

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 memorial fund.

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

Name: _____

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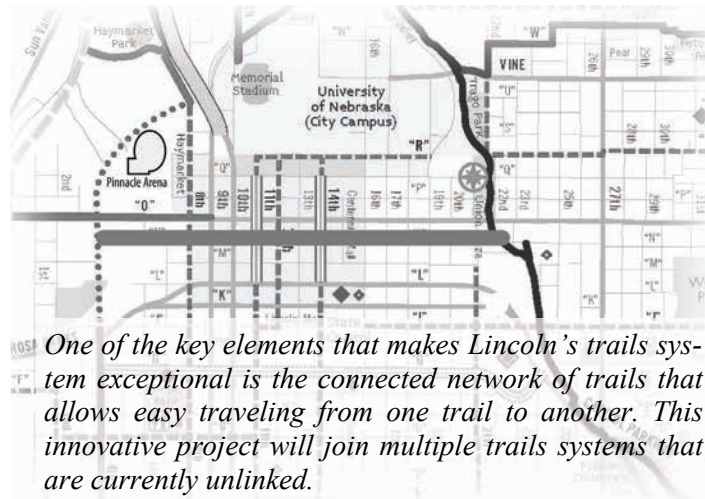
City, State, Zip: _____

Designated Project: _____

Mail to: GPTN

5000 North 7th St.

Lincoln, NE 68521



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.



Great Plains Trails Network

Spring 2013

Issue 111

Trail Trek Goes Inter-County on June 23

This year's Trail Trek will see the popular fun bike ride turn a new corner, so to speak.

There will be three official trails for the 11th Annual Trail Trek event, which is scheduled for June 23rd. Once again, the rides will start from Haymarket Park. There is a 10-mile circle tour that primarily uses the MoPac and Dietrich trails, and the 20-miler, which uses the MoPac Trail from Haymarket Park to 84th St., then south to Old Cheney, and back on Billy Wolff. Both start and stop from Haymarket Park.

And then there's the third bike ride—a 45-miler from Haymarket Park south to Cortland in Gage County. Riders may eat lunch in either Cortland or Haymarket Parks. There will be refreshments—and a radio link to Haymarket Park so riders can participate in the drawings for new bicycles. Entertainment by Chris Sayre will move to Cortland this year, and the Toasted Ponies will be at Peter Pan Park for those who will be using the 10- and 20-mile trails.

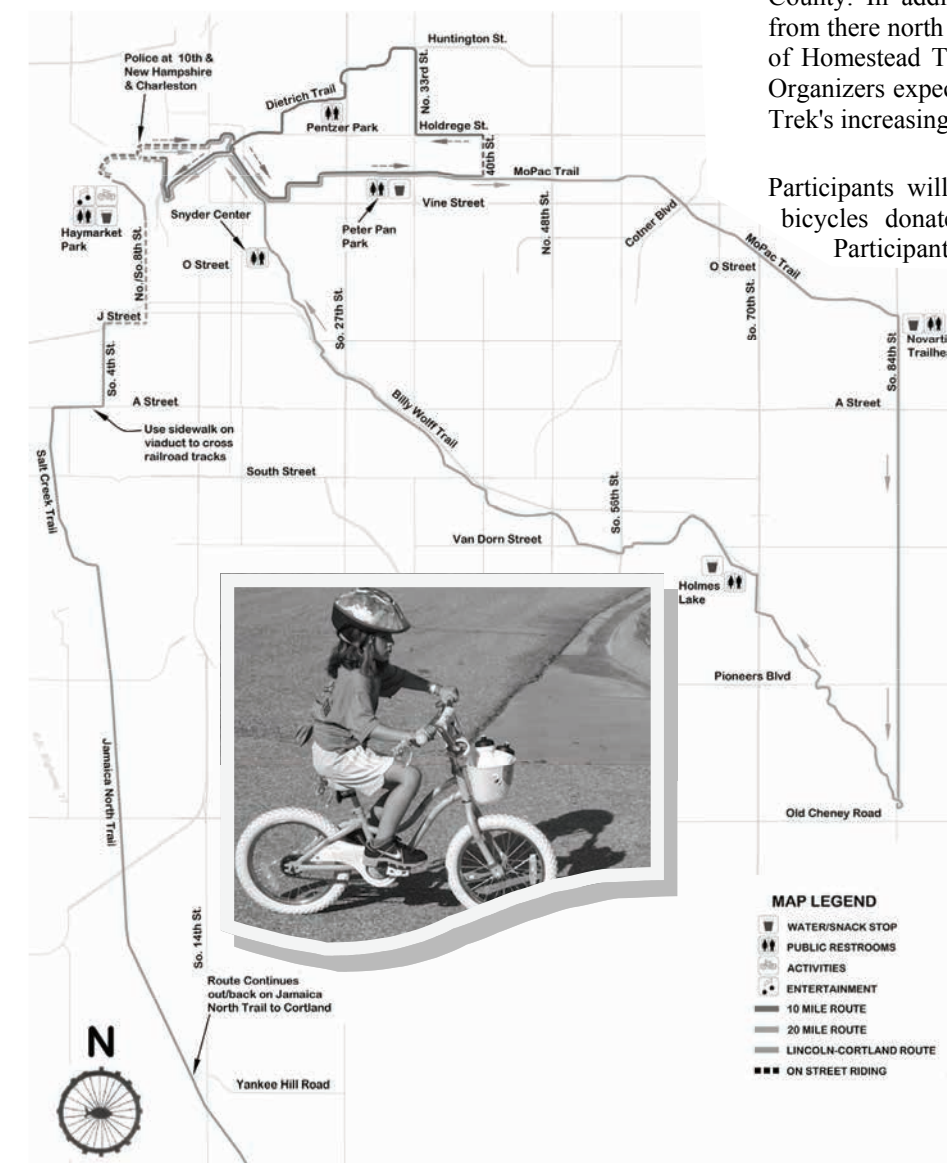
It will be the first time the annual trek has left Lancaster County. In addition, a group in Beatrice will initiate rides from there north to Cortland, thanks to completion of that link of Homestead Trail last summer from Pickrell to Cortland. Organizers expect that the ride to Cortland will enhance Trail Trek's increasing regional appeal.

Participants will be able to compete in a drawings for 20 bicycles donated by The Bike Rack and Cycle Works. Participants will not have to be present to win this year, and The Lincoln Amateur Radio Club will provide links so those at Cortland may learn whether they were winners.

As in past years, Hy-Vee will provide food at the ends of the rides, and help furnish rest stops with refreshments. Rest stops will be located at Pentzer Park and Peter Pan Park for the 10-mile route, while the 20-mile route will include stops at Peter Pan Park, Novartis Trailhead, Holmes Lake and the Jayne Snyder Trail Center. The ride to Cortland will feature a rest stop at the Saltillo Rd Trailhead.

The cost of participation this year will be \$20 for those 13 and older, \$10 for kids from 6 to 12, and toddlers 5 and under may participate without cost, and get a meal. The 10-mile tour is schedule for a 9 a.m. start, while those participating in the 20-mile tour will start at 8 a.m.

Watch for registrations in the newspaper, or visit journalstar.com/trail-trek for registration and other materials.



- MAP LEGEND**
- WATER/SNACK STOP
 - PUBLIC RESTROOMS
 - ACTIVITIES
 - ENTERTAINMENT
 - 10 MILE ROUTE
 - 20 MILE ROUTE
 - LINCOLN-CORTLAND ROUTE
 - ON STREET RIDING



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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WWW.GPTN.ORG

Newsletter comments, questions, corrections
gbentrup68@gmail.com

A Note from the President



'Tis the Season to get out and hit the trails! With such a chilly spring behind us now, it is time to take advantage of all that Lincoln's trails have to offer. As the newly elected President of GPTN, I would like to entice you to get out on your bikes or your feet to enjoy all 125+ miles of trail by telling you about some great upcoming events. But before we go forward it is important to recognize a milestone --> this is GPTN's 25th anniversary!

With all of your help, we have been able to leverage our members' support with our first trail, the Mopoc into the 125+ miles of interconnections that make Lincoln what it is today. At our GPTN booth at the 2013 Earth Day Festival, we had fun helping people mark on one of our new trail maps how far it is to the nearest bike trail or bike route. Did you know that for 94% of all Lincoln residents, it is less than a mile? And for most people it is much less!

That is a statistic to be proud of and the entire hard working GPTN board thanks you, our members, for your fantastic support over the years. It is always great to hear people tell me how they have made the choice to move to or stay in Lincoln because of the trail network. And if you haven't heard, it is these trails that helped Lincoln Place third in the 2012 National Bike Challenge - yep that was third out of over 600 cities that competed last year! Without the trails you helped build, biking to work or just going out for a fun ride would not be as safe or as pleasant.

But enough about the past, let's talk about the future. In this episode you can read about our biggest fund raising event of the year - Trail Trek 2013 and all the new twists and turns on this classic Lincoln event. We also have our four Tour De Lincoln trail rides in May starting at the beautiful Jayne Snyder Trails Center. You can read about the new signs for bird watchers identifying birding hot spots along the trails. And don't forget, May is National Bike Month and the National Bike to Work Week is May 13-17.

Before you jump into the rest of our newsletter, I would again like to thank you all for your support, it is our members and volunteers, our corporate sponsors and our partners at the City of Lincoln, the Parks Department, the Lower Platte South Natural Resources District, the Lincoln Track Club, and many others that have made the 25 years at GPTN quite a ride --> now it is time to get out and enjoy them!

Karen O'Connor

GPTN NEW AND RENEWING MEMBERS

January 2013 through April 2013

Welcome to new members: Chris Bellwod, Brian Bornstein, Dick Brom, Jenny Carson, Anthony & Laura Ceraolo, Beth Cullinane, Linda Fabis, Brendan Goble, Martin Hager, Todd Hoffman, Courtney Jerke, Jim & Barb Mack, Jordan Messerer, David Pesnichak, David Peters, Justin Schnick, Nick & Sherry Savener, Tim & Tracy Sealock, Jo Theis, Elizabeth Wolf, and Sarah Zink.

Thank you to these renewing members: Bruce Abernethy, Su Allen & Jack Higgins, Margaret Allington, Mary Amen, Erik & Carol Ann Anderson, Shannon Anderson, Dale & Peggy Arp, John & Joan Anderson, Robert C. Andersen, Deon & Susan Bahr, Bill & Jean Baker, Bev Barry, Mary Barry, Earl & Barbara Barnawell, Ardith Barber, Rod & Debbie Basler, Anne Beauvriage, Chris & Steph Baum, Scott & Maggie Bigelow, Ann & Peter Bleed, John & Jan Blumer, Jeff Chevront, William Bonacker, Robert Boyce, Kent Brady, Scott Braly, Chad Brassil, Clay & Dale Capek, Paul Christensen, Paul Clauss III, Ben & Alex Cohoun, Dean Cole & Cindy Rutan, Lois Coleman, Jim Craig, Dick Cumming, Jon Curran, Steve Danahy, Son DeMars, Donald Dingman, Curt Donaldson, Sue & Rad Dobson, Steve & Charlene Dunbar, Terry & Judy Dougherty, Pat & Candace Dussault, Eugene Edwards, Judy Eicher, David & Kathy Ells, Bonnie & Michael Engel, Larry Zink & Laurel Erickson, Stu & Denise Essman, Gene & Colleen Eubanks, John & Jean Fallick, Bob & Sue Ferguson, Jack Flanagan, Larry & Peg Fletcher, Bruce & Lisa Forbes, Mark & Mildred Gardner, Ray Gebhard, Robert Geschwender, Mary & Rod Getting, Bruce & Janet Gfeller, Corey Godfrey, Tom & Amy Goeschel, George & Barb Green, Elaine Hammer, Chad Hanthorn, Carol Rogers & Ed Harvey, Monty Heidenreich, Greg & Mary Heidrick, Chris & Julie Heinrich, J.R.Herman, Jack Herbert, Larry Hergert, City of Hickman, Sandra Hilsabeck, Arnold Hottovy, Phil & Ann Hovis., Jon Ihrig, Michael & Judith James, Sibram Jaswal, Dick Johnson, Lynn & Susan Johnson, Donice & Tom Kaspar, Martha Kaul, Don & Barbara Keating, Jim & Mary King, Darrel, Julie & Sarah Knight, Art & Earlene Knox, Al

Koontz, Mike Kreikemeier, John & Jean Krejci, Vince Kuhlman, Carla Lasley, Jim & Doris Lewis, Jim Lauerman, Randy & Sue Leach, Patricia Freeman & Cliff Lemen, Tess Lesoing, Jim & Gail Linderholm, Pamela Lionberger, Ruth Lionberger, John Lionberger, Chris Lodes, Nancy Loftis, Peggy Loos, Dan & Vera Mae Lutz, Mark Lynott, Bernard Lyons, Doug & Jody Martin, Michele May, Albert & Karyn Maxey, Ken May, David & Brenda McCann, Laurie McKenzie, Jane & Jack McVay, Edith Meints, Andrew & Jaine Merliss, Gretel & Walter Mientka, Steve Miers, V.T. & Joyce Miller, Lori & Peter Morin, Burke Morrow, Bill & Jeanette Moser, Mark Mundorff, Paul & Rande McCreight, Paul & Molly Nance, Craig Nelson, Kristi Newcomb & Topher Hansen, Jim & Patty Neid, Tom Nider, D.W.Niemann, Bill & Jan Norris, Ronald & Susann Ogden, Mark Orr, Tonn & Holly Ostergard, Connie Parrish, Ted Persons, Lois Paschke, Robert Patterson, Michelle Peon-Casanova, Sheppard Perkins, Jim Peter, Khara & Emir Plicanic, Bryan & Shaunda Poppe, Tim & Kris Powers, Donald Priester, Ann Quinlan, Dick & Georgia Raecke, Benjamin Rader, Mike & Cathy Rasmussen, Mike & Peggy Rasmussen, Robert Raymond, Gareth & Carol Rees, Gerry & Karen Rehm, John & Claudia Reinhardt, Bryan Rettig, Rich & Susan Rodenburg, Robert Rohe, Dalcyce Ronnau, Craig Roper, David & Martha Rowe, Kris & Mary Rutford, & Larry & Pat Ruth., Mike Schad, Dennis & Vicki Scheer, Lester Schoen, John Schram, Travis & Sally Schroer, Cliff, Christie, Kaile & Hannah Schroff, David Scoby & Donita Consbruck, Susan Scott, Brian Scusa, Dennis & Carla Seeba, Coleen Seng, Bruce & Elnore Shear, Bob Shriner, Paul & Jo Siebert, Bert & Karalene Smith, Hal & Cher Smith, Randall B. Smith, Arlene Sorensen, Jerry & Jo Stanley, Gayle & Mary Starr, Jack & Jo Stewart, Roy F. Statton, Bob Stoddard, Greg & Margaret Sutton, Del Stuefer, Ron a& Camy Svoboda, Marlene Swanson, Joe Sweeney, Tedde Taege, Tim, Sheila & Hanna Terrell, Beth Thacker & Dan Lynn, Neal & Lois Thomas, Jeff Tomjack, Bob & Mary Torell, Rod & Karen Truba, Valentino Roark, Hendrik & Barbara VanDenBerg, Monica Vandergriend, Lyle & Joyce Vannier, Denise Walter, Leona Warnsholz, Terry & Mary Werner, Luke Wilke, Paul Wisnieski, Lynn Willey, Ron & Carolyn Wolgamott, Marion Wright, Gary Zellweger, & Chris Zygielbaum.

Thank you from the 2013 GPTN Board!



WHERE'S YOUR SIGN?

by Parks Coble

The city of Lincoln now has over 130 miles of trails. Ours is one of the finest systems in the nation for a city of our size. For a visitor to Lincoln or a local first-time user, however, navigating our trails can be a challenge. Even veteran bikers have told me they have gotten lost when a long ride has taken them into a new part of town. In truth, our trails have never had sufficient signage. The Parks and Recreation Department has long been aware of this problem and developed plans over the years to remedy the situation. But a tightening city budget has led to a cutback in such essential services as mowing in city parks; there was just nothing left for extras. But GPTN, along with the Lincoln Track Club, has come to the rescue. Thanks to our generous donations, the city is now in the process of installing trail signs throughout the system.



One striking feature of the new signs is that they are color coded. Each major trail such as MoPac, Billy Wolff, Rock Island, etc. has a distinct color for all of its signs. Billy Wolff signs are black; Rock Island, burnt orange; and Dietrich-Murdock, lime green, for instance. A report done by an intern at Parks and Recreation discovered that many major cities had used this approach and found that it increased the accessibility of their bike trail systems. The one exception to this is trails which are adjacent to roads such as the Helen Boosalis Trail along Highway 2 or the 84th Street trail. Government regulations require uniform road signage so green signs will be used along these trails.

The intern's assessment coincided with GPTN's work on our new Lincoln and Lancaster County Trails Map, so the two were coordinated. Trail colors on our maps match those of the trail signs. This "color branding" of our trail system should make the system more accessible. We have an enormous capital investment in our trail system and anything to make it more available to the public is money well spent.

NEW ROUTE AND ACTIVITIES PLANNED FOR STREETS ALIVE!

VegFest and Biketacular join third annual event

Mayor Chris Beutler and Partnership for a Healthy Lincoln recently announced that the third annual Streets Alive! event from 1 to 5 p.m. Sunday, September 29 will include a new route and new activities. The three-mile route generally runs from Lincoln High School at 22nd and "J" to Everett Elementary School at 11th and "C." The route is closed to vehicular traffic so families can safely bike, walk, run, or skateboard.

"We are faced with an epidemic of obesity and poor fitness, and we know that will have a negative impact on our future health and productivity," said Mayor Beutler. "It is extremely important that we set a good example for our children. Streets Alive! is an opportunity to get off the couch and get out and explore this great community."

New activities this year include VegFest, a farmer's market organized by Community Crops, and Biketacular, a celebration of all aspects of biking in the community with activities for adults and children. The free event also features entertainment and displays along the route. Participants may enter the event at any location along the route.

"This is a community-friendly event for people of all ages and mobility levels," said Maria Salinas Sherffius, Board President of Partnership for a Healthy Lincoln. "Last year's event attracted over 4,000 people and more than 100 exhibitors representing everything from tasty and healthy snacks and health education to Zumba dancing."

More information on Streets Alive! and Partnership for a Healthy Lincoln is available at healthylincoln.org/streetsalive.



GPTN at the 2012 Streets Alive! with our bike-powered smoothie maker.

CHALLENGE ISSUED TO FINISH 1ST IN 2013 NATIONAL BIKE CHALLENGE

Lincoln finished in 3rd place out of more than 800 communities in the first annual National Bike Challenge during the summer of 2012. Nebraska also finished in third place in the Challenge among all 50 states. The National Bike Challenge is back for its 2nd year, and the challenge is to move up in the standings.

Lincoln's goal is to finish first as a community, help Nebraska finish first as a state, and to have two or more teams finish in the top 10 of their categories. The "Warm-up Stage" started March 1st and so far Lincoln has over 170 riders, 77 workplaces, and 15 teams that have recorded over 13,000 miles. The real Challenge begins this year on May 1.

The National Bike Challenge registration can be found at <http://www.endomondo.com/campaign/national/> and is free and open to anyone. An app can be downloaded to a smartphone or a GPS device to track biking miles, or participants can enter their mileage on-line each day at the website. The National Challenge will offer a chance for participants to win prizes in drawings each month, May through September.

A local Challenge, the Lincoln Bike Challenge, will run at the same time. Registration in the national challenge automatically enters local participants in the Lincoln Bike Challenge. The Lincoln Challenge will offer its own support, prizes, and a party in early October to celebrate the end of the Challenge.

In the inaugural competition, Lincoln organized more than 900 people to record their bike riding miles for four months in the summer of 2012. At the end of the Challenge, a party was held for participants at Brewsky's where several hundred dollars in prizes were given away.

The National Bike Challenge is presented courtesy of the League of American Bicyclists, Endomondo, and Kimberly-Clark Corporation. The Lincoln Challenge is presented courtesy of Cleaner Greener Lincoln, WasteCap Nebraska, BicycLincoln, the Lincoln Lancaster County Health Department, Lincoln Parks and Recreation and several bicycle shops in Lincoln.

Explore Lincoln on the Trails

A Different Section of the City Each Week

No registration needed, just show up at the Jayne Snyder Trails Center at 21st & O, ready to ride.

Treats will be furnished on each ride. Helmets are required.

Tour de Lincoln 2013

NORTHWEST Thursday, May 30 6:00 p.m. 11.5 miles	NORTHEAST Saturday, May 11 9:30 a.m. 15.7 miles Coffee from Scooters @ 9am
SOUTHWEST Thursday, May 23 6:00 p.m. 14.6 miles	SOUTHEAST Thursday, May 16 6:00 p.m. 18.3 miles

Sponsored By: ANTELOPE PARK/ZOO, SCOOTERS, Great Plains Trails Network, Lincoln Parks & Recreation

For more information call Marynelle at 402-423-7130 or Joyce at 402-489-4611

UNL NAMED A 'BICYCLE FRIENDLY UNIVERSITY'

by Troy Fedderson, University Communications

A campus effort started two years ago has led UNL to be named a Bicycle Friendly University by the League of American Bicyclists.

The honor — a silver award — was announced April 16. Only 58 universities in 30 states have earned a Bike Friendly University award. The Big Ten Conference now leads the nation with eight bike-friendly members. Of the eight Big Ten institutions, three are at the silver level, with the other five earning bronze.

"We are ecstatic that we have received this award, but at the same time we don't want it to be an end to the work that we have started," said Jordan Messerer, an assistant director in Campus Recreation who has helped lead the Bike Friendly UNL program. "There is still a lot to do that could put us over the top and closer to earning gold or even platinum honors."

The Bicycle Friendly University program is designed to help universities take steps to make riding safer and more comfortable for students, faculty, staff and visitors. The awards recognize efforts to improve bicycling conditions through promotion, education programs, infrastructure and pro-bicycling policies.

There are five levels of awards -- diamond, platinum, gold, silver and bronze. Stanford University is the highest rated institution, earning the platinum award. Also, only two universities have reached the gold standard.

Messerer said UNL earned the silver award largely through campus education efforts and reorganizing bike-related policies onto a single website, <http://bike.unl.edu/>.

"When I came to UNL three years ago, information about biking-related policies was spread out on all sorts of websites," said Messerer. "By creating bike.unl.edu, we were able to create a clearinghouse for UNL biking information."

UNL also worked with the Lincoln-Lancaster County Health Department to earn a grant that allowed Messerer and three others to become certified bike instructors. Those four now organize and teach Campus Recreation's bicycle traffic safety courses to students, faculty and staff.

Messerer said support from campus administrators was also a key component in earning the silver designation. "In terms of cycling and pedestrian movement on campus, we have a great road map being developed in the new master plan," he said. "It's a great time to start looking at the routes we have on campus and how we can improve them for everyone."

For more information about the award, go to <http://go.unl.edu/m0t>.



STATE OF NEBRASKA—NOT SO BICYCLE FRIENDLY

Last year, the State of Nebraska was ranked 43rd on the League of American Bicyclists' *Bicycle Friendly States* list. It is expected to be at the bottom of the barrel once again when the new list is released in May. The ranking is based on a comprehensive survey completed by state departments of transportation and state bicycling advocates. It asks 50 questions across 5 categories: Legislation and Enforcement, Policies and Programs, Infrastructure and Funding, Education and Encouragement, Evaluation and Planning. The results listed above provide only a snap shot of the full application. They are intended to offer some ideas for further growth in bicycle friendliness.

To see Nebraska's full report card go to: <http://www.bikeleague.org>

Recommendations from the League of American Bicyclists:

- Adopt a statewide Complete Streets policy.
- Adopt federal funding project rating criteria that incentivize bicycle projects and accommodations. Nebraska is spending a low amount, *less than 1.15 percent*, of federal funding on bicyclists and pedestrians.
- Support growing local advocacy groups.
- Conduct a bicycle economic benefit study to showcase the positive impacts of bicycling for tourism, health costs, economic development, job creation, and transportation return on investment.

GPTN ANNUAL MEETING

by Bill Wehrbein

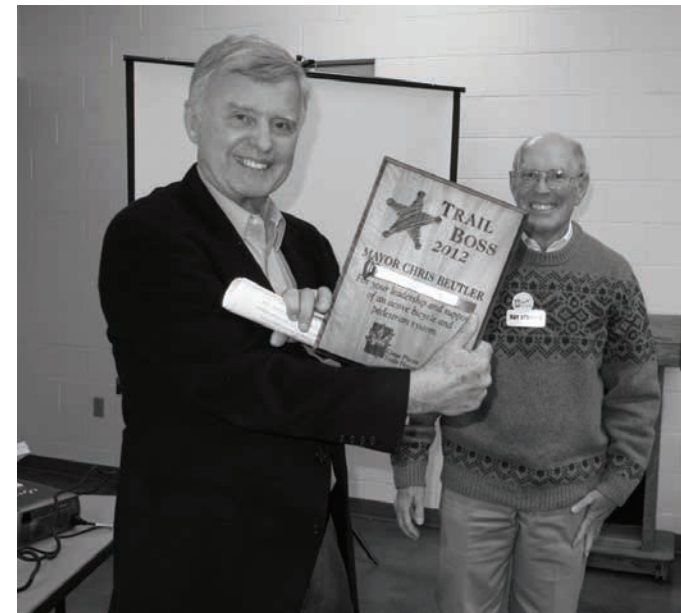
A standing-room-only crowd filled the Jayne Snyder Trails Center on February 18 for the Annual Meeting of GPTN.

Mayor Chris Beutler described the Haines Branch Corridor project. "We don't have seashore or mountains in the Lincoln area, but we do have the largest expanse of tall grass prairie between the coasts. This project has the capacity to pull tourists off I-80, enhance our area's economic development, and become the signature piece for Lincoln."

Terry Gengrich and Nicole Fleck-Tooze (both Lincoln Parks and Recreation) provided more details. The Corridor will connect 500 acres of prairie at Pioneer's Park with 2000 acres at Spring Creek Prairie through the town of Denton. At 7.5 miles long and 50 to 500 ft wide, the Corridor will be a mosaic of owned parcels and easements managed by a partnership of many agencies. The trail through the corridor will be surfaced with crushed limestone, and no existing roads crossing the corridor will be closed. We should expect to see some headway in acquiring parcels in the next three years, but the project may not be completed for ten or fifteen years.

Elaine Hammer and Ann Bleed presented Project Awards to Damon Hershey and Karen Griffin, and the Trail Boss Award to Mayor Beutler. Ray Stevens, retiring president, was presented an original Paul Fell cartoon in appreciation of his leadership of GPTN.

President Stevens thanked retiring Board members Deb Fisher, Carol Rogers, and V. T. Miller, who had served on the Board more than twenty years, and introduced Chris Heinrich, Damon Hershey, and Clayton Streich as nominees to fill the vacancies on the Board.



Join the University Sertoma Club of Lincoln as they sponsor their 14th Annual Oak Creek Valley Bike Ride on *Sunday, May 19, 2013* starting in Valparaiso, Nebraska, located only 18 miles north of Lincoln on Hwy 79. Ride the trail, or enjoy riding through the beautiful Bohemian Alps.

Choose from several distances of 24, 31, 39, 44, 46 or 70-mile routes of Nebraska highways through the Bohemian Alps, paved county road or the stretches of natural prairie on the Oak Creek Trail. Take in beautiful scenery, wildlife and enthusiastic riders. More than 150 riders participated in the 2012 ride!

This ride is a fundraiser benefiting many sponsorships of University Sertoma. Proceeds will help fund Camp Sertoma, a camp for children with hearing disabilities, Prescott Elementary School in Lincoln and other charitable activities.

Check-in from 7:30 - 8:00 a.m. the day of the ride at the Trailhead at the North Oak Bridge, 356 North Oak Street in Valparaiso, (about two blocks west from Highway 79). Everyone must check-in to make sure you are properly registered and the liability waiver is signed. The ride begins at 8:00 a.m.

Free T-shirts, to riders who pre-register by May 10, 2013.

Find more details and register online at www.sertoma.net/bikeride. So come out for a great ride and support a good cause! For further information and the entry contact Mary Snook at itsmesnook@yahoo.com, call 402-476-3770 or contact Kate Anderson at 402-580-2773.

Hope to see you there!

OH, LET'S GO WHERE THE BIRD BIKERS GO!

by Roger Hirsch



Often admonished to “look out!”, Lincoln’s trail-users may soon find themselves urged to occasionally “look up!”

Thanks in part to a Watchable Wildlife Grant from the Nebraska Game and Parks Division’s Wildlife Fund, our expanding network of hiking and biking trails will soon sport signs identifying “Metro Birding Areas”. GPTN made application for the grant, and was announced as a recipient in December.

GPTN is partnering with the City of Lincoln, which will install the signs, and the Wildbird Habitat Store (Recipient, Better Business Bureau’s “Integrity Award” for 2012) which is supplying matching funding along with GPTN.

Each sign will also carry an outline of a pair of binoculars, which is becoming an internationally recognized symbol for wildlife viewing. In addition, the signs will display the web site information for the Nebraska Wildlife Fund, GPTN and Lincoln’s Parks and Recreation Department. Finally, the signs will carry the web site for the Nebraska Bird Library—just in case you or want more information.

In a nod to developing technology, each web site on the sign will also display a “QR” or “quick response” code splotch. Savvy trail-users sporting smart phones by which to immediately “read” and download information may access the Wildlife Fund directly, or the bird library, along with the sites for Lincoln’s Parks and Recreation Department and GPTN.

While the signs will not be up during the 2013 spring migration, which was well underway at press-time, eleven locations for bird viewing have been identified on Lincoln’s trails, at least initially. GPTN representatives consulted with local birding experts, including Wildbird Habitat’s owner, Dave Titterington, and Kevin Poague, Director of the Spring Creek Prairie Audubon Center near Denton, Nebraska, and biked each area. Once up, the signs will single out these trail areas for birding:

Billy Wolff Trail at Holmes Lake, 70th and Van Dorn Sts.

Beal Slough Trail near Pine Lake Park (not yet developed.)

Tierra Briarhurst/South Pointe Trail, Tierra Briarhurst Park, 27th and Hwy. 2.

Rock Island Trail, 27th and Hwy. 2 to Densmore Park.

Rock Island Trail, 27th and Hwy. 2 to South St.

Jamaica North, 27th and Saltillo Rd. to Salt Creek Levee, 1st and Van Dorn Sts. or “Wilderness Park”.

Bison Trail to Pioneers Park, Coddington and Van Dorn Sts.

Salt Creek Levee Trail extension at Oak Lake, 1st and Charleston.

Murdock Trail at Mahoney Park, 70th-84th Sts.

Adjacent to MoPac Trail and 33rd Sts., Wallace Arboretum, UN-L East Campus, 35th and Holdrege Sts.

MoPac Trail, 84th to 148th Sts., East Lincoln south of O St.

Dave Titterington, a long-time naturalist active in the promotion, teaching and development of bird-watching, is very enthusiastic about the signage project, and hopes it is just the beginning for bringing birding to trail-users. “Next to gardening, birding is the second largest form of outdoor recreation. There are 450 bird species in Nebraska, and many of them will use areas close to the trails for their major needs—food, water, nesting and shelter. Birds are increasingly seeking backyard feeders and metropolitan habitats since rural habitats are shrinking. Trails are part of that, and these signs will emphasize that you don’t have to go out into the rural areas to do bird-watching.”

Titterington said that including a reference on the signs to the Nebraska Bird Library would be particularly useful for trail-users. “There is a wealth of information there.”

Terry Genrich, Natural Resources and Greenways Manager for the Parks and Recreation Department, said “we think this is a great opportunity to promote bird watching in Lincoln and for the public to learn about birds that can be seen in the area and develop an appreciation for them.”

GPTN’s intrepid reporters also ‘tweeted’ “Bill”, a local Great Blue Heron who winters in Orange Beach, AL and is currently building a family in a 16-nest rookery near Stagecoach Lake. “You may find some of my close relatives passing through the Holmes Lake site now and then, and perhaps Oak Lake, or maybe the wetlands along the Mopac Trail. The hawks tell me that lots of the warblers and other small birds can be found in the Wallace Arboretum.” He grimaced: “I prefer frogs myself.”

Whatever you prefer, be prepared to occasionally “look up!” and spend a little trail time watching Nebraska’s many residential and migratory birds once the new signs are up. But “look out!” too....some of those guys may pick that precise time to “let go”!

UPCOMING EVENTS

National Bike to Work Day
May 17, 2013

Tour de Lincoln Rides
Northeast Tour de Lincoln
May 11 at 9:30 a.m.

Southeast Tour de Lincoln
May 16 at 6 p.m.

Southwest Tour de Lincoln
May 23 at 6 p.m.

Northwest Tour de Lincoln
May 30 at 6 p.m.

Bike to Work Week
May 10 to 17, 2013

Trail Trek
June 23, 2013

Oak Creek Bike Ride
May 19, 2013

Streets Alive!
September 29, 2013



See newsletter articles for more information on these events.

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BISON TRAIL BRIDGE UPDATE

The final sections of concrete are being poured at the Bison Trail Bridge and the bridge should be open during the first part of May!



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 application, see our website <http://greatplainsbikeclub.org>. \$10/person and \$15/family.

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).

2013 LTC Calendar

3/23	State Farm (10M/5K/1M)
4/20	Novartis (10K/2M)
5/4	Mayor's Run (1M)
5/5	Marathon/Half-Marathon
6/1	Havelock (10K/3K)
7/7	Lincoln Mile
8/10	Thunder/KFOR (5K/1M)
9/8	Buffalo (5M)
10/20	Governors (15K/5K/1M)
12/1	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:

Make checks payable to
LTC and mail to:

Michelle Bivens
5841 Box Canyon Circle
Lincoln NE 68516

Name: _____

Birthdate: _____ Sex: _____

Mailing Address: _____

City: _____ State: _____ Zip: _____

Email: _____

Phone: _____

Family Members (for Family level memberships or above)

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: _____

BIKE To Work Week



"Commuting is a relevant health behavior even for those who are sufficiently active in their leisure time."

Biking for transportation appears more helpful in losing weight and promoting health than working out at the gym. According to a study published in the *American Journal of Preventive Medicine*,

The study found that people commuting to work by car gained more weight on average, even if they engaged in regular exercise, than people who did not commute by car. Sixty to ninety minutes of daily physical activity are recommended to curb obesity, which is more time than most people can fit into their busy schedules. That's why the study's authors recommend "active transport," such as bike commuting, to add extra exercise to daily schedules.

BICYCLING LINCOLN™

BicycLincoln is a community group that supports and promotes bicycling in the city of Lincoln.

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

CITY ENCOURAGES RESIDENTS TO "BIKE TO WORK, LINCOLN!"

The City of Lincoln is partnering with the local bicycling community to encourage residents to participate in Bike to Work Week, May 10-17. Participants who commit to riding to work at least one day that week can receive a free reusable bag full of information and coupons (while supplies last) and will be entered in a drawing for prizes. Registration sites are:

- Bike Rack, 3321 Pioneers Blvd.
- Cycle Works, 27th and Vine
- Cleaner Greener Lincoln, 2143 "O" St.
- Lincoln-Lancaster County Health Dept, 3140 "N" St.
- Lincoln Parks and Recreation, 2740 "A" St.

Two events planned for the week:

A **free Kickoff Rally** is set for 8 a.m. Friday, May 10 at the Jayne Snyder Trails Center in Union Plaza. Bikers will meet at 7:30 a.m. at either the Bike Rack or Cycle Works locations listed above and bike as a group to Union Plaza for refreshments. Riders also are encouraged to ride to the Trails Center from their homes or workplaces.

A **free Ice Cream Social** is set for 4:30 to 6 p.m. Friday May 17th at the Jayne Snyder Trail Center features refreshments from the UNL Dairy Store and prize drawings.

Bikers are strongly encouraged to wear helmets. The City also reminds residents that it is illegal to ride a bike on sidewalks in downtown and other congested districts.

For more information, visit lincoln.ne.gov or contact Mike Heyl, Public Health Educator, Lincoln Lancaster County Health Dept., at mhey1@lincoln.ne.gov or 402-441-3889.



GPTN at Lincoln's Earth Day Festival 2013