



Trail Time

Kentucky Rails To Trails Council, Inc.

KY RT Statistics
Trails with RT sections: 18
Trail Projects: 17 (22 mi. funded)
Longest contiguous section of RT:
6 mi, Muhlenberg RT

Vol 9 , no.1 Jan, 2006

KY RAILS TO TRAILS CONFERENCE - 2006 February 17th & 18th Building Trails for a Healthier KY

The conference co-sponsors, Kentucky Rails to Trails Council, the University of Kentucky Prevention Research Center and the KY Transportation Cabinet, are especially excited about this year's theme "Building Trails for a Healthier Kentucky." This conference will bring together diverse groups who share a common goal of improving the lives of Kentuckians through physical exercise. Rail trails and greenways provide a means to achieve this important endeavor.

Dan Burden, Executive Director of Walkable Communities, will be the featured speaker on Saturday. Dan is a nationally recognized authority on bicycle and pedestrian facilities and programs, street corridor and intersection design, traffic flow and calming, and other design and planning elements that affect roadway environments. He has had 25 years of experience in developing, promoting and evaluating alternative transportation facilities, traffic calming practices and sustainable community design. He served for 16 years as Florida DOT's State Bicycle and Pedestrian Coordinator. Dan is an excellent presenter and has a wealth of experience.

Some of the other speakers are Dave Adkisson, Executive Director, KY Chamber of Commerce; Aaron Beighle, Dept of Kinesiology and Health Promotion, UK; Terry Brooks, Kentucky Youth Advocates; Crystal Murray Ducker, Office of TE Programs; Yvette Rollins, Indiana Horse Council; Carol Whipple, Health Education through Extension Leadership; Joanna Hinton, Preservation Kentucky; Martin Schickel, Loveland Bike Shop; Larry Ridenour, Lexington Big Sandy Coordinator; Colby Wagoner, Save the Children; Judge Rodney Kirtley, Muhlenberg County and Denise Thomas of the Big Sandy ADD.

The conference is for trail and greenway advocates, elected officials, community partners, public health professionals, design and planning professionals, landscape architects, engineers, and officials from transpor-

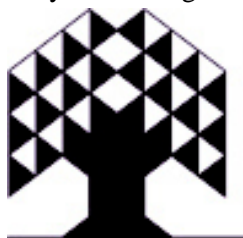
tation, park and recreation agencies. Continuing Education Units have been approved by the Kentucky Society of Professional Engineers. The Governor's Office for Local Development (GOLD) is certifying CEU's for County Elected Officials. CEU's are pending for the Kentucky State Board of Examiners and Registration of Landscape Architects and for Certified Health Education Specialists.

The objectives for the conference are to 1) Understand the health, environmental, economic, and community benefits of trails. 2) Identify community partners to support trails projects. 3) Highlight lessons learned from the trail projects in Kentucky and other states.

The conference will be at the Four Points Sheraton, 1938 Stanton Way, Lexington, Kentucky 1-800-368-7764. Mention the KRTC Conference to receive discount room rates of \$65 available for conference attendees. Friday evening at 7 pm there will be an informal reception for all attendees.

The program for Friday is a "Bike Savvy Techniques" Workshop led by volunteer instructors Cheryl and Steve Wyatt. Pre-registration required, cost \$45.00 with or without conference registration for Saturday. Participation is limited to adults or teens 16 years and older. Participants are to bring a bike and helmet to use and will receive a full day of classroom and on-bike skill development. Subjects to be covered: bike and helmet fit, basic cycling rules, sensibility and predictability, communication, lane positioning, turns and scanning, ABC Quick Check, route selection, hazard dodging, instant turns, quick stops, and other confidence building skills. Upon completion of the final road and written test, participants will receive a certificate from the League of American Bicyclists.

The cost of the conference (Saturday) is \$50 for KRTC members if postmarked before Feb 10th. Non-profit trail representatives can attend for \$40.00. The mailed brochure with a complete listing of fees and the details of the conference is posted on the website at yrailtrail.org.



University of Kentucky
PREVENTION
RESEARCH Center

Now is the time to join or renew your membership in KRTC

We are starting the new year with plans and ideas galore to increase public awareness of the benefits of railtrails, increase the number and length of railtrails in the state and promote their use for health, economic and quality of life benefits.

Last year KRTC ended with 227 dues paying members. In 2005 a five mile section of the Mammoth Cave Hike and Bike Trail was completed, the first half mile of the Lexington Town Branch Trail was opened and the Clear Creek Trail near Pine Mountain was opened. KRTC sponsored field trips to the Sheltoewe Trail in McCreary County and to the Virginia Creeper Rail Trail. KRTC organized a Bicycle Relay Ride between Lexington and Ashland to bring attention to the Lexington- Big Sandy Corridor and its potential as a railtrail. KRTC continues to promote possible rail trail projects across the state and particularly the development of the abandoned Dawkins rail corridor into a multi use rail-trail in the eastern Kentucky counties of Magoffin, Breathitt and Johnson.

We hope that all of you will again generously support KRTC, renew your membership and encourage others

to join. Already 31 members have renewed in response to the notice in the December 2005 newsletter. THANK YOU. We need both members and financial contributions. An expanding membership shows to elected officials and funding sources that we represent a significant portion of Kentucky citizens. We need funds to support our outreach and educational projects, the quarterly newsletter, the website and to support and assist local community groups starting rail trail projects..

Kentucky Rails to Trails Council remains an all-volunteer organization, dependent upon the donations of time, skill and money of its supporters. It is the only rail trail organization serving the entire state. KRTC has been instrumental in developing and nurturing the local and regional rail trail groups that are now working. You are the critical link in creating railtrails in Kentucky. Your contribution/membership will be 100% tax deductible; letters documenting past year donations are sent out in the first few months of the following year.

You can join or renew by sending in the membership application form in this newsletter or by downloading an application from the website. Do visit the website, it is a great repository of information, www.kyrailtrail.org.



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Get Your Bike Ready for Spring!

Start the new year off right by bringing your bike into Pedal Power for big savings on our **major overhaul**. Your bike will get a complete makeover including all new cables and housing, renewed Braking surfaces and new bar tape or grips. We'll remove and clean the entire drivetrain, chase and face the bottom bracket shell, true and tension the wheels, and repack the hubs, headset and bottom bracket. Everything will then be reinstalled and tuned to perfection, all for just **\$134.99. That's \$50 off the regular price of \$184.99.** Hurry in soon, this is a limited time special from **now until the end of February!**

Our Website

The new website is finally getting underway. Check it out at www.pedalpowerbikes.com and stay tuned for lots of updates!

Hours of Operation

Mon - Fri: 9 AM - 6 PM

Saturday: 9 AM - 5 PM

Sunday: Closed

www.pedalpowerbikes.com

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Resolution to Study Bicycling in Kentucky

Senator Tom Buford of Nicholasville has introduced a legislative resolution (SCR98) directing a legislative study of the economic and health aspects of cycling. This resolution was introduced at the request of the Bluegrass Cycling Club, one of the largest cycling groups in the state. The idea for the resolution began with Don Stosberg, the Director of the KY Recreation & Parks Society, who in the last two years has taken up cycling and is now a member of the Bluegrass Cycling Club. His first major bike ride was to ride the KATY trail in Missouri in 2004 with the group from KRTC.

This study will get the legislature looking at the beneficial aspects of cycling and railtrails. You can look at the summary and actual bill in the legislative record at: <http://www.lrc.ky.gov/record/06RS/SC98.htm>.

Railtrails are multi-use, non-motorized trails. While cyclists are one of the major users of trails, railtrails also are extensively used by walkers/runners and equestrians. Support of this resolution will in no way limit the potential users of railtrails. The health and safety benefits of a trail are not limited to cyclists. In order to have railtrails in Kentucky the equestrians, cyclists, walkers, runners, health advocates and economic and tourism representatives will have to work together. KRTC supports SCR 98 and would also like to encourage other initiatives by other groups who would benefit from railtrails.

SCR 98 would direct the Legislative Research Commission to conduct a comprehensive study of the impact of bicycling and greenways on the health and economy of Kentucky. Encouraging exercise on a safe railtrail is a step to improve the health of the people of our state. This study will look at models of communities where railtrails were started and resulted in getting more people active. This study will look for models of how rail trails and other cycling friendly steps were taken in Missouri and Virginia and other states and how these resulted in very positive economic impacts on the communities.

The legislative session is effectively over by the end of March so there is only two months to make sure that SCR 98 passes. The legislature needs to hear from RT supporters asking them to support senate concurrent resolution 98. Call or write Senator Buford and thank him for introducing the resolution. That way he knows that this is not just the interest of a few people. Call or write your senator and representative to state your support for the resolution. Get to know your State Representative and Senator. They are listed at <http://www.lrc.state.ky.us/>.

CITIZEN'S WORKSHOP PLANNED FOR THE LEXINGTON TO BIG SANDY RAIL TRAIL

There is a renewed and growing interest in developing a Rail-Trail along the 108-mile former CSX rail corridor between Lexington and Ashland, Kentucky. To be successful, this "vision" will require a coordinated and focused effort by many individuals, public agencies and local community groups.

If you are interested in helping to make this "vision" a reality, plan to attend a one-day "Trail Building Workshop" scheduled for Saturday, April 1st, 2006 at the Adoran Doran University Center on the campus of Morehead State University in Morehead. The workshop is designed to give trail advocates and public officials the specific "tools" necessary to organize, plan, build and manage a continuous multi-use non-motorized rail-trail from Lexington to Ashland. The workshop is sponsored so far by the Kentucky Rails to Trails Council and the Bluegrass Rails to Trails Foundation. The cost of the workshop will be \$15.00 per person and include a packed agenda of expert speakers, lunch, coffee breaks and a packet of handouts for future reference.



The workshop is being developed by Larry Ridenour, a semi-retired landscape architect with 15 years of experience in developing railtrails in Pennsylvania. He is lending his experience and expertise to help coordinate the implementation of a continuous RT along the abandoned rail corridor.

The intended outcome of this workshop is to give local trail advocates and community leaders the enthusiasm, skills and confidence to go forward with trail acquisition and development.

When completed, this rail-trail will be for non-motorized use by families, walkers, runners, bicyclists and equestrians. Did I mention families? It will connect the counties of Fayette, Clark, Montgomery, Bath, Rowan, Carter and Boyd; and the cities of Lexington, Winchester, Mt. Sterling, Morehead, Olive Hill and Ashland together with a safe and alternate means of transportation and recreation. The Lexington to Big Sandy (LBS) Rail-Trail will surely bring economic development and tourism opportunities as well as a sense of community pride to the cities and counties situated along the old rail corridor. Brochures of the conference will be mailed 6-8 weeks before the workshop and information is already posted on the website. If you want to be a sponsor or have questions about the workshop please contact Larry Ridenour at ridenour@insightbb.com.

Visit the KRTC Website

The new and improved web site at www.kyrailtrail.org has been up and running since February 2005. In this digital age it has allowed for more rapid communication and dispersal of information. Visitors can send in questions which are then forwarded to the appropriate individuals to

about rail trails in Kentucky.

The Golden Spike forum hosts everything else of interest such as a link to a video of the Mammoth Cave Bike & Hike Trail Opening. The video was made by Tommy Cheatam of the Bowling Green Cycling Club and really captures what a railtrail could be in Kentucky. There is an article on the Pi-

nellas Trail in Tampa, Florida from Land & People, the magazine of the national non-profit "Trust for Public Land" and an article about the dedication of the Town Branch Trail in Lexington.

There are sections on the website where descriptions of rail

trail segments and projects are listed and places where local groups can post their own information. At present the website serves as a cross between an online library, photo album and announcement board. Boyd Shearer of OutrageGIS.com is our web designer. Most of the material is posted by the secretary and newsletter editor, Dixie Moore, who regularly polls members across the state for what is happening in their region. The website does have the capacity to have more moderators. While it's potential has not been fully utilized as a discussion forum it has been a major asset in improving communication within and across RT groups. We have room to grow.

Value of a Potential Rail trail

A recent article in the *Journal of Environmental Planning and Management* (Volume 46, Number 1/ January 2003) estimated the recreation demand for and value of a potential rail-trail site in north-east Georgia. The region is rural, mountainous and is near to Atlanta. Their findings indicated that each per trip consumer would spend from \$18.46 to \$29 dollars per trip, that the rail trail would receive approximately 416,213 recreation visits per year by area households and account for a total consumer surplus (translate spending) in excess of \$7.5 million per year.

Summary by Month

Month	Daily Avg				Monthly Totals					
	Hits	Files	Pages	Visits	Sites	KBytes	Visits	Pages	Files	Hits
Dec-05	2582	2106	1452	465	3876	1424495	14417	45032	65289	80061
Nov-05	2751	2241	1535	466	3936	1449559	13990	46056	67239	82552
Oct-05	3171	2592	1642	457	4242	1897951	14172	50921	80356	98303
Sep-05	2912	2384	1413	461	4191	1327729	13839	42415	71536	87368
Aug-05	2723	2248	1208	406	4075	1400361	12598	37454	69712	84435
Jul-05	2301	1882	991	298	3125	1100137	9250	30743	58350	71336
Jun-05	2554	2015	1005	274	3169	1087654	8234	30155	60472	76620
May-05	2148	1652	917	275	2970	915036	8548	28433	51221	66595
Apr-05	2100	1601	908	273	3559	881326	8199	27251	48038	63001
Mar-05	1557	1198	675	196	2882	609221	6094	20949	37147	48278
Feb-05	2090	1440	928	199	2729	549096	5576	25994	40336	58524

address. Newsletters, minutes of board meetings and articles of interest are now regularly posted. The home page currently features information about the upcoming biennial conference February 17th and 18th.

The most heavily trafficked area is the photo album with 406 photos in 31 albums. Subjects include pictures of rail trails in Kentucky as well as railtrails in adjoining states of Ohio and West Virginia, pictures of potential railtrails in Kentucky and snapshots of volunteers at meetings, festival booths, parades and KRTC sponsored trips. As shown by the summary table, since February the visits to the website have steadily increased.

The Community News forum posts information about upcoming meetings such as the Lexington Big Sandy Trail Workshop, April 1, 2006 in Morehead, grant deadlines, local group activities and other pertinent news

The RT trail community is saddened by the recent death of Paula Nye. Paula served for many years as the State Bicycle Pedestrian Program Coordinator within the KY Transportation Cabinet. Prior to those responsibilities she worked with the Highway Information System and GIS Mapping. She chaired the Pedestrian and Bicycle Task Force and had been the spokesperson for the state's Pedestrian and Bicycle Travel Policy. She will be sorely missed. She was a good and faithful public servant.

KRTC Christmas Open House & Potluck



KRTC's Christmas open house during the holidays was hosted by Kris and Eddie Farrey on December 19th at their home in Richmond Kentucky. A good time was had by all. Pictured left to right, Cindy Deitz, Keith Lovan, Dixie Moore and Dave Kjelby.

Extension of Railbanking for Tyrone Bridge RT

Representatives of Tyrone Bridge and Rail Company met recently with Anderson County's Judge Executive Stratton and State Representative Milward Dedman to discuss continued railbanking of the Tyrone Rail Trail. Mayor Bobby Sparrow of Lawrenceburg was also contacted. The Tyrone Bridge and Rail Company is a nonprofit organization with the primary interest of developing and preserving Young's High Bridge and its rail corridor. The 2.8 mile corridor in Anderson County goes from Lawrenceburg to the Wild Turkey Distillery (near Tyrone on the Kentucky River and just off US 127) and on to the bridge which crosses the Kentucky River to Woodford county. Norfolk Southern owns 3.1 miles of right of way including Young's Bridge. The bridge is now listed on the National Registry of Historic Places. The Tyrone Bridge and Rail Company and KY Rails to Trails paid the \$350 filing fee for a third extension of the railbanking request. Supporters of the project are continuing to work with interested parties. A meeting is to be held early this year with Commerce Cabinet Secretary George Ward. TB&RC's will be working toward securing funding to conduct an appraisal of the condition of the bridge.

Kentucky Rails to Trails Council, Inc.

MEMBERSHIP APPLICATION , DONATION &/or RENEWAL for 2006

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

1/06

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

(If a local group is checked and no additional amount indicated, the donation will go to the local group minus \$15 for KRTC general expenses.)

- Bluegrass Rails Trails Found. (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) Little Mount Trail Commission (Montgomery Co.)
- Muhlenberg County RT Pennyrile Rails Trail Foundation (Christian Co.)
- Tyrone Bridge & Rail Trail (Anderson Co.) Local Project in _____

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.



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Lexington, KY

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.

Kentucky Rails to Trail Council, Inc.
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JANUARY/FEBRUARY WINTER TUNE UP SPECIAL! Bring in your bike for a regular tune up during January and February and receive **FREE TUNE UPS FOR ALL OF 2006!** Act now, offer Ends February 28th.

Our **HUGE SPRING SALE, FILM FESTIVAL AND SWAP MEET** will be April 1st weekend. This year we're adding our 1st Annual Cycling Film Festival and a swap meet to our mix of live music, vender presentations, demo bikes and the biggest sale yet! Save 25-70% and help raise money for cycling advocacy too!

More **FREE CLINICS!** Presented by our United Bicycle Institute certified mechanics, League of American Cyclists certified cycling instructors and USA Cycling certified trainers.

More **FREE SHOP RIDES!** Lots of shop rides this year concentrating on beginning, family and intermediate level riders, some coached, some social and always fun.... **WE TAKE TRADES!** Selling your bike can be frustrating and time consuming. Bring your bike in and we'll determine the condition and give you our best offer within 24 hours. If you accept, we'll apply the value as a store credit towards any purchase store wide!.... **FREE LIFETIME TUNE UPS!** On all new bikes!....

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