



TOWN BRANCH TRAIL

Town Branch Trail, Inc. is a non-profit organization dedicated to the revitalization of the Town Branch Creek in Lexington, Kentucky. We propose a trail park that will provide environmental, recreational, and economic benefits to our community.

A trail through Lexington. A trail through history.

Newsletter: Volume 5, No. 2, December 2004

www.townbranch.org

November 15: Groundbreaking



*Did you miss our groundbreaking in November?
Read inside for a review of the event.*

• BUILDING A WALKABLE COMMUNITY

The Walkable Communities, Inc. website has a list of several qualities that walkable communities have. Why should we be concerned if our community is walkable? Because communities which foster walking are healthier, develop stronger social ties, reduce certain infrastructure costs, and offer a higher quality of living.

Among the qualities of a walkable community which Town Branch Trail is helping to develop are:

Intact town centers; developments with residential densities, mixed income, and mixed use; public space; universal design; connections of streets and trails with many people walking; and visionary and forward thinking.

The vision for Town Branch Trail includes revitalizing older neighborhoods and commercial areas along the proposed trajectory of the trail, encouraging adaptive reuse of older buildings and a mix of development types including office, retail, live-work, residential and neighborhood support services. Residents of these areas could use the trail to commute into the center of downtown, and also have access to daily needs within easy walking distance. Discussions about activities and businesses which would surround a major trail head where the creek emerges from the ground near Rupp Arena have generated some

exciting ideas that will contribute to a vibrant downtown.

The trail is designed to be accessible to people in wheelchairs and using walkers, as well as those who run and bike. Parents with children in strollers also benefit from such "universal" design. Details such as shade and benches will add to the comfort of all people using the trail.

Town Branch Trail will connect to other trails and bike-ways, and to major roadways such as Broadway, Main and Vine Streets, Forbes Road, Alexandria Drive and the future Newtown Pike extension. The Newtown Pike extension's bike lane will connect Town Branch Trail to the UK campus. The trail also links two major public green areas, McConnell Springs and Masterson Station Park. When Town Branch Trail is completed, Rupp Arena and Convention Center events will be more accessible without driving.

The location and linkages of Town Branch mean that it will be well used, creating a safe, pleasant and interesting facility. Workers from various downtown businesses will mingle with convention goers and tourists, as school kids ride bikes or elderly neighbors go for a gentle stroll. Use will occur during normal business hours, after work and on weekends, bringing energy to many areas near downtown and beyond. Walkable Communities Inc. 320 S. Main St., High Springs, FL 32643 (386) 454-3304 - www.walkable.org

• PLANTING TREES ALONG TOWN BRANCH TRAIL

On April 23, 2005, Reforest the Bluegrass will come to Town Branch Trail. This year's tree-planting project will take place along the first constructed section of the Town Branch Trail in the McConnell's Trace subdivision.

Through the efforts of volunteers, Lexington is restoring streamside forests (riparian buffers) to help protect our valuable water resources. The streamside forests filter pollutants, reduce flooding and erosion, and create wildlife habitat.

Reforest the Bluegrass is a cooperative effort between the Lexington-Fayette Urban County Government, resource agencies, businesses, organizations, and citizen volunteers.

Please mark your calendars, and as the date approaches, watch www.townbranch.org for information about a Town Branch team for the tree planting. Further information will be available on the LFUCG website www.lfucg.com.

YOUR TAX-DEDUCTIBLE DONATIONS ARE ALWAYS APPRECIATED!

THE GROUNDBREAKING OF TOWN BRANCH TRAIL



Van Meter Pettit & Mayor Theresa Isaac

Doug Greene



Visit TownBranch.org to view photos of the event.

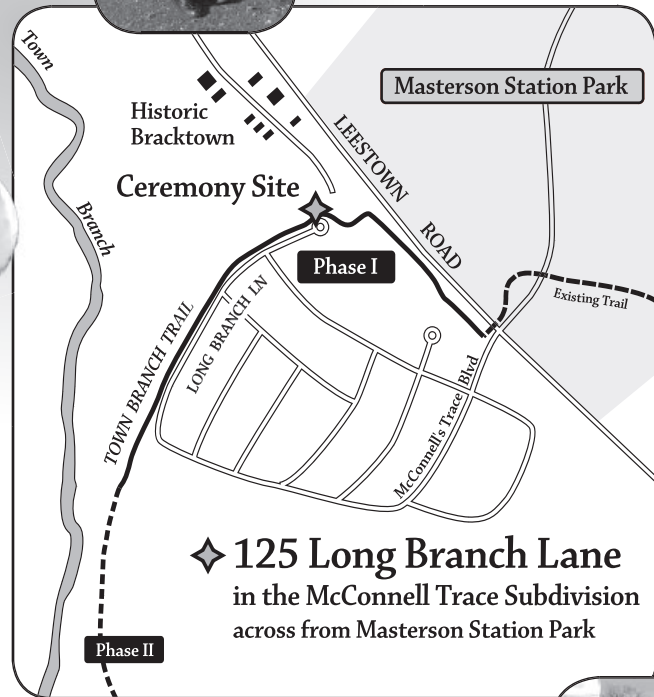


Van Meter Pettit, President

• BREAKING GROUND AT LAST!

The Board of Directors of Town Branch Trail, Inc. wishes to thank the many supporters who came to our groundbreaking on Monday morning, November 15th, at the McConnell's Trace subdivision. Speakers at the event included Mayor Teresa Isaac, District 2 Councilman Jacques Wigginton, and our own TBT President, Van Meter Pettit. Joni Stambaugh represented Dennis Anderson, the developer who donated the land for the trail, who was out of town. All the speakers commented on the successful model this project offers for partnership between city departments, private business, and civic-minded citizen groups (that's us!).

Except for the occasional gust of wind, which threatened to send our maps flying across the landscape, the weather was perfect, bright and clear. Longtime TBT supporters joined with curious neighbors and various government employees who have worked with us along the way, to celebrate this milestone in our development. If the city can fill vacancies in the engineering department quickly, we hope that the second part of Phase I and Phase II will be following this first section into construction soon.



Jacques Wigginton



Zina Merkin, Vice President



Joni Stambaugh

Although this first piece of construction will only be 1/2 mile in length, it is very important for a few reasons:

- It is the first piece of a two-mile section that has been funded.
- This trail will provide the historic Bracktown neighborhood and the new McConnell's Trace neighborhood with a scenic and accessible place to exercise.
- It connects with an existing trail that runs into the Masterson Station Park where a perimeter loop over grass provides several miles of trail.
- The trail creates a good pedestrian crossing at Leestown Road connecting neighborhoods on either side of the thoroughfare.

As more people begin to use the trail, public support for this and other trail projects will grow.

• LEXINGTON DOWNTOWN DEVELOPMENT AUTHORITY

The Lexington Downtown Development Authority is a non-profit corporation established by the LFUCG to:

“promote development, land uses and activities that make downtown Lexington the lively, thriving, stimulating and diverse economic, cultural and residential heart of Central Kentucky - 24 hours a day, 7 days a week, 52 weeks a year.”

The LDDA has hired the nationally recognized firm of Ayers St. Gross to create a Downtown Master Plan based upon extensive research and public input. The process is ongoing with meetings open to the public. The project is being funded with private donations.

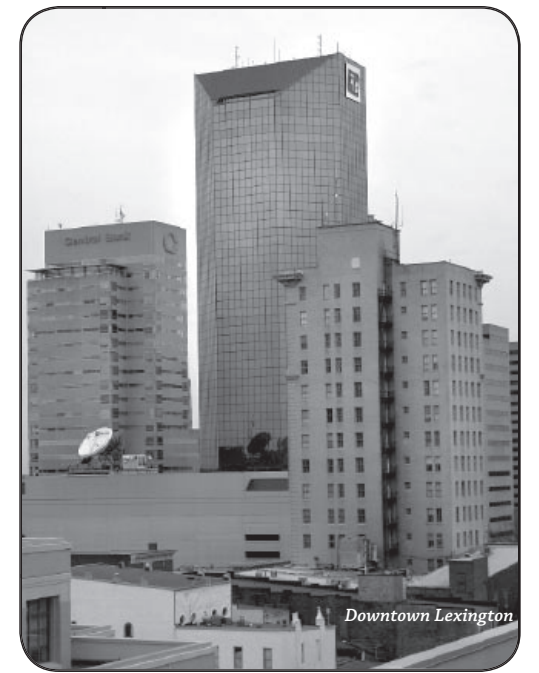
Below are some of the primary issues that the plan will address:

- Respect existing neighborhoods
- Encourage economic and social diversity
- Celebrate local heritage and culture
- Increase residential homeownership
- Provide sidewalks, crosswalks, wheelchair ramps on all streets
- Provide street lighting and screen off-street parking
- Discourage high-speed traffic and encourage mass transit
- Increase the number of outdoor dining seats
- Enhance or create open space within each neighborhood
- Require all new buildings to fit well with adjacent structures
- Use building materials that age gracefully
- Illuminate historic structures
- Reduce impervious surface area - gray to green
- Encourage Public Private Partnerships
- Provide incentives for business to move downtown
- Create a live-where-you-work incentive to live downtown

The latest news:

In its presentations to date, Ayers St. Gross has noted that the downtown area is fortunate to have numerous significant civic, educational, and cultural institutions as well as beautiful neighborhoods very close to the central business district. However, ASG noted that the downtown has too much surface parking (vacant areas) and that the predominance of one-way streets is detrimental to pedestrians and commerce.

A recent market analysis of downtown housing by Zimmerman/Volk Associates for the LDDA Master Plan shows that the downtown has great pent up demand for new urban housing. The primary sources for this demand are single and married young professionals and “empty nesters”. ZHA consultants reviewed the economic climate for retail, office space, and services downtown and found that the market for eating and drinking is quite strong, but that until the residential density grows substantially, retail, office, or convenience stores will not experience strong demand.

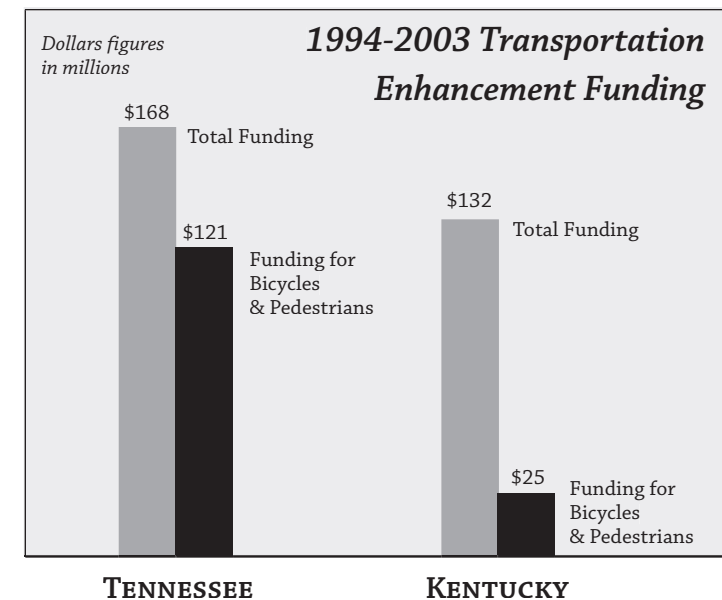


Downtown Lexington

• A GOOD BENCHMARK

From 1994-2003 the state of Tennessee received \$168 million in transportation enhancement funding. Of those funds, \$121 million (72%) served bicycle and pedestrian improvements. During that same period the state of Kentucky received \$132 million in TE funding and we spent \$25 million (only 19%) on bicycle and pedestrian improvements.

Why the discrepancy? Why has Tennessee put a vastly greater emphasis on bicycle and pedestrian infrastructure? You might wonder how that squares with the national trend in TE funding. For FY 2004 the US will spend \$290 million in TE funds. Of that, 68% will go for bike/pedestrian and rail/trail projects. Since we are one of the nation's leaders in obesity and diabetes, wouldn't you think we would be more committed to giving Kentuckians a way to exercise?



We would like to thank the following:



401 South Upper St. (859) 255-6408
Lexington, KY 40508 www.pedalpowerbikes.com
SERVING LEXINGTON FOR OVER 31 YEARS



**third
street
stuff**

Pat Gerhard, Big Cheese
Tel: (859) 254-1845
257 N. Limestone St.
Lexington, KY 40507
www.thirdstreetstuff.com



TOWN BRANCH TRAIL, INC

155 CONSTITUTION ST.
LEXINGTON, KY 40507
WWW.TOWNBRANCH.ORG

The design and planning of our communities plays a major part in our health and well-being. The consequences of sprawl are very serious for many reasons. Here's just one:

The Challenges in Health: Getting America Moving Again

Physical inactivity is a major cause of sickness and disease in the United States. Inactivity – and its close companion, obesity – are responsible for as many as 23 percent of all premature deaths from the major chronic diseases. This is true despite many recent advances in the prevention and treatment of these diseases. Inactivity and obesity threaten the current and future health of millions of Americans.

Sound depressing? Sure, but here's another way to think of it: Americans aren't overweight, they're just under-walked and under-biked!

Take a quick look at some sobering statistics:

- Obesity is associated with a lot of trouble we don't want for ourselves or our families: heart disease, certain types of cancer, Type 2 Diabetes, stroke, arthritis, breathing problems, and psychological disorders, such as depression.
- The percentage of overweight adolescents has nearly tripled in the past two decades. In 1999, 13 percent of children aged 6 to 11 years and 14 percent of adolescents aged 12 to 19 years were overweight.
- Back in 1918, the U.S. Children's Bureau said, "The health of the child is the power of the nation." That's why people in public health today are so alarmed about the percentage of overweight young people. They know that all types of physical activity tend to decline as we get older.
- Did we mention expensive? The cost of health problems associated with obesity in the United States in 2000 was estimated to be a staggering \$117 billion.

Let's examine what's fueling our troubling trends.

One major factor is urban sprawl and a transportation system designed for cars, rather than people. The decline in physical activity – and the related surge in obesity – parallels the lack of opportunities we have to bicycle and walk in and beyond our neighborhoods.

Walking and bicycling aren't just about enjoying the outdoors: they are key components of a strong nation's public-health plan. By taking a walk or going for a bike ride, you are actually practicing preventative medicine. The opportunities that exist (or don't exist) to enjoy these activities are a reflection of your community's commitment to the health and well-being of you and your neighbors.

TBT Membership

- \$25 - *The Cold Spring Society* - In honor of the many springs that feed Town Branch.
- \$50 - *Lexington Commons Society* - In honor of the historic core of Lexington.
- \$100 - *Old Woolen Mill Society* - In honor of the many industries that were established along the banks of Town Branch.
- \$500 - *James McConnell Society* - In honor of the oldest stone building still standing along the stream
- \$1000 - *Town Fork of the Elkhorn Society* - In honor of the original name of the stream bestowed by the first settlers.
- \$_____ *Other donation amount*

How can we reach you?

____ Yes I am interested. Please put me on the Town Branch Trail Mailing List and keep me informed about the project.

____ I support the creation of the trail but do not wish to receive mailings at this time.

____ I would like to become actively involved with the Town Branch Trail Project.

____ Notify me through email alerts and news

Name _____

Address _____

Phone _____

E-mail _____

Comments _____

TOWN BRANCH T-SHIRT \$14.00

| | Quantity |
|----------------------------------|----------|
| <input type="checkbox"/> Small | _____ |
| <input type="checkbox"/> Medium | _____ |
| <input type="checkbox"/> Large | _____ |
| <input type="checkbox"/> X-Large | _____ |

T-Shirt is 100% cotton with 3-color front and 1-color back. Cost includes shipping and handling.

Makes a Great Gift!

