From Where I Sit



ven before Lewisburg's Buffalo Valley Rail Trail was completed, I rode to work on my bicycle, as soon as the weather turns warm enough, and until it is too cold to pedal against the frigid wind.

I alternate between three- and six-mile routes, from my home to my downtown Lewisburg office. Once the BVRT was completed, I made a point to ride the final stretch on the trail-from Fairground Road to the trailhead at North 15th Street-so I could "commute" to work on it.

There is nothing like the feeling of being able to arrive at your destination on your own power. I was reminded of that recently when I rode to the Farmer's Market on my bicycle. It was an unusually sunny and warm spring day, and I reveled in my ability to overload my saddle bags with fruits, vegetables and fish, and traverse the BVRT and side streets to arrive at my office feeling refreshed, alive-and independent.

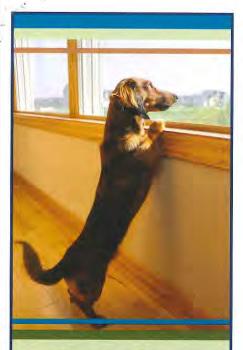
Happily, Lewisburg, Carlisle and other Central Pennsylvania towns are making it possible to travel more extensively (and safely) on two wheels. The Susquehanna Greenway Partnership has awarded the BVRT a \$5000 mini-grant to figure out how to get cyclists and walkers safely across the Susquehanna River-a challenge when an old railroad bridge, narrow streets, traffic and other aspects of the built environment complicate the issue. Community partners including the Lewisburg Area Recreation Authority, Bucknell University Civil Engineering students and Larson Design Group of Williamsport are developing a conceptual design for the remaining phase of the trail to extend it from 5th Street to the river, and across the West Branch. (Learn more at BVRT.org.)

Construction on the Carlisle Borough Bicycle and Pedestrian Trail Network began last December, and should be completed in the fall. The project links components of the borough's existing trail system via borough streets and off-road trails. The on-street connections feature sharrows or shared lane markings. These bike-shaped markings remind motor vehicle drivers that bicyclists are permitted to use the full lane. There are two existing dedicated bike lanes on High and Hanover streets.

Is it possible that one day all communities will be bike-smart, with safe, useful, interconnected trails that allow us to bike more and use motorized vehicles less? We only have to look as far as Maine for a model we could emulate here in Pennsylvania, potentially. (Please see SusquehannaLife.com/WebExtras for the article about Brunswick, Maine's bike-a-topia.)

The Brunswick project has made it one of the nation's most bicycle-friendly towns and cities. The town's approach was incremental and provides a model any town can follow. Are we next? Are there any elected or appointed government officials or municipal leaders who can get behind an idea like this? If so, I'd love to hear from you.

Erica L. Shames Publisher



longing...

Are you on the trail for a companion you can trust? Service 1st is a full-service credit union offering a variety of deposit accounts and loan products with convenient benefits, including mobile banking. Stop digging for answers, let Service 1st help you with all your financial needs.

> www.service1.org toll free: 800.562.6049

Federally insured by the NCUA. Equal Housing Lender.

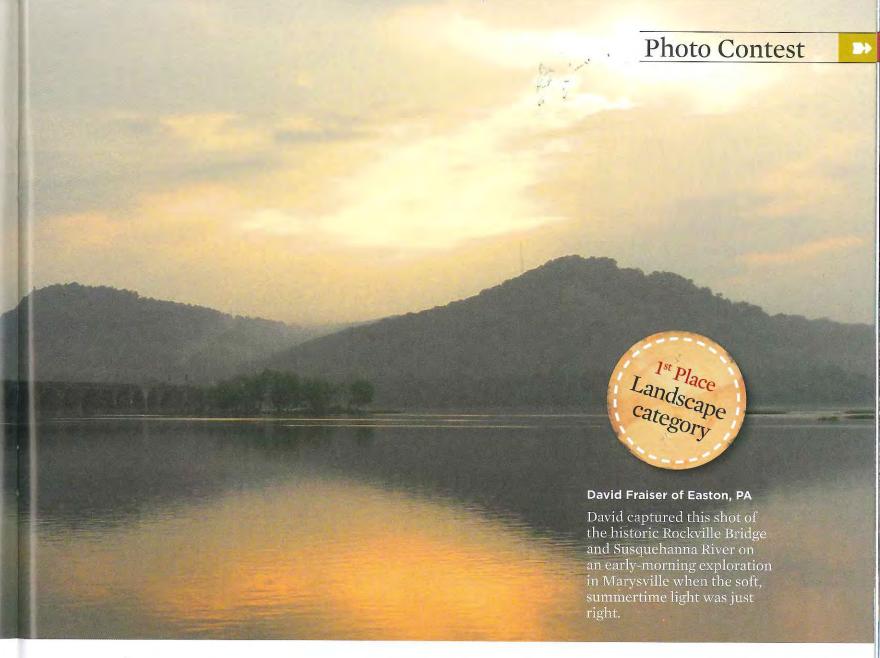


Friends you can bank on.



PHOTO CONTEST WINNERS

The Susquehanna Greenway is a corridor of parks, trails and river communities along the Susquehanna River that is perfect for exploration! This photo essay, celebrating the greenway, inspires us to explore it by bike, boat, car or on foot.





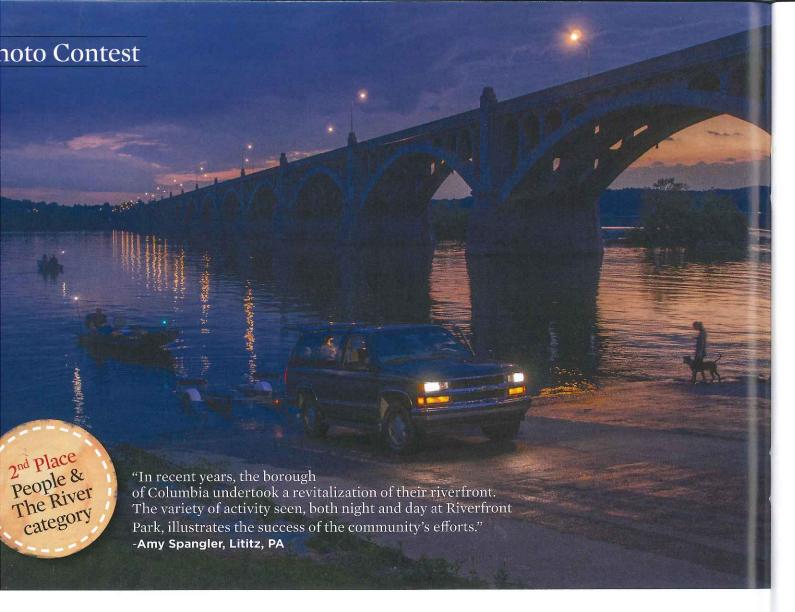
he community of Riverside is mall, hidden gem along the squehanna. On this fall day, I s about to take the dogs for a lk and noticed how the leaves re at their peak and just popped ainst the garage."

sh Klina, Danville, PA



"Ian was enjoying pulling his mom, Deb, around in her raft in the shallows of Pine Creek. The creeks of North Central Pennsylvania have always had a special attraction for me. Nature and the environment that includes the creeks feeding the Susquehanna River have always been a draw that soothes and feeds the spirit." -Rick Mason, Williamsport, PA



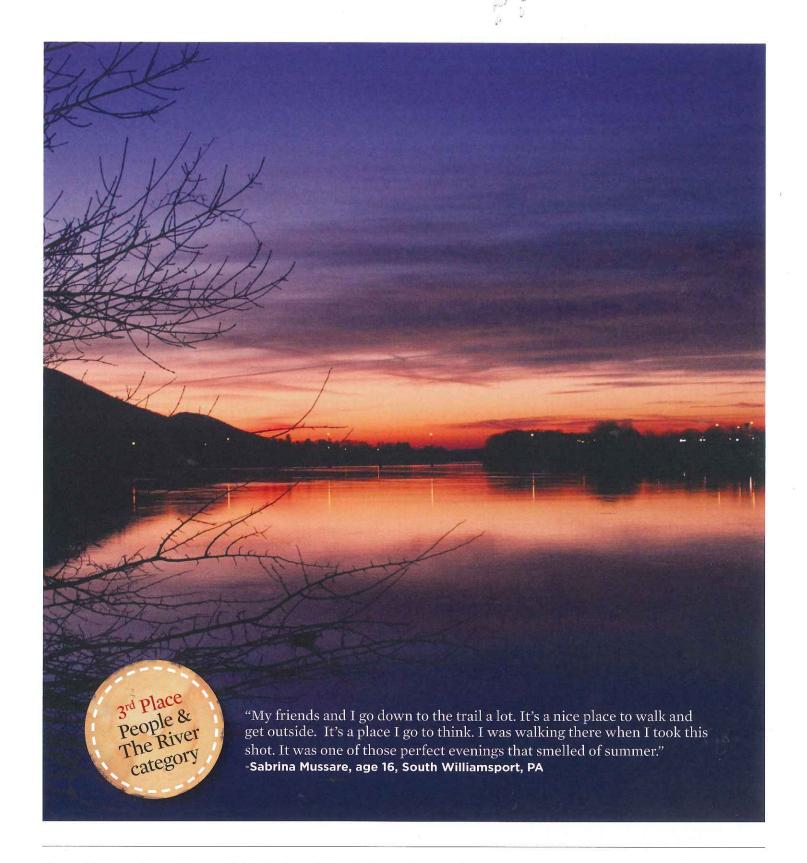






"I captured this image near Falls, PA, along the North Branch, just as this boater was cruising past the bridge. This section of the river is one of my favorite parts of the Susquehanna because it is just really lovely."

- John Alaimo, West Pittston, PA



Please visit SusquehannaLife.com/WebExtras for additional winning photographs in the Susquehanna Greenway Partnership's photocontest.