

Trail Trek's Annual Bike Ride June 25

Trail Trek gives cyclists of all ages a great opportunity to explore Lincoln's trail system— thanks to a dedicated group of volunteers as your guides. You and your family won't miss the food, music and fun **Sunday, June 25** at Haymarket Park, 403 Line Drive Circle. Each rider receives a t-shirt, water bottle (first 1,000 entries), on-trail snacks and lunch. All proceeds go to support the trails network of jogging, biking, walking and horseback riding trails in and around Lincoln.

Ride Packets

Your ride packets have everything you need for a great day of bicycling fun: T-shirts, water bottles and wristbands for snacks and lunch. Packet pick up is as follows:

Sat, June 24: 10 am - 4 pm

Jayne Snyder Trail Center, 21st and Q Street

Sunday, June 25: 7 am - 11 am

Haymarket Park, 403 Line Drive Circle

Event Details

Trail Trek rides start and finish at Haymarket Park. Start times depend on the tour you choose. Plan to reach Haymarket Park or Cortland for lunch, which will be served from 11 am to 1 pm. Riders taking the 11 or 14 mile tour should start between 9-10 am. The 25 mile riders should start at 8 am. Riders taking the 45 mile route should start between 7-8 am to reach Cortland by lunch time. New to Trail Trek this year is the opportunity to combine popular trails activities with our 14 mile bike ride & the option of a run/walk at Pioneers Park.

The option to add the run/walk to your tour is available when you register. There is no extra fee for this adventure. All run/walk options will start in Pinewood Bowl. There will be a secure bike corral with plenty of volunteers to help you out.

All participants are required to wear helmets. To ensure your helmet fits properly and your bike is ready to ride, we recommend visiting our official bike shop sponsors: The Bike Rack, 3321 Pioneers Blvd, and Cycle Works, 720 N. 27th Street, both in Lincoln. Trail Trek volunteers also will be available on each route to assist riders.

Lunch includes a vegetarian option and will be served from 11 am to 1 pm at two locations: Haymarket Park (for the 11, 14 and 25 mile tours) and Cortland (for the 45 mile tour). Snacks and water will be available on each route.

Trail Trek also features music and other family activities. At Haymarket Park, Cycle Works and Bike Rack mechanics will conduct bicycle inspections, and there will be music provided by KFRX 106.3.

Trail Trek riders may register for a chance to win a new Trek Bicycle courtesy of The Bike Rack and Cycle Works. You must sign up for the bike giveaway when you pick up your packet. All entries must be submitted by 9 am on June 25. You need not be present to win. Seventeen bikes will be given away to individuals at Haymarket Park via random drawings. Drawings will take place before noon and winners will be posted at Haymarket Park.

Finishing the Murdock Trail: Jayne Snyder's Wish

The City of Lincoln is going to pave the Murdock Trail from 56th to 70th Street. A gravel trail for runners will also be constructed along side the paved trail. GPTN is raising \$250,000 to support this much needed improvement. Please consider donating to this exciting project.



Make contributions payable to: Nebraska Trails Foundation

Name: _____

Address: _____

City, State, Zip: _____

Designated Project: _____

Mail to: GPTN

P.O. 82902

Lincoln, NE 68501-2902



**Register at
gptn.org**



Great Plains Trails Network

since 1988

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

2017

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Newsletter comments, questions, corrections
gbentrup68@gmail.com

A Note from the President



I'm honored to be serving as the GPTN president for the 2017-2018 term. I started on the GPTN Board in 2013 to help launch a new website. The more I came to know the people and the mission of the group, the more involved I became.

During my first term as president, I'd like to focus on increasing our membership. The month of May has a lot of bike events to kick off the season and we'll be out there promoting and inviting people to join. Mark your calendars for Tour de Lincoln, Bike to Work week, and the National Bike Challenge.

The Strength is in the Numbers

GPTN exists to help build the trails in Lincoln and advocate for all things trails. We are fortunate in Lincoln to have a great partnership with the City of Lincoln and Lincoln Parks & Recreation. This private/public partnership is what makes our city unique. For our voice to continue be heard and to continue our mission we need people.

Tell Your Friends

I've put out a challenge to all our Board members to bring in FIVE new members to GPTN. With this effort and your efforts to invite people to join this great organization we can reach our goal of 1000 members. All of us hear people that use and like the trails. Are they members of GPTN? If not, now is the time to talk to them about the benefits of becoming a member. Here are a few talking points to get you started:

- Membership in GPTN starts at just \$10
- Becoming a member is easy, just sign up online at gptn.org
- All memberships include quarterly newsletters with calendar of trails events, updates on trails news, and tips for trail users.
- Emails about upcoming events and trail dedications
- Knowing your dues go directly to supporting the trails

It is through the dedication of the GPTN membership that we see success. Please take the time to tell-a-friend to join GPTN today!

GPTN NEW AND RENEWING MEMBERS

February—April 2017

Welcome to new members:

Alice Baker, Beth Bartels, Jessie Bockelman, Paul Brinkman, Cliff & Colleen Brugman, Jamie & Derek Carson, Karrie & Bruce Dvorak, Cathy Ebers, Dawn Green, Jim & Barb Green, Angie Graham, Carrie Grant, Dick Hawley, Anne Heinmann, Renee Henrichs, J.P. Jamison, Sarah Knight, Ivan Marsh, Julie Moore, Sue Moore, Jeff Newby, Thomas Olson, Carrie Pittman, Cory Podany, Shelby Robinson, Pete Smith, Michelle Svehla, Beckie Tuttle, Tristan Van Nocker, Ann Wagner, Craig Wagner, Brad Wells, Dan Wheeler, Jerry Woodard.

Thank you to renewing members:

Jack Higgins and Sue Allen, Mary Amen, Max Antoine, Peggy & Dale Arp, Marybell Avery & Stan Campbell, Charles Bacon, Pam & Dana Baker, Ed Banister, Beverly Barry, Sean Barry, John Bartzatt, Rita Bartzatt, Chris Baum, Brienne Bayer, Sandra & Dale Benham, Scott & Mallie Bigelow, Peter & Ann Bleed, John Blumer, William Bonacker, Tim & Lynn Borstelmann, George Boshae, Chad Brassil, Jill Brown, Penni Bruning, Douglas Campbell, John Carroll, Jeff Chevront, Paul Claus, III, Betty Howe, Steve Danahy, Brent Davis, Don Dingman, Gene & Andrea Dinkelman, Sarah Disbrow, Curt Donaldson, Terry & Judy Dougherty, De & George Edgar, Richard Eisenmenger, Mike & Bonnie Engel, Jack Flanagan, Larry & Peg Fletcher, Steve Foscender, Lynn Frankowski, Brandon Garrett, Ruth Gerber, Bud Gerhart, Robert Geschwender, John Green, Larry Gregg, Karen Griffin, Corey Godfrey, Ken Gross, Elaine Hammer, Gregory & Mary Heidrick, Tim Henkel, Kent & Lisa Henning, Veryl Herr, City of Hickman, Sandra Hilsabeck, Marie Hitz, Gloria Holbert, Randy Holcomb, Arnold Hottovy, Al Jensen, Dick & Margaret Johnson, Lynn & Susan Johnson, Donice Kaspar, Martha Kaul, Jim & Mary King, Anne Kitten, Art Knox, Marshall & Gail Kohtz, Paul & Marcella Konig, Al Koontz, Barb Kortum, Mike Kreikemeier, J. Carey Taylor & Alison Krohn, & Ed Kouman,

Diane Laffin, Carla Lasley, Sherry Lawton, Jim & Doris Lewis, Daniel Ley, Christine Lodes, Tim Loseke, Roger & Ann Lott, Vera Mae Lutz, Suzan Manthey, Lynn Marienau, Bonnie Maschka, Dallas McGee, Jane & Jack McVay, Roland Melrose, Jordan Messerer, Gretel Mientka, V.T. & Joyce Miller, Peter & Lori Morin, Bill & Jeanette Moser, Mike Murman, Lynn Murman, Jim & Patty Neid, Craig Nelson, Tophier Hansen & Kristi Newcomb, Bill & Jan Norris, Don Niemann, John Oswald, Ted Parsons, Lois Paschke, Jon Peterson, Glenda Pierce, Don Pinkley, Gerry Oligmueller, Patrick O'Neill, Davie & Gizele Osekit, Tonn & Holly Ostergard, Benjamin & Barbara Rader, Mike & Cathy Rasmussen, Ann Thompson Reicks, Gregory Reicks, Gareth Rees, Roger Renken, Bryan Rettig, Ann Ristow, Bob Robinson & Jennifer Lyons, Mary Beth Rice, Susan & Rich Rodenburg, Dalcyce Ronnau, Craig Roper, Brian Rote, Dean Cole & Cindy Rutan, Kris & Mary Rutford, David Rutz, Nick & Sherry Savener, Joyce Schiermann, Donita Consbruck & David Scoby, Dennis & Carla Seeba, Coleen Seng, Steve & Linda Schlegel, Robert Shanahan, Paul & Jo Siebert, John Slieter, Hal Smith, Kathy & Steve Smith, Randall Smith, Kate Speck, Bob & Mary Ann Stallings, Jerry & Jo Stanley, Gayle & Mary Starr, Mrs. John Stewart, Linda Stephen, Del Stuefer, Joe Sweeney, Dan Lynn & Beth Thacker, Neal & Lois Thomas, Cameran Tietgen, Joyce & Scott Tontegode, Mary & Bob Torell, Rick & Penny Urwiler, Cheryl Vajgrt, Monica Vandergrind, Joyce & Lyle Vannier, Mike & Sue Vint, LeeAnn Von Seggern, Michael Voorhies, Kevin Sailes, Michael Walsh, Denise Walter, Dan Warren, Terry & Mary Werner, Lynn & John Willey, Rick & Susie Windle, Kevin Wright, and Rick & Carol Zubrod.

Thank you from the 2016 GPTN Board of Directors. Your memberships are crucial to GPTN's efforts.



Back row (L-R) Dena Noe, Gary Bentrup, Shelby Robinson, Bill Wehrbein, Jeff Kimble, Jordan Messerer, J.P. Jamison, Kris Sonderup, Kevin Fitzgerald, Corey Godfrey. Front row (L-R) Greg Rosenboom, Charlene Dunbar, Steve Dunbar, Marynelle Greene, Mary Torell, Bob Torell, Elaine Hammer, Ron Case, Chris Heinrich, Roger Hirsch

Not Pictured: Matt Baumeister, Karen Griffin, Ann Ringlein, Damon Hershey, Jamie Warren, Ray Stevens, Jr., Kent Henning, Dale Arp, Jesse Peterson, David Scoby

Lincoln Track Club Membership Application

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

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

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

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

2017 LTC Calendar

- 3/25 State Farm (10M/5K/1M)
- 4/8 Tabitha (10K/2M)
- 5/6 Mayor's Run (1M)
- 5/7 Marathon/Half-Marathon
- 6/3 Havelock (10K/3K)
- 7/9 Lincoln Mile
- 7/16 Uplifting Athletes Run (5K/1M)
- 8/5 GSK (5K/1M)
- 9/10 Buffalo (5M)
- 10/22 Capital City (15K/5K/1M)
- 12/3 Holiday Run (5K/1M)

To join the Lincoln Track Club: www.lincolnrun.org



GPTN, through the Nebraska Trails Foundation, will participate in the Lincoln Community Foundation Give to Lincoln Day (G2L). Every donation you make on May 18th helps your favorite charities even more because they will also receive a proportional share of the \$350,000 challenge match pool! Search for *Nebraska Trails Foundation* on the G2L website to support Lincoln Trail projects. Donations can be made from May 1st to 18th!

To donate: <http://www.givetolincoln.com/>

Support Lincoln Trails

By donating to the Nebraska Trails Foundation through the:



Community Services Fund of Nebraska

www.communityservicesfund.org/

LINCOLN READY TO BE 1# AGAIN

In 2016, more than 2,000 Lincoln riders logged over 750,000 miles, steering Lincoln into the top spot in the National Bike Challenge. Lincoln finished 1st out of more than 800 communities in the 5th annual National Bike Challenge. The State of Nebraska also took 1st place, edging out Wisconsin.

The National Bike Challenge is back for its 6th year, and Lincoln and the State of Nebraska are ready to retain top honors. The Challenge begins on May 1st and runs through September 30, 2017. The National Bike Challenge registration can be found at <https://nationalbikechallenge.org/>.

Challenge participants will use the Strava platform to record their commuting and recreational miles or synced miles using another activity tracking platform. There is no cost to participants and riders are encouraged to form teams at their workplace or school to motivate their colleagues to log more miles or to start commuting for the first time.

If you have questions about the National Bike Challenge or about commuting to work - from choosing a good route, setting up your bike, choosing apparel, and even dealing with helmet hair -- let Bicyclincoln know! Bicyclincoln's team has sorted all these issues and would love to help you get started. For more information about the Challenge, visit their website or message them on Facebook.

Facebook: facebook.com/bicyclincoln

Website: bicyclincoln.org

Ride with us: strava.com/clubs/bicyclincoln

Ride Calendar: <https://bicyclincoln.org/goar/calendar/>



Rosina Paolini receiving the 2017 GPTN Trailblazer Award.



Senator Rick Kolowski receiving the 2017 GPTN Trail Boss Award for his support of LB 716.



Trails Named After Influential Women

For Women's History Month this past March, Rails to Trails Conservancy honored visionary women who made extraordinary impacts in their own communities and for the nation. In some cases, their legacy lives on in the names of trails that are used and loved by communities. Rails to Trails Conservancy recognized 10 women whose names grace these well-loved trails. One of these trails is located in Lincoln--- the Helen Boosalis Trail.

Upon becoming mayor of Lincoln in 1975, Helen Boosalis became the first female mayor of a city with a population of more than 100,000. She was no stranger to politics at the time, having served as president of the League of Women Voters and as a for the Nebraska governorship—the

first time in U.S. history when the two major party candidates for governor were women. Though city council member for 16 years. She broke barriers again in 1986 as the Democratic matchup against Republican Kay Orr she lost the race, she continued in leadership roles at a diverse range of state and national organizations for the rest of her career. A paved 4-mile trail across Lincoln now bears her name. In June 2009, this amazing trailblazer passed away at the age of 89 years old.

Murdock Trail Renovation: Completing Jayne Snyder's Wish

The Murdock Trail is a major link in our city's outstanding trail network and is comparable to the Rock Island or Billy Wolff Trails. However, there is one major difference. Those trails are paved but the Murdock Trail is unpaved from 56th to 70th St. This section of trail is in extremely poor condition and a safety hazard. Bicycles and roller blades are difficult to use on this section and the trail cannot be cleared of snow.

GPTN is raising \$250,000 to help the city of Lincoln to pave this section of trail and provide an adjacent crusher fine side path for runners or walkers who prefer a softer surface. One major boost is that for every dollar we raise we will receive a dollar from the Jayne Snyder bequest at the Nebraska Trails Foundation. The late Jayne Snyder was a member of the Lincoln City Council and an avid biker and runner.

Jayne was a founder and early leader of GPTN and led many trail fundraising efforts. Jayne grew up in NE Lincoln and often trained on the Murdock Trail with her running group called the "Turtles". She set as one of her goals to bring the Murdock Trail up to the standards of the rest of Lincoln. Unfortunately Jayne passed away before she realized this goal. With your support, we can make Jayne's dream a reality.

To maximize your tax-deductible gift, we encourage you to donate through the **Give to Lincoln Day** on May 18th. Every donation given makes a bigger impact because nonprofits also get a proportional share of a \$350,000 challenge match fund provided by Lincoln Community Foundation. Donate to the Nebraska Trails Foundation on May 18th to support the renovation of the Murdock Trail.

www.givetolincoln.com



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BICYCLING LINCOLN™

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

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



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HOURS:
 Monday - Friday 10 AM - 6 PM
 Saturday: 10 AM - 5 PM
 Sunday: 12 PM - 5 PM



Ride. Share.

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

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

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



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

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

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

EVENT CALENDAR

MAY

- 1— National Bike Challenge Begins
- 11 — Tour de Lincoln-Southeast
- 15-19 — National Bike to Work Week
- 18 — Tour de Lincoln-Southwest
- 18 — Give to Lincoln Day
- 25 — Tour de Lincoln-Northeast

JUNE

- 1 — Tour de Lincoln-Northwest
- 3 — Bike Ride to Explore NE African American History
- 25 — Annual Trail Trek

AUGUST

- 21—Total Solar Eclipse



**BEER
BRATS
& BIKES**

benefiting
The Friends of Pioneers Park Nature Center
Lincoln, NE

Saturday, June 10th
9:00 am - 1:00 pm
Van Dorn Park & Blue Blood Brewing Co.

A fundraising event for the Pioneers Park Nature Center will be held on June 10. Join them for a bike ride followed by food, drinks, and entertainment at Blue Blood Brewing Company! Those who wish to ride will meet at Van Dorn Park at 9 am for check-in, then will travel along the Bison Trail to the Pioneers Park Nature Center (with the opportunity to stop at informational and fun rest stops along the way). While at the Nature Center, attendees will be invited to explore the new trails with guides. Bikers will then head back, ending outside at Blue Blood.

Visit www.lknaturecenter.org to buy tickets!

TRAIL UPDATES

Boosalis Trail

The westernmost section of the Helen Boosalis Trail along Nebraska 2 — from Brower Road, then north past of the state Department of Roads building to Burnham Street — will be replaced with concrete this summer.

Billy Wolff Trail

A heavily used section of the Billy Wolff Trail along the north side of Holmes Lake Park will be replaced sometime after Trail Trek on June 25. The stretch from the top of the Holmes Lake dam east to South 70th Street, roughly following Normal Boulevard, had so many cracked panels that it made more sense to replace all of them with a wider trail, said Sara Hartzell, a parks planner. The work also includes the spur north along 70th from Normal to Van Dorn.

Salt Creek Levee Trail

And one of the city's newest extensions — the year-old stretch of Salt Creek Levee Trail that curves around the top of the North Bottoms — will be rerouted when the city replaces the North 10th Street bridge over the creek, near the Lincoln Indian Center. That job is expected to start in May and take 14 months. The trail travels beneath the bridge and will have signed detour.



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The Nebraska History Museum presents:

A Bike Ride to Explore Nebraska's African American History

Saturday, June 3, 2017 1:00-4:00 p.m.

Contact sharon.kennedy@nebraska.gov
or 402-471-4445 to register

Join the Nebraska History Museum, the State Historic Preservation Office, the Malone Center and the Great Plains Trails Network on a bike tour with City Historic Preservation Planner Ed Zimmer. We will explore Lincoln's African American neighborhoods and the gravesites at Wyuka Cemetery of African American men and women who have contributed to our state and nation.

Meet at the Nebraska History Museum and take a mini tour of African American objects in the *Nebraska Unwrapped* exhibit

Bicycle through Malone, Hartley and Clinton neighborhoods to Wyuka Cemetery for a guided tour

Cost is \$15, \$10 for NSHS members
Refreshments included
Limited to 30 people
Must be 16 or older to participate
Helmets required



NORTHWEST
Thursday, June 1
6:00pm 12 MILES

NORTHEAST
Thursday, May 25
6:00pm 16 MILES

Explore Lincoln on the trails!

Each ride features a different quadrant of the city.

Refreshments 15 minutes before each ride. Shorter options available. For weather cancellations, gptn.org. No registration fee is required, just show up ready to ride! Helmets please.

Meet at the Trails Center (21st & Q) Union Plaza Park. For more information visit gptn.org or call Marynelle, (402) 429-2034 Support GPTN by becoming a member today!

TOUR de lincoln 2017

SOUTHWEST
Thursday, May 18
6:00pm 16 MILES

SOUTHEAST
Thursday, May 11
6:00pm 15 MILES



SPONSORED BY
Lincoln Parks & Recreation
Great Plains Trails Network

Busting the Myth of the “Scofflaw Cyclist”

Adapted from original article by Leslie Reed, UNL Communications
Image credit: Hannah Weinberger, Bicycling.com

Nearly everyone has jaywalked, rolled through a stop sign, or driven a few miles per hour over the speed limit, but most such offenses face no legal consequences. Society also tends to see these relatively minor infractions that almost all people make—though they are unmistakably illegal—as normal and even rational. Bicyclists who break the law, however, seem to attract a higher level of scorn and scrutiny.

People on bikes are often told that "If cyclists want legitimacy, they should obey the rules of the road". And indeed, a new study finds that cyclists do break the rules fairly often. But guess what? So do drivers and pedestrians, just as often.

UNL researcher Daniel P. Piatkowski and others surveyed 18,000 people online about their compliance with traffic laws when they are driving, biking, or walking. Most respondents — 14,000 — were based in the United States, with the remainder concentrated in Australia, Canada, and Europe.

They found that people admit to breaking the rules of the road at roughly the same (very high) rate, regardless of how they're getting around.

Among people who drive, nearly 100 percent said they exceed the speed limit, text behind the wheel, or break other laws; 98 percent of people who walk admitted to disregarding pedestrian signals; 96 percent of people who bike said they disregard stop signs and traffic lights.

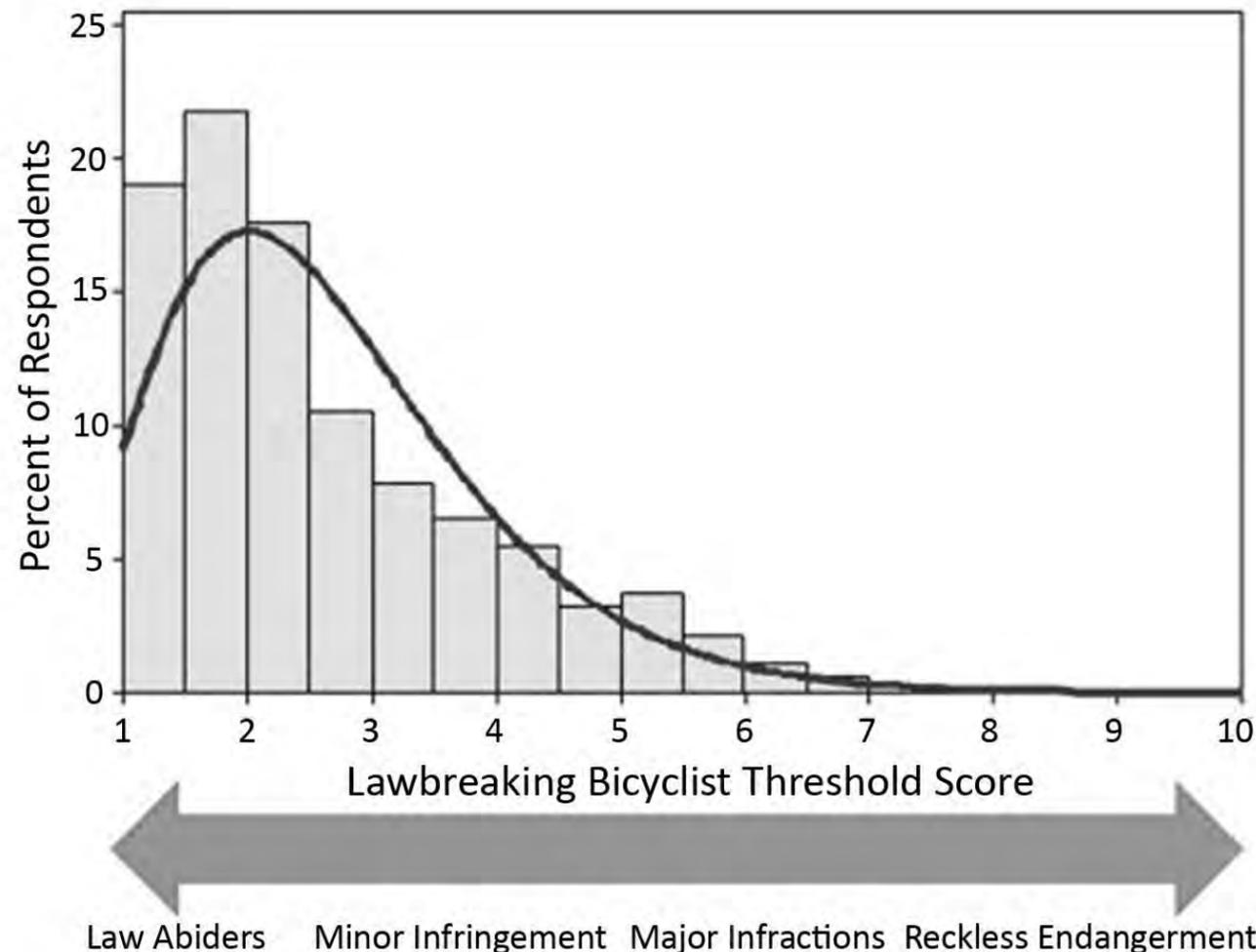


Fig. 1: Lawbreaking bicyclist threshold scores and histogram of distribution

But reasons for breaking the rules differed. People were most likely to say they broke a rule while driving or walking to save time, while people who bike were most likely to cite personal safety (by riding on the sidewalk rather than a busy street, for example) or saving energy.

For instance, some bicyclists feel that perfectly legal bicycling maneuvers—such as “taking the lane”—cede too much control of the situation over to the drivers. Thus, on seemingly dangerous roads, they would rather ride illegally on the sidewalk than risk getting hit by an inattentive driver.

"We know it's the Wild West out there," said Daniel P. Piatkowski, assistant professor in the community and regional planning program of the College of Architecture at Nebraska. "There are all these conflicting ideas of how a bike rider should behave -- some legal, some illegal. We found that, regardless of how people are riding, most are doing so to avoid being injured or killed by a driver."

Piatkowski joined the Nebraska faculty in July 2016, attracted by research opportunities and by Lincoln's robust system of bike trails and support of cycling transportation.

In most of the United States, traffic laws dictate that bicycles are expected to act like cars. But when they do, drivers tend to think the bike rider is either crazy or rude — or both, Piatkowski said.

Piatkowski suggests that rather than passing more laws to govern biking decisions on the roadway, a more effective approach may be to design roadways and other infrastructure for everyone. Research shows that doing this also increases safety for everyone.