



RIVERSIDE

(DISTANCE: 1.1 MILES)

Benefits of Bike Trails

Recreation

Cycling - The relatively flat, well-surfaced and traffic-free environment of bike trails make them perfect for family excursions

Running - Trails provide uninterrupted scenic corridors for training and solitude

Walking - Walk to socialize, exercise or find solace

Inline Skating - Hard surface trails for easy gliding

Bird watching - trails provide a quiet setting where bird calls can be heard and identified

Accessibility - Flat grade makes it ideal for people with disabilities

Cross-country Skiing - The flat surface is ideal for winter recreation

Transportation

Choose an alternative form of commuting to Riverside for work or to see the Red Sox, Celtics or other activities in Boston

Health

Bike trails encourage exercise, which impacts a community's health. They create healthy recreation and transportation opportunities by providing people of all ages with attractive, safe, accessible and low - or no - cost places to bike, walk, hike, jog or in-line skate. In doing so, they make it easier for people to engage in physical activity.

* In southeastern Missouri, 55% of trail users (who responded to the Bootheel and Ozark Health Projects survey) are exercising more now than before they had access to a trail.

* According to the Surgeon General's Report on Physical Activity and Health, 60% of Americans are not regularly active and 25% are not active at all. This report also suggests that creating safe places for people to bicycle and walk will be critical to persuading sedentary people to become more active.

Boost property values:

* 1998 study of property values along the Mountain Bay Trail in Brown County, Wisconsin shows that lots adjacent to the trail sold faster and for an average of 9% more than similar property not located next to the trail

* In a 2002 survey of recent home buyers sponsored by the National Association of Realtors and the National Association of Home Builders, trails ranked as the second most important community amenity out of a list of 18 choices.

Connectivity

Reconnecting Places - Easily connect with the Lower Falls shops and Riverside

Reconnecting People - See old neighbors and meet new ones

Safety

Present safety concerns include fire hazard in the summer with all the leaves and trees as well as children's safety on the old trestle leading to Grossman's. The bike trail could be well lit and have police boxes at regular intervals

LOWER FALLS

Data from <http://www.railtrails.org/>