

Use Fresno's grand trail system

There is a wonderful trail system for walking, running and bicycling in Fresno and not enough of us are using it. The trails are paved and bordered by mature deciduous and evergreen trees.

The Fresno-Clovis Rail Trail alone has over 4,400 trees planted by 3,000 volunteers. The trail system stretches over 20 miles through the cities of Fresno and Clovis, from the Fresno International Airport to Woodward Park. See iBikeFresno.org "Resources –Where to Ride – Trails & Recreation" for a wonderful map.

Trails play a vital role in community well-being, both physical and psychological, and create an avenue for active commuting. Investment in a community trail system is a public health issue. Planned improvements to the Fresno trails include an extension of the Lewis Eaton Trail and several connections between existing trails.

I would like to see mile and half-mile markers along the length of the existing trail system as well. This would be a great means for folks to track distance covered and thus a great motivator. The more we start to use these trails regularly, the more likely the city is to invest in their development.

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