

Earth's Biosphere



















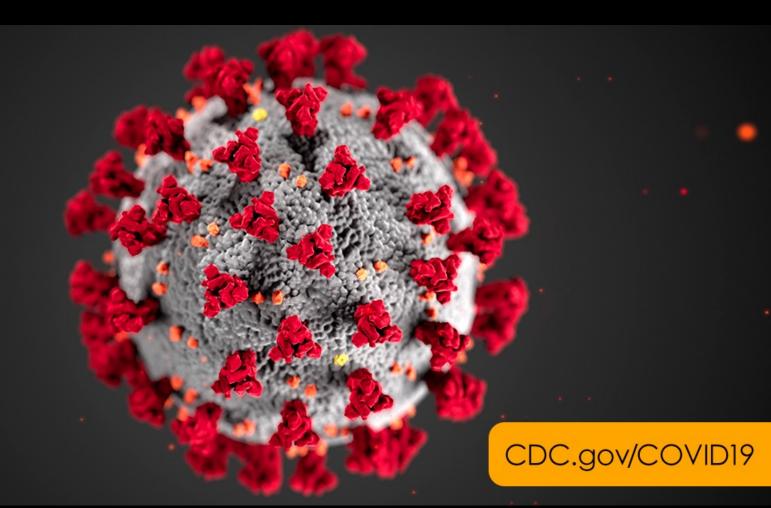




Photo: Ted Richardson, VisitRaleigh.com Photo: Mengxi Cao

Safe places to go during the coronavirus crisis



BY MELISSA HOWSAM Correspondent

While staying home is recommended as we navigate the uncharted territory that is COVID-19, here are a few safe places around the Triangle to get some fresh air while spreading out and maintaining your social

distance.
Schedules and procedures
are changing quickly these
days, so check with the venue before you head out. For
many parks, trails are open,
but visitor centers and
campgrounds are closed.
Keep checking back:
We're updating.

CAPITAL AREA GREENWAY TRAIL SYSTEM

Happy trails to you! A network of interconnected trails of 100-plus miles linking many of Raleigh's parks throughout the city provides ample opps for spreading out and walking, hiking, biking, birdwatching, nature study and more.

AMERICAN TOBACCO

All aboard (spatially, of course). Converted railroad paths give way to 22-plus miles of trails across parts of Wake, Durham and Chatham counties at ATT, where you can hike or bike the day away on trails running through Durham, Cary, Apex, Jordan Lake and

UMSTEAD STATE PARK

A 5,500-plus-are natural park paradise inside the city paradise inside the city US-70) house 20 miles of hiking trails surrounding three mammade lakes with fishing welcome on all lakes and connecting tributaries. Whether hiking, biking, running, fishing or horse running, fishing or horse state of the paradise of bridle trails). Unstead is the primo choice to unplug, get your nature on and spend a day in the

Insider tips: The 7.2-mile Sycamore Trail tops out as the park's longest, and a fave of many Umsteadgoers; Big Lake is the largest; and, while several spots

Art meets nature at the Ann and Jim Goodnight Museum Park outdoor installations so you can still get your art on with plent museum is closed, stroll by the iconic trio of Gyre rings.

GREENWAYS INC.













Surge in Trail Use

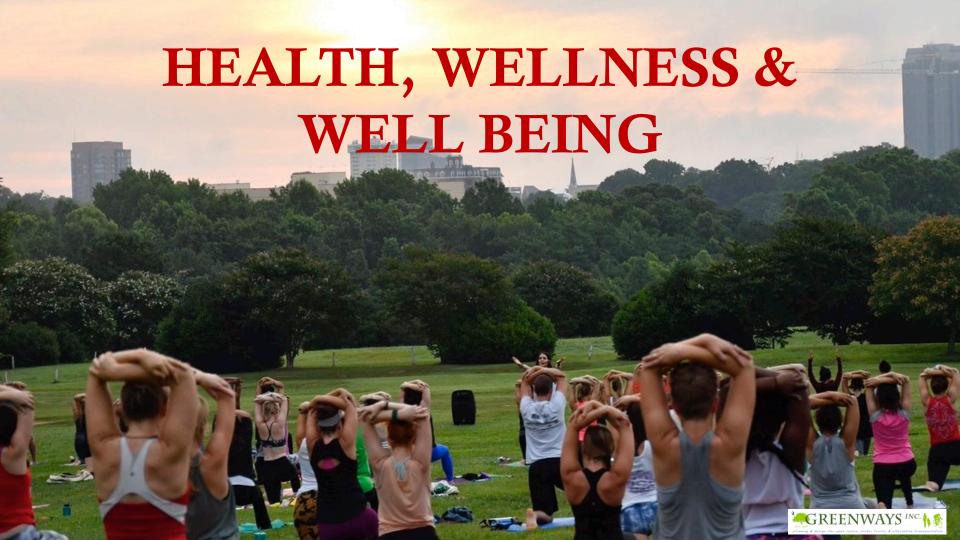
Connecticut Trail Census: 21 infrared sensors on rail trails; Hop River Trail in Bolton - 216% in use in March —6,000 mo — compared to March 2019 RTC 31 trail counters: week March 16-22: nationwi from same week in 201 Schuvlkill River Tra increase and Delaware River Trail at Port Richmond, a 187-perce



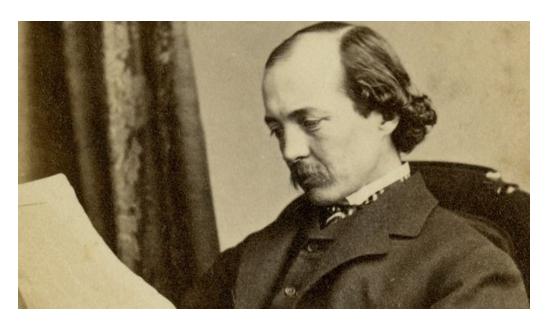
Surge in Bicycle Sales

- Bicycle sales surged 50 percent in March, according to the NPD Group: a 121% increase in adult leisure-bike sales.
- April sales for traditional bikes, helmets, and other accessories grew 75% to \$1 billion compared to last year. The first month since NPD began tracking the market that sales have reached \$1 billion in a single month.



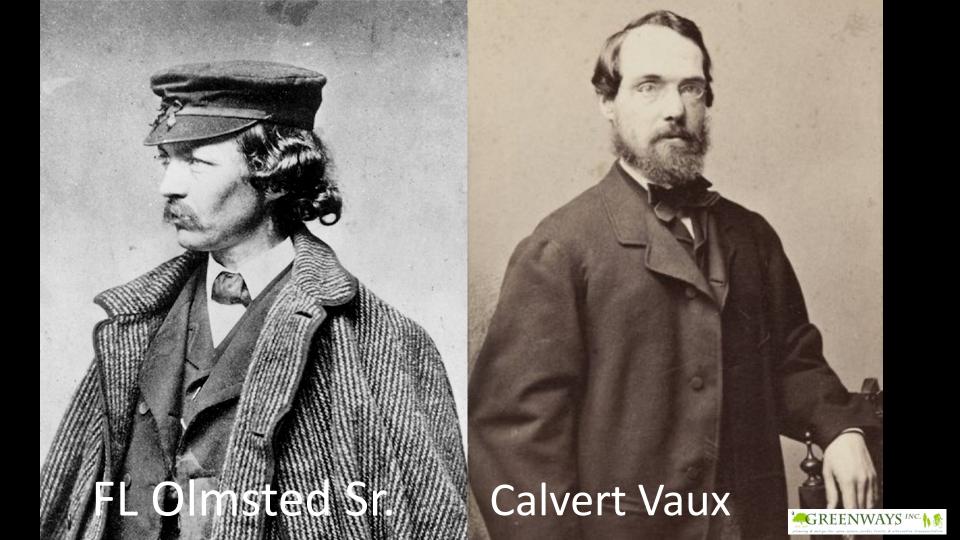


F.L. Olmsted: Health and Wellness

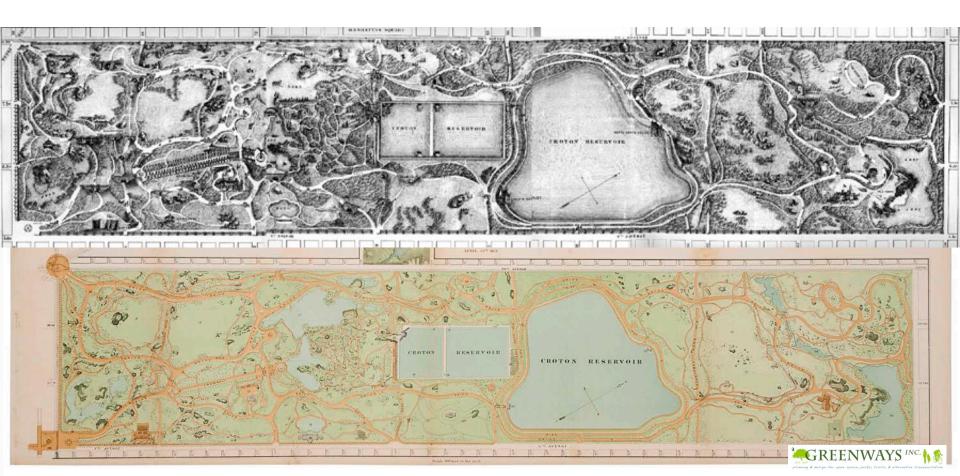


As early as 1870, in his essay Public Parks and the Enlargement of Towns, landscape architect Fredrick Law Olmsted identified the strong link between good public health and community design and opportunities for exercise and access to fresh air and sunlight.





"Greensward" 1858



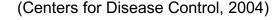




Health Benefits of Trails

- Reduce obesity in all age groups
- Increase physical activity
- Control hypertension
- Protect against developing noninsulin dependent diabetes
- Improve symptoms of mild-tomoderate depression and anxiety
- Reduce the chance of premature death
- Reduce arthritis pain
- Prevent osteoporosis







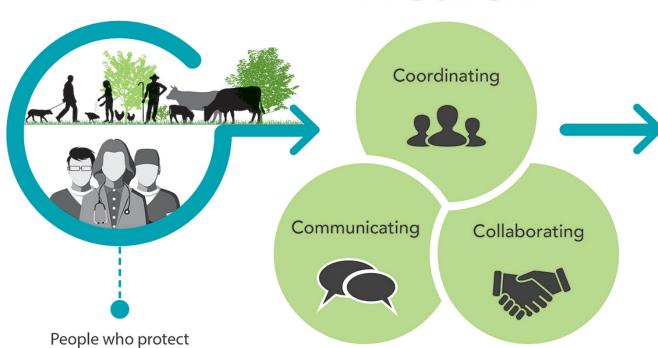








One Health



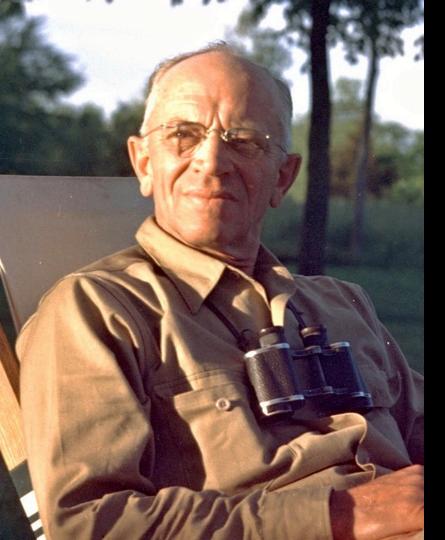
human, animal, and

environmental health,

and other partners



To achieve the best health outcomes for people, animals, plants, and our environment



Ecologist Aldo Leopold:

"What's good for our body is good for our ecosystem"

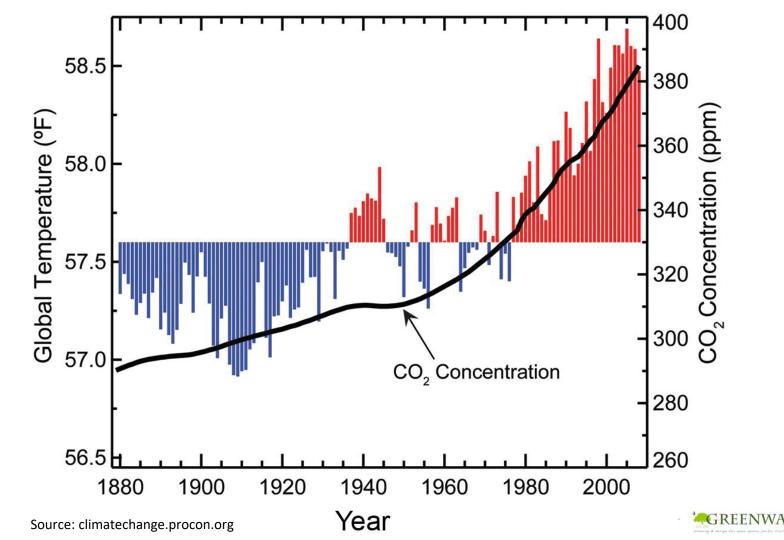


"We abuse land because we regard it as a commodity belonging to us. When we see land as a community to which we belong, we may begin to use it with love and respect."

Aldo Leopold, A Sand County Almanac



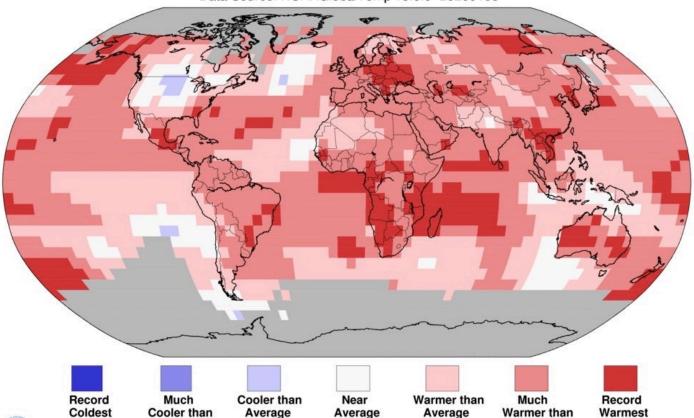




Land & Ocean Temperature Percentiles Jan-Dec 2019

NOAA's National Centers for Environmental Information

Data Source: NOAAGlobalTemp v5.0.0-20200108







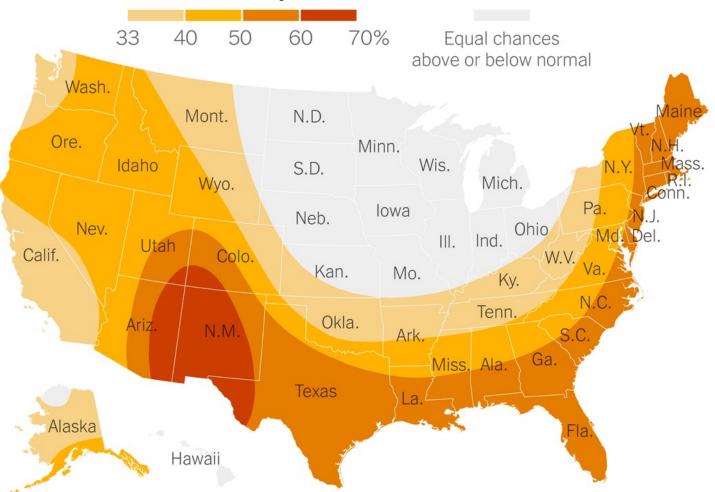
Average

10 HOTTEST GLOBAL YEARS ON RECORD

+1.4°C 2.52°F +1.0° +0.6° $+0.2^{\circ}$ 2018 2021 2015 2010 2014 2017 2019 2020 2016 Source: NASA GISS & NOAA NCEI global temperature anome and adjusted to early industrial baseline (1881-1910). Data CLIMATE TRAL



Percent chance of temperatures above normal this summer



Climate change, an irreversible force, is adding stresses to the water cycle.



2/3rds of the Earth's land already on track to lose water.



700 million

people could be affected by extreme drought.







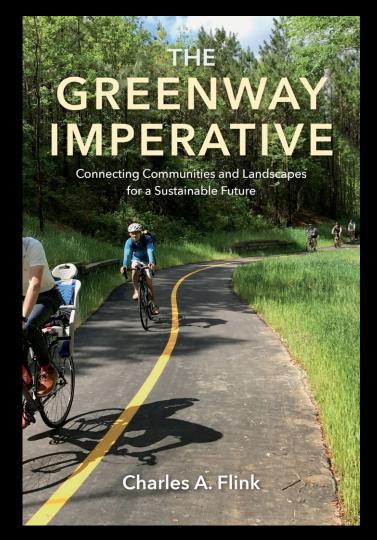




"Water is the blade of climate change that will cut most deeply"

David Festa, Environmental Defense Fund





Imperative

- . . . of vital importance, urgent, crucial (adjective)
 - ... an essential or urgent thing (noun)

Are greenways an imperative?

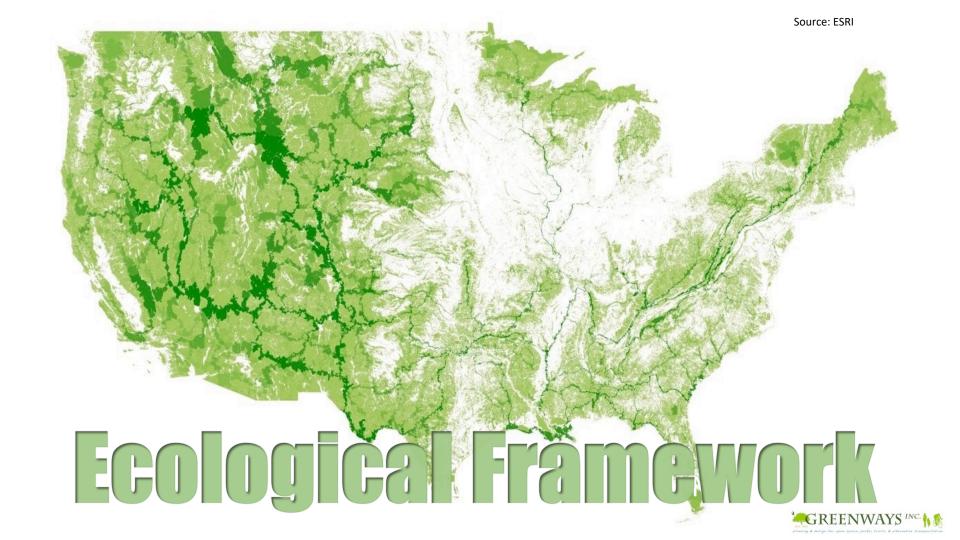


The Greenway Imperative

"greenway development is a single place making strategy that produces multiple benefits by improving the economic, social and environmental health and the personal health of its residents . . . they create healthier places for healthier people."

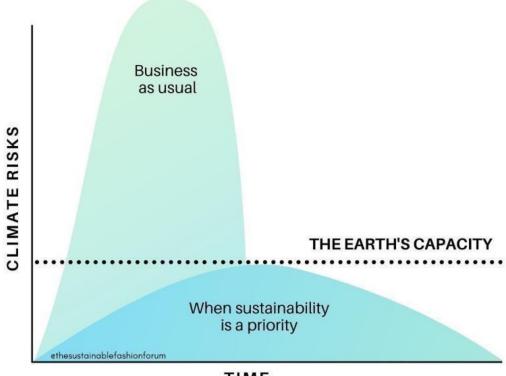
Keith Laughlin, Former President of Rails-to-Trails Conservancy





Can We Conduct our Lives in a More Sustainable **Manner?**

LET'S FLATTEN THIS CURVE TOO

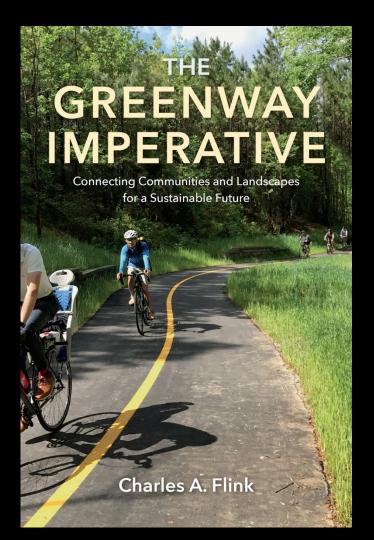












Chapter One: A Close
Family Legacy; Anne
Springs Close
Greenway, Fort Mill,
South Carolina











Charleston County Greenbelts Plan



Charleston County South Carolina

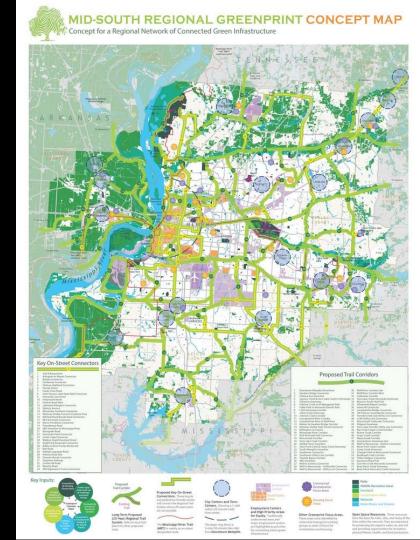


Greenprint

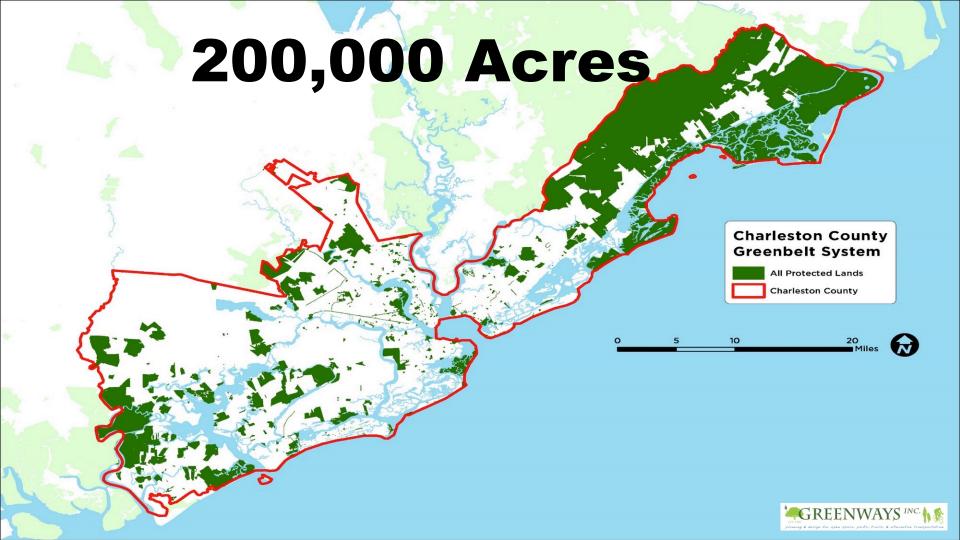
"Just as we would NOT consider building a house without a Blueprint, we should NOT continue to grow our communities without a Greenprint"

Flink 2000



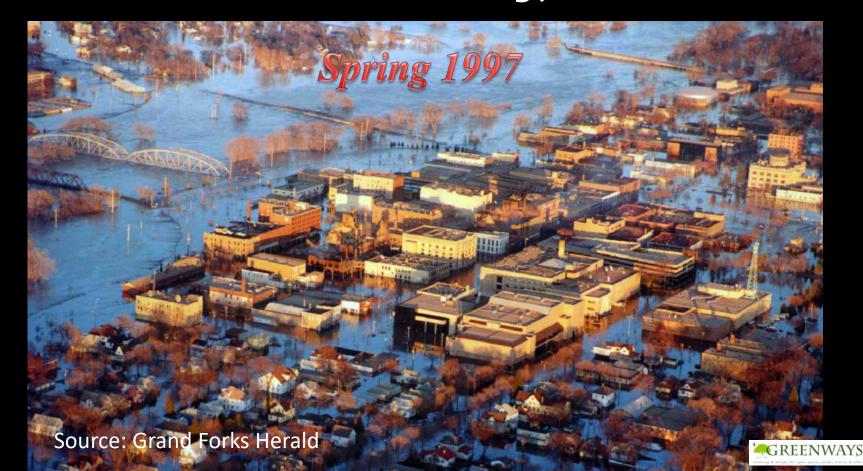








Grand Forks Greenway, North Dakota

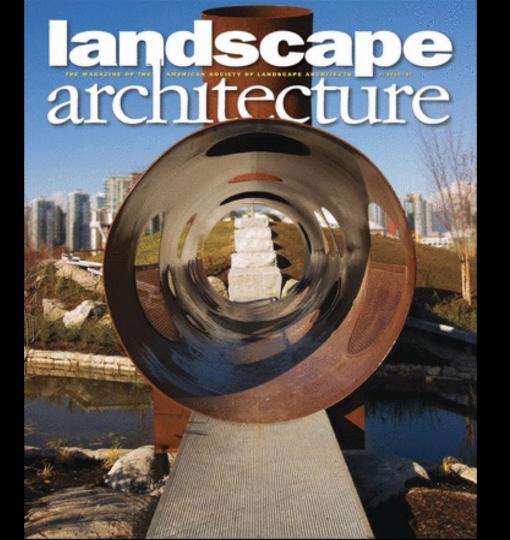










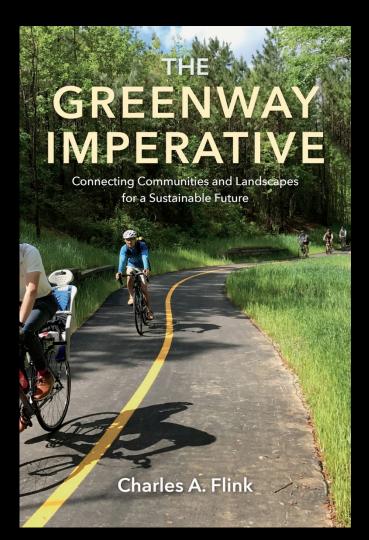


"about the best example we have to date" when it comes to flood protection as a public amenity

Kevin Holden, US Army Corps of Engineers



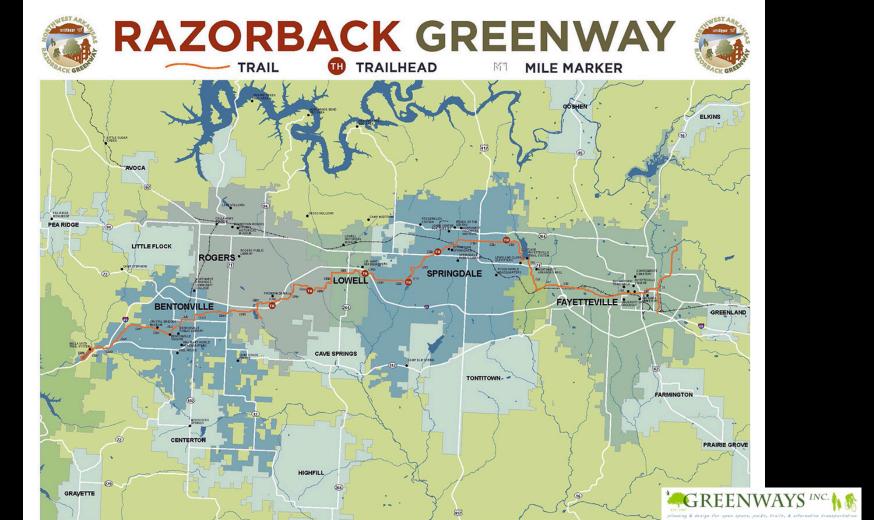




Chapter Eight: Callin the Hogs; NW
Arkansas Razorback
Regional Greenway





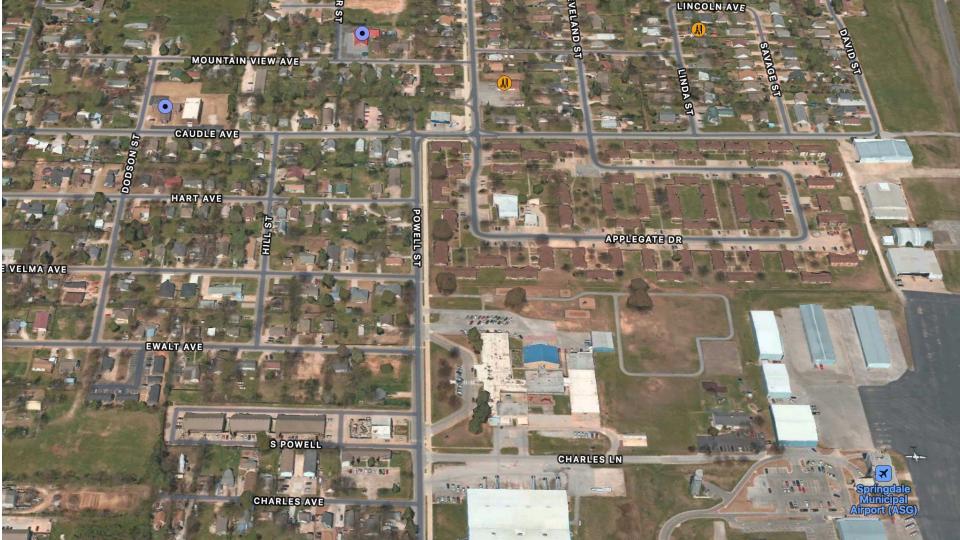






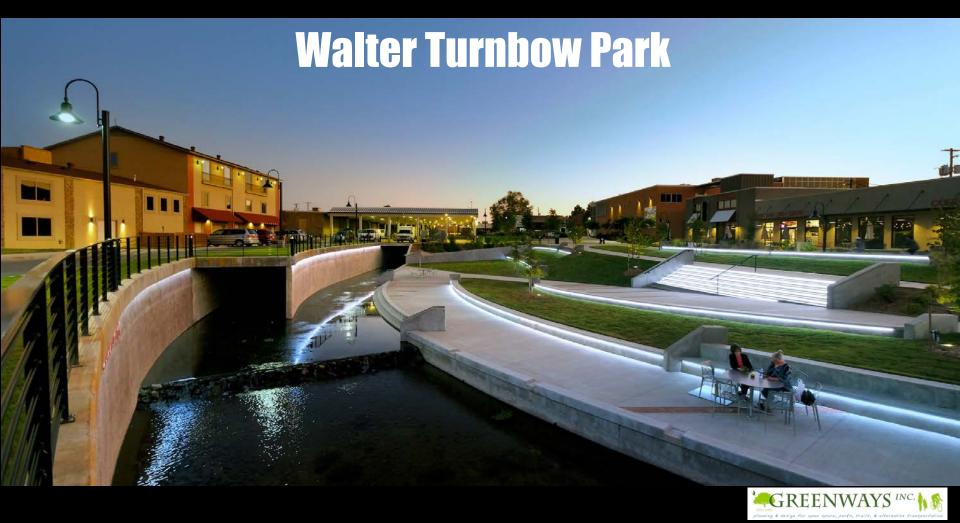






























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