



*Building Trails for a Healthier Kentucky*

**Kentucky Rails to Trails Conference**

**2006 Conference Schedule**

**FRIDAY, FEBRUARY 17<sup>th</sup>**

*Bike Savvy Techniques: Pre-registration required*

**7:30-8:00** Registration

**8:00 am -5:00 pm**

**Salon A**

Steve and Cheryl Wyatt, League of American Cyclist  
Instructors

**7:00-9:00 pm**

**Salon B & C**

Reception and Happy Hour

*Meet Dan Burden of Walkable Communities*

*Trails Matter: Interviews with Lisa Rainey Brownell*

**SATURDAY, FEBRUARY 18<sup>th</sup>**

**7:45-8:30** Registration

**Hallway**

**8:30-8:40** Welcome and Introduction

**Salon D**

**8:40-9:15** Trail Updates

**Salon D**

*Muhlenberg County Trails* County Judge Rodney Kirtley

*Dawkins Trail*

Regina Hall, Big Sandy ADD

**9:15-10:30**

**Session 1**

**Salon D**

*All Trails Lead to Better Communities*

Dave Adkisson, Pres. & CEO KY Chamber of Commerce

*Kids Count Data: State of Kentucky's Children*

Dr. Terry Brooks, Executive Director, Kentucky Youth  
Advocates

**10:30-10:45** Break

**10:45-12:30** Session 2

**Salon D**

*Building Healthy Communities, Healthy People and Healthy  
Communities*

Dan Burden, Executive Director, Walkable Communities, Inc

12:30-1:45 Lunch Salon B & C

More with Dan Burden

## Tract 1: Promoting Physical Activity Tract

1:45-3:00 Session 3 Salon G

*Promoting Physical Activity For Children*

Dr. Aaron Beighle, Asst. Prof of Kinesiology, University of KY

~~*Weaving Well Being Into Kentucky Communities*~~

~~Carol Whipple, Health Education through Extension Leadership (HEEL)~~

3:00-3:15 Break

3:15-4:30 Session 4 Salon G

*Kentucky's Overweight and Obese Children*

Colby Wagoner, Director Save the Children, Obesity Task Force

~~*2 for 1 Deal: Safe Routes and Railtrails*~~

~~Cheryl Wyatt, PBIC Safe Routes to Schools volunteer~~

## Tract 2: Technical Trails and Greenways

1:45-3:00 Session 5 Salon F

*Transportation Enhancements*

Crystal Murray Ducker, Executive Director, Office of TE Programs

~~*Successes in Building a Better Trail*~~

~~Yvette Rollins, Indiana Horse Council~~

3:00-3:15 Break

3:15-4:30 Session 6 Salon F

*Historic Preservation, It's Not Just About Buildings Anymore*

Joanna Hinton, Executive Director, Preservation Kentucky

*Bike Trails: A Silver Bullet For Business*

Martin Schickel: Loveland Bike Shop Owner

*Trails Matter: How People and Their Communities Value Their Trails*

Lisa Rainey Brownell, UK Doctoral Candidate in Geography

## Tract 3: Local Trail Development

3:15-4:30 Session 7 Salon D

*Lexington-Big Sandy: If You Build It, They Will Come*  
Larry Ridenour: Former Pennsylvania rail trail builder & KY  
volunteer

## **PRESENTERS:**

### **DAN E. BURDEN**

#### **Senior Urban Designer/Executive Director of Walkable Communities, Inc.**

Before starting Walkable Communities, Dan served as the bicycle and pedestrian coordinator for Florida DOT (1980-1996). Dan Burden has been on the road for nine years helping villages, towns, cities and regions get their feet back on the ground. Since 1996 Dan has served 2,000 communities in all parts of North America. Dan photographs and learns from each community he visits. A number of towns now bring Dan back for validation and grade cards, guiding their road to economic and community health. In 2005 Dan Burden joined with other specialists at Glatting Jackson, a firm recognized for its excellence in livable communities design and innovative urban transportation planning and design services.

### **DAVE ADKISSON**

**President & CEO of the Kentucky Chamber of Commerce** returned to Kentucky in February of 2005 after spending six years as president of the Birmingham Regional Chamber of Commerce, Alabama. A graduate of Georgetown College, Adkisson earned a masters degree in ethics from Harvard University in 1975. He began his career with the Owensboro Chamber of Commerce, Kentucky, first as project manager and then as the executive vice president. He was elected mayor of Owensboro for two terms. During his 20 years of service in Kentucky, Adkisson held several statewide leadership posts including chairman of the Kentucky Advocates for Higher Education, president of the Kentucky Chamber of Commerce

Executives (KCCE) and chairman of the Kentucky Center for Public Issues. Adkisson resides in Lexington, Kentucky with his wife Bonnie.

### **TERRY BROOKS**

Terry Brooks assumed the Executive Director of Kentucky Youth Advocates in January, 2005, after more than thirty years of experience in public education as a teacher, principal and chief deputy superintendent. While in public education, Brooks' work was featured in a number of publications, including "Successful Schools for Early Adolescents", "Moral Leadership", and "Allies in Educational Reform". He was also profiled in both the "NY Times Reform Pioneer" series and the PBS McLehrer documentary, "Learning in America". Dr. Brooks has authored a number of publications himself, including "Innovation and Commitment: Lessons from Kentucky's Schoolhouses" and "True Running Threads of Leadership". Brooks has also served as an adjunct faculty member at Harvard, Vanderbilt, Bellarmine and the University of Louisville.

### **DR. AARON BLEIGHLE**

A former physical education teacher, Dr. Aaron Beighle specializes in the areas of physical education and physical activity for youth. He is currently a faculty member in the Department of Kinesiology and Health Promotion at the University of Kentucky where he trains future physical educators and conducts research in the area of physical activity promotion for youth. He earned his doctorate at Arizona State University. While a teacher, he was instrumental in the implementation of developmentally appropriate physical

education curriculum, which included activities that teach health concepts through physical activity. Dr. Beighle has consulted with school districts and youth sport organizations in their efforts to maximize physical activity experiences and promote physical activity for youth. He is the author and co-author of several research-based and practical articles pertaining to physical activity and physical education. He is a contributing author to *Dynamic Physical Education for Elementary School Children*, and a co-author of *Pedometer Power*, a book designed to help teachers use pedometers in physical education.

#### **CRYSTAL MURRAY DUCKER**

Crystal Murray Ducker was appointed as the Executive Director of the Office of Transportation Enhancements in October of 2005. As Executive Director she oversees the Transportation Enhancement Program, Safe Routes to School Program and the Scenic Byways Program. Before her appointment Ducker served as an assistant to Governor Fletcher. Crystal is a graduate of the University of Kentucky with a Bachelor's degree in Agricultural Economics with an emphasis on public policy. She and her husband Scott reside in Lexington.

#### **YVETTE ROLLINS**

Yvette Rollins is past president and current director of the Indiana Horse Council, the Indiana Trail Riders Association and Vice President of the Hoosier Back Country Horsemen and is the current chair of the Indiana Horse Council Trails, Land Use and Zoning Committee. She is a certified crew leader through Riter Trail Design Specialists and Master Tread

Trainer through Tread Lightly!. Yvette is involved with the Yellowwood Lake Watershed committee and helped to implement a new connector trail. Yvette has worked along side the Hoosier National Forest supervisors on the trail system as well as the Indiana Department of Natural Resources State Parks, Forestry and Recreation. Yvette was also the 2003 recipient of the Mid-America Trails and Greenways Conference individual trail advocate award.

#### **CAROL WHIPPLE, MS**

Currently, the University of Kentucky College of Social Work Training Resource Center employs Carol in the role of Senior Program Advisor. She serves in a dual appointment between the UK College of Agriculture's Health Education through Extension Leadership (HEEL) program as a youth health specialist and as consultant to Community Partnerships for Protecting Children. She provides technical assistance, training and consultation to agencies surrounding the issues of: family centered practice; child, youth and family well-being; community development; collaboration and "best practices" in community child protection. Previously, she has served as: Senior Consultant to the FRIENDS National Resource Center for Community Based Child Abuse Prevention Programs and has been the Training Coordinator for the Community Collaboration for Children program within the Kentucky Cabinet for Families and Children. Carole has served on the faculty of Murray State University and the University of Tennessee-Martin.

### **JOANNA HILTON**

Joanna Hinton is the director of Preservation Kentucky. Since joining PK, Joanna has played an instrumental role in doubling the number of PK members, the passage of a historic preservation tax credit for the Commonwealth of Kentucky, and the selection of a portion of central Kentucky for a national pilot program focusing on historic preservation in rural areas. Joanna earned a B.A. in History from the University of Kentucky. Prior to becoming director of Preservation Kentucky, Joanna worked in the museum industry at Ashland, The Henry Clay Estate and the UK Basketball Museum in Lexington and served as Associate Director at Farmington Historic Home in Louisville. She resides in Hodgenville where she is on the board of directors of the LaRue County Chamber of Commerce, Hodgenville Main Street Association and LaRue County Farm Bureau.

### **MARTIN SCHICKEL**

Martin has a BA from ECU and a MA from Miami of Ohio. He is a life long resident of Loveland except for 7 years as a Naval Officer. He is a veteran of Desert Shield, and after seeing the world, decided that there was nothing better than back home. He is a recreational cyclist on a regular basis. He makes a living as a firefighter for the City of Cincinnati. He served as the chairman for the City of Loveland Recreation Master Plan and is a member of the Recreation Board. He is a two time former President of the Loveland Chamber of Commerce. He organizes a race, Christmas Event, and three social outings centered on the Loveland Trail every year. He is owner of Loveland Bike & Skate Rental, a 20 year business in

the Loveland area. {<http://www.lovelandbiketrial.com/> and <http://www.historicloveland.com/> }

### **LARRY RIDENOUR**

Larry Ridenour is a semi-retired landscape architect with degrees from Penn State and the University of Michigan. Before moving to Lexington 1½ years ago, he worked on Rails to Trails in Western Pennsylvania for over 12 years. He takes partial credit for the Montour Trail, the Three Rivers Heritage Trail, the Youghiogheny River Trail and the Great Allegheny Passage Trail system. Over 150 miles!

### **COLBY WAGNER**

Colby has been involved with fitness and wellness training for the past 15 years as a collegiate coach, personal trainer, college instructor, and professional triathlete coach. He was KIAC District Coach of the Year for Men's and Women's Cross Country in 2004. In August 2002, he published an article in Triathlete Magazine *Different Strokes*. Colby earned a BA in Physical Education at Berea College in 1993 and a MS in PE at Eastern KY University in 1994. He currently is a change specialist with "Save the Children." His talk today will be about the preventative effects of physical activity and how to get populations physically active.

### **LISA RAINEY BROWNELL**

Lisa Rainey Brownell is a doctoral candidate in geography at the University of Kentucky. Her research concerns how communities value their historic landscapes through preservation projects - particularly in the context of rails to trails projects. A native of Minnesota, she has now returned to

Minneapolis where she is the undergraduate advisor at the University of Minnesota's Department of Geography and teaches introductory geography courses at the College of St. Catherine.

### **REGINA HALL**

Regina Hall represents Big Sandy Area Development District where she has worked since 2002. She began her career in banking at a small hometown bank in Paintsville, Kentucky. After a taking a few years off to devote to family, began working at the Big Sandy Area Development District as an employment specialist, in the Regional Kentucky Works Program, where she met the challenge of helping economically disadvantaged individuals transition into the workforce. Recently she accepted the position of Projects Developer in the Community and Economic Development Department at the Big Sandy ADD. Regina resides in Johnson County with her two teenage boys and is active in several community organizations.

### **STEVE WYATT**

Steve is a native of Marshall County, KY and received a Bachelor of Science Degree in Engineering from the University of Kentucky in 1975. After graduation he worked as an engineer for the Kentucky Environmental Protection Agency, the W.H. Brown consulting firm, and the Kentucky Department of Parks Planning and Design. He is registered as a Professional Engineer and as a Professional Land Surveyor in Kentucky. Steve has been an avid cyclist for many years enjoying touring and long distance cycling. Steve belongs to a number of organizations that promote cycling including , the

League of American Bicyclists, Adventure Cycling, KY Rails to Trails, and Randonneurs USA. He served as President and Secretary of the Bluegrass Cycling Club and is currently on the Board of Directors of the Kentucky Bike Coalition. His strong interest in promoting bicycle education led to becoming a certified cycling instructor (LCI) by the League of American Bicyclists.

### **CHERYL WYATT**

Cheryl is a native of Anderson County, KY. She received a BS in Agriculture in 1977 and a Masters in Communications in 1988. She was employed by the UK Cooperative Extension Service as a 4-H/Youth Development agent in Spencer and Fayette counties. She completed her 25 years as the UK Extension educator for bicycle/pedestrian education. She is currently a candidate in the KY Youth Advocates Children's Fellows program. Cheryl received League Cycling Instructor (LCI) status from the League of American Bicyclists during the late 1990s. She is an officer on the KY Rails to Trails Council and a charter member of the Lexington Bike/Pedestrian Advisory Committee that currently provides citizen input to the city's transportation planning. She was also a citizen member of the Kentucky Pedestrian Bicycle Design Guidance Task Force in 2001. In 2005, she received Safe Routes to School instructor status with the Pedestrian Bicycle Information Center in Chapel Hill, NC.





## **Corporate Sponsors**

University of Kentucky Prevention  
Research Center  
Kentucky Transportation Cabinet  
Conservation Fund

Pedal Power  
Pedal the Planet

CDP Engineers, Inc  
Advanced Drainage System  
Wild Oats  
Phillip Gall's  
Cave Run Bike Shop  
Sierra Club - Bluegrass Group