



Trail Time

Kentucky Rails To Trails Council, Inc.

KY RT Statistics

Trails with RT sections: 9 (15.5 mi.)

Trail Projects: 23 (40 mi.)

Longest contiguous section of RT:
6 mi, Muhlenberg Co.

, Horsey Hundred Special, vol 7, no. 3

Who We Are

The Kentucky Rails To Trails Council, Inc. founded in 1995, is a 501 © non-profit tax-exempt organization. The Council's purpose is to "foster and facilitate the conservation of greenways and rail rights of ways in Kentucky by the conversion of such holdings to trail use for the general public." KRTC has 360 members (9/1/03). Approximately 60 % are from the central part of the state and 20% from around Louisville.

KRTC influence goes past the number of its members. KRTC has been instrumental in starting and supporting local trail groups and helping them achieve nonprofit status. Some Kentucky RT (rail trail) supporters belong only to a local group/nonprofit that is affiliated with KRTC. Local non-profit organizations work to start and develop a specific rail trail whereas KRTC is active supporting railtrail interests at the state level and providing assistance and support to local railtrail groups. RT supporters can donate money through KRTC for local groups. There are 8 local RT groups. Bluegrass Rails Trails Foundation (Fayette, Clark and Montgomery Co.), Daniel Boone Rails-To-Trails (Rowan County), Greenways of Oldham Co., High Bridge Rail-Trail (Jessamine), Lake Cumberland Trail Foundation, Muhlenberg County Railtrail, Pennyriple Rails to Trails Foundation (Hopkinsville).

Projects under construction are: Cathy Crockett Memorial Trail (Pulaski & McCreary), Central City-Greenville-Pond Creek Trail (Muhlenberg), White Plains Trail (Hopkins). Some proposed projects are: Benton Trail (Marshall), Brighton East Trail (Fayette), Lexington-Big Sandy Trail (multiple counties), Oldham County Interurban Greenway, Rowan County Trail, Tyronne Bridge Rail Trail (Anderson), Winchester Trail (Clark), Trail connecting Cumberland, Benham & Lynch (Harlan).

The KRTC newsletter goes out quarterly to approximately 1500 recipients. The mailing list includes members, persons interested in railtrails in KY, members of local railtrail groups, local and state officials, landowners and adjacent landowners of rail trails. The newsletter is a major way of providing information on railtrails in Kentucky. Minutes, description of RT in progress, officers, etc. are posted on the KRTC website, www.KyRailTrail.org. KRTC has an email listserve that goes

to 239 addresses that is used to announce meetings and quickly convey important news.

The well known Rail-to-Trails Conservancy (RTC) is a national rail trail building and advocacy organization. KRTC uses RTC as a resource and RTC staff provides technical assistance. Some individuals belong to both groups. The RTC website is www.railtrails.org. Their website, www.trailsandgreenways.org is an excellent source of information on how to create trails.

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2004 Kentucky Rails to Trails Conference

Greenway Partnerships: Improving Quality of Life

By the time of the Horsey Hundred the 5th biennial Kentucky Rails to Trails Conference held May 14 & 15 at the Galt House in Louisville will have come and gone. These conferences are a major way that the Kentucky Rails to Trails Council gets out the message about the importance of rail trails and how to educate the public, obtain the financing, plan and build them. Each conference is bigger and better than the year before. The University of Kentucky Prevention Research Center was a co-sponsor this year. The conference objectives were to 1) understand the health, environmental, economic, and community benefits of trails, 2) identify community partners to support trail projects, and 3) highlight lessons learned from the trail projects in Kentucky and other states.

Continuing education units (CEU's) were offered to the Society of Professional Engineers and KY League of Cities Public Officials certificate programs, the KY State Board of Examiners and Registration of Landscape Architects, Certified Health Education Specialists and Department of Local Government (DLG) training for County Elected Officials. The Keynote Speakers were Keith Laughlin, Executive Director, Rails to Trails Conservancy and David Allen, MD, President and founder of FitLouisville, an action organization dedicated to reducing obesity and increasing regular physical exercise.



University of Kentucky
**PREVENTION
RESEARCH Center**

A GROWTH INDUSTRY

Trails are becoming common in residential neighborhoods. Development plans for homes, apartments, and townhouses often include footpaths to enhance recreational opportunities *and* property values. Urban trails are regarded by real estate agents as an amenity that helps to attract buyers and to sell property. Trails are considered lifestyle enhancements and are usually included in the sales package for a property.

Physical activity rates in the U.S. are dangerously low. The 1996 Surgeon General's report on physical activity and health recommends that Americans engage in at least 30 minutes of moderate intensity physical activity most days of the week. Yet only an estimated 20% of adults meet that recommendation. These high rates of inactivity are perilous due to the chronic disease afflictions that come with a sedentary lifestyle, such as vast increases in risks for developing heart disease and diabetes. 50 percent of all car excursions are less than three miles, a distance that could easily be walked or biked.

Well-managed trails running through communities can foster substantial, sustainable economic activity through business development and tourism. Trails encourage the establishment of "clean" industries and businesses such as cafes, bike shops, and bed & breakfasts in communities along the trail

Celebrate National Trails Day—June 5th

American Hiking Society's signature trail awareness program, National Trails Day® (NTD), is now in its 12th year. **The Bluegrass Cycling Club is hosting their 4th annual ride along the proposed Lexington Big Sandy Route to help celebrate Trails Day.** It will start at 9 AM from Pleasant Ridge Park on Pleasant Ridge Drive in Lexington. The cyclists will ride to Winchester, loop around Hedges Station Rd for a round trip of approximately 50 miles. To volunteer to help with this event please contact Dixie Moore at DixieMoore@insightbb.com or at 859-266-5532.

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KY Abandoned RR Corridor Inventory

The Kentucky Abandoned Railroad Corridor Inventory is now on line at www.Kyrailbeds.com. Kentucky has a network of abandoned common carrier mainlines, narrow gauge logging railroads, and short lived spurs that served coal mines. There are lines that were abandoned over 100 years ago and lines that are undergoing the process of abandonment today. As of 2001, the state had approximately 2,780 miles of track, down from over 4,000 miles at its peak in the 1930's. There are close to 1,200 miles of abandoned railroad beds in Kentucky.

Kentucky Rails to Trails Council, Inc.

MEMBERSHIP APPLICATION , DONATION &/or RENEWAL for 2004

\$ 15 Individual
 \$ 25 Family
 \$ 50 Patron
 \$ 100 Benefactor
 \$ 250 Engineer
 \$ 500 Trail Blazer
 \$1000 Golden Spike
 \$5000 Corporate/Partner
 Donation \$ _____
 [] Address Correction

I am making an additional donation of _____ to: (check one)

Bluegrass Rails Trails Foundation (Fayette, Clark & Montgomery Co.)
 Daniel Boone Rails-To-Trails (Rowan Co)
 Greenways of Oldham Co. (Oldham Co.)
 High Bridge Rail Trail (Jessamine Co)
 Lake Cumberland Trail Foundation (Pulaski Co)
 Muhlenberg County RT
 Pennyryle Rails to Trails Foundation (Henderson Co).
 Local Project in _____

(If no amount indicated, the donation will go to a local group if marked minus \$15 for KRTC's general expenses.)

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.*

**Please make check payable and mail to: Kentucky Rails to Trails Council, Inc.
 Post Office Box 597, Lexington, KY 40588-0597**