



TRI-STATE TRAIL VISION VOICE

Bike to Work Week set for May 14-18, 2012



by Michael Loebach

With spring just around the corner, another bicycle season is upon us. To help usher in that season, Tri-State Trail Vision in partnership with the Telegraph Herald are planning our third annual Bike to Work Week. Bike to Work Week, which is actually part of Bike to Work Month, will take place this year from May 14-18, and Bike to Work Day will be Friday, May 18th. These events were first recognized by the United States Congress in 1956 and have been recognized every year since. Bike to Work Day, Week and Month are about the promotion of cycling and safe bicycling.

Biking to work is a fun and easy way to get daily exercise without having to find time to work out. Over 66% of the adult US population is overweight and 32% of the US is obese, costing our nation \$68 billion in health care and personnel costs annually. With the cost of one gallon of gas headed

north of \$4 and the "cost" of a half hour on the bike at 150 calories, biking to work has never looked so good.

While the word "work" may appear in Bike to Work Week, it doesn't have to stop there. Bike to Work Week is meant to promote biking for retired individuals headed out for their morning coffee, for those who make a quick stop at the local convenience store, or for children going to school. Most children are driven to school in cars or buses, and one child out of every four is overweight. Biking to school is great way to get kids active. Bike to Work Week might be more appropriately called Bike Week.

This year, as we move closer to Bike to Work Week, look for promotional materials in the Telegraph Herald and other partner businesses. Make sure to sign up for Bike to Work Week at: www.thonline.com/biketowork or www.trailvision.org. Help us keep the momentum going by getting out there and going for a ride!

We're looking for members to serve on the planning committee this year. If interested, please contact Michael Loebach at loebmj@gmail.com.

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Membership Renewal by Michael Loebach

It is that time of year again when we reach out to our membership and ask you to renew your support for Tri-State Trail Vision. Your continued encouragement, whether monetary, volunteer time, or just simply moral support, helps us to achieve our common goal of protecting and expanding the Tri-State's trail network.

With your help, in 2011 we:

- lobbied in support of the development of Catfish Creek Trail
- assisted the City of Dubuque in receiving an honorable mention by the American League of Bicyclists for their Bicycle Friendly Community designation
- in conjunction with the Telegraph Herald, organized our second annual Bike to Work Week and had over 150 riders register for the week, committing to ride thousands of miles
- donated funds to the City of Dubuque to install a bike rack on the Bee Branch development
- raised funds for bike racks on all city buses

(Membership Renewal cont'd on p. 4)

From the desk of TSTV President Tony Zelinskas....

Hello! Thank you for taking the time to read our first Tri-State Trail Vision (TSTV for short) newsletter. Our organization started in 2006, after the Envision 2010 event, where the development of an integrated trail system was identified as one of the top ten priorities for the tri-state area. TSTV was formed as one of the community groups that stepped forward to help the ten ideas become reality. Since that time, TSTV has done many things and, with your help, we hope to accomplish even more.

If you would visit our website at www.trailvision.org, you would see a number of goals, accomplishments, and a link to the ***Tri-State Area Integrated Walking Bicycling and Hiking Network Plan***, which prioritizes the projects that will create an integrated trail system. The Plan is an important document that now allows the City of Dubuque and other public agencies to apply for funds to actually create the sidewalks, trails, signing and pavement markings that are the infrastructure of a pedestrian and bicycling network. Creating the Plan was the first order of business, but it is now time to re-focus TSTV. To do this, the TSTV Board of Directors went through a strategic planning session to identify the mission and goals of our organization as we move into the future.

Future newsletters will provide more information about the strategic plan for TSTV. But we identified that our most important goal is to improve communication with TSTV members and with other public entities and private groups. By communicating with you and with other groups, we hope to make TSTV more robust and effective as we identify connections and common goals.

Strategic Planning session with Art Roche prioritizes new ideas

Tri-State Trail Vision (TSTV), with the help of facilitator Art Roche, began Strategic Planning in October 2011. With good attendance, the Tri-State Trail Vision board and other interested members discussed and voted on a variety of projects for future growth. The Top Ten Strategic Goals in order of importance included the following:

1. Work on improved TSTV communication
2. Continue with Middle Fork Catfish Creek Trail advocacy
3. Work with Asbury and Peosta to adopt the TSTV Bike /Hike Master Plan
4. Update the TSTV Bike/Hike Master Plan
5. Study economic benefits of trails
6. Create TSTV as the go-to source for trail information in the community
- Tie with 6. Promote the benefits of TSTV membership
7. Reframe TSTV as an organization that advocates (active and visible) the economic and physical benefits of the community's goals of fitness & sustainability
8. Find the easy ("low-hanging fruit") projects to promote TSTV
9. Extend the trail system to south side of Schmitt Island
10. Align with Safe Routes to School program

In a follow-up meeting, Roche helped the group define each item as an organizational or community goal and suggested that TSTV choose the projects that would be attainable. With the talent and connections with the Tri-State Trail Vision's members, our job is now to take action. If any readers would like to assist, please contact Tony Zelinskas at tzelinskas@whks.com or (563) 557-8032.



Community Foundation TSTV funds to benefit Dubuque area

Donations to the Dubuque Community Foundation in the name of the Tri-State Trail Vision account will directly go for projects that will benefit the city's walking and biking population. The Dubuque Community Account Tri-state Trail Vision has \$7277 in an account at the Community Foundation of Greater Dubuque. Dave Cushman donated \$5000 of this from a settlement from a bicycle accident. The money in this account could be used for installing bicycle racks and other amenities around the city, supporting Bike to Work week and other events, or matching government grants for trails and bicycle lanes. If you give \$50 or more, there is a 25% Iowa state tax credit as well as the usual state and federal tax deductions for donations made to the TSTV Community Foundation account. You can donate online at www.dbqfoundation.org or mail your check to:

Community Foundation of Greater Dubuque
700 Locust St., Suite 195
Dubuque, IA 52001

If you have any questions, please call Nancy Van Milligan at 588-2700.

Visit the Tri-state Trail Vision's Hike-Bike Master Plan on the TSTV Website:

www.trailvision.org

All City Buses Now Equipped with Bike Racks

Parrish Marugg, owner of Bicycle World in Dubuque, spearheaded a campaign in 2010 to raise funds to purchase bike racks for all city buses. Corporate sponsors, such as Bicycle World, American Trust Bank, Tri-Cor Insurance, Dubuque Bank and Trust, Dubuque Bicycle Club, Chain Reaction, joined a number of individual donors. All contributed to match grant funds from the former Keyline Bus system. When the bus system, now called The Jule Transit, switched to newer buses, the bike racks were installed onto the new buses.

Marugg explains that the racks sit in front of the bus engine. Furthermore, he encourages bike riders to watch a short video link illustrating the easy three-step process to secure a bike to the rack. The video also reviews rider etiquette towards the bus driver and other bike patrons, and a link is provided on the TSTV website: <http://www.trailvision.org/>.

Thanks goes out to Parrish Marugg for making Dubuque a more bike-friendly place for all of its riders. When the weather or Dubuque's hilly conditions wear you out, let The Jule whisk you and your bike away.

Walking School Buses? Safe Routes to School

By Dan Fox, ECIA Transportation Planner

Did you know that Dubuque has walking school buses? What *is* a walking school bus? In November of 2011, the Dubuque Community School District received a \$12,000 grant to expand its Walking School Bus program to five new schools. A collaborative effort of the Dubuque Community School District, the City of Dubuque, the East Central Intergovernmental Association (ECIA), and the Dubuque Safe Routes to School Committee, the Walking School Bus is a group of children walking to school with one or more adults. Adult supervision allows children to take advantage of a more active lifestyle while reducing safety concerns for families who live within walking or bicycling distance to school. Through the Walking School Bus, children get regular exercise, learn pedestrian safety skills, and adopt healthy habits at an early age.

Project leaders selected Audubon, Carver, Fulton, Kennedy, and Lincoln to pilot the Walking School Bus, as these elementary schools represent a diverse cross-section of the District's older and newer schools. Fulton Elementary School implemented the Walking School Bus on a trial basis in the spring of 2011. Fulton administrators reported a decline in bullying and harassment during the walking school bus and received fewer complaints from neighbors about the behavior of students walking to school. Project leaders are working to have multiple Walking School Bus routes operating at all five schools by spring 2013 and hope to expand the program to more schools in the future.

The Walking School Bus program runs on help from community volunteers. If you are interested in participating in the project, please contact Dan Fox at ECIA, 563-556-4166 or dfox@ecia.org.

Membership Renewal 2012 Plans

(Cont'd from p. 1)

In 2012, we plan to:

- continue lobbying for the expansion of the Tri-State's trail network
- organize our third annual Bike to Work Week
- work with the City of Dubuque to implement the key findings of the League of American Bicyclists to move Dubuque closer to being a Bicycle Friendly Community

There are many ways for you to get involved and show your support. For instance, ask your employer to participate in Bike to Work Week. Watch for our emails and go to city council, board of supervisors or legislative meetings to support trails. You're always invited to come to our meetings and provide input. Any support that you can offer is greatly appreciated. Without you, we wouldn't have been able to achieve such successes as the completion of the Heritage Trail pedestrian bridge over Hwy 52 in the fall of 2012.

Thank you for your support of Tri-State Trail Vision. Whether you are a member, made a gift, volunteered, or just got out to enjoy the trails, we couldn't do this work without you. An email or letter with information will be coming soon to renew your \$15 membership. If you have any questions, please contact TSTV Treasurer Michael Loebach at 563-663-2621 or loebmj@gmail.com.

Visit Tri-State Trail Vision's website to view minutes from our meetings: www.trailvision.org

TSTV Newsletter Editor: Dianne Koch

Lend an ear and voice!



Join the Tri-State Trail Vision Blog at <http://tstvsp.blogspot.com/>

Keep up with discussions that arise between meetings.

Join in the discussion and learn more about TSTV.

Meet our members.

Coming in the June TSTV Newsletter:

Bike-Friendly Community Honorable Mention and Suggestions

The Mississippi River Trail (MRT)

TSTV Mission Statement

Follow-up on Bike to Work Week

Middle Fork Catfish Creek Trail Update