Nine years! Has it been nine years since Bill Johnston, then Publisher at the Journal Star, suggested an event combining wholesome, outdoor activity for families, entertainment, exposure to our extensive trails system and a celebration of Father’s Day? Patterned after a similar event that he had observed in Davenport, IA, Trail Trek has experienced changes over the years; a variety of rides and distances, at least three different starting points, new t-shirt colors and designs and a move away from Father’s Day. But many of the most popular features remained in this year’s version, including the family emphasis, trail guides and safety monitors, a picnic lunch and chances to win free bikes. Having utilized a variety of t-shirt colors this year’s issue came in white with a map on the back. Volunteers wore yellow.

Trail Trek IX riders assembled at Haymarket Park and sent groups of riders off at staggered times; 36 milers hit the trails at 8:00 AM, 25 milers at 8:30 AM and the riders choosing 10 or 18 miles at 9:00 AM. While group starts were encouraged, individuals or families could choose start times that were more convenient for them. Approximately 1050 registered as participants while 50 volunteers stuffed and distributed packets and shirts, put up trail signs and acted as trail guides. The day was cool and overcast with little wind—perfect for cycling. It was truly a family affair with lots of kids—and some really young ones!

Because different routes utilized some of the same trail segments, a special emphasis was made to provide more signage to direct the riders. Almost all of Lincoln’s trails system was utilized. The Bison Trail was an exception because of the closed bridge and some rerouting was necessary because of construction on the Rock Island Trail near Lincoln High. Riders enjoyed snacks and water at various locations and entertainment by Chris Sayer at Haymarket Park and the Toasted Ponies at Hardin Hall.

Last year’s Safari Challenge was updated with participants using a photo guide to search for “landmarks” along their respective tours. Each landmark featured a stamp to mark a rider’s guide and those who successfully found all of the landmarks earned an extra opportunity to win a free bike. Twenty lucky winners received new Trek bikes donated by local cycling shops.

Everyone seemed to enjoy the lunch catered by HyVee. All profits from the event will be used for trail projects.

Thanks to this year’s sponsors Bike Rack, Cycle Works, South Pointe Pavilions, Pepsi, HyVee, Lincoln Journal Star, KLIN, and GPTN.
A NOTE FROM GARY
Summer 2011

Where does this trail lead to? Are there any trails in my neighborhood? I am at a trail junction, which way do I go?

Many a trail user has pondered these questions while exploring Lincoln’s trails, which has led GPTN to focus on two projects that should significantly enhance the use of our community’s amazing and extensive trail system. First, we have initiated a major redesign of the trails map, using the services of Thought District, a local design and marketing firm. Likewise, as many of you know, GPTN recently surveyed our members and many respondents commented on the great need to improve the map to better reflect the high quality trail system that we have in Lincoln.

Members indicated they want a larger, detailed map showing all of the streets and trail connections throughout the community as well as trails that extend out into Lancaster County. Other suggestions to improve the map content included indication of trail heads, trail distances and surfaces, water fountains, bike lanes, routes, and other bike related facilities. This would also include bus stops near trails, now that StarTran has bike racks on their buses. Businesses such as bike shops and food places near trails may further be incorporated into this new map. Finally, we plan to print the map in full-color which coincides with the second project that GPTN is involved with.

The City of Lincoln Parks and Recreation Department has been conducting a trail signage master planning project, with Nico Cantarero leading the efforts. In the end this project will provide a comprehensive signage system that will clearly identify major trails using a unique color for each specific trail. These colors will be coordinated with the new map; much like subway maps in large cities, aiding in easy navigation of the trail system. The signage system will also include directions and distances to nearby important community features, weaving Lincoln’s beautiful trails into our community’s unique landscape.

It is GPTN’s hope to work alongside our vast network of support in order to better the trails through these two necessary renovations. Any input holds great value and we truly appreciate your feedback on these two projects. You can contact us at GPTN@GPTN.org. See you out on the lush, green, summer-drenched trails!

TRAIL BLITZ

GPTN and the Lincoln Parks and Recreation Department recently sponsored tours on four consecutive Thursday nights to acquaint cyclists with trails in different areas. Rides featured each quadrant of the city using trails and designated bicycle routes on streets. Attendance was good in spite of weather challenges including a tornado watch. Many participants discovered trails in our expanding system they were unaware of before the rides. Trail maps are available in area bicycle shops and from GPTN.
The weather was threatening but the mood was upbeat as dignitaries and trails supporters gathered on the morning of April 17 to break ground on the Jayne Snyder Trails Center at the corner of 21st and Q Streets.

A series of speakers, including Mayor Beutler, Parks Director Lynn Johnson, Community Health Endowment Chair Ed Wimes, Bill Schmeeckle, VP and CEO of Assurity, GPTN founder Elaine Hammer and Jayne herself, addressed the value of such a facility to the community.

And then the ceremonial gold shovels were put into use and ground was broken.

By the end of June foundations had been poured and construction was progressing.

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#### BILLY WOLFF DETOUR

A temporary detour of the Billy Wolff Trail between “A” and 27th Streets will be necessary for work taking place on the east side of the Children’s Zoo. The detour begins at “A” Street using a wide sidewalk on the south side of “A” Street connecting to the Rock Island Trail located west of the Billy Wolff Trail. Trail users will then use the Rock Island Trail going north to 27th Street. There will be periodic detours just south of 27th Street that will go around Teachers Fountain to the 27th Street intersection. Trail users will need to cross the 27th Street intersection until the 27th Street underpass is opened up.

Continued Page 7
MOPAC EAST RESTORATION

The Lower Platte South Natural Resources District recently announced plans to resurface a one mile segment of the MoPac East trail immediately east of the 84th Street trailhead. This heavily utilized section of the trail has had a problem with chunks of former railroad ballast coming to the surface. Procedures for using limestone tailings for trail surfacing have improved since this first section was completed in 1991.

While some consideration was given to providing a concrete surface, both economics and user preferences played a part in deciding upon a new crushed limestone surface. The cost for the planned improvements is estimated at $30,000 to $40,000. Concrete would have more than doubled the cost. Runners opted for the crushed rock because they felt it was easier on their joints. Some drainage and erosion problems will be addressed at the same time that the segment is resurfaced.

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HEADS UP ON HELMETS

On Sunday, June 12th, the Lincoln Journal Star carried an opinion piece by Robert E. Brown emphasizing the importance of helmet use and their effectiveness in reducing head injury in accidents.

He included a proposal that health care providers, advertising and marketing agencies and news media pledge not to use images of bikers without helmets in their advertising or publications. In addition he urged trails and biking groups to sponsor and fund signs encouraging helmet use and parents to stress the importance of helmets with their children. Parents can also set an example through their own helmet use. GPTN endorsed this message and urges you to read the complete article on it’s website—www.gptn.

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NACHO RIDE ON THE MOPAC

The 100th Nacho Ride occurred on Tuesday, June 14, with approximately 150 participants. For those who may be interested in participating in future rides, the following information is provided by organizer, Phil Wolfe.

This is a weekly ride on Tuesday. It begins @ 84th & O (Trail Head) and goes to Eagle. This is a 20 mile ride (roundtrip) Beginning riders may choose to start at Walton. There will be a group start at 5:30 but feel free to start whenever you want.

Stop at the One Eyed Dog Saloon in Eagle for food/beverages. They will have a “Biker’s Special” each week. Eat, drink, and enjoy the company of other bicyclists.

Helmets required. Check traffic twice when crossing “A” and “O” streets. If you stay late in Eagle have a light on your bike. This event promises to be a fun time!

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TRAILS FOR TRAINING, TRAIPSING

By Weston Poor

The Great Plains Trails Network has many active people who take advantage of the 128 miles of trail they have to offer—to be exact 4896 according to the 2008 census conducted by the GPTN. The great range of trails allows for many cyclists to circumnavigate Lincoln in a tranquil, motorist-free environment. Cyclists aren’t the only ones out there enjoying the scenery, though. There are many people out there trying to stay active and they’re not on wheels. These people are the pedestrians, the walkers, the casual strollers, the joggers, the avid runners and the like.

I’m one of the nearly 5,000. We congregate on the concrete paved and limestone pathways for any number of reasons. Cyclists and pedestrians alike may share many of the same motivating factors. Staying active is high on the list along with getting in shape or even training for any one of Lincoln’s many foot races.

The Lincoln Track club has several races planned for summer 2011, and what better place to train for these popular events than by accessing any one of the Great Plains trails. I have participated in two events already this year: the Lincoln Half Marathon and the Havelock Charity Run. The Jamaica North trail where I trained for the half marathon was perfect for long distance training. The crushed limestone was easier on my joints than concrete and the trail has beautiful scenery. Having the option to run along a gravel trail on the outskirts of Lincoln allows runners to escape from the loud, suffocating streets.

Waking up early for a morning run on the Jamaica trail was more than just training, it was a place to socialize. Friends and I would meet up at the trail head and start our long training run for the week. Without noisy cars passing by we were able to converse and catch up while getting in quality miles.

The Rock Island trail was my trail of choice for the Havelock run. Having the trail just outside my apartment door made it easy to wake up early and enjoy the morning with a brisk run. The Rock Island experiences high traffic, but with many courteous trail users, it’s not a problem.

For those without a bike to pedal, appreciation of the Great Plains trails is more than the fulfillment of physical activity, it’s the luxury of staying fit in a safe, scenic environment. With a multitude of trails to choose from, Lincoln’s non-cyclers can get out and explore the city. The walkers—and runners—just get to enjoy the scenery at a slightly more leisurely pace. I look forward to exploring all the different trails that GPTN has to offer.

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TELL A FRIEND ABOUT GPTN
“Time flies when you are having fun,” so goes the common cliché. The Nebraska summer is upon us and the results of the GPTN’s Member Survey are hot off the press like the abundant sunshine. As we often get lost in the haze of snow, ice and wind chill, this time of year serves a purpose of uncovering buried energy and motivation. Presenting the results of GPTN’s Member Survey fits perfectly within this idea of rejuvenation, as the organization continues to focus and dedicate efforts towards upcoming projects.

In an effort to better serve its members, GPTN asked for input on how they could make improvements and increase their role in the trails community. Questions went out in the later months of 2010, with a hope to gather information on overall member satisfaction, the local trails map, GPTN’s website and newsletter, as well as general demographic trends. The responses have been greatly appreciated and profoundly helpful, as the group charts a course for the future. Moreover, the suggestions go hand in hand with upcoming goals and objectives for GPTN.

First and foremost, without attempting a sociological analysis, the survey results indicate GPTN members are primarily males between the ages of 50-70 years old. Thus a significant challenge for GPTN is presented; how do we bridge the gap between founder and fledgling? The high demand for the wonders of the World Wide Web by the younger generation is met by our traditional members’ longing to read a hard copy newsletter over a cup of tea, and write a donation check with a stamp sent via snail-mail. A need for balance inherently exists, and is further understood in the following paragraphs.

Many survey respondents said that they were indeed pleased with the work GPTN does, however there is some confusion as to the role GPTN serves within the community. This is a topic that GPTN will need to work on. Comments about ways to generate an increase in member satisfaction included: overall better communication with GPTN members on several levels – where funding is designated, more frequent updates on projects and events, and having this information readily available. Others addressed a need to work within the community with other organizations in order to produce greater support for bicycling and pedestrian issues, particularly in regards to better maps, markings, and signage.

Concerns paralleled thoughts such as, “I am more just an appreciative trail user and like the smaller improvements that hook up different parts of the system.” One of these improvements that received an array of suggestions was the trails map, itself. Members wanted a larger, up-to-date, detailed map, showing connections throughout the community and possibly to trails reaching beyond Lancaster County. Overall, viewpoints portrayed crucial adjustments to the map content – indication of trail heads, trail distances and surfaces, ideal travel routes, where bathrooms and water fountains are located; and, having an online version of the trails map available on GPTN’s website.

Now before you drop your coffee, let it be known that GPTN does have a website despite the fact that many individuals,

**SIGNAGE COMING**

“Where am I?”, and “Which way do I go now?” are two important questions often faced by users of a network of trails. Good signs make trails more user-friendly and accessible to both runners and bicyclists. They are especially important to visitors, who may not have a map to study. In addition, adequate signage enhances safety: trail identification and mile posts assist law enforcement and emergency services. Finally, improved signage should increase awareness and build support for Lincoln’s trails.

Four years ago Parks Coble chaired a subcommittee of the Pedestrian Bicyclist Advisory Committee that surveyed major trails and suggested maps, direction signs, street identification signs, and mile markers. As a result, new mile markers were placed on several trails and a number of street crossing signs were added.

With the completion of the Antelope Valley Trail and Jayne Snyder Trails Center it is time to revisit the issue. Another task force, led by Terry Genrich and Nico Cantarero of Lincoln Parks and Recreation and including members of PBAC and others representatives of the trails community, has met several times to update the signs on Lincoln’s system of trails.

Following national guidelines, the new trail signage will be of three basic types. Confirmation signs, which include the Lincoln Parks and Recreation logo plus icons depicting a bicycle and a pedestrian, identify the trail and are placed at convenient intervals along the trail. An additional sign will indicate the mileage to important destinations and trail junctions. Turn signs indicate the direction of the bikeway in ambiguous situations and also point to destinations that must be reached by leaving the trail. Decision signs are placed at bikeway junctions, and include arrows pointing the way. The signs will be color-coded and each of the eight major trails in Lincoln will be assigned a

**Continued page 7**
BRIDGES, BRIDGES, BRIDGES

Cowboy Trail
When a June flood on the Elkhorn River washed out an old railroad bridge on the Cowboy Trail near Norfolk and damaged other sections, the trail had to be closed. Serious concerns were raised about how to find funding to remedy this problem. As of early February it was reported that the old iron bridge had been removed and that the Nebraska Game and Parks Commission plans to replace it with a prefabricated pedestrian span as a part of a $3.6 million project. The NRD will expend $270,000 as the required 20% mach. Major funding for the trail restoration will come from the Federal Recreational Trails Program, the Cowboy Recreational and Nature Trail Fund and the Federal Emergency Management Agency. The Cowboy Trail is the longest trail in Nebraska stretching from Norfolk to Valentine and eventually to Merriman.

Antelope Valley Trail
The connection of the Antelope Valley Trails with the Billy Wolff Trail is moving forward. This joint project between the City of Lincoln and Lower Platte South Natural Resources District involves a new bridge over the Antelope Creek Channel just east of Randolph and Capitol Parkway and construction of a trail connection from the bridge with the Antelope Valley Trail just south of "J" Street. It is expected the bridge for the project will be in place the middle of July with the completion of the project being the end of August. Funding for this project came from the Recreational Trail Program administered by the Nebraska Game and Parks Commission with matching funds coming from the City and Lower Platte South NRD. Completion of this project will provide connections to the new Jayne Snyder Trails Center, MoPac Trail, Dietrich Trail, the University of Nebraska and Salt Creek Levee Trail.

Bison Trail
Work on the Bison Trail Bridge is still in the “paper work” stage. When funding arrangements are complete the existing bridge will be removed, stream channel work and design completed and abutments installed. Then the replacement bridge can be installed. Completion anticipated sometime in 2012.

Wilderness Park
A trail marathon was held on March 20 to raise funds for the replacement and repair of bridges in Wilderness Park. Sponsored by Angry Cow Adventures and the Friends of Wilderness Park the event had nearly 100 participants. Most said they enjoyed running on the trails. This event, one of a series sponsored by the two organizations, utilized the Park trails as well as the Jamaica North and Homestead Trails.

Central City
Lincoln bridge-builders traveled west on several mid-June occasions to assist local volunteers in decking an abandoned, 1072 foot railroad bridge. Nebraska Trails Foundation member and bridge decking and railing czar, Lynn Lightner, assisted with planning and assembling materials and tools and recruiting Lincoln folks to assist.

The Central City crew is continuing the work on Tuesday and Thursday evenings and hope to have the job completed sometime in July. As of June 20 over half the span was decked but most of the work on the railings remains. The decking was speeded up with the use of new electrical screw-driving tools that work somewhat like a nail gun. Once a board was in position it could be secured in a matter of seconds.

The Nebraska Trails Foundation owns most of the corridor from Central City to the village of Marquette and is seeking a local entity to take title and develop a trail. Funding for the project has come from the Merrick Foundation, the Kiewitt Foundation and a number of private donors.

STREETS ALIVE!

When: Sunday, September 25, 2011 12:30 – 30 PM
What: Streets Alive! – Get fit Lincoln at Streets Alive!

For the first time ever, a 3.26 mile loop of key Lincoln streets will be
Closed to motorized vehicles and
Opened to: Walkers, bikers, runners, and skaters, any human-powered transportation—will bring our Streets Alive
Experience fitness and dance activities, music & entertainment in parks and along the route
Healthy foods – family activities- health exhibits and more!

Who: Can you walk? Ride a bike? Propel your wheelchair? Push a stroller? If yes….this event is for you!
FREE and open to the public!

Where: Streets Alive! connects Woods Park; Antelope Park; Elliott and Lincoln High School; the Folsom Children’s Zoo; Hammon Rose Garden; Sunken Garden; and the Antelope Valley Trail as well as the 33rd and A Street businesses and the Woods Park Neighborhood. You can start anywhere on the course.

Partnership for a Healthy Lincoln would like to invite you to participate in this first-ever event to bring the Lincoln community together to highlight healthy choices.

Questions?
Contact Linda Kern at: lkern@healthylincoln.org or 402.483.4800
**GPTN NEW AND RENEWING MEMBERS**

_March 6, 2011 to June 20, 2011_

Welcome to new members: Julie & Richard Diegel, Paul Norrid, Gerry Oligmueller, Linda Stephen, & Heather Wasko.


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**Signage continued**
unique color. Bike signs indicating on-street routes will continue to be green.

Plans call for phasing in the new signage gradually. Trail identification and confirmation signs for all trails will be installed first, perhaps as early as this fall. GPTN has established a fund at the Nebraska Trails Foundation to support this project, along with the Lincoln Track Club. More signs of other types will be added later.

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_Billy Wolff continued_

The trail and underpass have been closed between “A” Street and 27th and Capitol Parkway for channel work being done as part of a Lower Platte South NRD Project. When complete, this project will increase flood storage capacity along that section of the channel. Phase I of the project consists of relocation of multiple water lines that will be in the path of new construction on the south side of “A” Street. Phase II of construction involves removal of soil in the area of the trail on the east side of the channel, construction of retaining wall and installation of a new trail that will be located on the same alignment but lower in the channel. The trail will come up near the sandstone area and then return to a lower level between the sandstone and 27th street underpass. A new separate bicycle/pedestrian underpass at “A” Street is part of this project. This new underpass will provide for a new ramp on the south side with a more gradual slope. The “A” Street and 27th Street underpasses will be opened when the project has been completed. Final completion is scheduled for November.

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**GPTN Newsletter Advertising Rates**

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Political ads not accepted

Inserts (8 1/2” x 11”)

Prepared and provided in quantity by the advertiser.

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Adds “Imbedded” within Newsletter
THANK YOU LINCOLN!! YOUR PARTICIPATION IN THE CARES PROGRAM HAS BENEFITED TRAILS

New projects include Centennial Mall, Sherman Field support facilities, the Jayne Snyder Trails Center at Union Plaza, Street Trees, Pioneers Park Nature Center endowment for animal care, a spectator seating shade structure at Densmore Park and Parker’s Pals Scholarships.

From its inception in February 2003 through February 2011, Lincoln Cares has collected $559,097 from LES customers adding a dollar to their bill payments. An average of 5,765 LES customers donate to the program every month. Another $11,225.96 has been contributed through direct donations to the Lincoln Parks Foundation and through partnerships with Pepsi, Lincoln Benefit Life, Olsson Associates and Culver’s Restaurants. The total for all collections since Lincoln Cares began is $1,047,882.