

Panhandle Pathway News (PCJ 11.25.09)

The grand-opening of the path on October 4th officially opened the trail for use although many children and adults started to break it in well before that day. Its closeness to local towns and smooth surface make it very inviting for first-time users and returning exercisers alike. This is probably a good time to bring up trail safety. This week let's focus on trail users.

1. As Rails-to Trails magazine say, "Wheels yield to heels". Bicyclists and in-line skaters yield to other users; runners, walkers, and wheelchair users".
2. Stop at Stop Signs. If you don't slow down you may not see cross traffic or have time to stop. And listen for on-coming traffic. If your MP3 player is too loud you may not hear traffic.
3. Walkers remember that you may be passed by faster users. Remember to walk on the right side of the trail. Leave room for others to pass on the left.
4. When you're passing someone on the left say "Loudly" before you get to the walker "On Your Left". This way the walker will have time to move to the right and less likely to be startled. Of course bells and horns are a good idea.
5. Bicyclers don't forget your most important piece of equipment, your helmet. Be sure it fits well and fasten the strap snugly under you chin. If it's over five years old it should be replaced with a fresh one.

Remember the trail is closed dusk to dawn. Without lights users aren't safe.
See you on the trail!!