

SPONSORS



SAFETY & ETIQUETTE

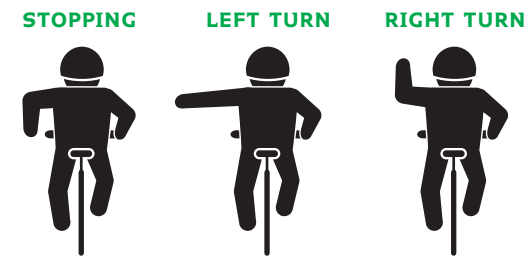
Wear a helmet correctly.

Your bicycle helmet should be snug and level on your head, and sit low on your forehead. Buckle and tighten your chin strap so that no more than one or two fingers fit under the strap.



Signal properly.

Let motorists and other cyclists know where you're going. Check over your shoulder first, then use the appropriate hand signal.



ON THE TRAIL

- KEEP TO THE RIGHT**
Trail users should keep to the right, except when passing. When stopping, move off to the right of the trail.
- SIGNAL WHEN PASSING**
Use your voice, bell or horn when passing others. Acknowledge when others signal they are passing you.
- CONTROL YOUR PET**
Always use a leash and keep your pet to the right of the trail. Clean up any pet waste.
- GIVE PROPER RIGHT OF WAY**
Cyclists yield to pedestrians. Cyclists and pedestrians yield to horses.
- CONTROL YOUR SPEED**
Be cautious on busy trails, or if there are slippery surfaces or low visibility.
- RESPECT THE TRAILS**
Be courteous, respect all trails users, and keep our trails beautiful!

ON THE STREET

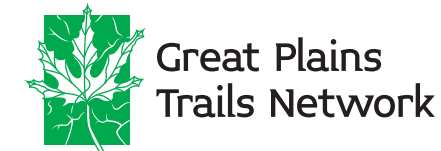
- BE PREDICTABLE**
Ride with traffic, be consistent and obey the same laws as motorists. Make eye contact with motorists.
- BE VISIBLE**
Wear bright-colored and reflective clothing, use front and rear lights after dark and in low visibility.
- BE CAREFUL AT INTERSECTIONS**
Watch for cars, as motorists do not always see you or signal when turning.
- BE CAUTIOUS WHEN PASSING**
Stay out of a motorist's blind spot, and watch for cars turning through bike lanes or shared lanes.
- BE SAFE WHEN TURNING LEFT**
Signal and turn from left lane, or ride to far-side crosswalk and walk bike across intersection.
- BE ON THE LOOKOUT FOR CAR DOORS**
Ride at least 5 feet away from parked vehicles. Doors can open at any time.

KNOW THE RULES

- TRAFFIC LAWS**
All laws for motorists apply to bike riders as well. Obey all signs and traffic lights.
- LIGHTS FOR YOUR BIKE**
Front and rear lights are required in Lincoln at night.
- NO BIKE ZONE**
No bikes are permitted on sidewalks in the downtown area between K and Q from 7th/8th to 16th Streets.
- HIGHWAYS**
Bicyclists are not allowed to ride on interstate highways or freeways in Nebraska.
- CROSSWALKS**
Cyclists crossing a street from a trail or sidewalk must dismount and walk across alongside their bike.
- CELL PHONES AND EARPHONES**
Keep trails and roads safe by keeping communication channels open; avoid using your cell phone or earphones.

GREAT PLAINS TRAILS NETWORK

About the Network



The Great Plains Trails Network is a group of citizens who advocate and support a network of trails in and around Lancaster County, Nebraska, for jogging, biking, walking and horseback riding.

The Great Plains Trails Network strives to:

- Secure funding for trails from public and private sources
- Work cooperatively with governmental agencies
- Promote trails legislation
- Provide opportunities for citizens to learn more about trails, their value and appropriate use

Recent accomplishments include:

- Raising \$50,000 to help replace the Bison Trail Bridge
- Participating extensively in the City of Lincoln / Lancaster County Comprehensive Plan Update
- Working with the City of Lincoln to create a comprehensive trail signage master plan
- Developing this new full-color trail map with street-level detail

GPTN Membership

Members are key to GPTN's success. We would love for you to get involved to help make an even better trail experience. There are two easy ways to join, and six levels of membership. All memberships include quarterly newsletters with calendar of trails events, updates on trails news, and tips for trail users.

Annual membership dues are:

- \$5 BASIC
- \$10 TRAIL FAMILY
- \$20 TRAIL ASSOCIATE
- \$50 TRAIL SUSTAINER
- \$100 TRAIL PATRON
- \$250 TRAIL BENEFACTOR

Join Online: GPTN.org

Or complete the attached membership card and mail it back to us:

Great Plains Trails Network
5000 N. 7th Street
Lincoln, NE 68521

Join by Mail

If you prefer to join by mail, please fill out this form, tear off and send to the address below.

Name	
Phone	
Email	
Address	
City	
State	Zip

Check your membership level:

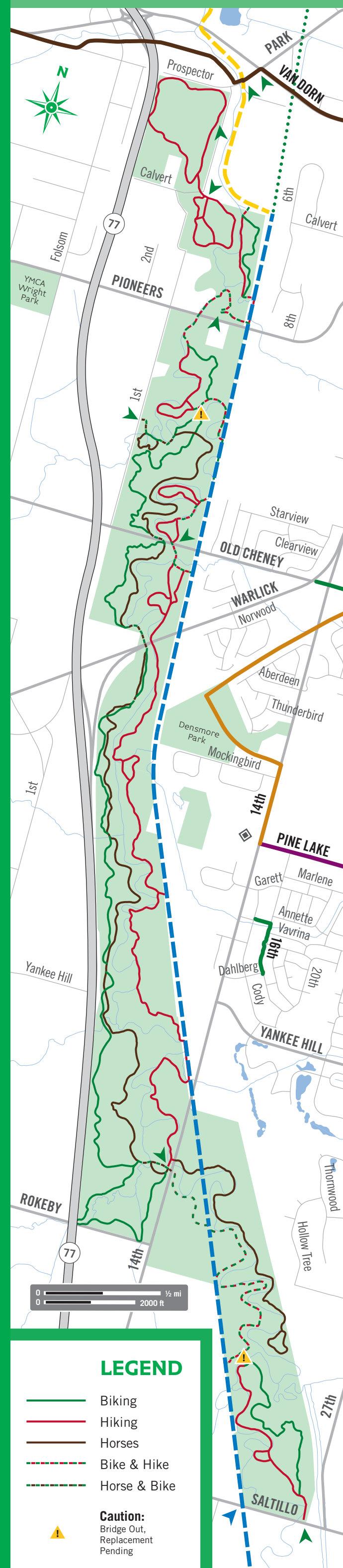
- Basic (\$5)
- Trail Family (\$10)
- Trail Associate (\$20)
- Trail Sustainer (\$50)
- Trail Patron (\$100)
- Trail Benefactor (\$250)

- Yes, I would like to receive updates and the GPTN newsletter by email.

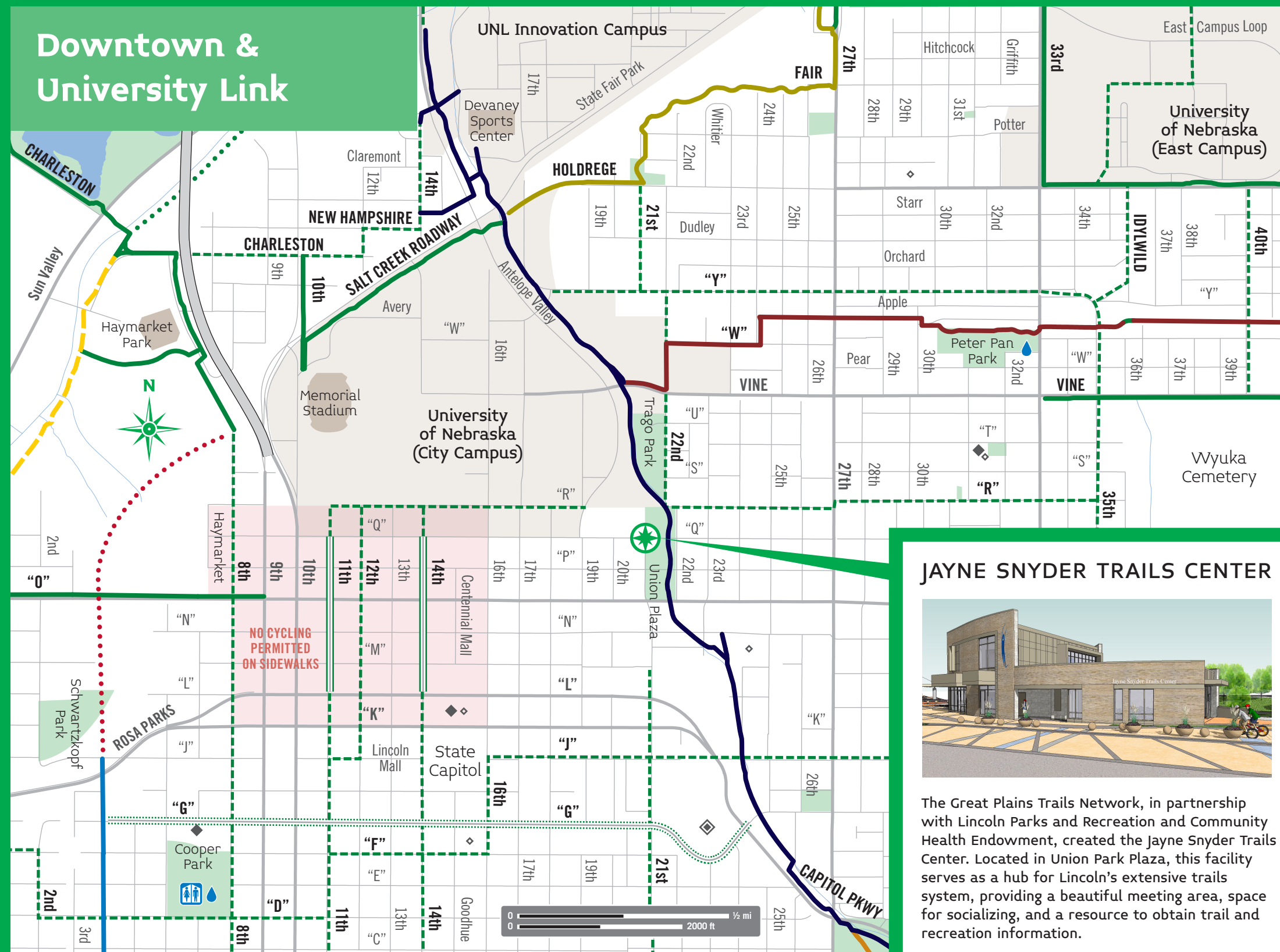
Mail with your check to:
Great Plains Trails Network
5000 N. 7th Street
Lincoln, NE 68521

Memberships in GPTN are not tax deductible. Donations to the Nebraska Trails Foundation to support construction of trails in Lincoln and Lancaster County are tax deductible.

Wilderness Park



Downtown & University Link

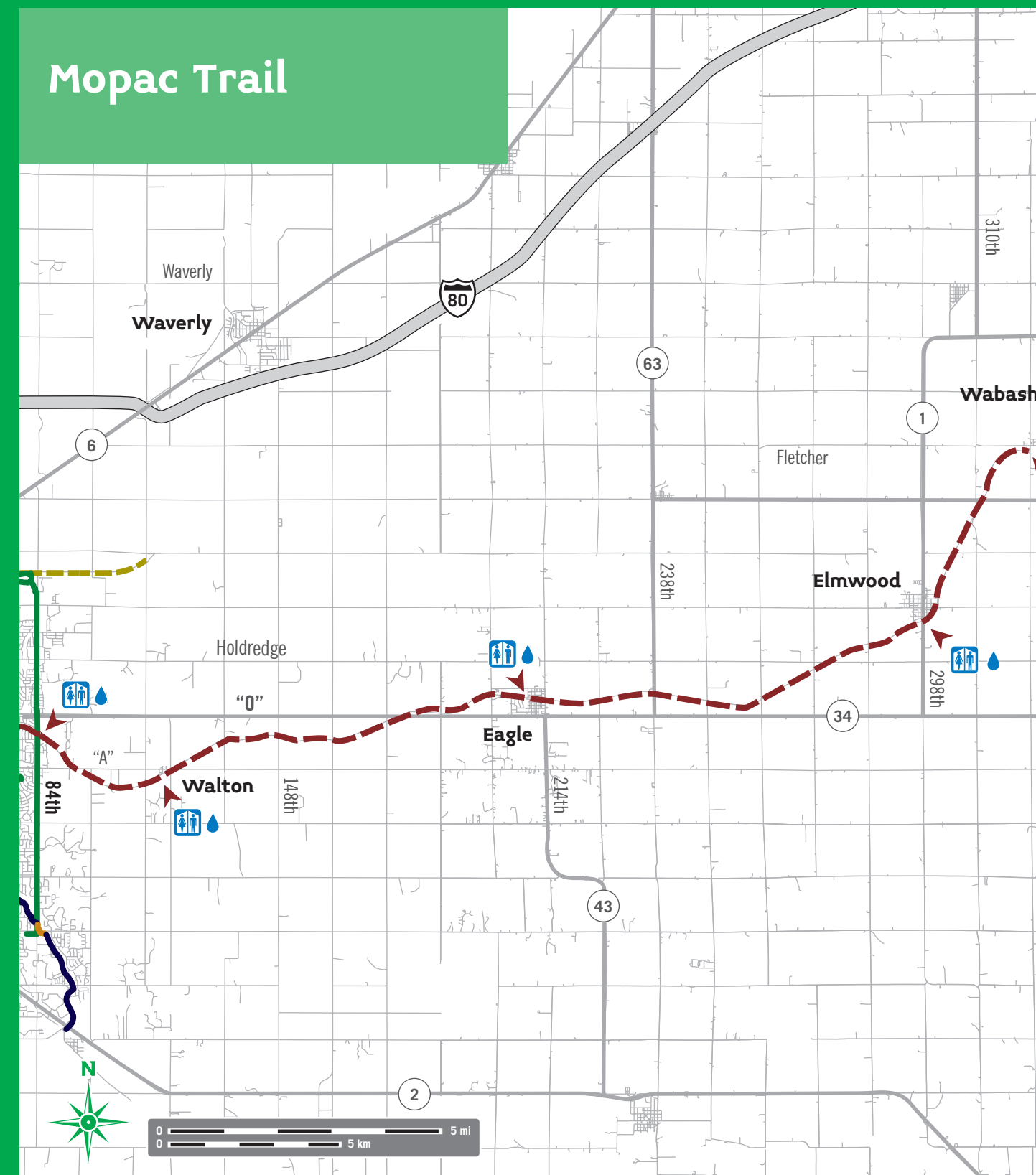


JAYNE SNYDER TRAILS CENTER

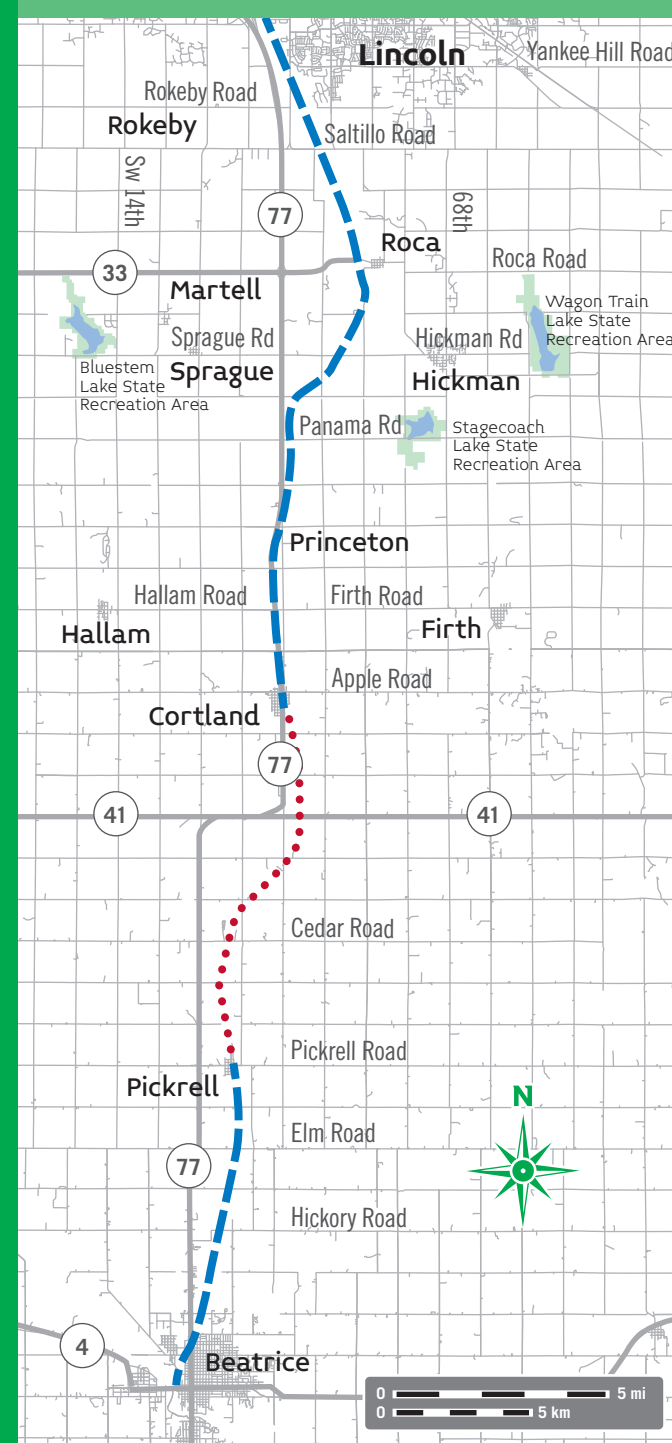


The Great Plains Trails Network, in partnership with Lincoln Parks and Recreation and Community Health Endowment, created the Jayne Snyder Trails Center. Located in Union Park Plaza, this facility serves as a hub for Lincoln's extensive trails system, providing a beautiful meeting area, space for socializing, and a resource to obtain trail and recreation information.

Mopac Trail

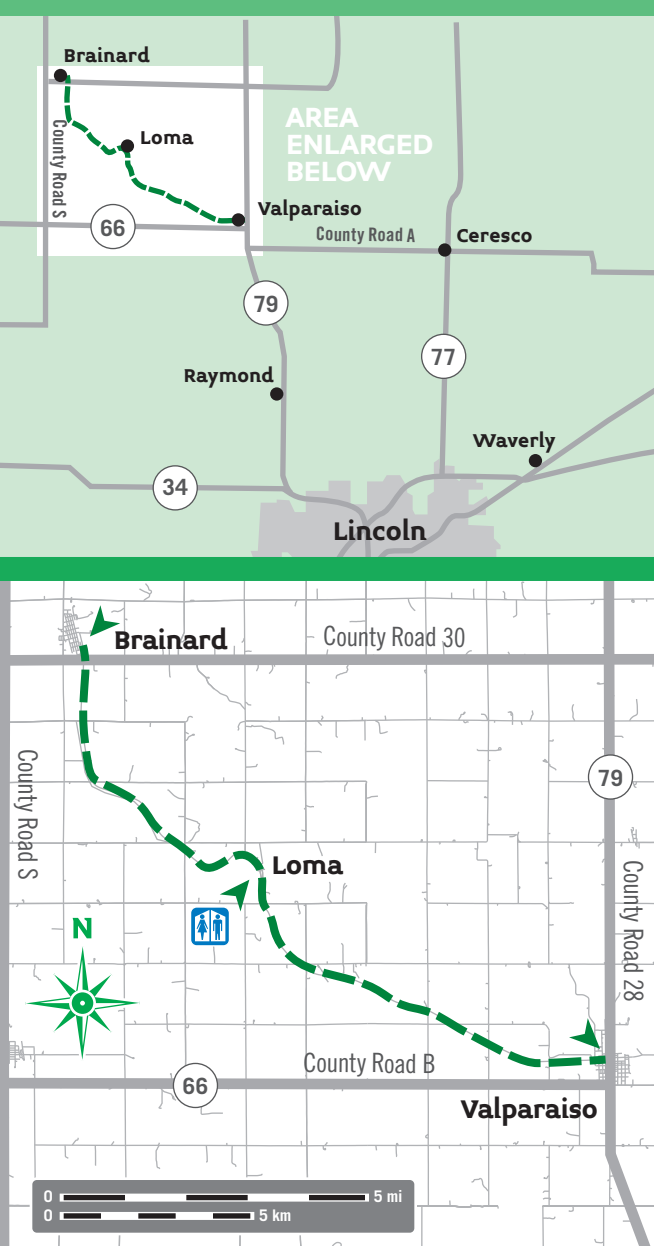


Jamaica North / Homestead Trail



Oak Creek Trail

Whether covered by a canopy of oak woodlands or traveling along a ridge line with beautiful views, you'll find the 13 miles of the Oak Creek Trail, found 23 miles northwest of Lincoln between Valparaiso and Brainard, invigorating and fun.



RESOURCES

Local Organizations

- Great Plains Trails Network
gptn.org
- Great Plains Bike Club
greatplainsbikeclub.org
- Lincoln Track Club
lincolnrn.org
- Friends of Wilderness park
friendsofwildernesspark.net

Bike Shops

- Bike Rack** (sales, service, rentals)
bike-rack.com
- Cycle Works** (sales, service, rentals)
cycleworksusa.com
- Joyride Bicycles** (sales, service)
joyridebicycles.com
- Monkey Wrench Cycles** (sales, service)
monkeywrenchcycles.com
- Re-Cycled Bicycle** (sales, service)
re-cycledbicycle.com
- Scheels** (sales, service)
scheels.com
- UNL Outdoor Adventures** (service, rentals)
crec.unl.edu/outdoor
- The Used Bike Shop** (sales, service)
theusedbikeshop.com

Agencies

- City of Lincoln and Lancaster County
lincoln.ne.gov
- Lincoln Street Maintenance Operations
- Lincoln Parks & Recreation
- Pedestrian Bicycle Advisory Committee
- StarTran Bus Service
- Lincoln Police Department
- Emergency

PARTNERS

