The Down and Dirty of Bicycle Friendly Communities
Illinois Bike Summit
September 19, 2016

Diversity

People and Resources

What is the one recreational resource all these user groups would use?

Natural Surface Trails

Natural Surface Trail Users
Natural Surface Trail Facilities

Bicycle Optimized:
- Stacked Loop Trail System
- Pump Track
- Jump Park
- Gravity / Flow Trail
- Cyclocross Course
- BMX

Stacked Loop Trail System

Pump Track

Jump Park

Cyclocross Course

Gravity / Flow / Downhill
IMBA Trail Building Guidelines

International Mountain Biking Association
Sets internationally recognized guidelines and high standards, for trail development.
https://www.imba.com/trail-solutions

- Sustainable natural surface trails
- Ecologically & environmentally friendly; low impact to land
- Low maintenance using IMBA standards.
- Allows access to enjoyment of nature.
- Build appreciation for outdoor space
- Health and Wellness

Sustainable Trail Information

Appendix A – Natural Resource Impacts of Mountain Biking
- IMBA studies conclude that no significant difference to trail wear occurs where trails are used for biking, compared to hiking.
- Bike wheels or feet erode less dirt than horse hooves.
- Trail design and construction are far more important factors to control erosion, than limiting trail use to specific user groups

Example: Part Three, Principles of Sustainable Trails
- Understand grade and use it to control erosion: Rolling Contour Trails

IMBA Trail Building Guidelines

Best practices for:
- Planning
- Designing
- Managing trail networks and bike parks

Solving issues through:
- Innovative trail design
- Effective partnerships
- Visitor management strategies

Topics include:
- Inspiring a community-based vision
- Risk management and liability
- Design principles and concept documents
- Contracting and construction advice
- Maintenance and operations
- Fundraising strategies and partnerships
So How do You Get Natural Surface Trials Built?

- Land Owner Employees
  - Cost Per Mile - Unknown
  - Training and Experience - Probably Not

- Professional Trail Builder
  - Cost Per Mile - $7,000-$15,000
  - Training and Experience – Yes

- Local Mountain Bike Club
  - Cost Per Mile – Little or Nothing
  - Training and Experience - Yes

Steps in Trail-Building Process

- Work together to
  - Identify appropriate land for trail location
  - Identify the trail users and local volunteer pool
  - Formulate MOU (Memorandum of Understanding)

- Design the trail
  - Identify points of interest
  - Identify ecologically sensitive areas to avoid
  - Use IMBA’s guidelines to formulate the sustainable trail

- Fundraising if Required for Constructing the Trail
- Build the Trail
- Maintain the Trail

Collaboration & Funding

Own and Manage:
- Local / Park Districts
- State and Federal
- Utilities
- Trusts
- Private

Build and Maintain:
- Civic Organizations
- Schools
- Youth Organizations
- Naturalists
- Diverse user groups

Benefits and BFC

- B13. Are there any off-street facilities within your community’s boundaries that can be legally used by bicyclists?
- B22. Which of the following bicycling amenities are available within your community boundaries?
  - BMX track
  - Cyclocross course
  - Mountain bike park
  - Pump tracks
  - Bicycle-accessible skate park
  - Snow/Fat tire bike trails
- C1. Do any public or private elementary (middle / high) schools offer regular bicycle education to students?
- C5. Are bicycle safety or riding skills-related classes or hands-on instruction offered to adults in your community?
- C8. Do any of the above educational classes, resources, or programs for adults specifically target any of the following traditionally-underrepresented groups?
- D5. How is National Bike Month/your own dedicated Bike Month promoted in your community?
- D6. How is bicycling promoted in your community outside of Bike Month?
- D9. Are any of the following cycling clubs/groups active in your community?
  - Mountain bike clubs
  - Cyclocross clubs
  - Friends of the Trail groups
  - National Mountain Bike Patrol
  - Racing clubs or teams

Q&A

www.cambr.org
www.imba.com
www.cilta.org