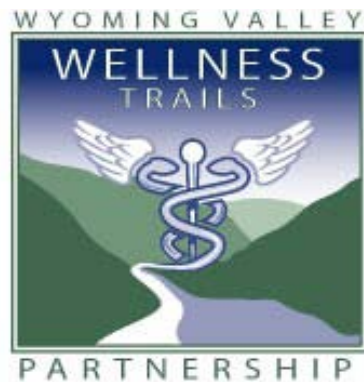


Wyoming Valley Wellness Trails Partnership

June 2009-June 2010



Helping People Use Trails for Healthy Living

Michele Schasberger

mgschasbe@gmail.com

714-1953

Outdoor Events 2009, 2010

- 2009 Safe Kids Coalition Bike Derby, Edwardsville
 - 2009 Mountain Bike Event at Moon Lake Park, Safe Kids Bike Helmets
 - 2009 Pittston Riverfest: Safe Kids Bike Helmets
-
- Trails Day 2009, 2010: Help organize & promote partner events throughout county, KAZ Passport program, facilitate Safe Kids Bike Helmets at Greater Hazleton Hike & Bike picnic
 - Riverfest 2009, 2010– ACHIEVE Survey, Wilkes-Barre Bike Lane petition
 - Keystone Active Zone Passport program 2009, 2010



10th Annual Back Mountain Trail Association &
Wyoming Valley Wellness Trails Partnership's

National Trails Day Bicycle Ride

Enjoy
The
Outdoors!

Beginners
And Families
Welcome!



Date: Saturday, June 5, 2010 *(No rain date.)*

Time: 9:30 a.m. *(Riders leave by 10:00 a.m.)*

Location: DALLAS HIGH SCHOOL

Route: Approx. 10 mile ride starts at the Dallas High School parking lot. Travel residential streets. Progress onto Back Mountain Trail. Ride residential streets of Kingston/Luzerne. Bike onto levee trail. End at Kirby Park, Wilkes-Barre.

Please Wear A Helmet!

For more information on the bike ride, e-mail dentist@handleys.net or call 430-0912. Please arrange for your own ride back to your vehicle, or be prepared to pedal!

ANTHRACITE SCENIC TRAILS ASSOCIATION
<http://bmt.edithispage.com>

**Please note that RIVERFEST is
June 19, 2010.**



Keystone Active Zone Passport Program

on-line scavenger hunt through local parks and trails

Encourage residents to discover, visit local parks and trails

Cross-promote local parks and trails

Introduce residents, families to new outdoor recreation activities—kayaking, geocaching, fishing

in order to...be more active, support local parks & trails

About KAZ Passport Stops Partners Home Registration/Login

Check out KAZ's Facebook Fan Page Follow KAZ!

Menu Items

- Getting Started
- Awards & Prizes
- Group Involvement
- Benefits
- Promotional Toolkit

Keystone Active Zone 2010 Passport Program

The KAZ Passport for Luzerne County is a FREE program that anyone, of any age or ability, can use to get outside and active at close-to-home parks, trails and free outdoor events over the spring and summer seasons.

The more stops you visit

Program Sponsors

George Washington State Park Luzerne County LiveWell

Parks

From state parks to conservation lands, Luzerne County is home to a variety of wonderful outdoor places that you can visit and enjoy.

1. [Frances Slocum State Park*](#) - 565 Mount Olivet Rd. Wyoming. 570-696-3525

Q. On wayside panels in the park's day-use area, northern water snakes are sometimes confused with what venomous PA snake?

2. [Ricketts Glen State Park*](#) - 695 State Rt. 487, Benton. 570-477-5675

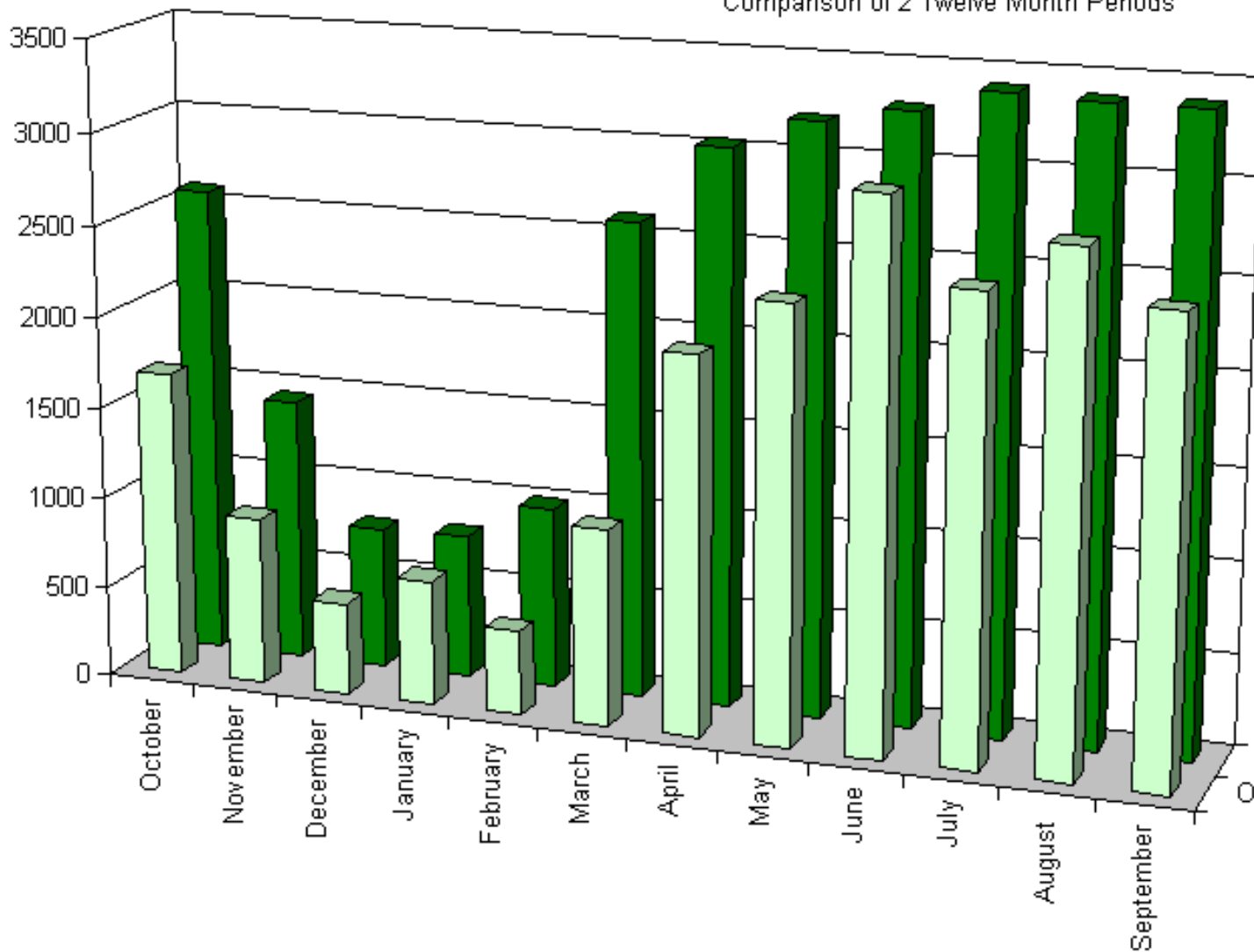
Q. How many posts are there along both sides of the steps in front of the new beach house?

Data Gathering & Planning

- Participate in Greater Kingston Area and City of Wilkes-Barre's Trails and Greenways Master Plan process.
- Downtown Wilkes-Barre Bicycle and Pedestrian Count, Sept. 2009. Report for Diamond City Partnership May 2009. Funded by Pocono Forest and Waters CLI to repeat in 2010.
- GHRT Trail Counter Project
- Outdoor Play Everyday Survey of WIC clients. Survey Oct. 2008, Report March 2010.
- Article about Luzerne County trail network & Partnership in ALbD special issue of American Journal of Preventive Medicine

Counts at the GHRT trailhead

Comparison of 2 Twelve Month Periods



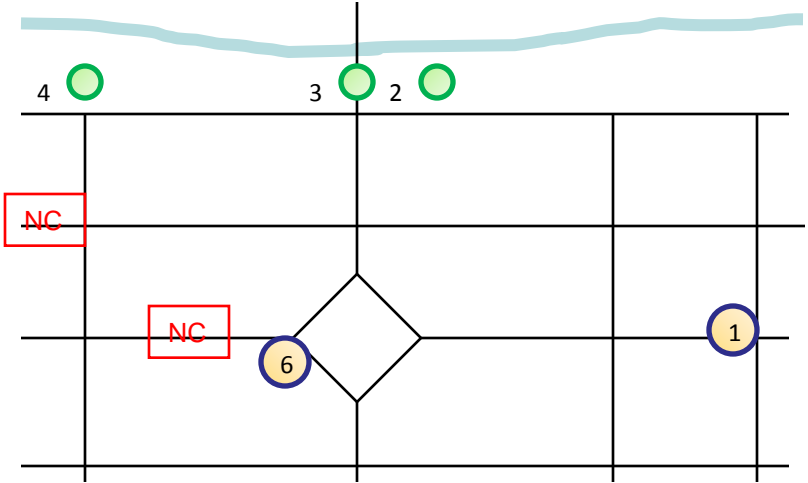
Counts use adjusted figures to account for missing data in June and July of 2009 (total 21 days, 14 in June and 7 in July). Counts use divide by two option to represent out-and-back nature of GHRT trail.

Y1=20,504 visits
Y2=28,890 visits

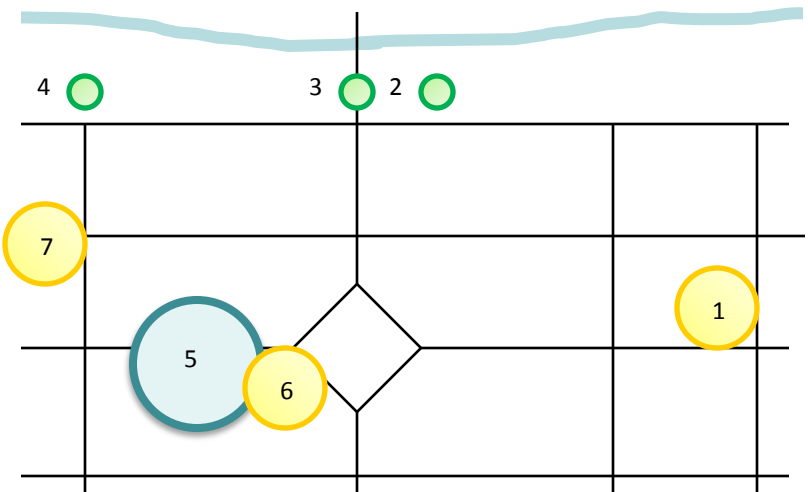
□ Oct 07-Sept 08
■ Oct 08- Sept 09

Oct 08- Sept 09
Oct 07-Sept 08

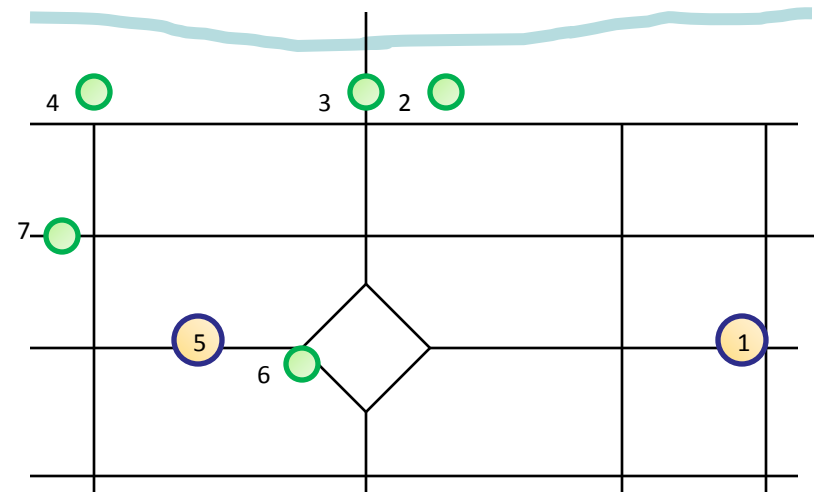
Downtown Wilkes-Barre Bicycle and Pedestrian Count Average Weekday Count-Pedestrians



Morning



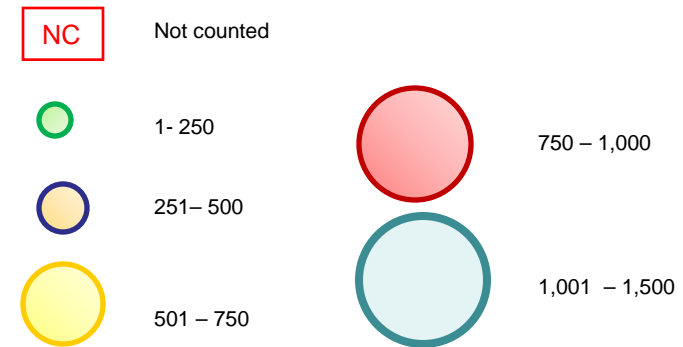
Lunch



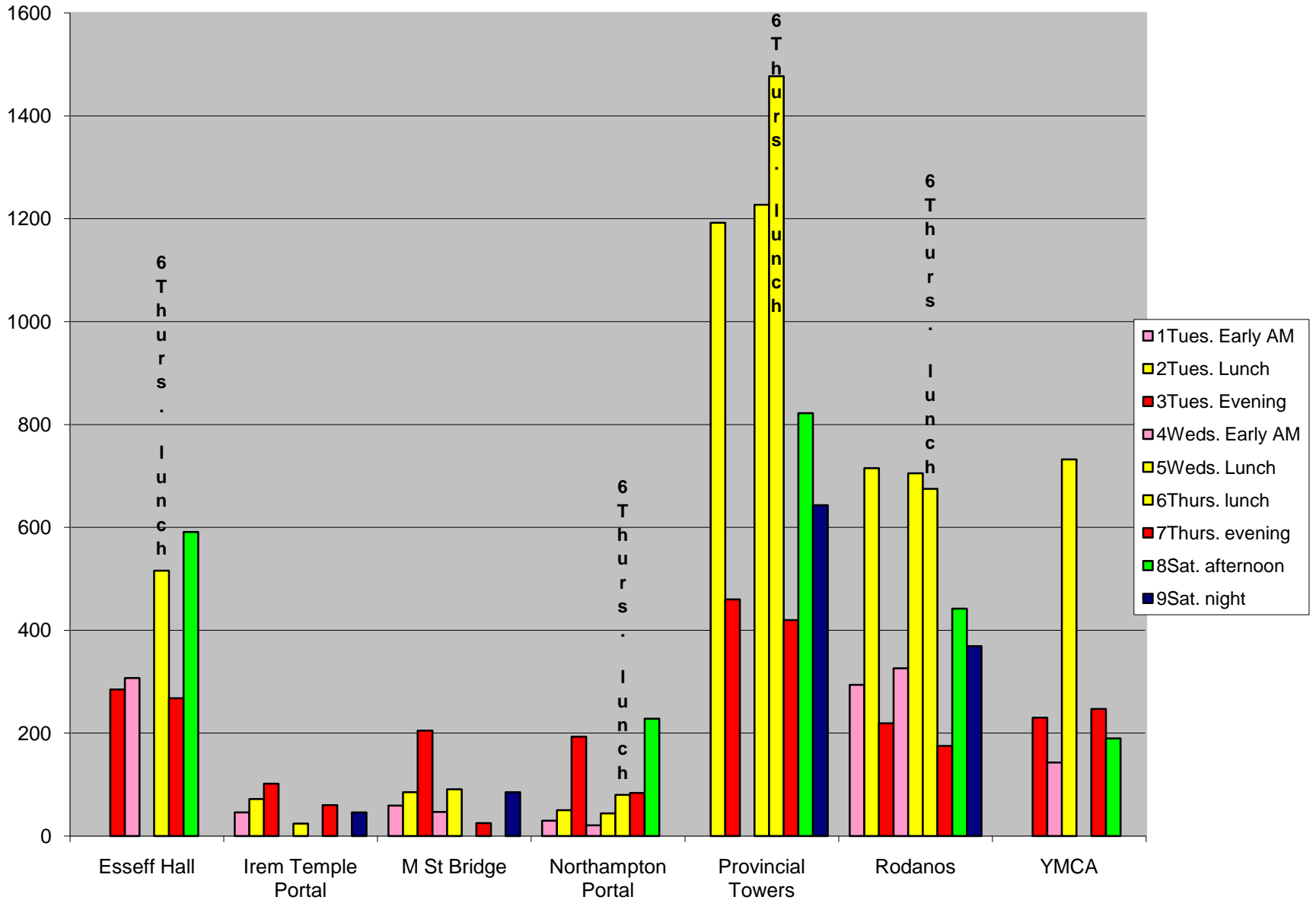
Evening

Note: Data shown represents a two-hour count period.

Location Key	Type and # of counts	Morning	Lunch	Evening
1	Essff Hall Baseline (both sides)	1	2	2
2	Irem Temple Portal Baseline /S River St.	1	2	2
3	Market St. Bridge Baseline	2	2	2
4	Northampton Portal Baseline	2	3	2
5	Provincial Towers Baseline	0	3	2
6	Rodano's One side only	2	3	2
7	YMCA Baseline	1	1	2



Pedestrian Chart



Funded to repeat Count in Sept. 2010

Funding from Pocono Forest and Waters Conservation Landscape Initiative

Downtown Changes:

Organization to program River Common Park has been founded

New Intermodal Center behind Provincial Towers takes bus traffic off of Public Square, adds parking

Half of Public Square has been repaved

Possible Young Lungs at Play enforced at Public Square (no smoking on the Square, but still allowed on surrounding sidewalks)

Need more comparable cities, need to characterize environments for comparability
-- like 100% spot, college student feeding, urban park, etc.

Survey of Outdoor Play

- 240 respondents at 8 WIC centers in NE PA, urban, rural, mixed
- Regular play in backyards associated with more days of outdoor play
- Rural and small town dwellers were more likely to have backyards, but half of city dwellers (from Lehigh Valley, Reading) also had access to backyards
- Proximity to playgrounds was related to more days of outdoor play only for those who reported regular play in playgrounds
- Many caregivers living near playgrounds did not report regular play in playgrounds
- Rural, small town and urban dwellers were as likely to not report regular play in playgrounds even if living near playgrounds



Supporting Parks, Trails and Outdoor Activity

- Worked with Luzerne County Recreation Partners to prepare materials in support of the Luzerne County Department of Parks and Recreation
- Letter to the Editor in support of Wilkes-Barre Bike Lane petition
- Helped support Penn State Cooperative Extension and Nescopeck State Park Environmental Education Center in bringing a NatureExplore workshop on interactive outdoor classrooms to Luzerne County in May 2010
- *Luzerne County Active Outdoor Alliance Business Plan– Building on the Keystone Active Zone Passport program*

LiveWell Luzerne

Community Health Coalition

- ACHIEVE Wilkes-Barre via the Greater Wilkes-Barre Family YMCA
- Healthy Communities Challenge:
 - Funded by PA DOH and Healthy Northeast Initiative
 - Kickoff November 2010
 - Challenge the 76 municipalities of Luzerne County to do projects and policy change to impact nutrition, PA, and tobacco use.
 - Enroll 10 municipality/community group partners. \$500 up front, \$1000 in Nov. 2011 to continue project
 - Communities will be assigned mentors based on project
 - Will need to develop rural and suburban solutions