



**rails-to-trails**  
conservancy

# ACCESSIBLE AND INCLUSIVE EVENTS AND PROGRAMMING ON MULTIUSE TRAILS

APRIL 12, 2023 WEBINAR

OLYMPIC DISCOVERY TRAIL | PHOTO COURTESY RTC



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# Why focus on accessibility?

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- There are 61 million adults in the United States living with a disability.
- That's **1 in 4 adults**, according to Centers for Disease Control and Prevention (CDC) figures.
- For adults over 65, that number rises to **2 in 5**
- At RTC, our vision is that **trails connect everyone, everywhere**.
- Accessibility is a crucial aspect of trail development, because it is key to ensuring that trails are available to everyone,



# TrailLink: helping users find wheelchair friendly trails

## Top Wheelchair Accessible Trails Near Me



**Sligo Creek Trail**  
Maryland - 10.2 miles  
Asphalt



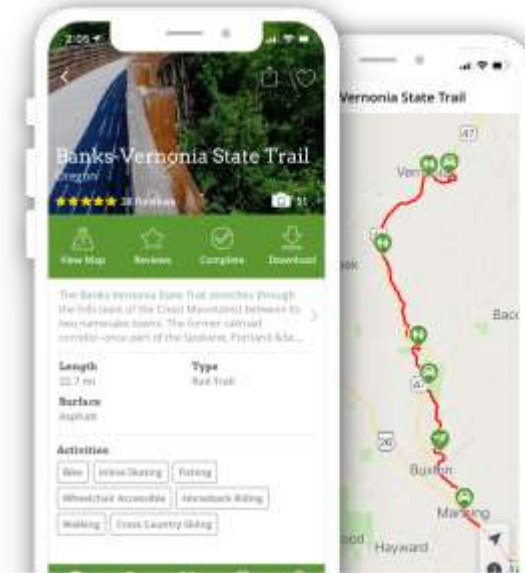
**Northwest Branch Trail**  
Maryland - 15.8 miles  
Asphalt, Dirt



**Capital Crescent Trail**  
District of Columbia, Maryland -  
12.7 miles  
Asphalt, Crushed Stone



**Rock Creek Trail (MD)**  
Maryland - 16 miles  
Asphalt



Find Your Trail: Accessible Trails | TrailLink.com

## Helpful Information about Wheelchair Accessible Trails

Many routes listed on TrailLink.com are wheelchair accessible trails, providing not only recreation but safe pathways for wheelchair users and others with special mobility needs. While standards for ADA compliance on wheelchair trails are not uniform, many trail management groups do make wheelchair accessibility a priority. Our criteria for trail accessibility consider the trail's grade, surface, and width as well as its access points.

Routes noted as wheelchair trails on this website generally have an asphalt or concrete surface, although some crushed limestone trails are also suitable for wheelchairs. We try to note convenient access points and accessible parking facilities. However, not all trails marked as wheelchair friendly are accessible throughout the entire trail's length. When in doubt, check the links provided with a particular trail (under "Related Links" on the trail description page) to see if it truly is a wheelchair accessible trail.



# Increasing representation of trail users with disabilities

## Trail Moments about Accessibility





# Providing accessibility resources to trail experts

## Trail-Building Toolbox

### Accessibility



Photo by Dylan Peasmore

**Note:** This page mainly focuses on accessibility resources for rail-trails and other multiuse paths, defined as 'shared use paths' in accessibility guidance. For information on accessible pedestrian trails, hiking or mountain biking paths, see [American Trails](#).

When most people go out on the trail, they are looking to have fun, be healthy, enjoy nature and bond with friends and family. This is true—regardless of one's age or ability. Accessibility is a crucial aspect of trail development, because it is key to ensuring that **trails are available to everyone**, including young people, older adults and people with disabilities.

There are 61 million adults in the United States living with a disability. That's 1 in 4 adults, according to [Centers for Disease Control and Prevention \(CDC\) Figures](#). For adults over 65, that number rises to 2 in 5. [Disabilities](#) can be mobility related, or take the form of cognitive impairments or sensory impairments related to vision or hearing, for example.

As the [National Center on Accessibility](#) states in its [National Trail Surface Study](#), "Attitudes, inaccessible environments and a limited of understanding of possibilities prevent individuals from leisure and recreation." Trails need to be planned and designed in an inclusive way so that people of all ability levels have safe and fun experiences out on the trail.

### Designing and Building Accessible Trails

#### Definitions

**Shared use paths** - multi-use paths designed primarily for use by bicyclists and pedestrians, including pedestrians with disabilities, for transportation and recreation purposes. These paths typically have a machined, layered surface (i.e., asphalt, concrete, bonded materials, etc.), and are located in either an "independent corridor" or public right-of-way. Accessibility guidance is found in the proposed [Public Rights-of-Way Accessibility Guidelines \(PROWAG\)](#). Rail-trails and other multiuse trails are shared use paths. At RTC, when we say trails, we mean shared use paths.

**Trail** - According to the Architectural Barriers Act (ABA) Standards, a trail is a pedestrian route developed primarily for outdoor recreational purposes.

Pedestrian routes that are developed primarily to connect accessible elements, spaces, and buildings within a site are not a trail (see accessible route). Technical guidance for these types of facilities can be found in [Chapter 10](#) of the ABA Standards. Rail-trails and multi-use trails are Shared Use Paths, under PROWAG.

**Accessible Route** - Connects accessible elements and spaces of a building or facility on a site.

## Webinars

### WEBINAR: Accessibility on Rail-Trails and other Shared Use Paths



Accessibility is integral to trail development—it ensures that trails are available to all users, including people with disabilities—and we want to make sure that you have the tools and information you need to enhance accessibility on your trails.

This webinar provided an overview of the proposed Public Rights-of-Way Accessibility Guidelines (PROWAG) for shared-use paths. The webinar also covered federal funding resources for accessible trails, and highlighted accessibility interventions made on two Philadelphia trails.

#### Panellists:

- Juliet Shultz, transportation systems engineer, U.S. Access Board [Download Juliet's Presentation](#)
- Christopher Douwas, community planner, Federal Highway Administration [Download Christopher's Presentation](#) (includes notes)
- Matt Ludwig, senior engineer, NV5 [Download Matt's Presentation](#) (includes notes)
- Yvonne Mwangi, trail resources and planning manager, Rails-to-Trails Conservancy (moderator)

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# Celebrate Trails Day 2023 (April 22)



Getty images

<https://www.railstotrails.org/experience-trails/celebrate-trails/>







# Devon Kurtz

Devon joined Blackstone Heritage Corridor in 2014 to develop the exhibits and interpretive plan for its new visitor center in Worcester, MA, which opened in November, 2018. Prior to joining BHC, he served as the Director of Public Programs for the Higgins Armory Museum, Director of Education at the Concord Museum following twelve years as the program coordinator for Old Sturbridge Village. Devon acts as a steward of BHC's environmental resources, an interpretive partner with the National Park Service of the region's history, and a committed advocate for the region's economic development and progress. He can often be found peddling along the bikeways in central MA or rowing with his family along the rivers and lakes.



# Eric Mahnerd

After 25 years in Houston, Eric and his wife Kathy moved to the Pacific Northwest to enjoy the cool weather and beautiful scenery. Avid bikers, they were introduced to the Sequim Wheelers during a presentation to their Rotary Club in 2018. They joined as volunteers in 2019 and Eric became a Board member later that year. During his tenure he has seen the Sequim Wheelers go from one adaptive bike to five and provide 100's of rides to the community.



# Erin McDaniel

Erin McDaniel is a Public Health professional who graduated from Lindenwood University in 2019 with minors in Nonprofit Administration and Nutrition. Throughout her undergraduate degree, she worked with Community Strong in Saint Charles, Missouri and was tasked with putting on a community-wide Workplace Wellness Summit along with writing an extensive research summary on the current health of those within the workplace, barriers to sustaining health in work environments, and successful methods to combating poor health in this arena.

After moving back home to Kansas City post-graduation and a few business endeavors later, Erin soon found herself leaving her position as a Program Coordinator at The Little Gym to pursue her passion of serving the underserved by tackling the determinants of health among those with intellectual disabilities.

This career switch brought her to Special Olympics Kansas (SOKS) as their Health and Fitness Manager. Erin has been on staff with SOKS since January of 2021.







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**[Railstotrails.org](http://Railstotrails.org)**

# Biking for All

Accessibility Programs on the  
Blackstone River Bikeway



# Blackstone River Valley National Heritage Corridor



**LEGEND**

- Blackstone River, Blackstone Canal, and the Blackstone River Watershed
- Remains of the new Blackstone River Valley National Historical Park, Blackstone River State Park, Old State Mill, Salemville Historic District, Nelson House District, Whittemore House, Chafee House, Hopkinton Village Historic District
- Blackstone Heritage Corridor Visitor Centers: Fowler and Visitor Center, Early House Blackstone River State Park, Museum of Work and Culture, River, Deer Farm at Blackstone River and Carter Heritage State Park, Blackstone Stage Corridor Visitor Center at Milwaukie

**ENLARGED MAP**

**Blackstone Heritage Corridor, Inc.**  
 679 Linwood Ave., Whitinsville, MA 01588  
 508-234-4242  
[BlackstoneHeritageCorridor.org](http://BlackstoneHeritageCorridor.org)



Blackstone River Valley  
National Heritage Corridor



# Samuel Slater and the Rise of Industry



Blackstone River Valley  
National Heritage Corridor

# Pedal through History



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National Heritage Corridor



# Pedal through History



From the collections of Worcester Historical Museum, Worcester, Massachusetts



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## Marshall "Major" Taylor



Blackstone River Valley  
National Heritage Corridor



# Blackstone River Bikeway



Blackstone River Valley  
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# Massachusetts



Blackstone River Valley  
National Heritage Corridor

# Rhode Island

**BLACKSTONE RIVER BIKEWAY**  
Woonsocket, RI to Cumberland, RI

Woonsocket to Cumberland 11 miles each way

**G River's Edge Recreation Complex**  
20 Davison Avenue, Woonsocket, RI (41.001206, -71.458746)  
• This parking lot is just north of bikeway MM7.  
• There is ample parking at this location.

**H Manville Parking Area**  
100 New River Road, Lincoln, RI (41.958179, -71.466877)  
• Use caution! The parking is on the far side of the RR tracks and bikeway.  
• This parking lot is at MM14 on the bikeway.  
• There is limited parking at this location.

**I Albion Parking Area**  
0 School Street, Lincoln, RI (41.912901, -71.452698)  
• This parking lot is just south of MM7.5 on the bikeway.  
• There is limited parking at this location.

**J Ashton Village Parking Area**  
4 Front Street, Cumberland, RI (41.917968, -71.431602)  
• This parking lot is between MM1 and MM17.5.  
• There is very limited parking at this location.

**K I-295 N Parking Area**  
Visitor Center, Lincoln, RI (41.939582, -71.449604)  
• This visitor center and bikeway are accessible only from the northbound lanes of I-295.  
• Ride a 0.83 mile spur to bikeway at MM13.  
• There is ample parking and restrooms at this location.

**L Rte. 116 Parking Area**  
George Washington Highway (Rte. 116) Lincoln, RI (41.937451, -71.435648)  
• Ride a short spur to the bikeway at MM13.  
• There is limited parking at this location.

**M Front St. Parking Area**  
160 Front Street, Lincoln, RI (41.906278, -71.406490)  
• This parking lot is south of MM6.5 on the bikeway.  
• There is ample parking at this location.

**N John St. Parking Area**  
121 John Street (Rte. 123), Lincoln, RI (41.906608, -71.401096)  
• Parking is north of MM7.5 on the bikeway.  
• There is limited parking at this location.

Managed by DEM



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# Bikeway Ambassadors



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# Bikeway Ambassadors



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# Bikeway Ambassadors



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# Biking with Partnerships



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# Biking with Partnerships



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# Biking with Partnerships

dcr  
*Massachusetts*



Universal Access  
Program



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# Biking with Partnerships



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# Pedal through History and Beyond



Imagine the Possibilities!



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# Sequim Wheelers

Cycling without boundaries – An adaptive Bike Program





# Sequim Wheelers – An Adaptive Bike Program



1. What do we do
2. Why



## 1. What do we do: Program founded in 2018

- **We provide free adaptive bike rides (to anyone that can't ride a regular bike),** We are serving folks with physical challenges, they are often elderly folks, or folks with other physical challenges
- **Providing a quality time in the Outdoors/ Nature on the ODT**
- 5-6 times a week
- Outings consist of 3 wheelchair bikes, one side by side tandem bike, one Trishaw bike,
- 6 riders – "Wheelers", 8 trained volunteers
- Bike Rides last 60 minutes
- A service to people that have severe mobility challenges
- beneficial social interaction, wheeler-volunteers-pedestrian-bikers on the Olympic Discovery Trail
- participation for Wheelers in more local events like Irrigation Festival Parade, Tour de Lavender, Farmers Market etc.



# Why? Mission – philosophy Part 1

Why? What are we trying to accomplish- the 'bigger' picture:

- Our mission/philosophy:
- Our program is based on an altruistic approach to life – we are caring for the welfare and well-being of others
- A contribution to build a more inclusive community
- Joy of : companionship, nature and cycling combined **we are simply**

**hoping to provide 60 min. of joy.....**

- Advocacy for adaptive biking

# Why? Mission – philosophy Part 2

## 2017 Video of Adaptive Bike Program Healing Rides -Illinois

- Why did we start this program? thoughts and emotions back in 2017 (video)  
Similar to what most people see, think, or feel - when participating, or seeing on of our rides!
- **The memory of a loved one**, that would have loved a bike ride with the Sequim Wheelers –
- **Unconditional joy** for the riders, watching the riders being able to go for bike ride in this particular moment
- **We are all in the same boat**, aging ....
- It is a wonderful exchange of giving and receiving – **between** riders and volunteers – **after a ride everyone involved seems to be invigorated-riders and volunteers – equally –!**
- **Jeff Bohmann** the president of the Olympic Trail Coalition described it best:  
**'It's magical'**– when you see us on the trail - **we feel the same way!!!**
- **Reading Lola's letter – the benefits of adaptive biking**



# Sequim Wheelers Board Members

<b>Bob Fitton -</b>	President Board member
<b>Lanie Cates –</b>	Vice President
<b>Martha Rudersdorf –</b>	Secretary
<b>Mike Carpenter,</b>	Treasurer (CPA)
<b>Ann Flack –</b>	Treasurer
<b>Norman Hieger –</b>	Board member
<b>Nicole Lepping –</b>	Board Member and Founder
<b>Eric Mahnerd</b>	Board Member
<b>Arnold Bleicher</b>	Board Member
<b>Grant Rollins</b>	Board Member



all volunteer based



# Our Bike Fleet



- Each with Electric power-assist
- Meet U.S. safety regulations

## The Opair



## 2 Duet Bikes



Newest bike -the Trishaw

- For folks that can actively pedal – but might not have the balance etc.

## Fun 2 Go –Side By Side





# Who do we serve -Season 2022



- Mondays – Sherwood
- Tuesdays - Avamere
- Wednesdays: Sinclair
- Thursday: Discovery Memory Care
- Fridays – Sequim Health and Rehab
- Saturdays- private rides
- Clallam Mosaic Rides –River Center

## Special Event rides:

- Tour de Lavender
- August Sea to Sound
- November: Cranksgiving (food drive)
- Concert in the park
- Members of the MS Group Sequim
- And more





# 2018 & 2019 - Our first 2 seasons in numbers

## 2018 (July-October-15weeks)

- 1 wheelchair bike
- 61 rides
- 180 volunteer rides
- 90 wheelers/ riders
- Trained 15 volunteers  
(about 90 training hours)
- Insurance Package:  
Commercial Liability Insurance,  
Monthly cost: \$275



## 2019 (May 11<sup>th</sup> –October 5<sup>nd</sup>)

- 2 wheelchair bikes
- 75 rides
- 276 volunteer rides
- several special event rides
- 92 wheelers/ riders
- Trained 20 volunteers  
(about 130 training hours)
- Raised about \$50,000



# 2020, 2021 Seasons

2020

The 2020 season was cancelled due Covid  
2021 Season

Season cut short due to Covid  
Added a side by side bike

- Three bikes
- 31 rides
- 75 volunteer rides
- 75 Wheeler rides
- Trained 10 new volunteers





# 2022 Season

- Four Bikes
- 86 rides
- 280 volunteer rides
- 174 Wheeler rides
- Trained 11 New volunteers



# Typical Annual Season

- **March: Arrival of our 2<sup>nd</sup> wheelchair bike**
- **April/May:** On-bike Training Sessions/Initial rides
- **April:** Presentation for the Volunteers of Hospice of Clallam County (VHOCC)
- **April:** Presentation at the Shipley Center
- **April:** Due date AARP 'Livable Community' grant application
- **May:** Irrigation Festival Parade
- **May:** Chamber of Commerce lunch sponsorship
- **May:** Port Townsend, presentation at the Accessible Community Advisory Committee (ACAC).
- **June:** Saturday Market
- **June-August, Tuesdays, 6pm:** Summer Concerts, Carrie Blake Park
- **August:** Tour de Lavender, participation Sequim Wheelers, riding part of the Tour, booth, rides
- **August:** 'Sea to Sound' multi modal ride (see pics)
- **November:** Cranksgiving-Food Drive on 2 & 3 wheels





# Weekly Rides 1





# Weekly Rides 2



Vern, our youngest rider/  
wheeler, 103 years young







# Irrigation Festival Parade - 2019 - May 11th





# Summer Concerts – Carrie Blake Park

## July & August





# Clallam Mosaic Port Angeles – Rides - July 26<sup>th</sup> 2019



# Clallam Mosaic –Carrie Blake Park May, 28<sup>th</sup>, 2021





# Tour de Lavender - August 3<sup>rd</sup> 2019 -

organized by Olympic Peninsula Bike Alliance OPBA

800 riders - (8 Sequim Wheelers riders & 4 Team members) – portion of the proceeds go to 3 Non Profits





# Ian's ride – Sea to Sound - August 23<sup>rd</sup>, 2019

(Ian & team raising awareness for trail accessibility and raising donations for the ODT)





# Newest addition to our fleet- Trishaw bike



*Sequim Wheelers -the Trishaw will give us the opportunity to take two riders, “Wheelers”, sitting next to each other on the same ride. In addition to expanding our capacity, the new bike will allow us to offer family members an opportunity to ride along with their “Wheeler”.*

- It was also be nice to have young guest riders, young people can learn a lot from elderly people, and I suppose the other way around. A mutual enjoyment between generations would be wonderful. Maybe we will cooperate with our local school districts, to bring younger and older riders together would be lovely!*

# Location

Bikes are stored near the **Dungeness Audubon Bridge**  
Typical starting location for bike rides.

Riders should be transported to the River Center. In some cases, they may be picked up from another location (for example Sherwood).





# Who supports the Sequim Wheelers?!



Thanks to so many!

- **Currently over 100 Wheelers/ riders – our main focus & motivation 😊 !!!**  
(list/ numbers of riders are growing constantly)
- **About 35 wonderful & trained volunteers 😊**
- **Our local newspapers**  
**Sound Publishing – Sequim Gazette & Peninsula Daily News**
- **Donation based program**
- **Donors/ sponsors like:**
- We have raised about \$65,000 since our inception
- First Federal Foundation (grant)
- OPBA - Olympic Peninsula Bike Alliance & Sequim Farmers Association
- Sequim Sunrise Rotary
- Jamestown Tribe
- Home Instead
- 1<sup>st</sup> Security Bank and many more
- **Plus lots of donations by private individuals (about 75% of all donations)**



# Give 65 fundraising event in cooperation with Home Instead

**Save the date:**

**July 11<sup>th</sup> at 6am - Give 65 online fundraising event!**

- Sequim Wheelers teamed up (again) with Home Instead Charity Foundation and Home Instead Sequim - Give 65 Fundraising event.
- It was a huge success the last two years, we raised \$7800 in 2021 and about \$5000 in 2022.
- Please click on the following link for more details.

**GIVE65** [https://www.give65.org/Sequim\\_Wheelers](https://www.give65.org/Sequim_Wheelers)



# How can you support the Sequim Wheelers



# Thank you



☺ Find us here:



- Facebook: [www.facebook.com/Sequimwheelers](http://www.facebook.com/Sequimwheelers)
- Website: [sequimwheelers.com](http://sequimwheelers.com)
- Email: [sequimwheelers@yahoo.com](mailto:sequimwheelers@yahoo.com)







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**[Railstotrails.org](http://Railstotrails.org)**

Special Olympics Kansas (SOKS)  
and Trails

Erin McDaniel, BSPH  
Health and Fitness Manager



# What is Treats and Trails?

- In partnership with Sunflower Foundation, Treats and Trails is a day for athletes, families, and coaches to walk on an **urban** trail and earn prizes (treats) for games/stations that they come across.
- Partners, sponsors, and other community members are along the trail to lead games, activities, and conduct learning stations.
- SOKS also provides pedometers to athletes and family members to track their steps along the way.



# Why Trails?

- Post-COVID world
- PA boosts self-esteem and can improve behavior
- Being in nature can boost your mood and improve mental health
  - Reduces stress, calms anxiety, and can lead to a lower risk of depression
- Participation in group classes or events offers a social outlet for the participant as well as the caregivers when they are not in season for their sport





# Confidence in Health and Trails

- Within IDD individuals there is a gap that impacts both physical health and quality of life in the area of outdoor recreation
  - Hiking being most versatile and accessible
- Three-legged stool: carefully curated trails, effective teaching practices, and programs to provide support



Highlighting our **KEY** components



## Community Partner Involvement

- Local Police/ LETR
- Local and State Parks and Recreation
- Local and State Health Departments
- YMCA
- The Running Well





“Treats” allowed for higher PA involvement among athletes



# Further involvement in other Health and Fitness Programming post-COVID

- Fit 5 programming and
- Increased participation in SONA Move Challenge



Total number of athletes conducted in PA and health education through our  
Treats and Trails Program...

50

2021

231

2022

153

already in 2023!



# Tips and Best Practices

- Use existing resources to identify accessible trails
  - Trail Link, All Trails, Avenza Maps, Hiking Project, Parks and Recreation Websites, etc...
- This is a COMMUNITY and collaborative effort
- In recent conducted needs assessments...
  - Athletes wanted to know the “WHY”
  - “What’s in it for me?”
  - Motivated to learn
    - Self Advocacy
  - Still existing barriers
    - Group homes
    - Lack of transportation
    - Uninformed / lack of online accessibility



# Why does this matter?

- Start to bridge the large disparity gap regarding outdoor physical activity
- Education and Self-Advocacy
- Community Engagement and Relationship-building
- Utilization of what already exists





# Sources

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# Questions



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