

# Trail Mix

The Newsletter of the Greenways Alliance of Rhode Island



Volume 6, No. 4

Summer 2007

## Greenwords:

### September is Rhode Island Trails and Greenways month

The crowds on our greenways and trails during the summer are a testament to the success of Rhode Island's beautiful linear parks. When summer draws to an end in September and school starts the trails are ours again to enjoy in cooler weather without as many traffic jams.

The Greenways Alliance of Rhode Island declares September as Rhode Island Trails and Greenways Month. To encourage you to get on the trail this edition of Trail Mix includes an exciting menu of events to choose from. We hope the variety of choices will encourage you to stay on the trail and extend the pleasures of summer recreation into the fall.

Unlike last year when we published a choice of trail events that all took place on one day in June, we present an entire month of great events for you to choose from in September, 2007. Take a look at this edition of Trail Mix to find events that you can join with your family and friends on any weekend this month and into October. We have even included a few in nearby states. The newsletter provides a number of weekly rides and hikes conducted by recreational organizations.

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## Bring the Blackstone to Providence!

By Eric Weis

Picture this: it's 1987, and Pare Engineering has just released its feasibility study for the Rhode Island portion of the 45-mile Blackstone River Bikeway. The Bikeway, to be a facility connecting Providence and Worcester for bicyclists, hikers, and other non-motorized travelers, promises to be a boon for local travel and regional tourism. The study is complex and detailed, offering suggested alignments for sections of the future bikeway in North Smithfield, Woonsocket, Cumberland, Lincoln, Central Falls, Pawtucket, and Providence.

Part of the study recommends building portions of the bikeway on abandoned canal towpath. Another portion is envisioned alongside active railroad line. Still more is pictured as sidepath along streets, or as a bucolic riverside pathway.

Now, flash forward to the present day. We know that the plan was almost universally accepted. A series of municipalities from Pawtucket to the Massachusetts line got on board. And since then, \$21 million



Riders enjoying a bikepath.

has been spent bringing this facility to the historic cities and towns of the Blackstone Valley.

That is, all the cities but one: as it turns out, back in the late eighties, the City of Providence bowed to worried homeowners along Blackstone Boulevard and declined to participate. None of the \$21 million allocated to the project thus far has gone to Rhode Island's capital city. And while Cumberland and Lincoln enjoy their portions of the Bikeway, and as residents of Pawtucket, Central Falls, Woonsocket and North Smithfield anticipate the impending arrival of their portions of this important regional trail, Providence sits on the

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Members will welcome you and make sure you have someone to ride or hike with. You are encouraged to join them for one event or as a regular member. The Greenways Alliance hopes you will come along with us during Rhode Island Trails and Greenways Month to enjoy a new event each weekend.

GARI reminds trail and greenway users that Rhode Island's rules of the road on greenways are the same as those for cyclists and pedestrians on roadways we share with automobiles. Pedestrians walk on the left facing traffic and all wheeled travelers proceed on the right side of the road or trail. Walking on the left allows pedestrians and wheeled travelers to see the other approaching ahead and provide space to allow the other pass.

On roads and trails pedestrians are advised to move to the side to allow wheeled vehicles to pass safely. This rule is especially important for those who like to walk while listening to an I-pod or walkman. Parents in Rhode Island do not have to worry about teaching children different rules for shared roads and greenways. You and your children can learn and abide by Rhode Island's single rule to walk on the left that applies to both travel venues. GARI supports this sensible set of rules and encourages you to share the road or greenway with all users on foot, wheels or skates.

Sue Barker  
GARI Chair



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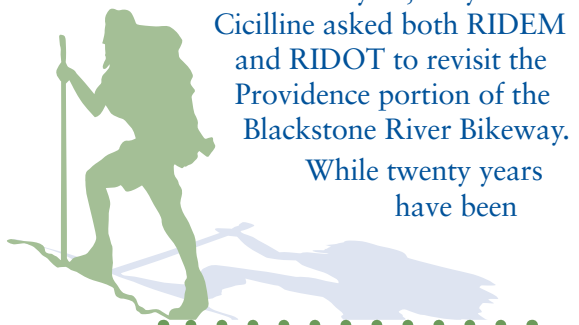
sideline, with no plan, and no funding.

But twenty years on, the interest has arrived. Residents along Blackstone Boulevard are coming together, calling for traffic calming measures that will make their historic street safer and more inviting for walkers and bicyclists. Neighborhood associations and civic groups (including Blackstone Park Conservancy and the Fox Point Neighborhood Association) have officially endorsed the creation of a riverside path along the Seekonk to connect India Point Park with Blackstone Park. And in a letter sent earlier this year, Mayor Cicilline asked both RIDEM and RIDOT to revisit the Providence portion of the Blackstone River Bikeway.

While twenty years have been

lost, there is a silver lining. In many ways, the city is quite well prepared to embrace this project. Providence is in the process of completing its new Comprehensive Plan, and changes are being proposed that call for preserving coastal areas for public use. A new Strategic Area Management Plan was recently created for the Metro Bay area (which includes the lower Seekonk River), and recommendations suggest that the Providence coastline between Blackstone Park and India Point Park be available for uses including trails. The Coastal Resources Management Council has adopted its Urban Coastal Greenways Policy, calling for development setbacks from the water's edge, enabling riverside pathways. And growth in condominium development on the East Side has led to a greater demand on local recreational space, while also bringing more cars onto already congested streets, both of which lend weight to calls for trail development.

It is difficult to imagine what Providence will look like in another twenty years. Perhaps the congested streets and exhaust fumes that lead many walkers and cyclists to havens like the East Bay Bike Path will be relics of a misguided past. But if the City of Providence plays its cards well in 2007, we will be able to complete the Blackstone River Bikeway all the way to its southern gateway at the head of Narragansett Bay. We can link northern Rhode Island to Providence, and allow residents of our largest city to enjoy the same benefits currently available to those communities that saw the future and jumped on board in 1987.



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

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# Rhode Island Trails and Greenways Month

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

All events listed in this section happen in September – Rhode Island Trails and Greenways Month. Check the individual listings below (and on our website, [www.rigreenways.org](http://www.rigreenways.org)) for details so you can plot your month. Then clear your calendars of chores and have fun!

## William C. O'Neill Bike Path Tour for the Physically Inspired and Impaired

**What:** A walk or ride for people of all abilities.

**Where:** Meet on the bike path at Kingstown Rd. (Rte 108), across from Cello's Restaurant in Wakefield.

**When:** To be announced.

**Who:** Friends of William C. O'Neill Bike Path, Bob Votava, 783-8886, [bobvotava@mac.com](mailto:bobvotava@mac.com)

**Please:** Bring water, wear sunscreen and bug spray.

## Wednesday Night East Bay Bike Path Rides

**What:** Rides with recreational bicyclists along the East Bay Bike Path and to interesting sites in Warren, Bristol and Barrington. Join other riders for pizza in Warren after the ride.

**Where:** Meet Your Bike Shop, 51 Cole Street, Warren, RI.

**When:** Every Wed. in Sept., 6 p.m.

**Who:** Your Bike Shop, Art Leland, 245-0755.

For all of these events, bring water, and wear sunscreen, bug repellent, sunglasses, and a hat.

## Wallum Lake Hike

**What:** Walk south through Douglas State Forest past R.I. border, about 9 miles total.

**Where:** Meet at the Buckhill Fire Tower in Burriville, RI.

**When:** Sat., Sept. 1, 9 a.m.

**Who:** Midstate Trail, Ken Baldyga, (508) 757-5812 and Alan Harris, (508) 835-2512 or visit [www.midstatetrail.org](http://www.midstatetrail.org).

**Please:** Contact hike leaders for information and directions.

## The Glacier Experience at Foster Park

**What:** This 86 acre conservation site hosts the largest boulder field in the area. Explore the vast rocks deposit and the many trails in the densely wooded area.

**Where:** Meet at the Coventry Rec Community Center, 1670 Flat River Road (Rte 117), Coventry. Bus service will be provided to the event.

**When:** Sun., Sept. 2, 3:30 p.m.

**Who:** Coventry Parks & Recreation Dept., Guy L. Lefebvre, 822-9107, [guyll@town.coventry.ri.us](mailto:guyll@town.coventry.ri.us).

**Please:** Limited to 40 participants, reservations required. Wear boots.

## September Splendor on the Wood River

**What:** Enjoy a relaxing paddle while learning about the flowers in bloom and other plants and animals along the river.

**Where:** Meet at Wood-Pawcatuck Watershed Association (WPWA) headquarters, 203 Arcadia Road, Hope Valley, RI.

**When:** Wed., Sept. 5 and Sept 12, 5 to 7:30 p.m. (Two separate paddles, both the same just different days.)

**Who:** Sign up with Denise J. Poyer, 539-901 or email [denisep@wpwa.org](mailto:denisep@wpwa.org). (Pre-registration required.) \$5 for WPWA/GARI members/ \$10 non-member.

**Please:** Bring your own boat or rent a kayak for \$10 extra. PFD's required.

## Burlingame Trails/Rec Weekend

**What:** Free camping (Fri. and Sat.) for those working on the Sat. boardwalk construction project. Barbeque/potluck on Sat., 8-mile hike on Sun.

**Where:** Burlingame State Park.

**When:** Fri. to Sun., Sept. 7 to 9, rain date Sept. 14 to 16.

**Who:** Appalachian Mountain Club, Chris Shafer, 222-2797, x5711, [Christopher.Shafer@dem.ri.gov](mailto:Christopher.Shafer@dem.ri.gov) and Maria Earley, 789-8331, [momearley@netzero.com](mailto:momearley@netzero.com).

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## Night Prowl in Whipple Woods

**What:** Search for signs of deer, bats, owls and other animals inhabiting the 56 acre wood.

**Where:** Meet at the Coventry Recreation Community Center, 1670 Flat River Rd. (Rte 117). Bus service to the event.

**When:** Sun., Sept. 9, 6:30 p.m.

**Who:** Coventry Parks & Recreation Dept., Guy L. Lefebvre, 822-9107, guyll@town.coventry.ri.us.

**Please:** Limited to 40 participants, reservations required. Wear boots, bring a flashlight.

## Tree Talk and Walk in Roger Williams Park

**What:** Walk in Roger Williams Park with John Campanini, a member of the Rhode Island Tree Council and forester of the City of Providence. He will describe some of the best trees and discuss the benefits and natural heritage they bring. Ask about problems with your trees, and learn how to best care for them.

**Where:** Roger Williams Park Casino, with free parking in the lot at the side of the Casino.

**When:** Sat., Sept. 8, 10 a.m. to noon, rain date: Sat., Sept 15.

**Who:** John Campanini, email jcampanini@aol.com.

## Pack Monadnock Hike

**What:** Hike south over Pack Monadnock and other peaks with sweeping views in all directions, about 5.5 miles.

**Where:** Meet in parking lot at former Temple Mountain Ski Area on Route 101 east of Peterboro, N.H.

**When:** Sat., Sept. 8, 10 a.m.

**Who:** Midstate Trail, Mark

# Calendar of Events: Rhode Island

Dubois, (508) 853-9609 and Duke Charbonneau, (508) 885-4387, or visit [www.midstatetrail.org](http://www.midstatetrail.org).

**Please:** Bring lunch and a couple dollars for Miller State Park fee! Contact hike leaders for information and directions.

## Touisset Marsh Walk

**What:** The 66-acre refuge, owned by Audubon Society of Rhode Island, fronts on the Kickemuit River and Chace Cove. It has grassy fields, woods and water -- a great variety of habitat for a great variety of birds. We'll keep a lookout for early migrators and enjoy the first signs of fall along the flat path around the Refuge. Mud possible.

**Where:** Meet in the parking lot east of Touisset Fire Station.

**When:** Wed., Sept. 12, 6 p.m., rain date Thurs., Sept. 13.

**Who:** Sierra Club RI Chapter, Maggie McCormick, 855-2103, [dwyht@verizon.net](mailto:dwyht@verizon.net).

**Please:** Limited to 20 participants. Please wear sturdy shoes. May want water, camera, binoculars.

## Cranberry Metric

**What:** The easy ride takes cyclists over country roads along ponds and cranberry bogs. The 35 miler travels to Lakeville and over the causeway between Assawompsett and Quittacus Ponds. The 62 miler continues through Rochester to Mattapoissett and Marion harbors, rejoining the 35 miler on back roads of Middleboro and Bridgewater. Ice cream stop on Water Street in Mattapoissett.

**Where:** Meet in the Staples Plaza, south side of Route 44, Raynham, MA.

**When:** Sun., Sept. 16, 10 a.m.

**Who:** Narragansett Bay Wheelmen, Sue Barker, 423-2623, [sueb4@cox.net](mailto:sueb4@cox.net).

## Temple Mountain Hike

**What:** Hike south over Temple Mtn. Range and back, about 7 miles.

**Where:** Meet in first parking lot of Windblown X-C Ski Area on Route 123 in New Ipswich, N.H.

**When:** Sun., Sept. 16, noon.

**Who:** Midstate Trail, Mark Dubois, (508) 853-9609 and Marie Auger, (978) 874-5629, or visit the Midstate website at [www.midstatetrail.org](http://www.midstatetrail.org).

**Please:** Contact hike leaders for information and directions.

## FunDay at Gilbert Stuart Museum

**What:** Day at the Gilbert Stuart Museum with 3 puppet shows during event. Other games: colonial games & scavenger hunt for kids on Gilbert Stuart Nature Trail. \$3 charge per child.

**Where:** Meet at the Gilbert Stuart Museum, 815 Gilbert Stuart Road in North Kingstown.

**When:** Sun., Sept. 16, 1 to 4 p.m.

**Who:** Gilbert Stewart Museum, Harriet Powell, 294-4737 or email [Harriet.powell1@verizon.net](mailto:Harriet.powell1@verizon.net).

## Birds of Prey at Stump Pond

**What:** Ever see a Bald Eagle? Join us for perhaps a rare glimpse of our great American symbol!

**Where:** Meet at the Coventry Rec. Community Center, 1670 Flat River Rd (Rte 117). Bus provided to the event.

**When:** Sun., Sept. 16, 3:30 p.m.

**Who:** Coventry Parks & Rec. Dept., Guy L. Lefebvre, 822-9107, [guyll@town.coventry.ri.us](mailto:guyll@town.coventry.ri.us).

For all  
of these events,  
bring water, and wear  
sunscreen, bug repel-  
lent, sunglasses, and  
a hat.

# Trails and Greenways Month

**Please:** Limited to 40 participants, reservations required. Wear boots.

## Wapack Trail Hike

**What:** Hike on Wapack Trail over Barrett Mtn. and back, about 9 miles

**Where:** Meet at Midstate parking lot on Route 119 by Mount Watatic in Ashburnham, N.H.

**When:** Sat., Sept. 22, 10 a.m.

**Who:** Midstate Trail, Marie Auger, (978) 874-5629 and Pat Lambert (508) 366-6164 or visit [www.midstatetrail.org](http://www.midstatetrail.org).

**Please:** Bring lunch! Contact hike leaders for information and directions.

## Explore Wolf Hill Forest Preserve

**What:** Tour the Wolf Hill forest preserve to explore the flora and fauna of the area.

**Where:** Meet at the Smithfield Conservation Commission Center, 2 Waterview Dr. (behind police station).

**When:** Sat., Sept. 22, 10 a.m.

**Who:** Smithfield Land Trust, Barbara Rich, 949-4474 or email [landtrust@smithfieldri.com](mailto:landtrust@smithfieldri.com).

## Behind the Scenes Construction of the Greenway

**What:** Explore sections of the Greenway and learn the inner workings of the 5-mile greenway construction.

**Where:** Meet at the Coventry Rec. Community Ctr, 1670 Flat River Road (Rte 117). Bus service to the event.

**When:** Sun., Sept. 23, 3:30 p.m.

**Who:** Coventry Parks & Recreation Dept., Guy L. Lefebvre, 822-9107, [guyll@town.coventry.ri.us](mailto:guyll@town.coventry.ri.us).

**Please:** Limited to 40 participants, reservations required. Wear boots.

## Fisher Hill, Mt. Hunger Hike

**What:** Hike south over Fisher Hill and Mount Hunger and back, 6.7 miles.

**Where:** Meet at trail crossing at Route 12 in Ashburnham, N.H.

**When:** Sat., Sept. 29, 9 a.m.

**Who:** Midstate Trail, Toby Mushrush, (978) 227-4776 and Jeanne Gilleney-Decenzo (508) 852-6882 or visit [www.midstatetrail.org](http://www.midstatetrail.org).

**Please:** Contact hike leaders for information and directions.

## Blackstone River Valley Greenway Challenge

**What:** A triathlon in the Blackstone Valley for teams of paddlers, cyclists and runners.

**Where:** Viewing locations are all along the Blackstone River (unless you're competing).

Course maps, cue sheets, directions and event information will be posted on the Challenge website ([www.greenwaychallenge.org](http://www.greenwaychallenge.org)) by Sept. 13.

**When:** Sat., Sept. 29, all day

**Who:** Blackstone River Valley CorridorKeeper, Barbara Dixon, 762-0250, x30, [barbara\\_dixon@nps.gov](mailto:barbara_dixon@nps.gov).

**Please:** Preregistration required.

## The Vision for Greenways and Blueways in Coventry

**What:** Explore the Pawtuxet River Watershed and discover new trails and water courses to enjoy.

**Where:** Meet at the Coventry Rec. Community Ctr, 1670 Flat River Road (Rte 117). Bus service to the event.

**When:** Sun., Sept. 30, 3:30 p.m.

**Who:** Coventry Parks & Recreation Dept., Guy L. Lefebvre, 822-9107, [guyll@town.coventry.ri.us](mailto:guyll@town.coventry.ri.us).

**Please:** Limited to 40 participants, reservations required. Wear boots.

## West Warwick Greenwalk and Arboretum Celebration

**What:** Tour the JAYCEE Corridor and Arboretum and the State Senator Donald Roch Riverwalk.

**Where:** Riverpoint Community Park, West Warwick.

**When:** Sat., Sept. 29., 10 a.m., rain date: Sun. Sept. 30.

**Who:** West Warwick JAYCEES of Kent County, Jack Lancellotta, 828-9191, [wwJAYCEESkc@aol.com](mailto:wwJAYCEESkc@aol.com).

## Canonchet Farm Walk

**What:** A 2-mile tour of Canonchet Farm led by Tom Fortier, who will comment on the farm, its history, trails, wildlife and growth.

**Where:** Meet in the parking lot of Canonchet Farm, off Beach Street across the street from the bath houses on Narragansett Town Beach.

**When:** Sun., Sept. 30, 1 p.m.

**Who:** Canonchet Farm, Charlie Lee, 783-6591, email [cwlee66@cox.net](mailto:cwlee66@cox.net).

## Muddy Pond Hike

**What:** Hike south around beautiful, remote Muddy Pond, 5.8 miles.

**Where:** Meet at "graffiti bridge" on Oakmont Ave. in Westminister, MA.

**When:** Sat., Oct. 6, 9 a.m.

**Who:** Midstate Trail, Tim Driskell (978) 827-3350 and Kim Simpson (508) 366-0485 or visit [www.midstatetrail.org](http://www.midstatetrail.org).

**Please:** Contact hike leaders for information and directions.

## Tiverton Trails Day

**What:** A 2-hour event to walk or ride along the track bed to explore Tiverton's future bike path.

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# Calendar of Events: continued from page 5

**Where:** Parking lot for Boat House Restaurant, Schooner Dr. Tiverton.

**When:** Sat. Oct. 6, 10 a.m., rain date: Sun., Oct. 7.

**Who:** Peter Moniz, 625-5328, pmoniz@prodigy.net and Leah Cook, 816-0443, leahcook@aol.com.

**Please:** Bikers: mountain bikes only; Hikers: hiking shoes or sneakers; All: wear bug repellent.

## Round Meadow Pond Hike

**What:** Hike south by Round Meadow Pond and Wachusett Village Inn, about 5 miles.

**Where:** Meet at Stone Hill Road/Narrows Road in Westminster, MA.

**When:** Sun., Oct. 14, noon

**Who:** Midstate Trail, Jeanne Gilleney-Decenzo (508) 852-6882 and Robert Juckins (508) 829-0901, or visit [www.midstatetrail.org](http://www.midstatetrail.org).

**Please:** Contact hike leaders for information and directions.

## Crow Hill Ledges Hike

**What:** Hike over Crow Hill ledges and by Redemption Rock to ski area, 5 miles.

**Where:** Meet at Wachusett Ski Area.

**When:** Sat., Oct. 20, 9 a.m.

**Who:** Midstate Trail, Don Hoffses (508) 869-0062 and Andrew Herbert (508) 829-2374, or visit [www.midstatetrail.org](http://www.midstatetrail.org).

**Please:** Contact hike leaders for information and directions to meeting place.

## Wachusett Mountain Hike

**What:** Hike south over mountain and through Wachusett Meadows Audubon Preserve, 6.2 miles.

**Where:** Meet at trail crossing at junction of Route 62 and Ball Hill Road in Princeton, MA.

**When:** Sat., Oct. 27, 9 a.m.

**Who:** Midstate Trail, Bob Dral (978) 464-5175 and Robert Juckins (508) 829-0901 or visit the Midstate website at [www.midstatetrail.org](http://www.midstatetrail.org).

**Please:** Contact hike leaders for information and directions.

## Barre Falls Dam Hike

**What:** Hike south 8.5 miles over back roads and through Ware River watershed.

**Where:** Meet at Barre Falls Dam.

**When:** Sat., Nov. 3, 9 a.m.

**Who:** Midstate Trail, Barbara Day, (508) 987-0549, Andrew Herbert, (508) 829-2374 or Tia Koziak (508) 981-1152 or visit [www.midstatetrail.org](http://www.midstatetrail.org).

**Please:** Contact hike leaders for information and directions.

## Our recent accomplishments

- > Worked with other advocacy groups to organize Bicycle Friendly Community meetings and workshops to encourage grass roots trail advocacy and development.
- > Represented pro-bike path positions at various public meetings (including submitting letters during formal public comment periods).
- > Sponsored and organized the 2006 National Trails Day events in Rhode Island.
- > Named the Washington Bridge Linear Park in George Redman's honor.

[www.rigreenways.org](http://www.rigreenways.org)

## Get on the trail!

Join the only organization dedicated to statewide advocacy of bike paths and greenway development in Rhode Island. Your membership dues make this newsletter possible and enable us to continue our mission of working with state and local leaders to ensure Rhode Island has an integrated, well-maintained network of alternative transportation and recreation corridors.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State, Zip \_\_\_\_\_

E-mail \_\_\_\_\_

Telephone \_\_\_\_\_

Fax \_\_\_\_\_

Organization \_\_\_\_\_

### Annual Membership enclosed

Individual \$15

Family \$25

Nonprofit \$50

Corporate \$100

Other: \_\_\_\_\_

Please return membership form with check payable to the Greenways Alliance of Rhode Island to: GARI, 31 Stanchion Street, Jamestown, RI 02835.

Please tell me about GARI meetings by

E-mail  Regular Mail  Neither

Join the Greenways Alliance of Rhode Island Today!

Summer 2007

# Dear Dr. Sprocket,

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

**Q** Dear Dr. Sprocket, I've been reading and enjoying your columns, but I haven't seen any information on specific caloric expenditures for various activities, similar to the many ads and sidebars that appear lately in magazines and newspapers. Since I'm always watching (and trying to calculate) calories, could you give me some information on calories I use doing various activities?

Curious in Exeter

**A** Dear Curious, I, too, have noticed the latest packaging and advertising the food industry has embarked on, and for a welcome change, I like the new approach. By targeting the "100 Calorie" benchmark (in various food sources), they concurrently have reduced typical serving sizes and sensitized our awareness of how many calories various foods have.

Without going into a detailed – and possibly boring – analysis of caloric expenditure calculations, I can give you the following general guidelines:

In order for an average person weighing 150 pounds to expend 100 calories, s/he would have to walk at a brisk pace (i.e. 4 miles per hour) for 18 minutes. That same person would have to bike at a moderate pace (i.e. 13 miles per hour) for 11 minutes to burn those same 100 calories. Not surprisingly, s/he would have to jog at a moderate pace (i.e. a 9-minute mile)

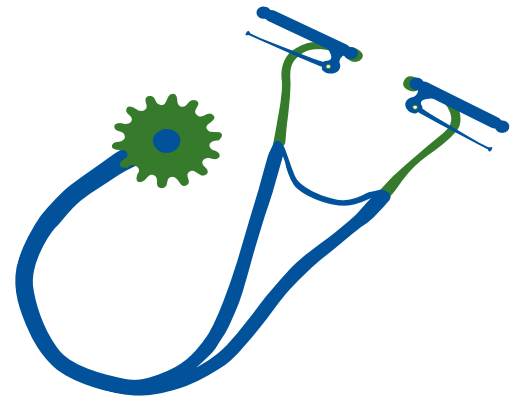
for only 8 minutes.

Of course, few of us are average, so if you weigh more or less than 150 pounds, your caloric burn rates would be different from the above values. The similar 100-calorie expenditure calculations for a person weighing 200 pounds are:

- walking at a brisk pace for 13 minutes,
- biking at a moderate pace for 8 ½ minutes,
- jogging at a moderate pace for 6 minutes.

If you want to calculate the burn rates for your exact weight, just go to the website <http://www.primusweb.com/fitnesspartner/jumpsite/calculator.htm>, follow the directions on the first page, and click on the "Show me" icon.

If you have specific target goals for weight loss, it's important to keep in mind that calories burned by additional physical activity may be overwhelmed by additional food intake. The new food labeling/packaging movement may help sensitize you to these impacts. Also keep in mind that countless studies have demonstrated that a wide spectrum of physical and emotional benefits come from almost any physical activity.



Before you begin any new physical activity, you should be sure that you don't have a pre-existing medical condition that would possibly endanger your health. To be on the safe side, it's wise to have regular physical exams by your health care practitioner. Once you get the green light from your doc, you can use one of our wonderful bike/walking paths, public parks, or beach and enjoy being close to the natural world while burning away all those calories.

*Send your Dr. Sprocket questions to [righreenways@righreenways.org](mailto:righreenways@righreenways.org).*



**Biking with friends is a wonderful way to travel to the beach or to the ferry and burn calories at the same time.**



# Connecting the DOTs

By Charles St. Martin

This year is shaping up to be a big one for bike paths, as the Rhode Island Department of Transportation (RIDOT) is working to finish four bike path projects that will open up 7 new miles of bike path and complete repairs for uninterrupted riding on the Blackstone River Bikeway.

All this comes amid the backdrop of the 15th anniversary of the East Bay Bike Path dedication in May 1992 by former Governor Bruce Sundlun. As the first long-distance bike path in Rhode Island (14-mile), it is a reference when explaining bike paths benefits to groups in other communities where new paths were being considered.

Three projects are on the Blackstone River Bikeway. RIDOT anticipates all to wrap up this year, and the Berkley-Martin Street bridges were expected to be reopened by press time.

RIDOT replaced a vehicular bridge and reconfigured the bike path to eliminate a hazardous crossing. Unprecedented river flooding caused delays on this project.

The other two projects include a one-mile segment at the southern end of the path on the former Lonsdale Drive-In to the area of Cumberland Town Hall. This segment features a 14-foot wide, 540-foot long boardwalk to bridge part of the Lonsdale Marsh. It is about 1 mile long.

To the north, a 2-mile segment is under construction at the northern end of the bike path at Manville Hill Road in Lincoln. This segment will extend into Woonsocket.

Together the three projects will create about 10 miles of uninterrupted riding on the Blackstone River Bikeway.

More bike path development is taking shape in Johnston. The Woonasquatucket River Bikeway is growing by 3.8 miles with a path from Valley Street in Providence to Lyman Avenue in Johnston. All segments are near the Woonasquatucket River and



the new section passes through a wood that almost makes one forget he or she is in an urban area.

As the projects wrap up, RIDOT is moving other path segments forward. These include:

- Advertising this summer for a construction firm to complete paving a 1.6-mile portion of the Coventry Greenway between Station and Whitford Streets (near West Warwick).
- Completing design work on a 1-mile extension of the Ten Mile River Greenway in Pawtucket.
- Completing design work on a 1-mile extension of the South County Bike Path from Route 108 in Wakefield to Mumford Road in Narragansett.
- Beginning construction on a section of the Blackstone River Bikeway to link a 1-mile segment of path being built by the City of Woonsocket and the 2-mile stretch being built now at the path's northern terminus

*The writer is an Information and Public Relations Specialist for the Rhode Island Department of Transportation*



## Calendar of Events: Rhode Island Trails and Greenways Month

Special Section!

www.ridotgreenways.org

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Jamestown, RI 02835

GARI