A Publication of the Nebraska Trailblazers
The Great Plains Walking Club

Footsteps

Fun, Fitness, Friendship

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The Prez Sez...

Happy Trails! A Few Things to Know Before You Ride

As members of the **Nebraska Wander Freunde Trailblazers**, we know that volkssporting is about more than just getting from the starting point to the finish line. Our club offers events that include walking, biking, and swimming, giving us plenty of ways to get outdoors, enjoy new places, and spend time with friends.

Today, we're talking about biking! There's nothing quite like hopping on a bicycle, feeling the breeze on your face, and heading down the trail. You get fresh air, enjoy the scenery, visit with friends, and maybe even convince yourself that the ice cream stop at the end is well deserved!

But today's trails have all kinds of users. Some are pedaling traditional bicycles, some are cruising on electric bikes, and others are walking, pushing strollers, or enjoying the trail with their four-legged companions. With so many people sharing the path, a little courtesy goes a long way.

How fast is too fast?
One question that comes up is whether there is a speed limit for bicycles on Nebraska trails. There isn't one universal numerical speed limit for every bike path across the state. However, local communities and trail managers may establish their own rules and post speed limits.

In communities such as Lincoln and Omaha, bicycles must be ridden at a speed that is "reasonable and proper," with consideration for everyone's safety. In other words, just because your legs can pedal faster doesn't mean you should! A crowded trail, a blind curve, a family with young children, or a dog on a leash is a good reason to ease up.

Remember, a shared trail isn't a racetrack. The goal is to enjoy the ride, not set a land-speed record or leave a fellow trail user wondering what just whizzed past them.

A little bell, a friendly greeting, and some common sense
When approaching someone from behind, let them know you're coming. A friendly "Passing on your left!" or a gentle bell gives walkers and other cyclists time to react. Slow down when passing, leave plenty of room, and be especially careful around children and pets.

Pedestrians have the right of way in many bicycle situations, and cyclists should always be prepared to stop or slow down when necessary. Remember, the trail belongs to everyone. A little patience can prevent a lot of unpleasant surprises!

Electric bikes are joining the ride
Electric bikes, or e-bikes, have become increasingly popular. They offer a little extra help on hills and longer rides, and they can make cycling possible for people who might otherwise find it difficult.

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For the latest on events and news visit our website:
http://www.netrailblazers.club/

The Prez Sez...

(Continued)

Nebraska recognizes three classes of e-bikes:

- **Class 1:** Pedal assistance up to 20 mph. The motor helps only while you pedal.
- **Class 2:** Throttle or pedal assistance up to 20 mph. The motor can propel the bike without pedaling.
- **Class 3:** Pedal assistance up to 28 mph. The motor assists only while you pedal.

These numbers describe when the motor stops providing assistance; they are not automatic permission to travel that fast on every trail.

Nebraska generally treats qualifying e-bikes as bicycles, but trail rules can differ. Class 1 e-bikes are generally permitted on designated Nebraska state trails unless posted otherwise. Class 2 and Class 3 bikes may require specific permission. The Cowboy Trail is a notable exception, where all three classes are permitted. Always check the rules for the particular trail before setting out.

Helmets and safety are worth a second thought Nebraska does not have a statewide helmet requirement specifically for e-bike riders, but that doesn't mean a helmet is a bad idea. A helmet can help protect your head in a fall, and no one wants to end a pleasant afternoon ride with an unexpected trip to the emergency room.

Before leaving home, check your tires and brakes, bring water, and make sure your bicycle is in good working order. If you're riding an e-bike, know your bike's controls and how quickly it accelerates.

Let's keep our trails enjoyable for everyone Whether you're riding a traditional bicycle or an e-bike, taking a leisurely spin or covering miles with your cycling buddies, the best trail experiences happen when everyone looks out for one another. As Trailblazers, we want everyone to enjoy our events and feel welcome on the trails. Ride at a safe speed, announce yourself when passing, follow posted signs, and give others room to enjoy the journey. After all, we're out there to enjoy the scenery, the fresh air, and the company—not to see how many people we can startle along the way!

So pump up those tires, grab your helmet, and join us for another adventure. Whether your favorite activity is walking, biking, or swimming, there's always a new experience waiting around the bend.

Happy wandering, Trailblazers

~Lori





Sandy Speaks

My article will be very short and sweet this time. We are traveling in the beautiful state of Maine. If you like to travel and see things off the beaten path, Volksmarching has what you want. In addition to beautiful fall colors, we expect to see an Audubon Center in Falmouth Maine, lighthouses, St. Anthony's Monastery in Kennebunk, Maine, walk some rocky shorelines and more. Today we are off to see some waterfalls in the backcountry. If you are headed somewhere new and want to discover some of these gems, go to AVA.org and click on "find a", find a walk, pick your state and start exploring. If you need to do an online start box, you can go to our club's website for instructions. Have a wonderful November and hope to see you all at the Pie Walk.

~Sandy





Rock School Walk







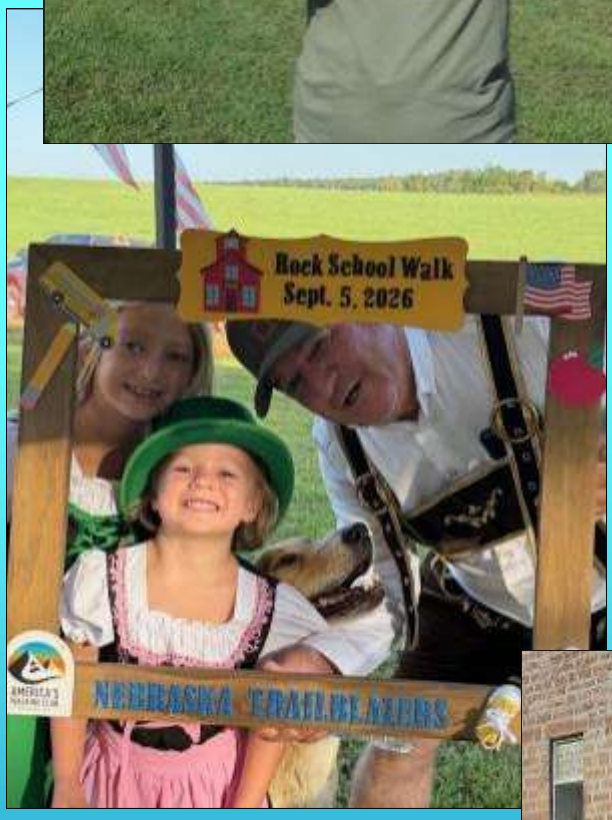




Rock School Walk











Rock School Walk

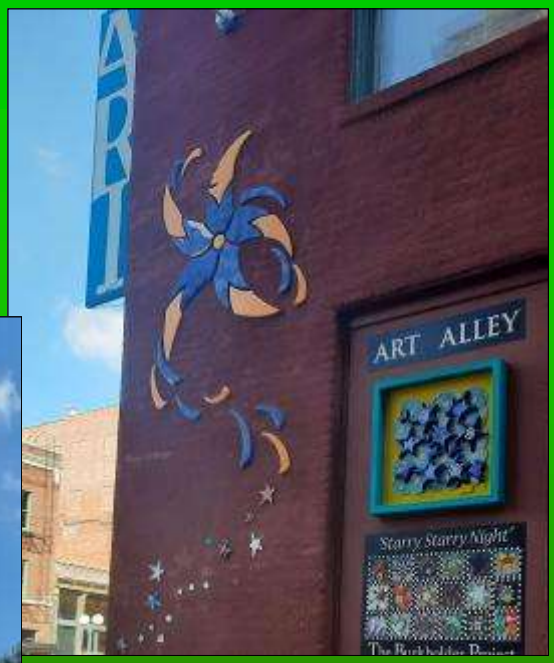


Lincoln Group Walk











Step Out For Seniors











Discovery Trail







Discovery Trail







Discovery Trail







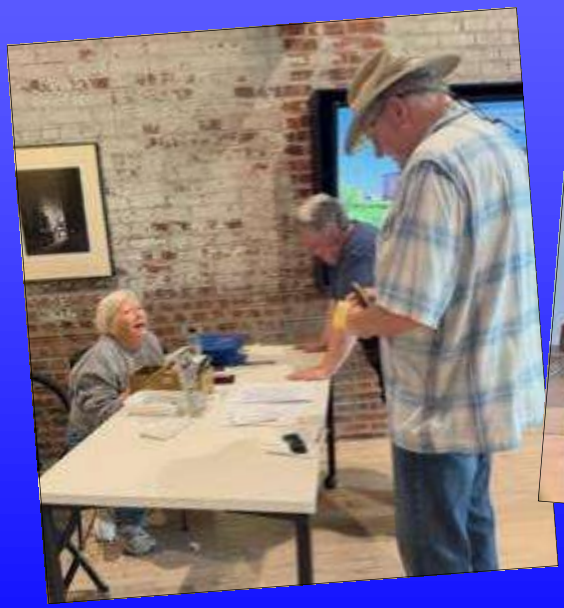
Treetop Walk













Chalco Group Walk











Couch to 5K











Walker of the Year Nominations

Butch & Sandy Spaulding
I would like to nominate Butch and Sandy for Walkers of the Year. They truly represent the foundation that keeps our Nebraska Wander Freunde Trailblazers running smoothly.

Their dedication is evident through their many contributions, including researching, planning, and pre-walking potential locations to mark routes; providing detailed maps and activity information; storing, transporting, and supplying necessary equipment; and serving in various leadership positions during events.

They also establish important contacts with organization and government agencies, manage event records and contact lists, and keep our AVA information and updates current.

Their knowledge, experience and willingness to jump in wherever needed make them invaluable to our club. They also have a special talent for keeping things fun and making sure everyone enjoys the journey along the way!

Without Butch and Sandy, it would take an army of volunteers to replicate the level of service and dedication they provide. They are truly deserving of this recognition!

Nominated by Lilia Franciscony

Tim & Julie Brown
I would like to nominate Tim and Julie Brown for Walkers of the Year. They are wonderful examples of the many ways members can support our club and help keep things running smoothly.

For years, Julie has contributed her time and talents by working on the club newsletter, verifying information for our walk announcements, and helping create the yearly booklet. We would not have such wonderful speakers at our meetings without her efforts to secure a speaker. She and Tim have been known to bring treats to share, adding a little extra enjoyment to our gatherings.

Tim has contributed his creativity and handyman skills by building homemade clamps to securely hold our trifold display. His thoughtful solution is a great example of seeing a need and finding a way to help.

Together, Tm and Julie give their time, talents, and support in ways that often happen behind the scenes but make a real difference. Their willingness to pitch in and help wherever needed makes them valuable members of our club and deserving of this recognition!

Nominated by Joyce Sobczyk





Mark your calendars: Upcoming Events!!

November

5	Watkins' Mill State Park Walk, Lawson MO	Clay-Platte Trackers
7	Annual Pie Walk, Papillion, NE	Nebraska Trailblazers
15	Unity Village Walk, Unity Village, MO	Clay-Platte Trackers of Kansas City
21	Veterans Walk, Madison, WI	Madison Area Volkssport Assn

December

5	Holiday Walk, Spearfish, SD	Black Hills Volkssport Assn
11	Sar-Ko-Park Walk, Lenexa, KS	Clay-Platte Trackers of Kansas City
12	Holiday Lights Walk, Omaha, NE	Nebraska Trailblazers

Annual Meeting

Please make plans to attend our annual meeting, which will be Saturday, January 16, 1:30-4:00. Location is Legends Patio Grill & Bar, 6920 Pacific St., Ste 100, Omaha (Aksarben location).

Walker of the Year will be announced and officers will be installed. Games will be played and prizes won!

Menu and food prices will be determined and sent out in a forthcoming email.

NWFT Officers

President
Lori Sue Anderson

Secretary
Dave Brown



Vice President
Joyce Sobczyk

Treasurer
Jill Champley

Speakers

Nov 7 Gardens on Glen
Tom O'Brien

Dec 7 BingoCise
Amber Raes



Meeting News

Our next meeting will be December 7 at Maple Ridge Retirement Community, 3525 N.167 Circle, Omaha, at 7 p.m. There will be a short program and a short business meeting followed by refreshments. Just a reminder that the club meetings are the 1st Monday of the month at 7 p.m. with some exceptions: no meetings in January, July or August, and it is the 2nd Monday in September. Don't forget that at each meeting, we have a drawing for a $10 door prize. Contrary to popular belief, you don't have to be a club member to win this.

Club Dues

Dues are $10 for a single membership and $15 for a family membership. Anyone who joins later in 2026 will have their membership pro-rated so that it expires 12/31/26.

Please send to: NWFT
PO Box 8147
Omaha NE 68108

Send in Your Newsletter Info

To place info/articles/photos in the next newsletter,



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