



Trail Time

Kentucky Rails To Trails Council, Inc.

KY RT Statistics
Trails with RT sections: 30
Trail Projects: 17 (22 mi. funded)
Longest contiguous section of RT:
6 mi, Muhlenberg RT

Vol. 10, no. 1 January 2007

RAILS TO TRAILS & PARTNERSHIP FOR A FIT KY: CHANGING THE ENVIRONMENT ONE STEP AT A TIME.

By Christos Dimitriadis and Elaine Russell

We live in an environment that promotes sedentary lifestyles and eating foods of poor nutritional quality. As a result we are seeing a rise in diseases such as diabetes and heart disease. When people try to change their behavior to become more active and choose healthier foods they are faced with great challenges. It is difficult to find a safe and low cost place to be physically active and it is easy to find high caloric food on every corner.



The Partnership for a Fit Kentucky is working to improve physical activity and nutrition environments in schools, work-sites, families and communities, healthcare and in our built environment. Since November of 2003, Rails to Trails and the Partnership for a Fit Kentucky have been in cooperation to promote the development of more trails in our State. Our goal is to promote not only the natural beauty which our State provides but also to increase the levels of non motorized transportation to empower our citizens to improve their activity levels, fight the obesity epidemic, and enjoy the preservation of our natural environment.

To address this problem of physical inactivity and poor nutritional choices the Partnership is bringing communities together through regional coalitions. Regional coalitions consist of Parks and Recreation Departments, Health Department, Cooperative Extension, Kentucky Chamber of Commerce, KY Transportation, Kentucky Department of Educa-

(Continued on page 5)

Madison County – Conference, Trail Contract & Trail Map

The “Campus Community Partnerships for Sustainability” conference will be held April 20-22 at the Perkins Conference Center on the grounds of Eastern Kentucky University. The conference is to foster partnerships between Kentucky colleges and universities and their local communities to work together towards a sustainable future. The first conference was held on Berea College’s campus in 2006 and attracted more than 350 people. Every year the conference will travel to a different Kentucky college campus. The featured speaker this year will be Eben Fodor, author of the popular book, Better not Bigger: How to take Control of Urban Growth and Improve your Community. This year Kentucky Rails to Trails will be a contribution sponsor for the conference; the conference is seeking a wide range of sponsorships from corporate, academic and nonprofit groups. For more information go to www.greencampusky.org or contact the conference director Alice Jones, Alice.jones@eku.edu or 859-622-1424.

The City of Richmond has awarded a contract to convert an abandoned rail bed to a trail. John L Carmen and Associates will transform a historical rail bed located in the city’s Industrial Park on Duncannon Lane into a trail. The trail length will be approximately one half mile and is part of a plan to connect Richmond and the City of Berea.

EKU and Madison County Greenways & Trails will partner to create a Trail Map. Dr. Alice Jones, a geology professor at Eastern Kentucky University, will assign one of her classes to work with the MCGT to map proposed greenways and trails in Madison County. The students will use the list of proposed routes created by MCGT members and work with GIS offices from Richmond, Berea, and Madison County to develop a county wide map that will be used to construct a plan to connect all parts of the county by trails and greenways.

Information provided by Eddie Farrey.



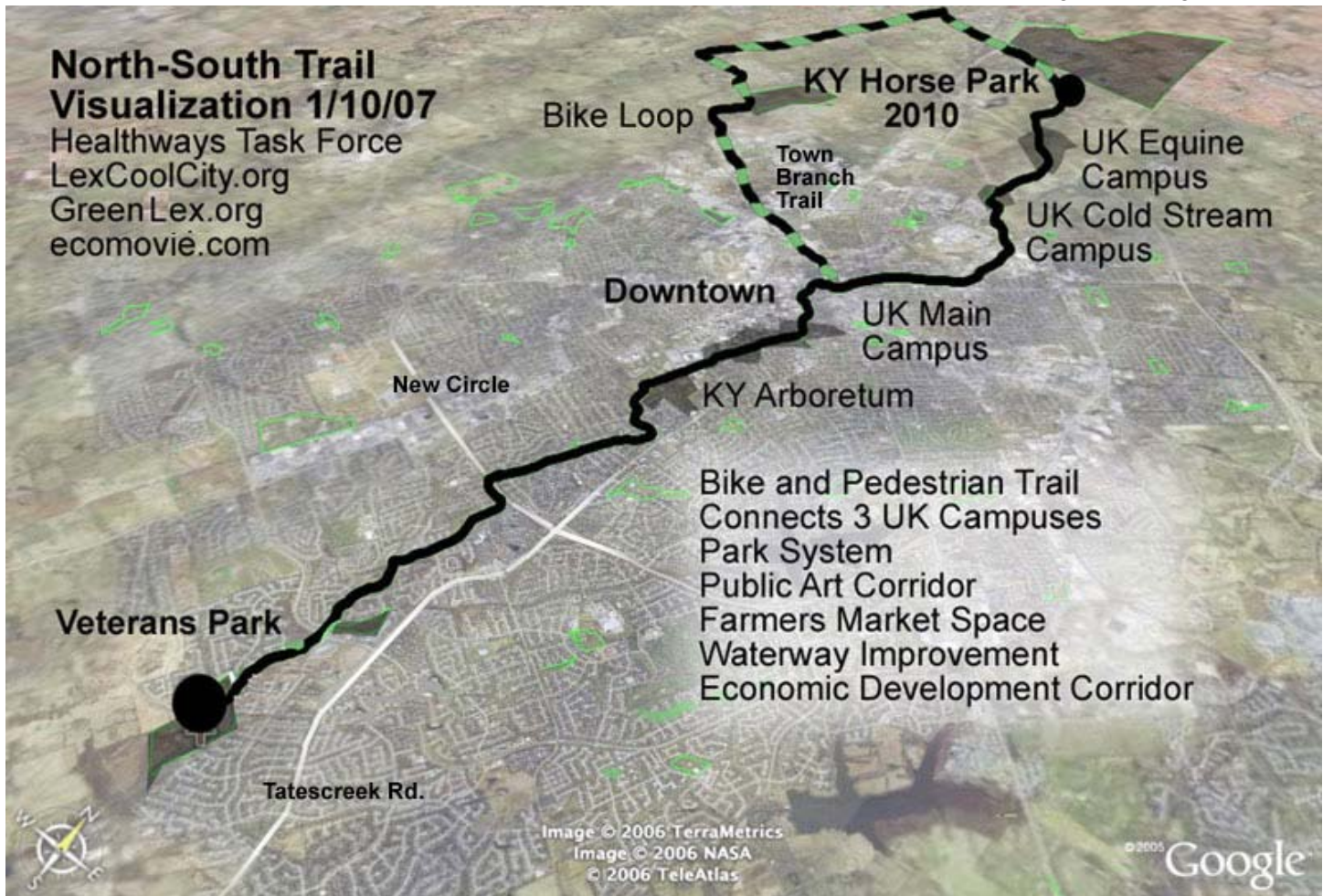
GreenLex.org

There is a new player in Lexington and central KY whose goals overlap with other nonprofits and organizations promoting healthy sustainable life styles and communities. Greenlex is a grassroots, non-partisan group of local citizens and entrepreneurs who want to help make Lexington, KY a "model green city" through education, discussion and action. Their vision is to partner with local government, citizens, businesses and organizations in Lexington to find economically viable ways to reduce Lexington's use of energy that produces greenhouse gases. Their current projects include the GreenLex.org website which has links to local "green" efforts, interactive maps, open discussion boards, educational materials, and other useful web-based tools. GreenLex is sponsoring the Green City Town Meeting Series. The next one is planned as a "Roundtable Discussion" in 2007 that will hopefully be aired on KET. Both Jim Gray, Lexington's Vice Mayor and Jonathan Miller, Kentucky's State Treasurer, have agreed to participate.

GreenLex is working with a variety of different groups including Healthway's Task Force that is spearheading the North-South Trail concept (see illustration from Google Earth). This proposed north-south multi-

purpose trail could easily link to the Brighton East RT following the old CSX line in eastern Fayette County and to the greenways and bike paths that could go south crossing the Kentucky River at Valley View Ferry and would link to rail trails and greenways in Madison County. Greenlex is also working with CoolCities of Lexington (LexCoolCity.org) which involves the Sierra Club working with the City to reduce CO2 to below 1990 levels by methods ranging from bike trails to measuring Lexington's CO2 footprint similar to Portland, Oregon.

GreenLex BikeNet is a subcommittee with the goal of linking all local biking groups, individuals and bike stores using an online registration system to support the NorthSouth Bike trail. If you are interested in how you can participate in the "Healthways" North-South Bike Vision, you can securely register on GreenLex.org and select the option for GreenLex BikeNet. Bike related information will be sent out to that email list. GreenLex is supportive of the essential and wonderful idea that old rail lines can be used for the good of the community as healthy multipurpose trails. Rick Gersony, the Director of GreenLex.org, has as his personal point of view that we as citizens should not just ask but DEMAND a safe way to walk and bike in OUR city for our children. More information can be found at greenlex.org.



Time to Renew Membership and Donate for 2007

You can now donate to KRTC over the internet through Paypal; go to the "Join KRTC" page of the KRTC website. Thanks to Dave Kjelby our treasurer and Boyd Shearer our webmaster for putting this in place. Without the continued financial support from our members the volunteers would not have the resources to do the many tasks of advocacy and education that is the hallmark of KRTC. Acknowledgement of tax deductible donations will be batched and sent out through the year as donations and memberships are received. For error correction please contact the Secretary, Dixie Moore at Dixiemoore@insightbb.com or 859-227-6165. Again, many thank to the 179 members who joined or renewed for 2006. Please keep on giving because the work is always there. We can do more with more. Members who paid their 2006 dues in the last two months of 2006 are listed below.

Engineer (\$250+)

R. J. Corman RR
Joe & Mary Ann Rothman
Wm & Erin Rouse
Cheryl & Stephen Wyatt

Benefactor (\$100-249)

Dave & Bonnie Adkisson

Promoter (\$50+\$99)

Claire & Rolf Embertson
Gary & Pamela Conn
Ronald Schneider

Supporter (\$25-\$49)

Bardstown Road Bicycles
Steve & Cindy Bulwicz
Roy Fugitt

Charles & Kathleen Gregg

Claudia Hicks
N.T. Ricker
Mary Theurer
Carson Torpay
Mark Yanik

Individual

Crocker Peoples

KBBC

KY Bicycle & Bikeway Commission

The Kentucky Bicycle and Bikeway Commission is one of KRTC's friends. The KBCC was instrumental in asking for support for SCR98, the legislative resolution directing a legislative study of the economic and health aspects of cycling to Kentuckians.

The KBBC serves as a citizen advisory group to the Transportation Cabinet and is composed of 7 members appointed by the Governor. Current members are John Dixon, Danville; William Gorton, Lexington; Bobby David Webb, Bowling Green; Troy Hearn, Lexington; Martha Emmons, Paducah; Jack Eicher, London and Charles Hobbrook, Ashland.

Top among their duties are to represent the interests of bicyclists in advising the Transportation Secretary on all matters pertaining to bicycles and bikeways and promoting the best interests of the bicycling public, within the context of the total transportation system. KRS 174.125. They are working to have law passed so the KBBC can file amicus curiae brief in cases involving the rights of bicyclists. This last year KBBC worked to have the League of American Bicyclists intervene on the side of the cyclist in a case in central Kentucky where a driver pulling a trailer pulled back into the roadway taking down a cyclist who had the right of way.

The KBBC helped get the "Share the Road" signs officially recognized by the state and set guidelines for having these installed on roadways; they wrote to the Kentucky Medical Association asking that Kentucky physicians routinely speak with their patients regarding the

importance of exercise; they pushed for hearings to have bicycle facilities included in all new road plans; they contacted various state parks, forest service and wildlife area managers to have particular trails opened to bicyclists, they read and ranked the annual Transportation Enhancement Applications; and they organize letter writing campaigns to push for TE funds to be spent on bicycling and pedestrian facilities. Their chair, Martha Emmons, can be reached at info@bikeworldky.com.

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(Cheryl Wyatt, Keith Lovan and Eddie Farrey at the Holiday Open House at the Farrey's residence, 12/06. K. Farrey.)

LRC's Bicycling Study Report pursuant to SCR 98

A hearing was held in Frankfort on November 16, 2006 to allow bike advocates and supporters to speak directly to many state legislators. It was a learning experience and will probably make cycling advocates more savvy in how to approach the legislature in the future for support.

First it is noteworthy that there have been several presentations on cycling in the recent past to the Interim Joint Committee of Tourism and Economic Development. One suggestion that came out of the discussions that followed the study was that cycling advocates need to be very specific in their request when they approach the legislature.

LRC conducted their study of the economic impact of cycling based on 3 categories. Destination cycling, one- or multiday event cycling and special event cycling. The study admitted that there was little data available but concluded that these types of events generated minimal economic benefits in KY based upon out of state spending. Most of the studies and comments that were given to the LRC by local bike clubs and organizations did not have their data broken down "in state" vs. "out of state" figures. The LRC's report is posted on the KRTC's website.

Since the LRC's study was limited to the economic impact of bicycling events they did not consider the physical and mental health benefits attributable to bicycling or the reduction of the public costs of pollution, noise and road damage caused by motorized transportation. Similarly they could not factor in the noted numerous economic benefits of bicycling resulting from increased quality of life, the economic development boost experienced by bicycle-friendly communities and the reduction in medical costs related to obesity and other health problems.

The nonprofit, Bicycling for Louisville, will host in July a "Winning Campaigns" training from Thunderhead Alliance, the national network of state and local bicycle and pedestrian advocacy organizations. This training will help Kentuckians advocate effectively for better bicycling conditions, including more rail-trails and greenways. For more information, go to <http://www.thunderheadalliance.org/trainings.htm>.

Lexington to Ashland Cycling Relay
Tentative Date is Trail Day, June 2nd

Heart, Sole & Glove Run Prediction 5K Run Walk February 10th, Sat.

The UK Health and Wellness Programs are sponsoring a Prediction 5K Run Walk on February 10 and is donating the proceeds to KY Rails to Trails Council. The University of Kentucky Health and Wellness Programs are run as employee benefits at the University at low or no cost. The goal of UK Health and Wellness is to improve the health of the University community through education, individual empowerment and intervention. The goal of KRTC of having more multipurpose greenways and railtrails in the state goes hand in glove with their mission. We are honored that they choose to donate the

proceeds from their 5 K prediction run to KRTC.

The prediction run is in Lexington, **Saturday, Feb. 10, 2007, 9:30 a.m. at Cold stream Park**, Newtown Pike/I-75, meeting in the Embassy Suites Parking Lot.

What is a Prediction Run? It is a fun way to

participate in a race no matter what your age or ability. Winners are based on a predicted time, not speed. All you need to do is predict how long it will take you to finish the 5K and write it on your entry form. After the race, the individual/s in each age group whose actual time is closest to their predicted time, wins! It doesn't matter if you take five minutes or forty minutes, just be closest to the predicted time. No watches allowed. If you would like to help with the run/walk please contact Keith Lovan at 859-258-3478 or at klovanx@yahoo.com.

More information, registration forms to download or use online are at <http://www.uky.edu/HR/wellness/5k.html>.



Look See Trip to Owensboro

KRTC is planning a trip on Saturday & Sunday, **May 12 & 13th**, to visit the **Atkinson Greenbelt in Owensboro**. More details as they develop will be posted on the website calendar at kyrailtrail.org. Contact: Eddie Farrey, eddiefarrey@peoplepc.com (859) 626-0863 or Sue Fowler, fowlercs@owensboro.org (270) 687-8562.

KRTC receives \$5000 donation

KRTC has received a \$5,000 donation from the National Rails to Trails Conservancy as part of a larger grant from the Coca-Cola Company. Plans are to have the check presentation at the ceremonial opening of the first section of the Brighton East Railtrail in Lexington in the spring, date to be announced. Tabitha Dotson, Tom Walters, Brian Dennis are forming a committee with Keith Lovan to plan the opening ceremony. If you would like to help with the event please contact Keith Lovan, 859-258-3478 or at klovanx@yahoo.com.

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Railbanking

The negotiation period for the 2.8 miles section of the NS line in Anderson and Woodford Counties has been extended from Dec 19, 2006 to June 17, 2007. The Tyrone Bridge and Rail Company is negotiating an interim trail use/rail banking agreement with Norfolk Southern. Rail Abandonment Notification AB-290(192X)

Information from: Brent A. Sweger, P.E., Division of Planning Kentucky Transportation Cabinet, 502.564.7183 (x3297)

This is the 6th railbanking extension of six months that has been requested and funded by KRTC.

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Corporate Sponsorships

Advertisements in the newsletter are available. See <http://www.kyrailtrail.org/doc/CorporateSponsorship>.

Clark County

BRTF in Clark County continues to work steadily on the legalities of obtaining easements for a trail. The group is also working on creating/maintaining a Fairground Trail with a natural surface. They are having monthly meetings. For more information contact Tim Cooper, 749-78985 or at coopsemail10@yahoo.com.



161 Lexington Green Circle, Lexington, KY 40503
859-971-8600, www.wildoats.com

Hopkinsville Turkey Trot



The Turkey Trot held on Thanksgiving day in Hopkinsville for the Pennyryle Rail Trail was a huge success with around 100 people in attendance including the new Mayor elect Dan Kemp and State Senator Elect John Tilley - both proponents of railtrails. Even though it was free, \$900 was raised. The website for the Pennyryle Group is now www.hoptownrailtrail.org. Information from Tom Hayes.

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tion, YMCAs, American Heart Association, State Colleges and Universities. We all can have a role in reducing obesity. Urban planning plays a huge part in changing the environment. Parks, sidewalks, walking paths and bike trails need to be part of a community design plans so that schools, parks and services are within walking distances of residences.

Through the regional coalitions, the Partnership for a Fit Kentucky is promoting changes in the built environment. The Partnership encourages the involvement of more people with the Rails to Trails movement. Input from RT supporters can be used to help change policy and legislation and/or secure funding for development. To be part of this movement or to attain more information you can link to our website at www.fitky.org for the latest regional meetings. Your involvement is crucial to these grassroots efforts. Contact Elaine.Russell@ky.gov 502-564-3827 ext. 3843.

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Kentucky Rails To Trails Council, Inc. is a 501 (c) (3) non-profit tax-exempt organization founded in 1995.

The Kentucky Rails to Trails Council promotes and advocates for the establishment and use of rail trails and associated greenways in Kentucky.

Contributions and dues are tax deductible to the fullest extent of the law.

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Kentucky Rails to Trails Council, Inc.

MEMBERSHIP APPLICATION , DONATION &/or RENEWAL for 2007

\$25 Supporter \$ 50 Promoter \$ 100 Benefactor \$ 250 Engineer
 \$ 500 Trail Blazer Other Donation \$ _____ Address Correction

Name: _____

Address: _____

City: _____ County: _____ State/Zip: _____

Phone: H W C _____ Email: _____

The Kentucky Rails to Trails Council is always in need of volunteers, e.g. writing newsletter articles,

being an officer or board member, fundraising, giving presentations, contacting landowners, checking maps, web site design, letter stuffing. *I would like to volunteer with KRTC.*

Corporate sponsorships are available: See <http://www.kyrailtrail.org/sponsors.php>

Please make check payable and mail to: Kentucky Rails to Trails Council, Inc.

Post Office Box 597, Lexington, KY 40588-0597

(1/07)