

UNL Master Plan to Enhance Lincoln's Trails

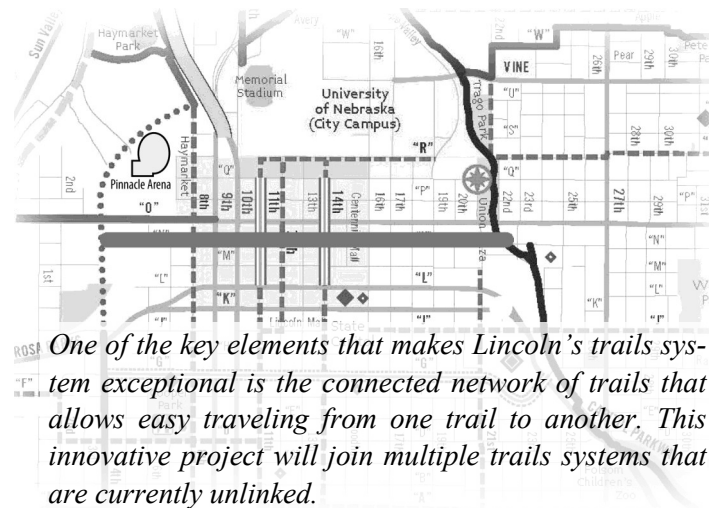


14th Street mall as outlined in the new UNL campus master plan. The concept includes specific lanes for pedestrian, bike and shuttle bus traffic.

LINKING LINCOLN: THE N STREET LINK

The N Street Link will provide a two-way protected bike lane on N Street. It links the Jamaica North trail at 4th and J Street with the Antelope Valley Trail.

The connection will offer easy access to downtown businesses and the Haymarket district. GPTN is raising \$100,000 to support this once in a life time opportunity which will be matched with an equal amount from the Jayne Snyder



One of the key elements that makes Lincoln's trails system exceptional is the connected network of trails that allows easy traveling from one trail to another. This innovative project will join multiple trails systems that are currently unlinked.

Make contributions payable to: Nebraska Trails Foundation

Name: _____
 Address: _____
 City, State, Zip: _____
 Designated Project: _____

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

Jennifer Dam Shewchuk, UNL's Assistant Director for Campus Planning and Space Management, will be the featured speaker at the 25th Annual Meeting of the Great Plains Trails Network (GPTN). The meeting is scheduled for Sunday, February 16 at 1:00 p.m. at the Bryan College of Health Sciences, Room 204, 5035 Everett Street in Lincoln. The public is invited.

Jennifer will provide details of the overall bike plan for UNL and the bike/complete streets concept. Jennifer's main responsibilities at UNL include campus master planning and space management for the University of Nebraska-Lincoln. During her time at UNL, she has been involved in major university initiatives including the development and implementation of an updated physical master plan, implementation of an enterprise-wide space management system, and management of campus signage and way-finding.

She has acted as liaison between the University and local agencies, and impacted hundreds of planning and space initiatives. Most recently, she played a major role in the development of the Innovation Campus concept and model on State Fair Park property. This was a major undertaking and Jennifer was a key member of the university team.

J.J. Yost, the Manager of Planning and Construction for the Lincoln Parks and Recreation Department, will give an overview of the Lincoln Trails, and showcase the progress that has been made on the trails in 2013 and trail projects that are currently underway. The trails system is now 131 miles in length, and includes 85 miles of Commuter/Recreation trails, and 46 miles of Hiker/Biker trails in parks.

As the Planning and Construction Manager for nearly 14 years, Yost has been involved in overseeing a variety of projects. These projects have included major renovation efforts at Holmes Lake, Sunken Gardens and Sherman Field, as well as the development of new facilities of the Antelope Valley/Union Plaza, spraygrounds at Woods and Trago Parks, and several new neighborhood parks.

Following the presentations, GPTN's annual awards program and election of the 2014 Board of Directors will take place. Refreshments will be provided.

2014 PROPOSED BOARD OF DIRECTORS		
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Brett Baker	Karen Griffin	David Scoby
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Jim Carveth	Roger Hirsch	Mary Torell
Parks Coble	Corey Godfrey	Bob Torell
Katie Dolan	Nancy Loftis	Joyce Vannier
Steve Dunbar	Jordan Messerer	Jamie Warren
		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

2013

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Damon Hershey	Wes Trout
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MAILING ADDRESS

5000 NORTH 7th
LINCOLN NE 68521-4010

WWW.GPTN.ORG

Newsletter comments, questions, corrections
gbentrup68@gmail.com

A Note from the President



It's that time of year when we are preparing for the annual GPTN Board Meeting that I get to talk to each member of the board and ask how things are going. It always amazes to me to think that this organization has raised over \$3 million during its 25 year history with *no paid staff*.

I am happy to announce that we have some fantastic candidates selected by the nominating committee to add some new talent and ideas.

The nominated candidates are listed later in the newsletter and as members of GPTN, you have the opportunity to shape the makeup of the board by attending our Annual meeting and voting on the candidates. We hope that you can attend the annual meeting on Sunday, February 16th and vote for the individuals that will be volunteering on your behalf to make sure that Lincoln continues to be a national recognized, rising star in trail advocacy and accessibility.

I also wanted to take a moment to thank the six departing board members for their help over the years. Each of them has done their part at the many events we ask our board members and membership to help with, for example: Trail Trek - stuffing registration packets or setting up trails signs; writing letters to the editor and fundraising in support of trail projects; paying our bills and balancing our accounts; taking photos at trail events; writing articles for this newsletter; and meeting with politicians to advocate for continued support of our trails. **Todd Kellerman, Ann Bleed, Clayton Streich, Wesley Trout, Rose Quackenbush and Curt Donaldson** - Thank you all for your time and efforts on the GTPN board. We will miss you!

Thank you all for your continued support of GPTN and I hope to see you at the annual meeting on February 16th, at our 25th Anniversary Celebration April 10th and out on the trails again soon,

Karen Griffin

GPTN NEW AND RENEWING MEMBERS

December 2013 to January 2014

Welcome to new members: Timothy & Carolyn Dalton, Paul & Julie Escobar, Paul Hansen, K.A.Helzer, Charles & Diane Marti, Debra Morgan, Matt Mundorf, Robert Shanahan, Dennis & Betty Vodehnal, Dennis & Wanda Vodehnal, Margaret Williams, & Christina Usher.

Thank you to renewing members: Leirion Gaylor Baird & family, Brett & Noelle Baker, John Bakula, Mary Barry, Betty Beam, Anne Beurivage, Marsha Belz, Dale & Sandra Benham, Pat Bonge, John Boye, Kent Brady, Mark Brunner, Chris & Ellen Calkins, Thomas & Nancy Calvert, Jim & Liz Carney, Jim & Rosalind Carr, Doc & Christi Chaves, Tom & Mary Jo Cherry, Larry & Donna Chmelka, Gary Chunka, Patrick E. Clare, Paul Claus, III, Parks Coble, Ben & Alex Cohoon, Kath & Mike Conroy, James & Valerie Crook, Don DeMars, Kirk & Joan Dietrich, Sue & Rad Dobson, Michael Eppel, Bill Etmund, Howard Feldman, Bob & Sue Ferguson, Larry & Peg Fletcher, Bruce & Lisa Forbes, Barb & Chuck Francis, Dennis & Hayley Grabast, B. J. Green, Merlin Green, Doyle Haney, Paul Harrison, Gregory & Mary Heidrick, Mary Heidrick, City of Hickman, Gary Hill, Roger Hirsch, Lee Hitt, Amy Spiegel & Mike Hoffman, Eric Buhs & Rose Holz, Wayne & Judy Jensen, DuWayne & Cindy Johnson, Sharon

Johnson, K.M.Kane, Con & Barbara Keating, Todd & Heidi Kellerman, Chris & Mary Kingery, Kirk & Jo Kinberg, Paul Konig, John Kopischke, Dan Kounovsky, Jean Lake, Phyllis Larsen, Sherry Lawton, Pamela Lionberger, Mary Jo Livingston, Nancy Loftis, Cindy & Dave Loope, Roger & Ann Lott, Warren & Mary Luckner.

Jim & Barb Mack, Bill & Susan Macy, Jay & Julie Marshall, Joanie Miller, Jon & Carol Morgenson, Burke Morrow, Glen Moss & Nancy Sutton-Moss, Mike & Vicki Mueller, Jim Muggy, Robert & Phyllis Narveson, Akhtar Niazi, Melvin Northrup, Rich & Barb Ollenburg, David & Giesele Oseka, Tonn & Holly Ostergard, Dave Palm, Ted & Ann Pardy, Ted Parsons, Jim & Denise Peter, Lisa Peterson, Glenda Pierce, Curt & Betty Piksuschus, Dick & Jody Pitsch, Teella Poppe, Kathie Putensen, R. Raecke, Ellen Rainbolt, Mike & Peggy Rasmussen, Ann & Greg Reicks, Jeff & Kathy Richner, Sandra Roche, Rich & Susan Rodenburg, Larry & Pat Ruth, Roger Sand, Cathy & Cheri Sayre, Joyce Schiermann, Curtis & Pat Schneider, Susan Scott, LeRoy Sievers & Joyce Furry-Sievers, Wayne Simpson, Randall Smith, Robert & Nancy Sorensen, Linda Stephen, Ray Stevens, Gregory & Margaret Sutton, Tedde Taege, Kent Thompson, Dan Lynn & Beth Thacker, Robert & Julie Timme, Rick & Penny Urwiler, Alan Wickman, Rick & Susie Windle, Cindy Woldt, Roy & Carolyn Wolgamott, J. J. Yost, Rick Zubrod.




TRAIL UPDATES!

- Jamaica North Trail construction to begin Spring 2014.
- Pioneers Park Trail—Phase II completed.
- Design has begun on the Wilderness Park Bike bridge between Pioneer Blvd. and Old Cheney. Expected completion by December 2014.
- The Boosalis Trail completed but some sections will have to be replaced during 2014 because they did not meet trail construction standards.
- N Street Protected Bikeway is expected to be under construction during Summer 2014 with a Fall 2014 completion date.
- Billy Wolff Trail renovation from 27th street to the new bridge near Randolph expected to be completed by December 2015.


BICYCLING LINCOLN™

BicycLincoln is a community group that supports and promotes bicycling in the city of Lincoln.. Check them out at <http://bicyclincoln.org/>



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UPCOMING EVENTS

GPTN's Annual Meeting
February 16, 2014

Bike To Work Day
May 16, 2014

Trail Trek
June 22, 2014

Run for the Bridges
March 15, 2014

Bike to Work Week
May 12 - 16, 2014

GPTN 25th Anniversary Celebration
April 10, 2014

Mark your calendars! More information to come.

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HOURS: Monday: 10 AM - 7 PM
Tuesday: CLOSED
Wednesday: CLOSED
Thursday: 10 AM - 7 PM
Friday: 10 AM - 7 PM
Saturday: 10 AM - 6 PM
Sunday: 12 PM - 6 PM




GREAT PLAINS
bicycling club

We actively promote bicycling with weekly rides ranging from 20 to 100 miles. We have ice cream or coffee shop easy-paced rides, hammering training rides, moon-lit rides, trail rides, and show 'n' go rides. We sponsor the Spring Fling in April and the Heatstroke 100 in August. We also promote bicycling safety through community-sponsored events. For more information and an online application, see <http://greatplainsbikeclub.org>.

\$15/person and \$20/family.

WINTER BIKE COMMUTING!

by Corey Godfrey

When the days get short and the temperatures dip below freezing it's not easy to motivate to ride your bicycle. Especially when the Old Man Winter decides to throw some precipitation, bitter cold and blustery winds your way. And let's be honest, the winters in Lincoln can be tough. Did you know that Lincoln made the top ten as one of the coldest major cities in America? Lincoln on average has subzero temperatures 11-12 days per year and subfreezing temperatures 143 days per year.

Even though we have cold winters and less than ideal bicycling conditions, it is possible to safely enjoy a comfortable bicycle ride on the trails throughout Lincoln and the surrounding communities if you have the proper gear and follow some winter riding tips.

Layer up

First step is getting the proper cold weather gear to adequately cover your body, keep you dry, protect your skin, keep the elements out and keep warmth in. Remember, frostbite can occur quickly in subfreezing temperatures if the skin isn't protected. Strategic layering of clothing is a vital skill for all aspiring winter cyclists. The first layer should provide a moisture wicking environment. This layer is commonly called a base layer. Base layers will pull moisture away from the body and maintain the body's core temperature which is essential for any cold weather activity. Most base layers are made of either synthetic polyester or very soft and comfortable merino wool. Never use cotton as a base layer as cotton traps moisture against your skin and can lower your core temperature. The base layer often includes a long sleeve top and bottom. These come in a variety of weights (variable thicknesses for a range of temperatures) and the general rule of thumb is the colder the temperature, the heavier the weight of the base layer. The next layer, the insulating layer, should help insulate the warmth of your body. Most insulating layers are either fleece or wool and come in a variety of weights. Choosing the correct weight is often trial and error. I recommend leaning on the side of too warm versus not warm enough. The beauty of layering is it allows you to remove or unzip a garment if you're too warm. The final layer is a shell which keeps the elements out. Shells are often made of water resistant, wind proof material. A good shell will allow moisture from your body to ventilate, but also keeps moisture from the weather away from your body. All of these garments are an investment, but worth every penny if you choose to be active outdoors in the winter.

Hands and Feet

The most common complaint from cyclists who choose to ride outdoors in the winter are cold feet and hands. This makes sense since the hands and feet are far from your heart and don't receive as much warm blood flow as the working muscles. To combat cold hands and feet I recommend investing in cycling specific winter gloves and shoes. Getting one size larger can help accommodate for an extra thick pair of wool socks or some glove liners for those really cold days. Be sure your footwear and gloves aren't too tight. If they're tight, you're most likely going to end up with cold hands or feet since blood flow will be constricted.

Winterize your bicycle

In preparation for winter, the following items can make riding a much safer and enjoyable experience: front and rear fenders, studded tires, and illumination (lights). Fenders and lights are a good idea year round, but once winter arrives they are definitely a necessity due to the potentially sloppy roads/trails and shorter days. Studded tires have an aggressive tread with small metal (usually carbide) studs embedded in the tire for extra traction in slick and icy conditions. Studded tires work remarkably well, but do add weight and some rolling resistance.

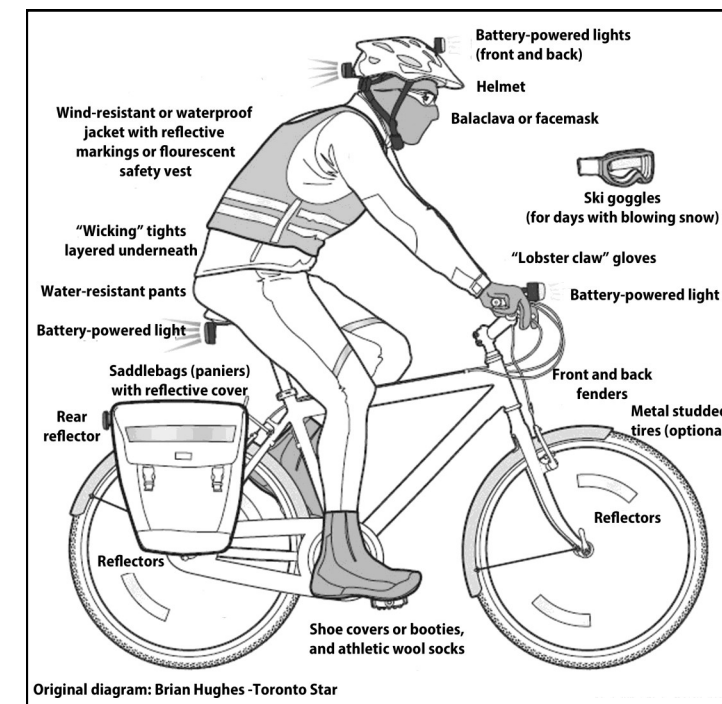
Protective gear

I shouldn't need to say this, but always, always, always wear a helmet when riding a bicycle. This is especially important when there is a potential for ice. Another piece of protective equipment I highly recommend is protective eyewear. The cold can be downright blinding at times. Protective eyewear will keep your eyes from watering up in the cold and allow you to focus on the trail.

Check the weather forecast

One final tip is to be sure to check the local weather forecast prior to heading out the door for a ride. When checking the weather forecast be attentive to the wind chill versus the thermometer temperature. Wind chills can have a dramatic impact on temperature while riding in the cold. I always recommend heading out into the wind and getting a push on the way home.

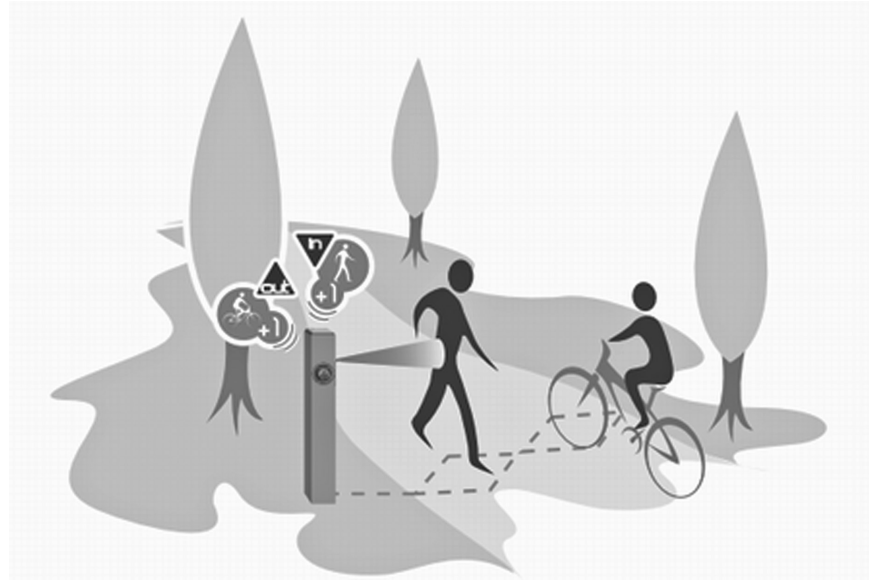
I hope these tips will help you consider riding in the winter. Be sure to check out your local bike shop for more tips on winter cycling and gear.



1, 2, 3, 4, 5, 6, 7, 8, 9, 10....Trail Users

By David Pesnichak

Recent Transportation Demand Surveys have found that 7% of the commuters in Lincoln use a bicycle as their primary commute mode while 50% use a bicycle at some point throughout the year for commuting purposes. In addition, 6% of commuters primarily walk to school or work while 47% walk to school or work at some point throughout the year. Further, University of Nebraska student bicycle counts for 2012 show roughly a threefold cycling increase on East Campus and twofold increase on the City Campus since 2010.



Meanwhile, the American Community Survey (ACS) identifies cycling as the fastest growing primary mode of transportation to and from resident's place of employment within the City of Lincoln. According to the ACS, between 2009 and 2012, the number of people who identified cycling as their primary mode of transportation rose from 1.5% to 2.3% - an 11.7% average annual increase.

Since 1991, GPTN has been conducting bicycle and pedestrian counts. These counts were conducted manually by volunteers and have occurred one time per year from 1991 until 2010 when the counts became biannual. While these efforts are extremely valuable, it is time to supplement the approach with a comprehensive counting program.

Recently, the Planning Department presented a scoping memo to the MPO Technical Committee outlining a city-wide bicycle and pedestrian counting program which described possible equipment, locations, benefits and costs. The benefits of an automatic counting system include:

- Support for funding requests from public and private sources
- Inform bicycle and pedestrian systems planning
- Capacity to evaluate the impact of bicycle and pedestrian infrastructure investments
- Ability to track bicyclist and pedestrian demands over time
- Assessment of traffic safety and management interventions
- Assist local agencies in safety, public health, and sustainability analysis
- Support performance-based measures under new federal transportation programs

The pillars of the proposed program are:

- Manual counts by GPTN
- Automated counts (using automatic counters to monitor usage year-round)
- Voluntary user data gathering (smart phone application)
- User surveys and rack occupancy counts

A key piece in this program is the automated counters which will collect data 24/7. After evaluation and discussions with other agencies using automated counters, the Planning Department has decided to use the Eco-Multi from Eco-Counter. This system uses a combination of inductive loops placed in the pavement and an infrared sensor. Together, these sensors are able to distinguish between pedestrians and bicyclists as well as their direction of travel. The counter is even sensitive enough to count large groups of pedestrian and bicyclists that are crossing at the same time. Being able to verify direction is very useful because it will document commuting patterns and will aid the City when applying for grant and federal dollars for multi-modal transportation projects.

Each counter costs \$5,000 and at the January GPTN board meeting, the board approved purchasing an Eco-Multi counter for the City of Lincoln. This counter will be placed on the Rock Island Trail just north of the Helen Boosalis Trail and Rock Island Trail intersection. This location should record the heavy use this trail receives both from recreation and commuting. The data from the counters will be uploaded daily via cell service, allowing daily counts to be displayed on the Bike Lincoln and GPTN website.

In addition, the City will be installing two counters on the N Street Protected Bikeway. The locations of these counters are anticipated on N Street between 9th and 10th Street as well as near the intersection of 21st Street. Together, these three counters will establish the first phase of the automated counting system and other counters will be added in the future.

Where do we go from here?

Phase Two of the trail signage project is underway! Over the past couple of years, Lincoln Parks and Recreation, Lincoln Track Club, and GPTN has been working together to improve wayfinding on the trails system and now the trails have color-coordinated signs that correspond with GPTN's trail map.

The next phase will involve adding wayfinding signs and installing or enhancing kiosks. This will include adding destination signs for important public locations along the trails (i.e., Jayne Snyder Trails Center, Children's Zoo, Gere Library, Walt Library, Star City Shores, Eden Pool, Trago Park Sprayground, and Ballard Pool).

Below is list of proposed kiosks and wayfinding signs at the kiosks. The kiosk locations and wayfinding signs are preliminary and the Parks Department would appreciate your feedback. They would also value your ideas on locations that need destination signs. Feedback can be sent to Gary Bentrup at gbentrup68@gmail.com.

Salt Creek Levee Trail and Bison Kiosk

- Wayfinding west – Bison Trail and Pioneers Park
- Wayfinding south – Jamaica North Trail

Saltillo Rd. Trailhead Kiosk

- Wayfinding south – Princeton, Cortland, Beatrice
- Wayfinding north – Bison Trail, Haymarket

Boosalis/Rock Island Trail Kiosk

- Wayfinding south – Southpointe Trail, SW High School, Walt Branch Library
- Wayfinding north – Billy Wolff Trail, City Campus, Haymarket
- Wayfinding east – Old Cheney Trail and 84th Street Trail

MoPac (Novartis) Trailhead Kiosk

- Wayfinding north – SE Comm. College, Mahoney Park
- Wayfinding east – Walton, Wabash
- Wayfinding south – Billy Wolff Trail, Old Cheney Trail, NE Hwy. 2
- Wayfinding west – Jayne Snyder Trails Center, City Campus, Rock Island



Holmes Dam Trail	2 mi
Holmes Park	
70 th Street Trail	2.5 mi
84 th Street Trail	3.5 mi

84th and Murdock Trail – (Shanda Dixon) Kiosk

- Wayfinding south – Billy Wolff Trail, Nebraska Hwy. 2
- Wayfinding west – Dietrich Trail, City Campus, Haymarket

Dietrich and Billy Wolff Kiosk

- Wayfinding east - Fleming Fields, 84th Street Trail, Mahoney Park,
- Wayfinding west - Memorial Stadium, Haymarket
- Wayfinding south – Jayne Snyder Trails Center, Rock Island Trail

Salt Creek Levee Trail and Charleston Street Kiosk

- Wayfinding west/north – Highlands Trail
- Wayfinding south – Haymarket, Jamaica North Trail, Beatrice



Four Ways Protected Bike Lanes Benefit Businesses

by Michael Andersen, Green Lanes Project Staff Writer

The question isn't whether your city can afford to build high-quality bike infrastructure anymore, say our friends at the Green Lane Project. It's whether your city can afford not to.

Lincoln recognizes that bike lanes make sense and dollars, hence the birth of the N Street Protected Bikeway. The Green Lane Project has been working with the Alliance for Biking and Walking on a study examining the different ways protected bike lanes help local businesses. They have identified four primary ways that protected bike lanes benefit businesses.

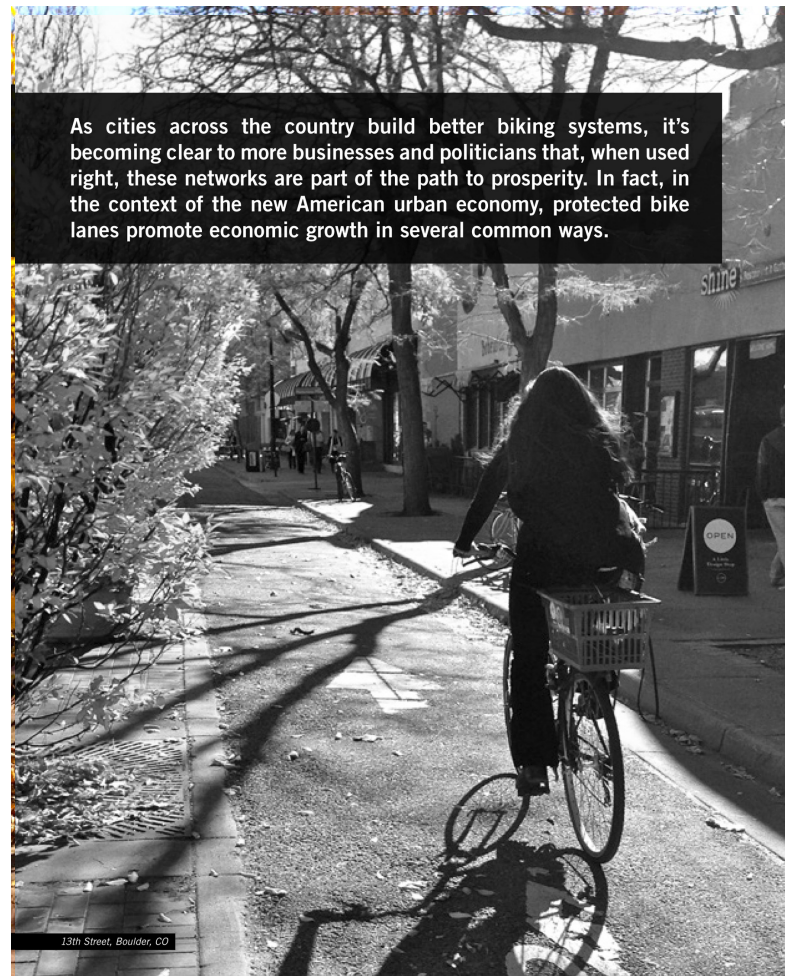
1) Protected bike lanes increase retail visibility and volume. It turns out that when people use bikes for errands, they're the perfect kind of retail customer: the kind that comes back again and again. They spend as much per month as people who arrive in cars, require far less parking while they shop and are easier to lure off the street for an impulse visit.

2) Protected bike lanes make workers healthier and more productive. From Philadelphia to Chicago to Portland, the story is the same: people go out of their way to use protected bike lanes. By drawing clear, safe barriers between auto and bike traffic, protected bike lanes get more people in the saddle — burning calories, clearing the mental cobwebs, and strengthening hearts, hips and lungs.

3) Protected bike lanes make real estate more desirable. By calming traffic and creating an alternative to auto travel lanes, protected bike lanes help build the sort of neighborhoods that everyone enjoys walking around in. By extending the geographic range of non-car travel, bike lanes help urban neighborhoods develop without waiting years for new transit service to show up.

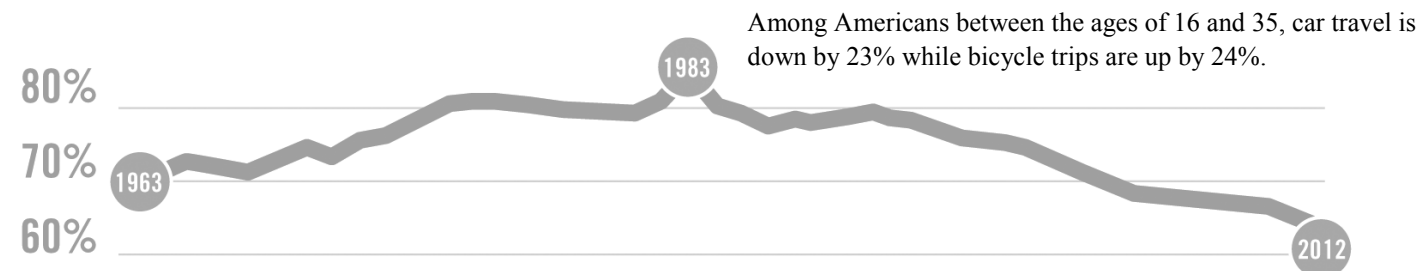
4) Protected bike lanes help companies score talented workers. Workers of all ages, but especially young ones, increasingly prefer downtown jobs and nearby homes, the sort of lifestyles that make city life feel like city life. Because protected bike lanes make biking more comfortable and popular, they help companies locate downtown without breaking the bank on auto parking space, and allow workers to reach their desk the way they increasingly prefer: under their own power.

The Green Lane Project is a PeopleForBikes program that helps U.S. cities build better bike lanes to create low-stress streets. Learn more at PeopleforBikes.org.



As cities across the country build better biking systems, it's becoming clear to more businesses and politicians that, when used right, these networks are part of the path to prosperity. In fact, in the context of the new American urban economy, protected bike lanes promote economic growth in several common ways.

Source: Protected Bike Lanes Mean Business report from PeopleForBikes and the Alliance for Biking and Walking



The percent of people between the ages of 16 to 24 with a driver license peaked in 1983 and is at its lowest level since 1963.

WILDERNESS RUN FOR THE BRIDGES

PRESENTED BY: FRIENDS OF WILDERNESS PARK

March 15th 2014

MARATHON
HALF MARATHON
10K
1.8 MILE KIDS RUN

ALL RACES START AT 8:00am
REGISTER AT
getmeregistered.com

REGISTER BEFORE MARCH 7th FOR FREE TSHIRT



2013 Run for the Bridges Photo by Joseph B arycki

The Run for the Bridges is a fundraiser to replace the bridges in Wilderness Park. Because of partnerships with the city, Lincoln Community Foundation and Great Plains Trails Network, the north bridge connecting the Pioneers Boulevard and Old Cheney sections of the park will be built by December 2014. Funds for the Saltillo bridge are still being raised. Last year's event was an amazing success and raised \$10,793 for the bridges.

The Run for the Bridges offers a Marathon, 1/2 Marathon, 10 K run with the addition of a kid's run, 1.8 miles. The trails of Wilderness Park and the Jamaica North trails comprise the route; a nice combination of single-track dirt trails and the crushed limestone trails until the north bridge connects the park. Because of limited parking, only 500 registrations will be accepted.

Thanks to our sponsors: Open Harvest, Complete Dermatology, Harding & Schultz, Lincoln Track Club, Moose's Tooth/Cycle Works, Screen Ink, Zip Line Brewery, Lincoln Running Company, Jet Splash

If you would like to volunteer for this great event, contact Rosina Paolini at 402-423-1260 or rapaolini@gmail.com

Save the Date! GPTN's 25th Anniversary Celebration

What: GPTN's 25th Anniversary Celebration

When: Thursday, April 10, 2014, 5:30 pm

Where: Ross Theater 313 N 13th St.

What: Appetizers, Cash Bar, Movie

Details to follow.

Consider joining our friends!

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, a one dollar \$1.00) discount off the entry fee of each LTC road race. All memberships expire at the end of the calendar year (December 31).

2014 LTC Calendar

3/29	State Farm (10M/5K/1M)
4/12	Novartis (10K/2M)
5/3	Mayor's Run (1M)
5/4	Marathon/Half-Marathon
6/7	Havelock (10K/3K)
7/13	Lincoln Mile
7/20	Uplifting Athletes Run (5K/1M)
8/9	Thunder/KFOR (5K/1M)
9/7	Buffalo (5M)
10/19	Governors (15K/5K/1M)
12/7	Holiday Run (5K)

Type of Membership:

Student/Senior: **\$10**
(under 22 or over 62)

Single: **\$12**

Family: **\$16**

Patron: **\$35**

The Century Club: **\$100**

Check if NEW member:

Name: _____

Birthdate: _____ Sex: _____

Mailing Address: _____

City: _____ State: _____ Zip: _____

Email: _____

Phone: _____

Family Members (for Family level memberships or above)

Make checks payable to
LTC and mail to:

Michelle Bivens
5841 Box Canyon Circle
Lincoln NE 68516

Name	Birthdate	Sex	Email

Club Membership Application Waiver:

I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work in club races including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, the Lincoln Track Club and all sponsors, their representatives and successors from all claims or liabilities of any kind of arising out of my participation in these club activities even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I understand that bicycles, skateboards, baby joggers, roller skates or blades, animals, and radio headsets will not be allowed in LTC races and I will abide by this guideline.

Signature: _____ Date: _____

Parent's Signature (if under 18): _____ Date: _____



Photo: Tour de Nebraska

Bike Touring Class Offered

The Downtown YMCA is offering a new class that will prepare cyclists to participate in noncompetitive, multi-day bicycling events.

Bicycle Tour Training is led by Susan Larson Rodenburg, avid cyclist and co-founder of Tour de Nebraska, a five-day bicycle adventure held every June. The class will meet twice weekly, and will include speakers on a variety of topics ranging from how to train, mental preparation, how to pack and set up a tent, basic bicycle maintenance and repair, nutrition tips and bike selection.

"The popularity of cycling for fitness has exploded in Lincoln the past few years, primarily because of Lincoln's expansive trails system. We hope to attract people who are interested in taking their cycling to the next level. We are thrilled that the Downtown YMCA is providing this opportunity to our community," Rodenburg said.

The class meets Tuesdays and Saturdays from Jan. 28-June 10. Tuesday sessions start with a 45-minute Group Cycling Class followed by a 45-minute informational session. Saturday sessions start as a 45-minute Group Cycling session through the end of March and will move outdoors for group rides as the weather improves, April through mid-June. Registration is \$125 for Y members and \$200 for non Y members prior to Jan. 22. Registration forms are at ymcalincoln.org or may be picked up at the Downtown Y, 1039 P St.

For more information, contact Susan Rodenburg at Susan@TourdeNebraska.com or 402-440-3227.

Proposed New GPTN Board Members

Steve Dunbar

As a frequent donor to the Trails I have an interest in the Board's activities. Of course as a daily bike-commuting user of the Lincoln Trail system and a weekend user of the trails outside of Lincoln, I have an even greater interest in the Board's activities and in promoting trails and trail use through the GPTN. I hope that we can find a way to put my interest to work.

Katie Dolan

As far as volunteering for the GPTN, I'd be thrilled to do whatever I can, including attending the monthly meetings, writing, helping with Trail Trek, and whatever else is needed. I'm interested in volunteering for whatever I can as far as the trails are concerned. I'd really like to get involved with something I care so deeply about.

Jordan Messerer

I have worked in collegiate outdoor programs for the last 19 years. I'm an avid recreational cyclist and bike commuter. Currently, I coordinate the University Nebraska Outdoor Adventure Program. In this role, I train students to lead and organize bike tours, teach bike safety course by the League of American Bicyclist and Chair the UNL Bike Planning Committee. I also serve on the Mayor Pedestrian and Bicycle Advisory Committee. I'm grateful for the work GPTN has done to place Lincoln on the cycling map. I believe my skills in instruction and organizing groups and events would fit well with the mission of GPTN.

Ann Ringlein

As owner of The Running Company here in Lincoln, Ann has been an advocate for runners and trail users of all kinds here in Lincoln. She has offered her help on the board and we look forward to having her present the running community of Lincoln's perspective on the how to improve our trails.

Bret Bretan

Bret is an assistant professor of Landscape Architecture at UNL. He moved to Lincoln two years ago and as a frequent trail user he wants to do his part as a volunteer on the board of GPTN. With his background in landscape architecture, and his willingness to serve on the board committees that help with Trail Trek, fund raising and/or trail projects, Bret would be an excellent addition to the board.

TRAILS: SMALLER WAISTLINES, LOWER COSTS
A regional trail network in Portland, OR helps area residents avoid gaining 17 million pounds each year, saving the region \$155 million per year in obesity-related health care costs.

Kurt Beil, "Physical Activity and the Intertwine: A Public Health Method of Reducing Obesity and Healthcare Costs," 2011.