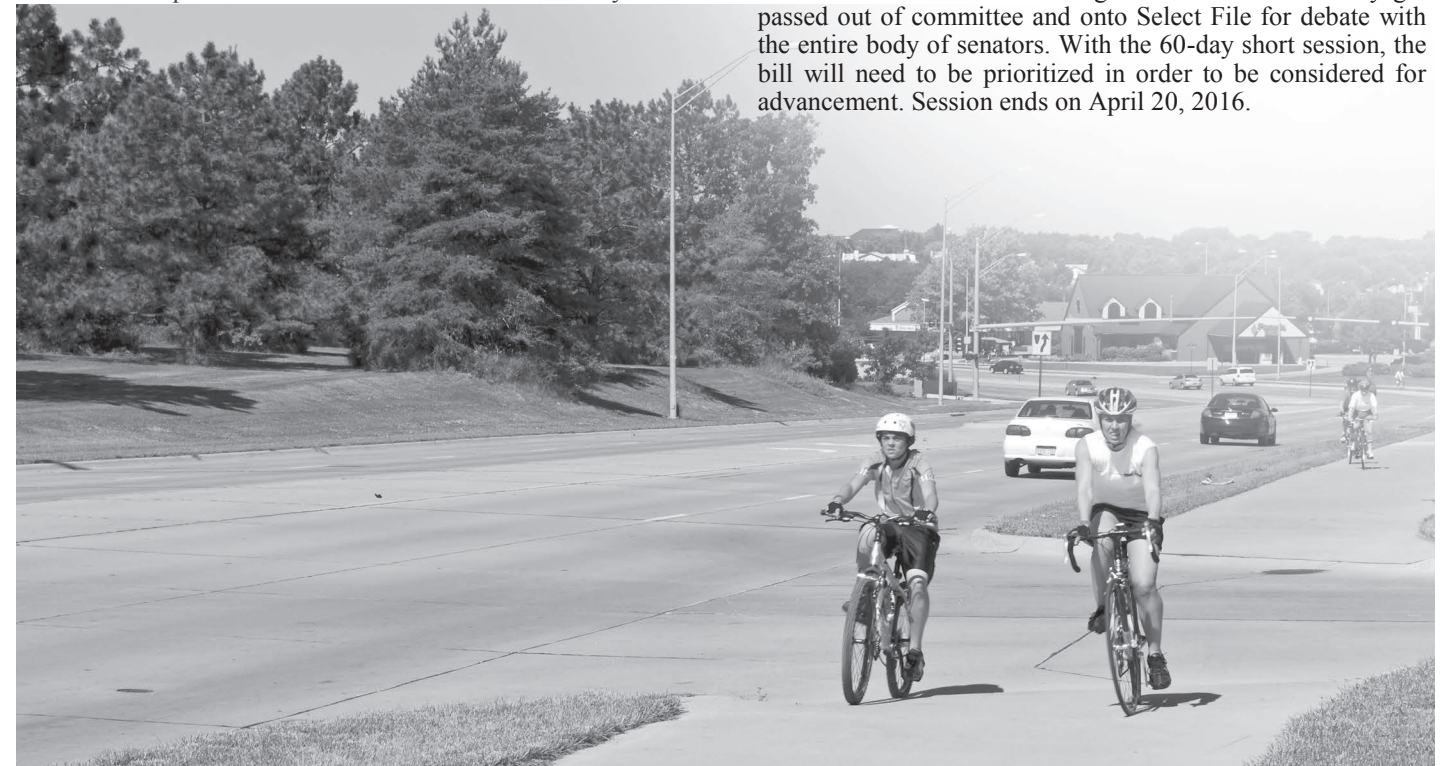
## Bike Advocacy Night at the Shop

Lincoln has made great strides at being more friendly for people on bikes in recent years. In part due to the hard work of local advocacy groups. These groups volunteer their expertise and time to work with the city on everything from policies to street infrastructure, from our over 140 miles of trails to just getting more people on bikes.

On March 10th, at 6:30 pm, Cycleworks is hosting an open house to give you a chance to meet some of these advocacy groups and learn more on how they are involved in our community. Also David Cary, Director of the Lincoln/Lancaster Planning Dept, who has worked with many of these groups, will be here to share information on our new N street Bikeway and our city's coming bike share. You are invited to join us and:

- Nebraska Bicycling Alliance
- BicycLincoln
- Great Plains Trails Network
- THOR (Lincoln Chapter)
- Sheclismo
- Lincoln Bike Kitchen
- Bike UNL

for a night of education, advocacy, drinks, snacks, and a chance to help Lincoln be that much more bike friendly!



## Legislation for Bicycle-Pedestrian Rights-of-Way

*By Mary Torell*

Senator Rick Kolowski of Omaha is the sponsor of [LB 716](#) which would provide and eliminate provisions regarding pedestrians and bicyclists. The bill had a hearing on Monday, January 25, 2016 in the Transportation and Telecommunications Committee. There was no opposition to the bill.

- This bill will clarify who has the right of way when trails cross streets.
- The bill also will repeal the mandatory sidepath law, which is out of date (NE is one of only three states that still has the law), and it creates problems for people on bicycles when choosing the safest and best place for them to ride, given their abilities and the conditions.

Language in the bill specifically states that the responsibility for safety is shared by the bicyclist AND the motorist - *Nothing in this subsection relieves the bicyclist or the driver of a vehicle from the duty to exercise care.*

Additional language in this bill adds responsibility to people riding bicycles - *No bicyclist shall suddenly leave a curb or other place of safety and walk or ride into the path of a vehicle which is so close that it is impossible for the driver to stop.*

These changes will contribute to safer bicycling in Nebraska.

Indications are that there is a good chance this bill may get passed out of committee and onto Select File for debate with the entire body of senators. With the 60-day short session, the bill will need to be prioritized in order to be considered for advancement. Session ends on April 20, 2016.

# I KNOW WE SHOULDN'T HAVE TO TALK ABOUT THIS BUT,...

By Mike Heyl

Certified LAB Bicycle Education Instructor

Spoiler alert, this is preaching to the choir but, I hope you share this with people you know that use the Lincoln Trail System. Not just bicyclists, but runners, walkers, dog walkers, inline skater's, you know. "Those people" that don't behave well.

Information on trail safety and etiquette is all around you. It's printed on the back of the trail map that GPTN so graciously helps to print every year. It's on the internet on the League of American Bicyclists website. Various bike clubs, local bike shops, and bike manufacturers have resources listed on their websites and in various print mediums for you to read. For example, check out these web pages:

<http://tinyurl.com/zex7q9b>

<http://tinyurl.com/jpm5qos>

<http://tinyurl.com/zodohyk>

<http://tinyurl.com/gpg2p6h>

But we could still be better ambassadors for bicycling.

The city of Lincoln recently developed a series of advertisements encouraging everyone to share the road. Check it out:

<http://tinyurl.com/jrcakk9>

As a whole we do not model good safety behavior or show good etiquette. One needs to look no further than this year's Unicameral session to see what we have done to ourselves. In the Transportation and Telecommunications Committee hearing on LB 716, a bill introduced this year on bike safety,

Senator after Senator talked about how they are not sure they can support the bill because of how they perceive bicyclists not following existing laws.

So let's start back at the Kindergarten level. Let's revisit everything we need to do to be nice to others on our playground, our trail system.

First off, when you ride or walk or run or blade be predictable! No one likes surprises unless it's their birthday or a marriage proposal. Obey the same laws as the motorists. Be consistently courteous. Make eye contact with other trail users. Wave. With all your fingers extended not just one specific finger. Take a lesson from motorcyclists. They acknowledge each other all the time with a slight, friendly wave. Wave back when they wave to you. Every time.

Always ride or run or walk to the right of the trail except when passing. When you do pass, call out to whomever you are passing where you are going to be. Even if they have headphones on, call out. Ring a bell. Blow an airhorn if you have one. But always stay to the right and pass on the left. If you have to stop, pull off to the side of the trail. Every time.

Signal your intentions. Slowing, down, turning, stopping. Use universally accepted hand signals. On the trails or on the streets, signal. Every time.

When it comes to being predictable, always encourage others to do the same. Politely ask that dog walkers control their animal for the animal's safety as well as everyone else's. Tell parents with their kids to try and keep them to the right. For their safety as well as everyone else's. And do it politely. You can't control other people's behavior to your suggestions

but you can be polite when you talk to them. But do it when everyone is stopped not when you are passing them or they are passing you. Catch them at a traffic light or a trail crossing. Talk to them like you would talk to your mom. Politely. Every time.

Yield proper right of way. Cyclists yield to pedestrians. If you are on a multi-use trail both bicyclists and pedestrians yield to horses. Every time.

Control your speed. Be cautious around others on the trail to the point of being defensive. Like you learned in driver's education, remember? You can't control what the other person is going to do but you can control what you do and by controlling your speed you can react to most situations. Every time.

Be careful at intersections and trail crossings. Watch for cars, trucks, and busses. They aren't always looking for bicyclists or pedestrians or runners or whomever is using the trail. Many times they don't even know a trail is there. Wave at them. Make eye contact. Every time.

Light your bike. Front and back. White lights go up front and red in the back. Turn them on even if you think it isn't dark enough or if you think it's too light. Reflectors just don't cut it when it comes to the law in Nebraska. Every time.

Lastly, I would suggest that you do something that a gentleman from Omaha did every day of his life when he talked to bicyclists. And that was nearly every day of his professional career as a bike mechanic. Kelly Smith embodied the phrase "Ride and Smile Every Darn Day" and I would encourage you to do the same. Every time.

## TRAIL SAFETY & ETIQUETTE

### BE COURTEOUS

- Yield to others when entering and crossing the trail
- Faster trail users should yield to slower traffic
- Move off the trail when stopped to allow others to pass

### BE SAFE

- Always wear a helmet when riding a bicycle
- Use bicycle lights and reflectors after dusk and before dawn.
- Cyclists should use hand signals to alert others when they intend to turn
- Maintain control of your speed at all times. Approach turns in anticipation of someone around the bend
- Watch and listen for others
- Trail speed limit is 15 M.P.H.

### STAY TO THE RIGHT

### PASS WITH CARE

- Look ahead and behind before passing
- Ring a bell or give clear, verbal warning by saying "passing" to nearby trail users before passing
- Pass slower traffic on their left
- Yield to oncoming traffic when passing

### PROTECT THE TRAILS AND SURROUNDING ECOSYSTEMS

- Stay on the trails to protect vegetation and minimize potential erosion
- "Leave no Trace" – Keep trails litter free by carrying out anything you carry in
- Do not ride on wet or muddy nature trails
- Avoid locking wheels and skidding on steep nature trails. Dismount and walk your bike
- Do not disturb wildlife
- Motorized vehicles are prohibited on trails, except motorized wheelchairs

### BE RESPONSIBLE WITH PETS

- Keep all pets on a leash within 4 feet
- Pick up after pet waste

Source: City of Fayetteville, AR.