

Trail Mix

The Newsletter of the Greenways Alliance of Rhode Island



Volume 8, No. 4

Fall 2009

Greenwords:

Rhode Island's Trails contribute to good health

There are many reasons why walking and biking are good for Rhode Islanders. When we walk or cycle around our towns, we spend less time sitting in cars and more time using muscle power to travel. Trails and greenways give us more ways to stay fit and curb our unfortunate national obesity epidemic. We also help our environment stay fit by burning less gasoline and by controlling carbon emissions that add to global warming.

Rails to Trails, with the mission to create a nationwide network of trails on former rail lines and connecting corridors to build healthier places for healthier people, estimates that such a network of resources for non-motorized travel for short trips would cut miles driven between 70 to 200 billion miles per year.

Thirty-four percent of adults in our country are currently obese and another thirty-two percent are clearly overweight according to the Centers of Disease Control and Prevention. Today conditions such as heart disease and diabetes resulting from excessive weight cause more deaths than smoking. The growing numbers of overweight grade school kids is particularly stunning. What does a future of inactivity mean for them?

continued on page 2

Enjoy Trails and Greenways

Fall is a wonderful time to be outside, hiking, biking, even paddling with friends and family; the air is crisp, the humidity is gone and the cooler nights are perfect for relaxing after a day of fun on our trails, greenways and blueways.

Many events in this issue are hosted by organizations focused on creating outdoor recreational resources. Most advocate for the preservation and protection of open space for future generations. Visit their web sites to learn more about each organization and other events and projects throughout the year.

The Appalachian Mountain Club (AMC), www.outdoors.org, promotes the protection, enjoyment and stewardship of the mountains, forests, waters, and trails of the Appalachian region. It organizes hiking, bicycling,

flat water paddling, sea kayaking, rock and ice climbing, cross-country skiing, trail maintenance, other activities.

The Aquidneck Land Trust (ALT), www.ailt.org, was formed by dedicated, local residents to save the natural character, environmental health, and economic value of Aquidneck Island. It works to preserve the island's open spaces and natural character for the lasting benefit of our community.

The Audubon Society of Rhode Island (ASRI), www.asri.org, is dedicated to education, land conservation, and advocacy. Audubon independently protects or owns acres of woodlands and coastal property embracing diverse natural habitats. A voice in statewide ecological issues, it actively fulfills its environmental stewardship through preserving and protecting Rhode Island's natural heritage.

The Friends of Canonchet Farm (FCF), <http://canonchet.org>, is a private, not-for-profit group founded in 2007 to manage Canonchet Farm with the Town of Narragansett. It foresees a future working with the community and park user groups so that the Farm remains an enjoyable experience for all.

The Kent County Jaycees, www.kentcountyjaycees.org, helps young



Photo by Sue Barker

The Quonsett Point Bike Path will end at the Bay when complete.

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Greenwords

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Although there is concern about passing on a federal financial debt to our children, equally important to avoid passing on to future generations are poor eating and exercise habits that result in poor health. Adequate funding for trails will go a long way to fight obesity among children.

The existing federal allocation to support pedestrian and bike facilities is \$833,000,000 annually. It should be more. Some congressional members want to eliminate the program, calling it wasteful. In spite of these objections the transportation enhancement program remains in place today.

This issue of Trail Mix includes information on page 6 created by the Greenway Alliance of Rhode Island, Narragansett Bay Wheelmen, Providence Bicycling Coalition, U.S. Open Cycling Foundation, and Sierra Club. The material explains what motorists need to know to share the road with cyclists. Please pass it on to anyone who needs this important information.

We know you will enjoy the many good ideas for trail and greenway activities in this issue. We feature events to appeal to everyone from a 5 kilometer Run & Walk along the Sakonnet Greenway to a bike ride to pick apples at the Dame Farm and Orchard. We encourage you to take part in these trails events. Bring your family on a hike or a bike ride. It's a good time for people of all ages to get on the trail.

Sue Barker GARI Chair



Dear Dr. Sprocket,

Dr. Sprocket will answer questions in each issue of Trail Mix.

Q Dear Dr. Sprocket, After skipping outdoor bike rides and walks during the lousy, rainy June weather we had this year, I'm now feeling out of shape, a little depressed, and can't find the motivation to get back into the routine I had worked so hard to establish during the spring. I know I need to start moving again, but I'm feeling so blah that I can't find the wherewithal to keep up with everyday tasks, let alone restart my exercise routine. Is there any connection between my inactivity and this malaise I'm feeling?

- Feeling the blahs on Block Island

A Dear Block Island, I know well the state of motivation scarcity. I sometimes face the same situation, and understand how you feel. Much of this malaise stems from the lifestyle that modern civilization has allowed us to follow. Most of our days are spent sitting in a car, at a desk at work, or in front of the TV at night. Our

Trail Mix is the quarterly newsletter of the Greenways Alliance of Rhode Island (GARI).

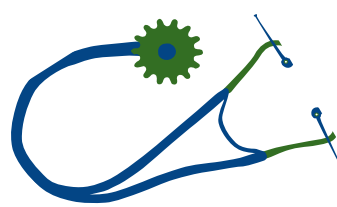
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original environment, however, was very different: to forage for food and avoid becoming dinner for one of our predators, we had to walk about 12 miles every day (from the excellent book "Brain Rules" by John Medina). The physical and emotional disorders that have resulted from this recently-created sedentary lifestyle (from an evolutionary point of view) form the base that built the primary health challenges that society now faces.

Although long dismissed by prominent physicians and scientists, recent research has demonstrated that physical activity is directly correlated with emotional well-being. Many health professionals, without having valid experimental evidence, have long encouraged people to "get more exercise." New technology and improved instrumentation now allow detailed measurements of vital physiological markers that directly indicate how well or poorly our bodies are doing, both physically and emotionally. It turns out that just by moving around (even when we don't feel like it) we will feel better physically and emotionally.

I find that most of the time I can force myself to get started just by remembering how good I've felt after I complete a fast walk or a workout. That "body memory" and the mental clarity I experience more than make up for the extra effort I have to expend to get my act together and start. Even when I don't have enough time to do my normal routine, I find that even a little physical activity wakes up a part of me that brings on good feelings and a general sense of competence that was an integral part of my youth.

So, if you can just start with small steps, I'm confident that you'll soon get back those good feelings and confidence you found earlier.

Send your Dr. Sprocket questions to rigreenways@rigreenways.org.

A Calendar of Events for Rhode Island Trails and Greenways Days

Daily in the Fall

New England Mountain Bike Association Group Rides

Info: <http://www.rinemba.org/2008-events-calendar/>

NEMBA assembles daily rides around the region. Visit website for more events.

Weekly in the Fall

Audubon Society's Tuesday Morning Birdwalks 8 a.m.

Meet: Charlestown Mini-Super on Rte 1A

Cost: FREE

Info: Phil at pbudlong@cox.net

Popular bird walks every Tuesday in August and September. Phil Budlong will be coordinating the programs. If you'd like advance details on the itinerary for that week, email Phil at pbudlong@cox.net. No advance registration is required.

Visit www.asri.org for more events.

Weekly in the Fall

Woonasquatucket River Watershed Council Wednesday Night Rides 6 p.m.

Meet: Riverside Park, Aleppo Street, off Manton Avenue, in Olneyville

Cost: FREE

Info: Call ahead to register at 861-9046 Come for a ride along the Fred Lippitt Woonasquatucket River Greenway with us. We'll ride from Riverside Park to Johnston and back. (The last Wednesday of each month the ride will start and end in Johnston at Hillside Avenue) Get your blood moving and enjoy this scenic ride on the Greenway Bike Path. All ages welcome and there are bikes available for rent. See you at the Big Red Shed!



Weekly in the Fall

Wednesday Night East Bay Bike Path Rides 6 p.m.

Meet: Your Bike Shop, Warren. Rides may start earlier as days get shorter. Call to make sure of the time.

Cost: FREE

Info: Art Leland (401) 245-9755

Bring your bike and friends for a recreational ride through Warren, Bristol and Barrington every Wednesday in the fall. Work up an appetite then enjoy pizza afterwards with fellow riders!

Weekly in the Fall

JAYCEE's Saturday Greenwalk & Arboretum Celebration 10:30 a.m.

Meet: Riverpoint Community Park, Providence/Hay Streets in West Warwick (Rtes. 115W & 33E)

Cost: FREE

Info: Jack Lancellotta (401) 828-9191

Community gathering to acknowledge the recreational benefits and public health advantages of the West Bay Bike Path, Horticultural Tour of the JAYCEE Corridor and Arboretum, and State Senator Donald Roch Riverwalk & Pawtuxet River Walkway Project. The last Greenwalk is October 24.

September 2, 16

WRWC After Work Paddle on the Lower Woonasquatucket 5:30 p.m.

Meet: South Water St. Landing, Providence

Cost: \$20/person if you are using one of our boats, \$10/person if you bring your own boat. Advance sign-up is required.

Info: Bruce Hooke (401) 351-5747

The 3.5 mile paddle will give you a new perspective as we pass the mills that built this city, through Waterplace Park and past downtown Providence. Children are welcome when with an adult. The

river is generally smooth and quiet, which makes for easy paddling. We have canoes and kayaks available. If you use your boat, bring wearable life jackets for all who will be in the craft.

September 9

Old Spolkes Prudence Island Ride 9:30 a.m.

Meet: TBD

Cost: FREE

Info: Carol or Eran at 886-8638 or Art at astenberg@cox.net to register

A low-key and informal ride with two phases. Short rides of approximately 10 to 20 miles and longer rides usually from 40 to 50 miles.

September 9

ASRI Hawk Identification Workshops (2 locations) 7 to 9 p.m.

Meet: Caratunk Wildlife Refuge, 301 Brown Avenue, Seekonk MA

OR Kimball Wildlife Sanctuary, 180 Sanctuary Road, Charlestown, RI

Cost: Audubon Society Members \$8; Non-Members \$12 Ages: 16+

Info: Visit www.asri.org or call (401) 949-5454

Caratunk: Learn to identify hawks using both physical and behavioral characteristics. By the end of the program, you will know how to identify a hawk by clues it provides in flight. Hawk identification doesn't need to be hard - let an Audubon expert show you how.

Kimball: Can you differentiate a red-tailed hawk from a broad-winged hawk? A kestrel from a merlin? Fall is the season for hawk migration. Head to sites like Napatree Point in Westerly or Wachusett Mountain in Massachusetts for excellent hawk watching. Get yourself ready for with this illustrated presentation on how to identify hawks, falcons, eagles, and other raptors.

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Join the Greenways Alliance of Rhode Island Today!

September 10, October 1

WRWC Evening Paddle on Greystone Mill Pond 5:30 p.m.

Meet: Cricket Park, Johnston
Cost: \$20/person if you are using one of our boats, \$10/person if you use your own. Advance sign-up is required.
Info: Bruce Hooke (401) 351-5747

Greystone Mill Pond is a narrow, winding pond with many twists and turns, and wetlands along the way. We will paddle up the pond for about 5/8 miles and then return to Cricket Park. We often see ducks, herons and other birds on this peaceful paddle! Children are welcome when with an adult. We have canoes and kayaks available. If you use your own boat, please bring wearable life jackets for all who will be in the craft.

September 11-13

AMC Burlingame Hike Weekend

Meet: Burlingame State Park
Cost: FREE
Info: Chris Shafer (401) 789-8331
The AMC's annual Trails/Hike Weekend includes work on Vin Gormley trail Saturday, and then a hike on the same trail Sunday morning. Volunteers can enjoy free camping Friday and/or Saturday night and an evening meal on Saturday. You can also spend your free time swimming or other outdoor activities.

September 12-13

ASRI Raptor Weekend

Meet: Audubon Environmental Education Center, Bristol, RI
Cost: Members - \$8/ adult, \$4/ child. Two-day pass \$13/adult, \$6/child. Non-Members - \$10/ adult, \$8/ child. Two-day pass \$17/adult, \$8/child.
One-day Family Four Pack: \$18/ members, \$25/non-members.
Children under 4 are free.
Info: Visit www.asri.org or call (401) 949-5454

Swoop into Bristol for the largest celebration of raptors in New England! Eagles, owls, hawks and falcons will be featured in live flight presentations, educational programs and activities for the whole family. Join raptor experts from across the Northeast as they showcase a wide variety of these extraordinary birds of prey.

September 19

ASRI International Coastal Cleanup 9 a.m. to Noon

Meet: I-95 Exit 6a Park & Ride
Cost: FREE
Info: Visit www.asri.org or call (401) 949-5454
Help wildlife and clean Rhode Island's shores! Volunteer at one of 85 locations throughout the state to clean up our beaches. The International Coastal Cleanup is sponsored internationally by The Ocean Conservancy and organized locally by the Audubon Society of Rhode Island.

September 23

Old Spolkes Cranston - Senior Olympic Bike Race 9:30 a.m.

Meet: TBD
Cost: FREE
Info: Carol or Eran at 886-8638 or Art at astenberg@cox.net to register
An exciting bike race!

September 26

ASRI Birding at Napatree Point 9:30 a.m. to 2:30 p.m.

Meet: Napatree Point, 21 Bay St., Westerly, RI
Cost: Members - \$8/ adult, \$4/ child; NonMembers \$12/ adult, \$6/ child; Ages: 8+
Info: Visit www.asri.org or call (401) 949-5454
Bring your binoculars and field guides, and pack your favorite lunch, then walk with Audubon Society along the beach in search of fall migratory birds. We'll stop for lunch and some shorebird and hawk watching. We may see oystercatchers, kestrels, or even a peregrine falcon.

More Events for Rhode Island Trails and Greenways Days.

September 27

NEMBA Arcadia Ride 9 a.m.

Meet: Main Lot Rte 165 (led rides, beginner to advanced)
Cost: FREE
Info: Matt Schulde (Matt_schulde@yahoo.com)
Arcadia Management Area is the largest open space with mountain bike access in the state. It boasts over 14,000 acres of forest with untold amounts of mountain bike trails. Arcadia is not a place for the novice to explore alone; instead join our expert-led ride. Breakheart Pond has a medium loop suitable for novice riders and Breakheart Trail has been a mecca of local riders for years.

October 8

Old Spolkes East Bay Bike Path Ride 9:30 a.m.

Meet: Behind the Warren Police Station
Cost: FREE
Info: Carol or Eran at 886-8638 or Art at astenberg@cox.net to register
A low-key and informal ride.

October 10

FCF Reading the Forested Landscape of Canonchet Farm 2 to 4 p.m.

Meet: South County Museum at the end of Strathmore Street in Narragansett
Cost: FREE
Info: Friends of Canonchet Farm. Visit www.canonchet.org, call 783-3951
Tom Wessels, author, educator, and ecologist, will interpret the history of Canonchet Farm's forest while wandering through it. He will unravel complex stories etched into the forested landscape. Tom was the keynote speaker at the Land & Water Conservation Summit held at URI in March.

Then enjoy spectacular views of Little Narragansett Bay at the point. Spotting scopes will be available. Be prepared for walking through wet, marshy areas.

September 26

WRWC Apple Picking Ride along the Fred Lippitt Woonasquatucket River Greenway 10:30 a.m. to 2 p.m.

Meet: Riverside Park, Aleppo Street, off Manton Avenue, in Olneyville

Cost: FREE

Info: Lisa Aurrechia: 861-9046, lisa@woonasquatucket.org

Ride along the off-road portion of the Fred Lippitt Woonasquatucket River Greenway, then on local streets to Dame Farm and Orchard in Johnston, RI. The ride is approximately 7 miles each way. Many varieties of apples should be ready at this time. We will take a break at Dame Farm to do a bit of apple picking. You may want to give your legs a break and take a horse drawn wagon tour of the historic farm! Dame Farm and Orchard is located on Brown Avenue in Johnston. Check out their website to find out their story. http://www.damefarm.com/History_of_Dame_Farm.htm.

September 27

FCF Canonchet Farm After the Equinox 1 to 3 p.m.

Meet: Anne Hoxsie Lane across from Narragansett Town Beach

Cost: FREE

Info: Visit www.canonchet.org, call 783-3951

Friends of Canonchet Farm President, arborist and landscape designer Tom Fortier will lead this walk. Tom's knowledge of the Farm is extensive, interesting and suitable for both adults and children.

October 10

WRWC Afternoon Paddle on the Lower Woonasquatucket Noon

Read the description of the after work paddle on the lower Woonasquatucket scheduled for September 2.

October 17

WRWC Saturday Paddle on the Woonasquatucket Reservoir (Stump Pond) 11:00 a.m.

Meet: Boat ramp/fishing access site on west side of Woonasquatucket Reservoir
Cost: \$20/person if you are using one of our boats, \$10/person if you bring your own boat. Advance sign-up is required.
Info: Bruce Hooke (401) 351-5747
Spend an afternoon on the largest reservoir in the watershed! We'll paddle 1.25 miles north to where the Woonasquatucket River flows into the reservoir in Mowry Conservation Area, for a picnic lunch (bring your own). Children are welcome when with an adult. We have canoes and kayaks available. If you use your boat, bring wearable life jackets.

October 18

FCF Biology and Natural History of Canonchet Farm 1 to 3 p.m.

Meet: Anne Hoxsie Lane across from Narragansett Town Beach

Cost: FREE

Info: Call 783-3951

Prentice Stout, the 2000 winner of the Distinguished Naturalist Award from the RI Natural History Survey and frequent leader of programs in South County, will discuss the biology and natural history of Canonchet Farm.

October 20

Old Spolkes West Warwick Bike Path Ride 9:30 a.m.

Meet: The Caboose parking area on the bike path

Cost: FREE

Info: Carol or Eran at 886-8638 or Art at astenberg@cox.net to register
A low-key and informal ride.

November 7

Aquidneck Island Land Trust Race for Open space 5K Run & Walk

Meet: Sakonnet Greenway trailhead parking lot, The Glen, Linden Lane, Portsmouth, RI.
Cost: \$20 for runners, \$10 for walkers.
Info: Visit www.aitl.org or call Courtney Huth, 849-2799, xt 19 Please check website for starting time and directions.
The scenic 5 kilometer cross country race on ALT's Sakonnet Greenway is a unique and exciting addition to the local race circuit. Leashed dogs and strollers are allowed in the walking category of the event, but not the 5k run.

November 12

Old Spolkes Blackstone Valley Bike Path Ride 9:30 a.m.

Meet: Rte 295 rest stop in Cumberland
Cost: FREE

Info: Carol or Eran at 886-8638 or Art at astenberg@cox.net to register
A low-key and informal ride.

November 24

Old Spolkes Narragansett Ride 9:30 a.m.

Meet: Kingston Train Station
Cost: FREE

Info: Carol or Eran at 886-8638 or Art at astenberg@cox.net to register
A low-key and informal ride.

December 3

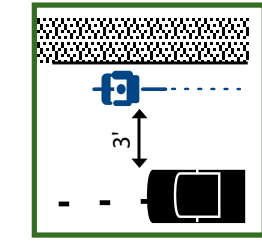
Old Spolkes Newport Ride 9:30 a.m.

Meet: Newport Creamery Plaza Bellevue Avenue
Cost: FREE

Info: Carol or Eran at 886-8638 or Art at astenberg@cox.net to register
A low-key and informal ride .

Share the Road with Bicyclists

If automobile drivers and bicyclists follow common safety practices and respect the rights of others we can all "Share the Road"

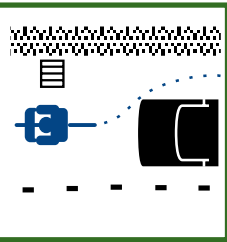


1. When passing cyclists leave adequate space and be aware of road surface conditions like potholes, puddles or debris which may force cyclists to move further left than usual.

- Don't blast your horn as you approach a cyclist as the loud noise can startle them and cause them to swerve.

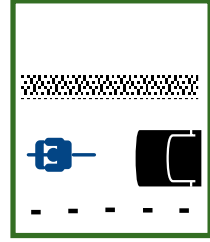
- Avoid talking on a cell phone, text messaging, or being otherwise distracted when approaching or passing a bicyclist.

- Avoid driving or swerving into bicycle lanes.

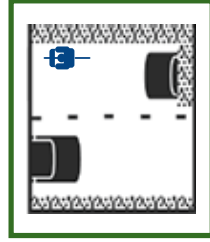


2. When approaching or passing a bicycle be prepared to stop suddenly if the person enters the driver's lane.

- In bad weather give bicyclists extra trailing and passing room like you would give other motorists.

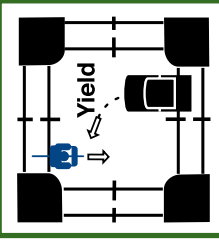


3. When a road is too narrow for cars and bicycles to travel safely side by side, be prepared to slow down or stop when the bicyclist ahead of you "takes the travel lane," i.e., proceeds in the center of the road.

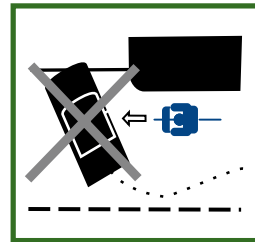


4. Do not pass bicyclists if oncoming traffic is near. Wait until there are no oncoming automobiles before you pass.

- After you have passed a bicyclist, do not slow down or stop quickly directly in front of them.



5. When turning left at an intersection yield to oncoming bicyclists just as you would to an oncoming motorist.



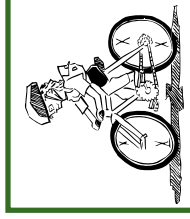
6. Before turning right at an intersection or driveway check for bicyclists on your right or behind you who are continuing straight ahead.



7. Look behind you for a cyclist approaching your parked car before you open the door into a traffic lane.

Watch for Children on Bicycles

Children cannot see things out of the corner of their eyes as well as adults, and cannot judge the speed and distance of oncoming vehicles. They lack a sense of danger and believe adults will look out for them.



8. Always reduce speed and use extra caution when children are in the vicinity, particularly in school zones.

- Check for bicyclists in the street or on the sidewalks at intersections.

Rhode Island law

"Every person operating a bicycle upon a roadway shall ride as near to the right side of the roadway as practicable, exercising due care when passing a standing vehicle or one proceeding in the same direction except where official traffic control devices (signs or pavement markings) specifically direct bicyclists to do otherwise."

RIGL § 31-19-6 Bicycles to right of road

To learn more about bicycling resources in Rhode Island, visit The Rhode Island

Department of Transportation web site: <http://www.dot.ri.gov/biker/>

Bicycle rentals

If you want to fully enjoy our Rhode Island Trails and Greenways Days, but don't own a bike, consider renting one.

Below is a list of reputable businesses where you can rent a bicycle for the day. (There may be other such businesses throughout the state, as well.)

- Canoe Passage Outfitters, 277 Water Street, Warren, (401) 245-9025 www.canoeassage.com

- East Providence Cycle, 414 Warren Ave., East Providence, (401) 434-3838 www.EastProvidenceCycle.com

- Narragansett Bikes, 1153 Boston Neck Road, Narragansett, (401) 782-4444 www.nbx bikes.com

- Northwind Sports, 267 Thames Street, Bristol, 02809, (401) 254-4295 www.northwindsports.com

- Pedal Power Bicycle Shop, 879 West Main Road, Middletown, (401) 846-7525 www.pedalpowerri.com

- Providence Bicycle, 724 Branch Ave., Providence, (401) 331-6610 www.providencebicycle.com



GARI is able to continue our advocacy for safe and accessible trails thanks, in part, to a grant program with the Narragansett Bay Wheelmen. We'd like to recognize and thank the following Organizational Friends:

- AAA Southern New England
- RI Blueways Alliance
- Woonasquatucket River Watershed Council
- West Warwick Friends of the Greenway.

Trails and Greenways

from page 1

people develop their total selves by improving personal skills while enhancing leadership through local community service.

New England Mountain Bike Association (NEMBA), www.nemba.org, promotes trail access for mountain bikers and maintains trails, with an eye on preserving open space.

The Woonasquatucket River Watershed Council (WRWC), www.woonasquatucket.org, restores and preserves the watershed as an environmental, recreational, cultural, and economic asset of Rhode Island.

The Old Spolkes East Greenwich Cycling Team rides to enjoy the scenery and the fellowship. Old Spolkes lunch at local restaurants after their rides.

East Bay Bike Path Wednesday Night Bike Rides are held in the warm months while the days are long enough to complete an evening ride before dark. Pizza at a local restaurant is an enjoyable and tasty end to rides.

GARI accomplishments

Our members and supporters:

- Cooperate with other bicycle and trails groups to support trail and greenway development and to promote bicycle safety.

- Communicate with state department directors to encourage improved bicycle and pedestrian resources.

- Promote trails events in each fall issue of Trail Mix.

- Support local grass roots trail and biking projects through the NBW/GARI grant program.

www.rigreenways.org

Join GARI today.

Your membership makes this newsletter possible, and enables us to continue working with state and local leaders to ensure Rhode Island has an integrated, well-maintained network of alternative transportation recreation resources.

Name _____

Address _____

City _____

State, Zip _____

E-mail _____

Telephone _____

Fax _____

Organization _____

Annual Membership enclosed

- Individual \$15
- Family \$25
- Nonprofit \$50
- Corporate \$100
- Other: _____

Please tell me about GARI meetings by
 E-mail Regular Mail Neither

Return membership form with check payable to GARI to: 31 Stanchion Street, Jamestown, RI 02835.

Join the Greenways Alliance of Rhode Island Today!

GARI enters the world of social networking

You may have read about social networking and popular new websites such as Facebook and Twitter. Before dismissing these as things younger people do to waste time online, it's interesting to note that such sites are used by people in all age demographics and in very useful ways.

GARI has launched two such sites and invites you to check them out. Each can serve as a discussion board for any biking or hiking topic you want to talk about. Putting out a post may help you find an answer to a nagging question or announce greenway-related news you may have heard about.

These sites will complement GARI's traditional website at www.rigreenways.org. In some cases they may refer one to something posted on the main web site. However, they may host content all their own.

The sites include a discussion page on Google Groups. Find it at: <http://groups.google.com/group/rigreenways/topics>. Anyone can view the page and the posts, but to participate in discussions you must sign on with a Google account. If you use other Google sites and services, especially Gmail, chances already you already have an account and can log in with that information.

The other site is on Facebook, also created as a group, which can be found at <http://www.facebook.com/group.php?gid=64079987153>. Facebook typically requires people to send "friend requests" and the administrator of the page must approve them in order to engage in its interactive features. However, the GARI Facebook page is a group, which means anyone can view the information posted there and

participate in its features. Again, creating an account will offer more options.

With everything new on the web, GARI is giving this a try to see if it will add to the conversation of promoting and advocating for greenways. Please drop a line to rigreenways@rigreenways.org or rigreenways@gmail.com for questions and help signing on.



Colorado cyclists visiting Beavertail Park in Jamestown.

Calendar of Events:
Rhode Island Trails
and Greenways
Days

Special Issue!

www.rigreenways.org

GARI
31 Stanchion Street,
Jamestown, RI 02835