



# Golden Spoke Trail Network

“The Nation’s Second Longest Paved Trail”

ATC: April 13, 2022



WASATCH FRONT REGIONAL COUNCIL



**1%** Experienced and confident  
**9%** Casual and somewhat confident  
**60%** Interested but concerned



# Focus on Comfort



# Facility Types – All Ages and Abilities



Major Street Shared Use Lane



Painted Bicycle Lane



Paint Buffered Bike Lane



Local Street Bikeway



Protected Bike Lane



Off-Street Pathway

Unsuitable for AAA facility

Suitable for AAA facility



**West Haven River Parkway Trail**

- 2018  
North Temple Bridge  
placement in  
Salt Lake City



- 2018  
Celebration of “The Golden Spoke”  
network of trails

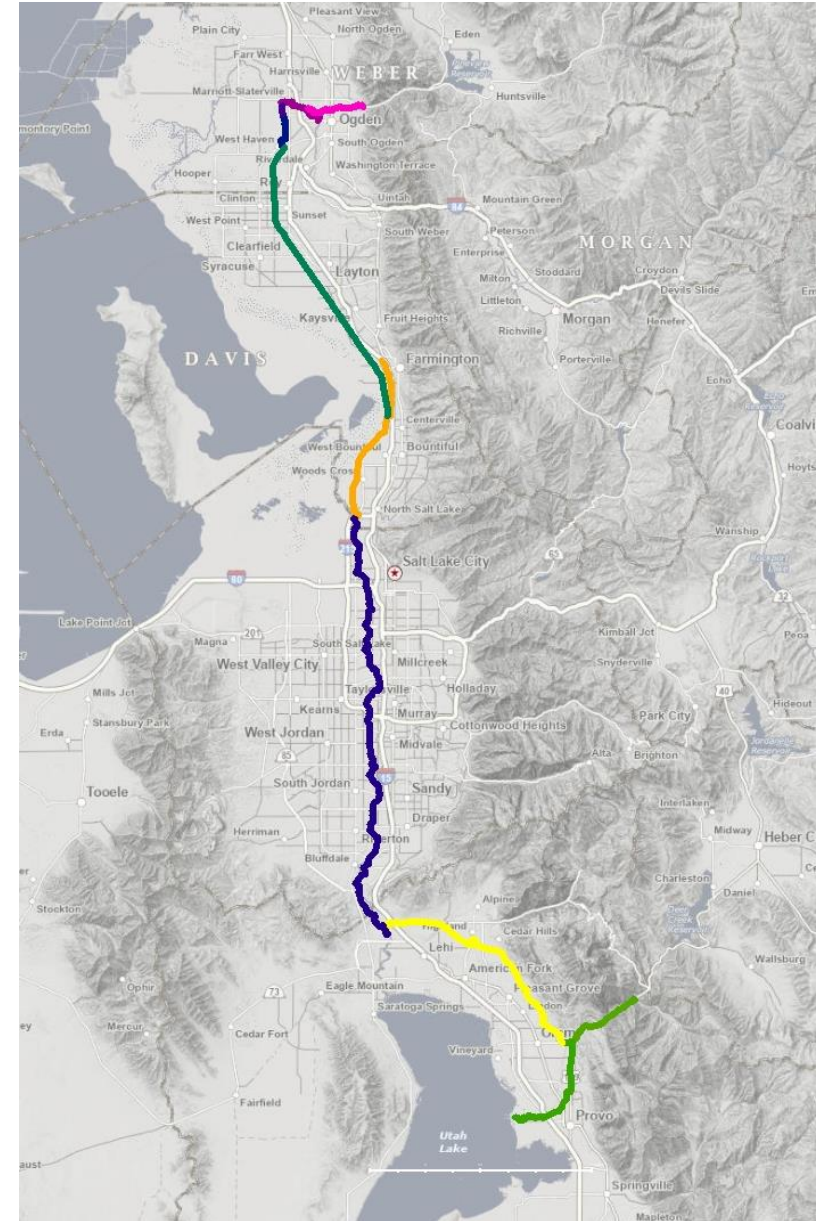


# Golden Spoke Trail Network



100 + miles of off-street paved trails from Ogden to Provo

- Ogden River Parkway
- Weber River Parkway
- West Haven River Parkway
- Denver & Rio Grande Western Rail Trail
- Legacy Parkway Trail
- Jordan River Parkway Trail
- Murdock Canal Trail
- Provo River Parkway Trail

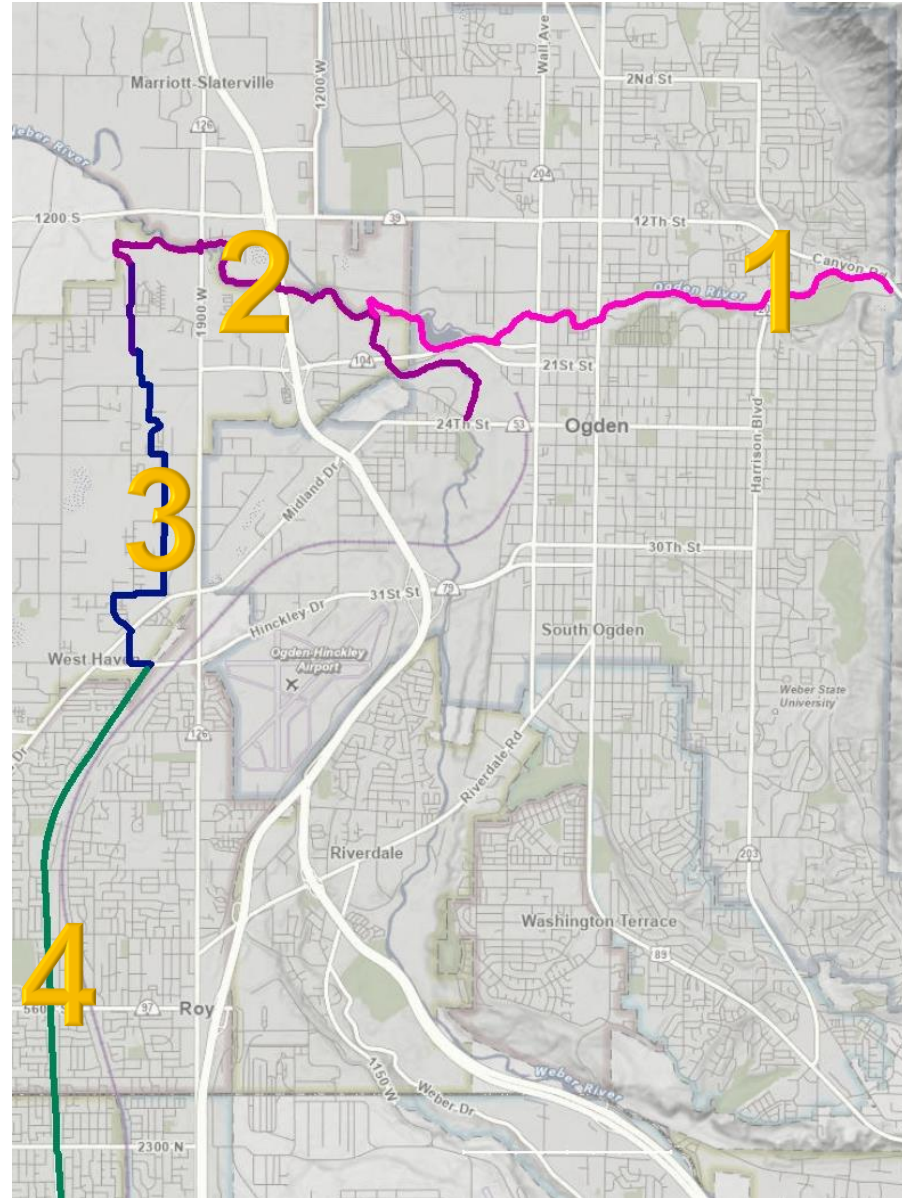




# Golden Spoke Trail Map – Weber County



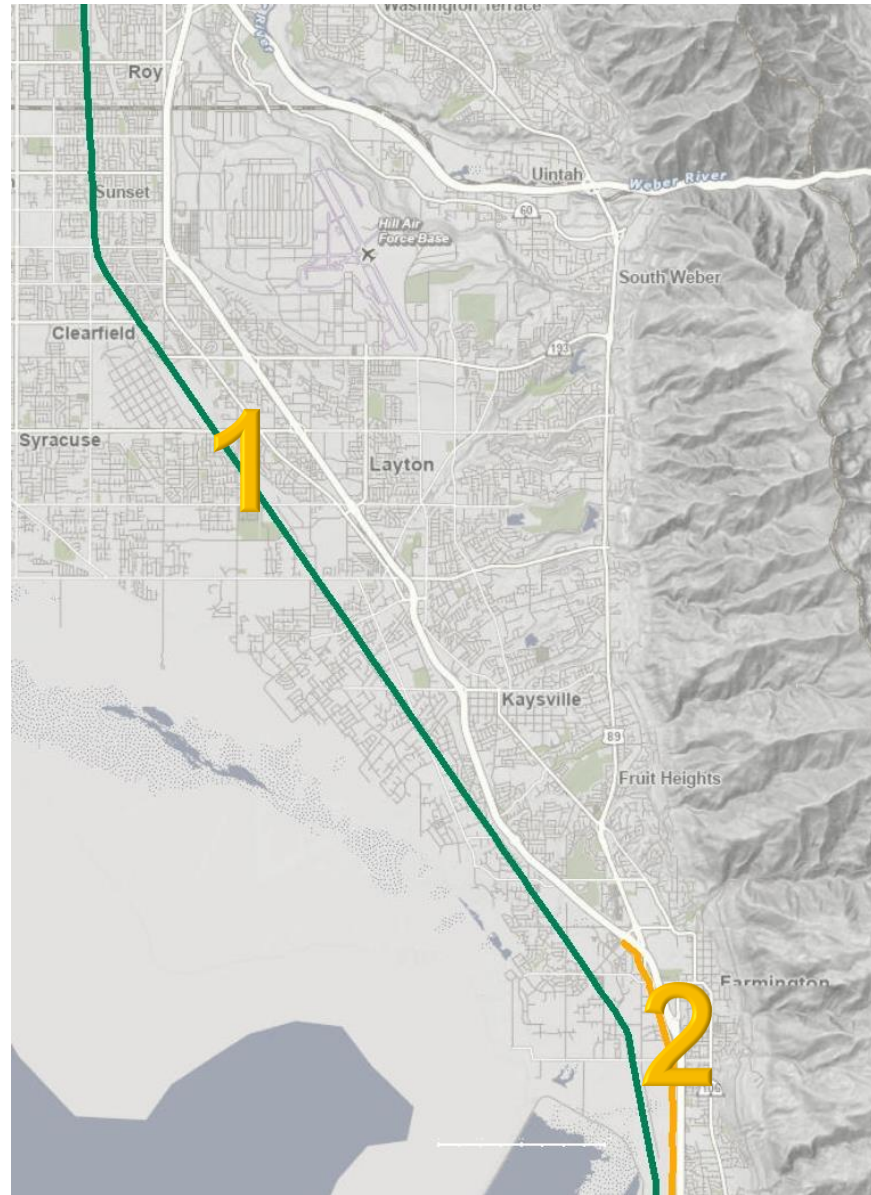
1. Ogden River Parkway
2. Weber River Parkway
3. West Haven River Parkway
4. Denver & Rio Grande Western Rail Trail



# Golden Spoke Trail Map – north Davis County



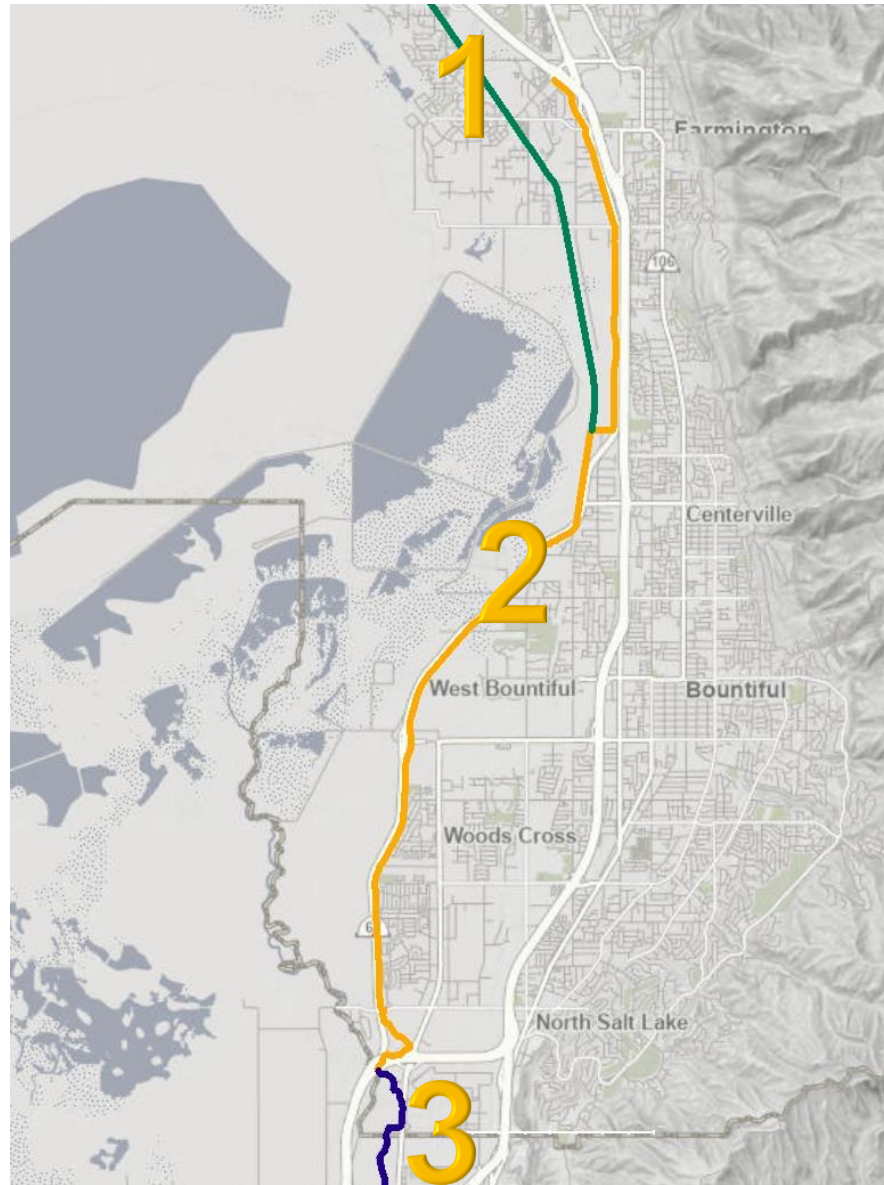
1. Denver & Rio Grande Western Rail Trail
2. Legacy Parkway Trail



# Golden Spoke Trail Map – south Davis County



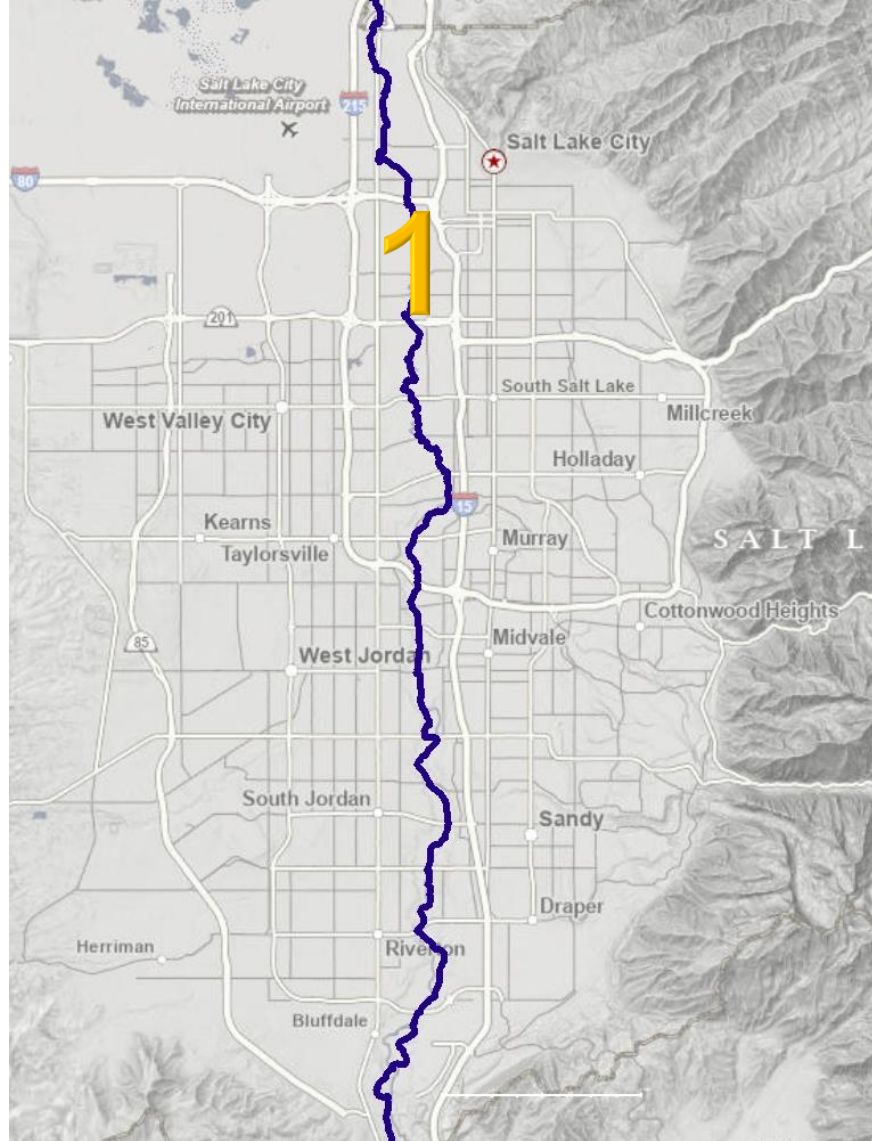
1. Denver & Rio Grande Western Rail Trail
2. Legacy Parkway Trail
3. Jordan River Parkway Trail



# Golden Spoke Trail Map – Salt Lake County



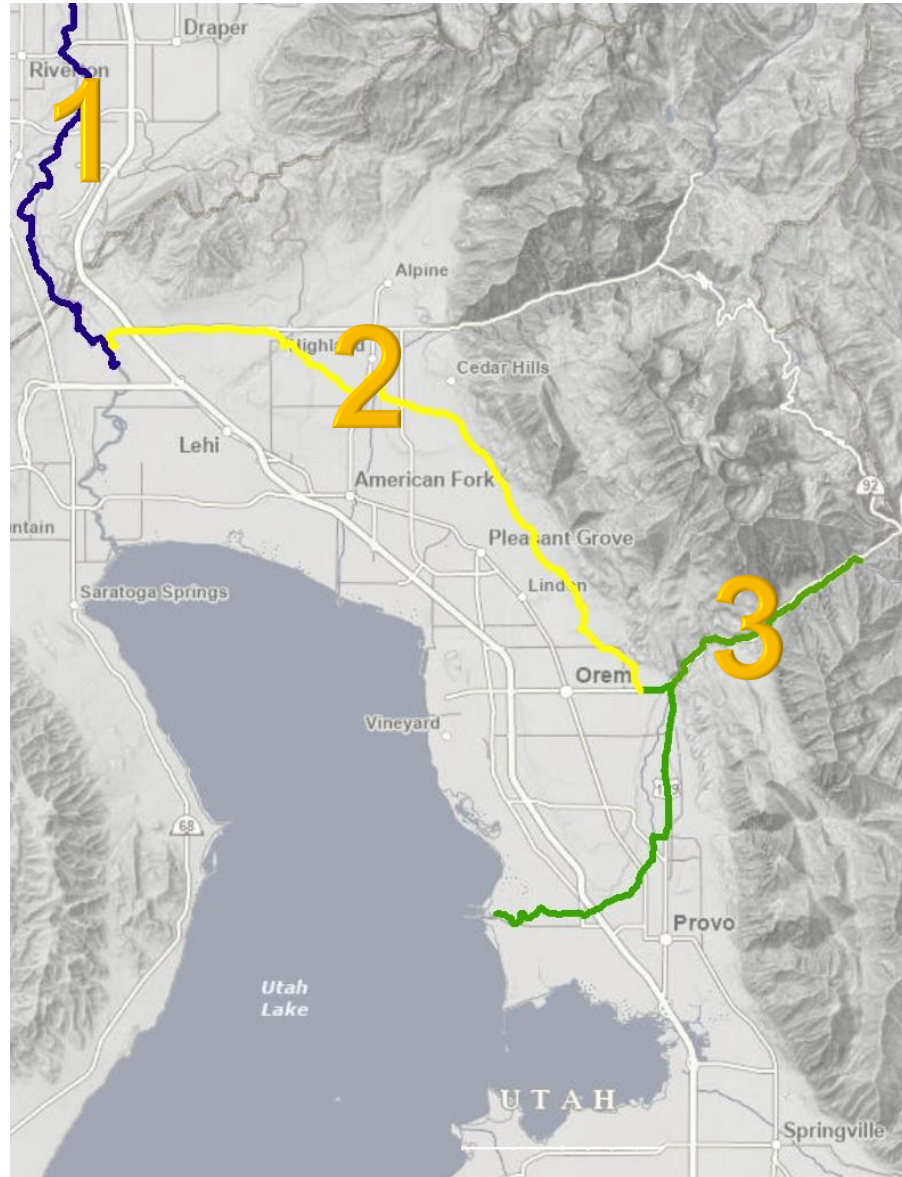
## 1. Jordan River Parkway Trail



# Golden Spoke Trail Map – Utah County



1. Jordan River Parkway Trail
2. Murdock Canal Trail
3. Provo River Parkway Trail



# May 14, 2022 Event Overview



## Starting locations

- Ogden High Adventure Park
- Provo Riverside Park

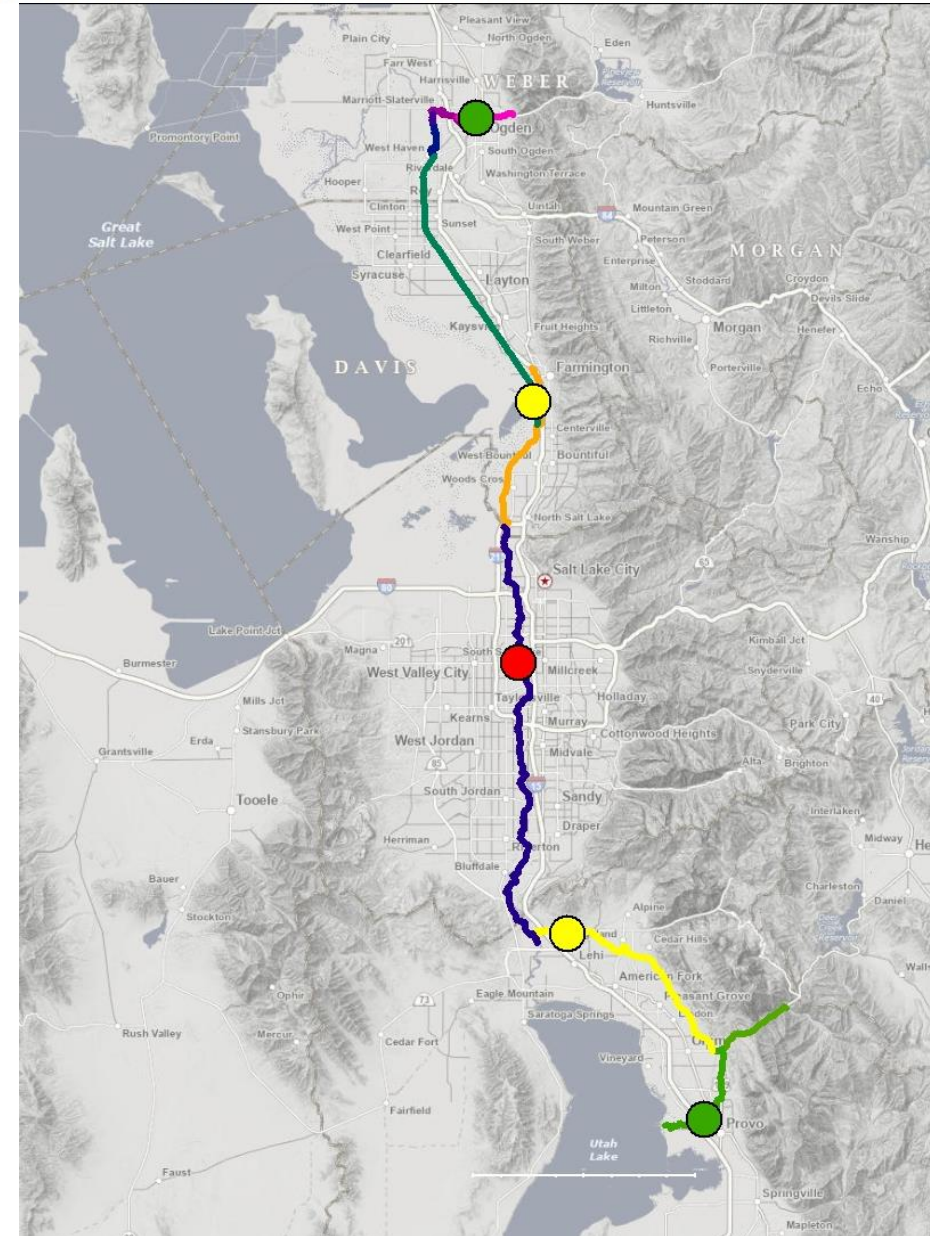
## Watering/snack stations (~25 miles)

- Lehi Bull River Trailhead
- Farmington Sports Complex

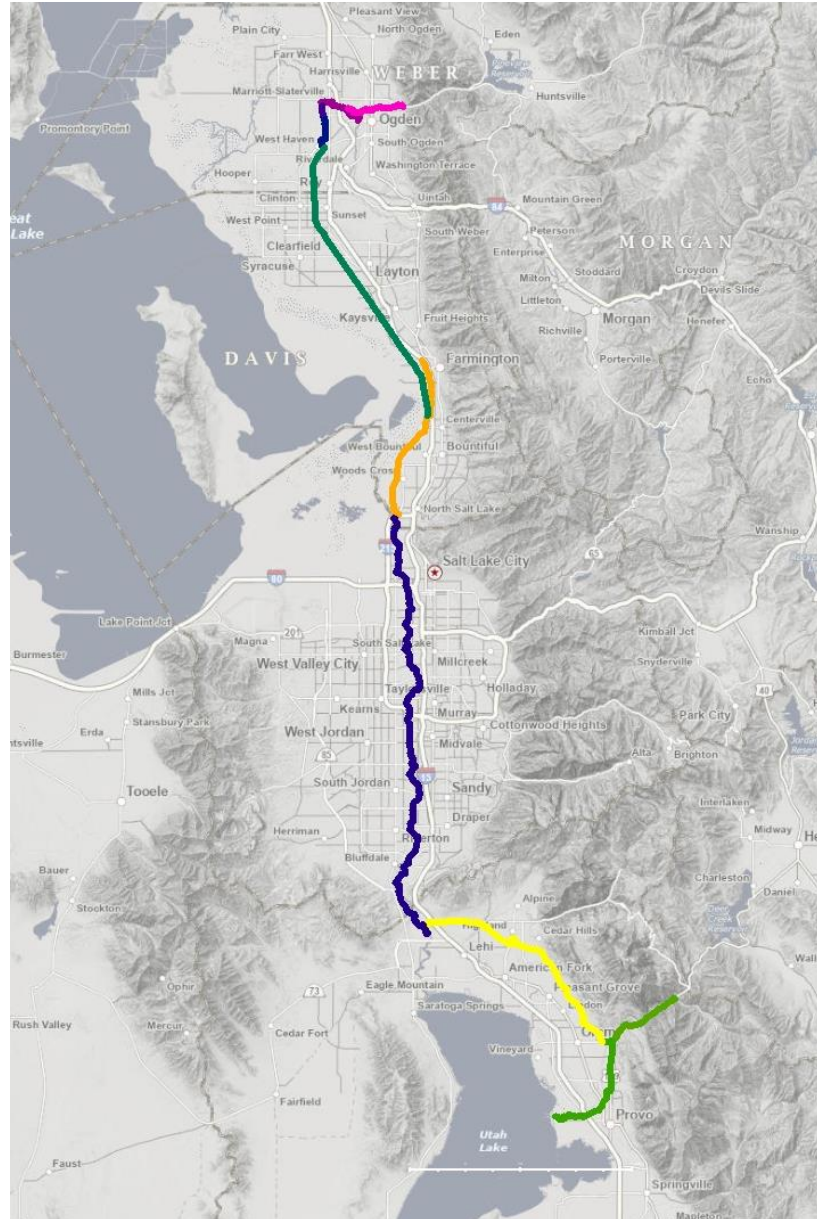
## End location (~50 miles)

- South Salt Lake Tracy Aviary  
Jordan River Nature Center

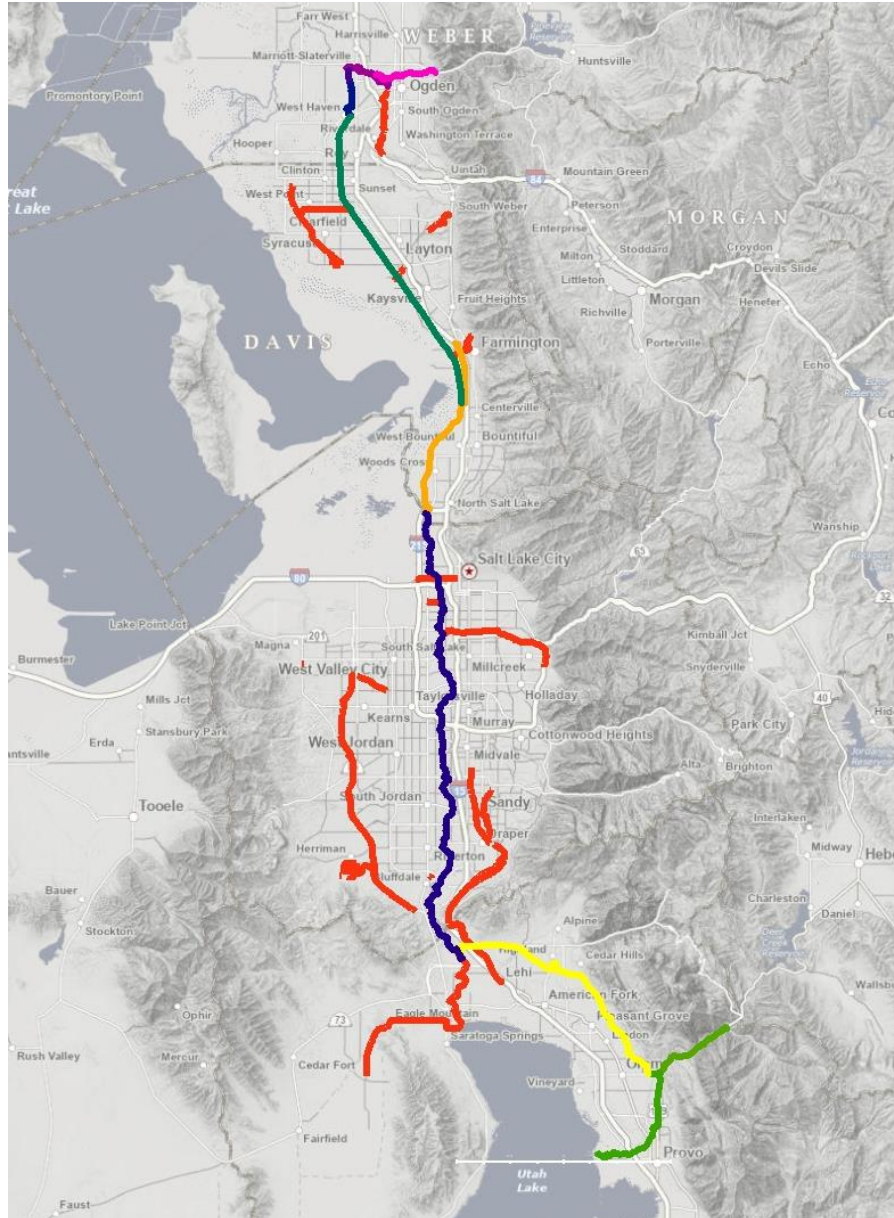
Register at [GoldenSpokeUtah.org](https://GoldenSpokeUtah.org)



# Where does GS go from here

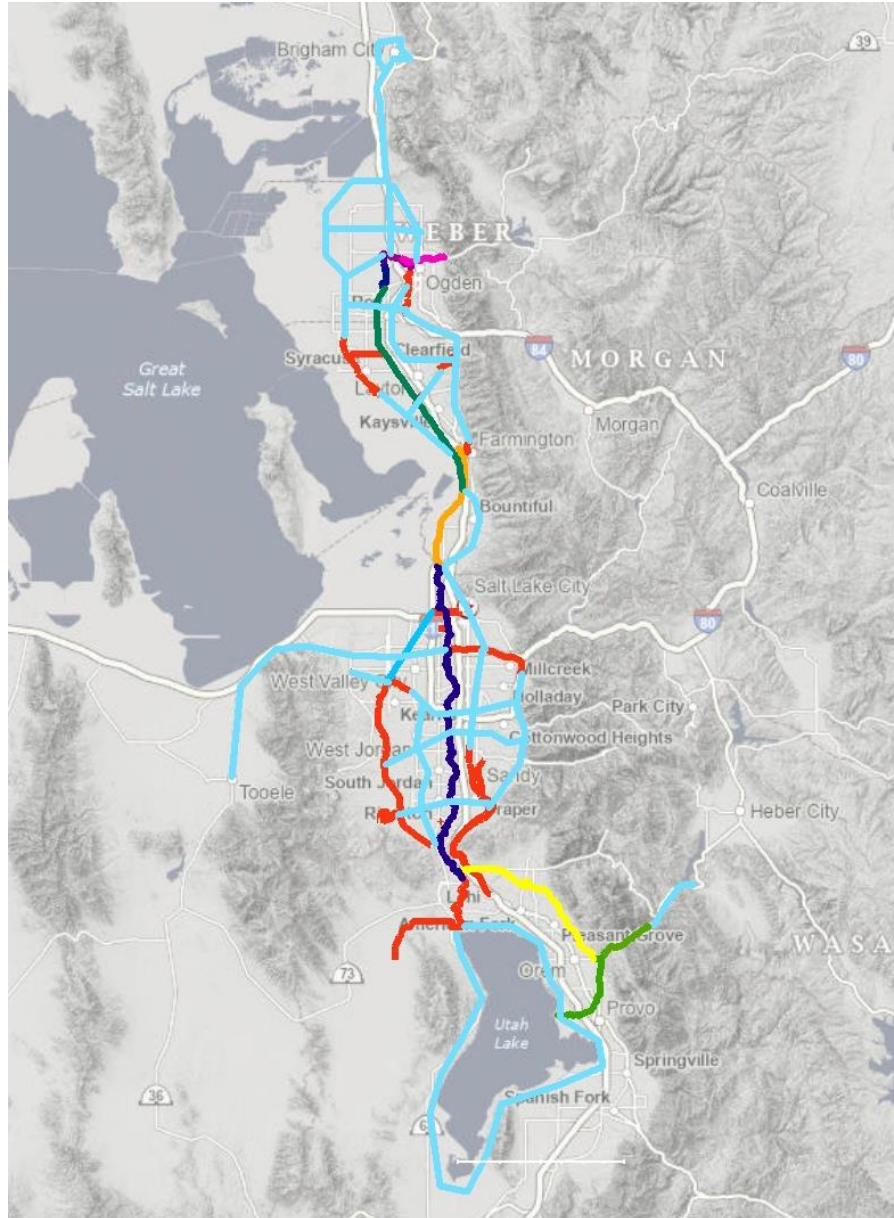


# Where does GS go from here





# Where does GS go from here





[GoldenSpokeUtah.org](http://GoldenSpokeUtah.org)



# Park Rx Utah

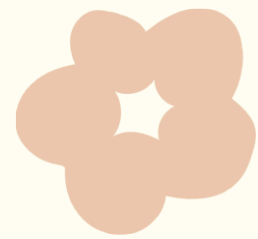
Prescribing Nature as Medicine

**Sarah Kinnison**

Health Educator and Program Manager



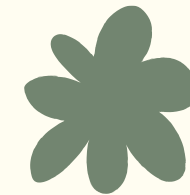
# Benefits of Spending Time Outdoors



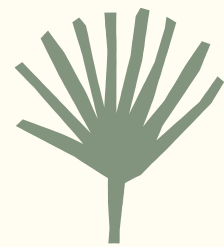
Spending time in nature decreases anxiety and negative thinking and lowers levels of depression and stress



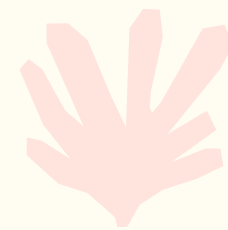
Improves glucose levels in patients with diabetes



Decreases high blood pressure in patients with hypertension



Allows opportunity to improve and retain sustainable health behaviors



The closer we are to green space, the less we suffer from cardiovascular, musculoskeletal, mental health, respiratory, neurological, and digestive diseases

# Park Prescriptions Can Address Health Equity Issues

**Everyone has a fair and just opportunity to be healthy**

Park outings are:

- Convenient to get to
- Inviting and reliable
- Free of cost
- Accommodate ability level of patient
- Provide opportunities for regular engagement



# Connecting Utahn's to Local Park and Outdoor Opportunities Allows For...

Conversations Regarding:

- Walkable neighborhoods
- Active transportation
- Safer Parks
- Park Access
- Equitable opportunities to outdoor activities





**What does a park  
prescription look like?**



## Providers

Case for Nature Prescriptions

How to Prescribe Nature and Send Reminders

FAQs

Things You Can do in Nature

Human Benefits of Nature

Resources for Download

Contact Us

### Newsletter



# Case for Nature Prescriptions

Nature prescriptions? You're probably thinking, "What a great idea, but who has time in a busy clinical practice to write nature prescriptions, and we struggle with the 15-20 minute visit. Could it be that Nature Prescriptions is just one more great idea that no one

## Background

Before I answer this question, let me first disclose that I have been practicing primary care for over 20 years, and I have learned that nature is a very important aspect of our jobs. Many of our patients either suffer from or have risk factors for chronic disease. So we address many topics, such as eating healthier, being more aware of diabetogenic foods, decreasing use of electronic devices, spending more time outdoors. As healthcare professionals, we have a responsibility not only to diagnose, but to provide effective advice on ways to improve health.

So the question is not whether we should counsel or not. It's more a matter of "how." When we talk about using a nature-based approach, it's about "how"-- how best to counsel patients.

## Evidence

We know that there is a preponderance of evidence that incorporating more nature into our lives improves our physical and mental health. Nature prescriptions increase our patient's likelihood of spending more time in nature. This compels me to make the case for incorporating nature into patient visits.

Having a short conversation about spending more time outdoors and writing that specific nature prescription, might, in fact be more effective than simply telling them to "exercise more" or "eat healthier."

Issuing a nature prescription is not "in addition to," but rather part and parcel of the work that we already do. If you are in a profession where behavior change is part of your patient visit, writing a nature prescription might be just what the "doctor" needs.

## Provider Login

Email address

doczarr@parkrxamerica.org

Password

.....

Login

[Forgot your password?](#)

## Need an account?

Sign up



### Patient Adherence



Review your patient's previous nature prescription adherence before writing a new one. Enter previous unique prescription code (found in your EHR) below:

Input field containing 'CED51B' with a green checkmark icon and a 'Search' button.



**Stanton Park**  
Patient logged 1 visit.  
📅 Mar 7, 2021 at 8:47 pm

Rx

#### PLACE

#### ACTIVITY

#### FREQUENCY

#### DURATION

Submit

in English

Enviar

in Español



**Robert Zarr**

*Pediatrics*

**PLACE**

Where does your patient feel safe and comfortable, outside? Where do they like or intend to spend time outdoors?

[Looking for a specific park or park amenity?](#)

**ACTIVITY**

What do they enjoy doing outside? What can they commit to do outside. With whom or alone? Unplugged without earbuds?

**FREQUENCY**

How many times per week, which days of the week, afternoons, mornings, after school or work, on the weekends? Is frequency commensurate with therapeutic goals?

**DURATION**

How many minutes or hours can they commit to engaging in this activity? Be realistic. Is duration commensurate with therapeutic goals?

**Submit**

in English

**Enviar**

in Español

Salt Lake City, UT 84105, USA

Go >

WITHIN RADIUS:  .25 MILE  .5 MILE  1 MILE  2 MILES  3 MILES  5 MILES  10 MILES

5 results

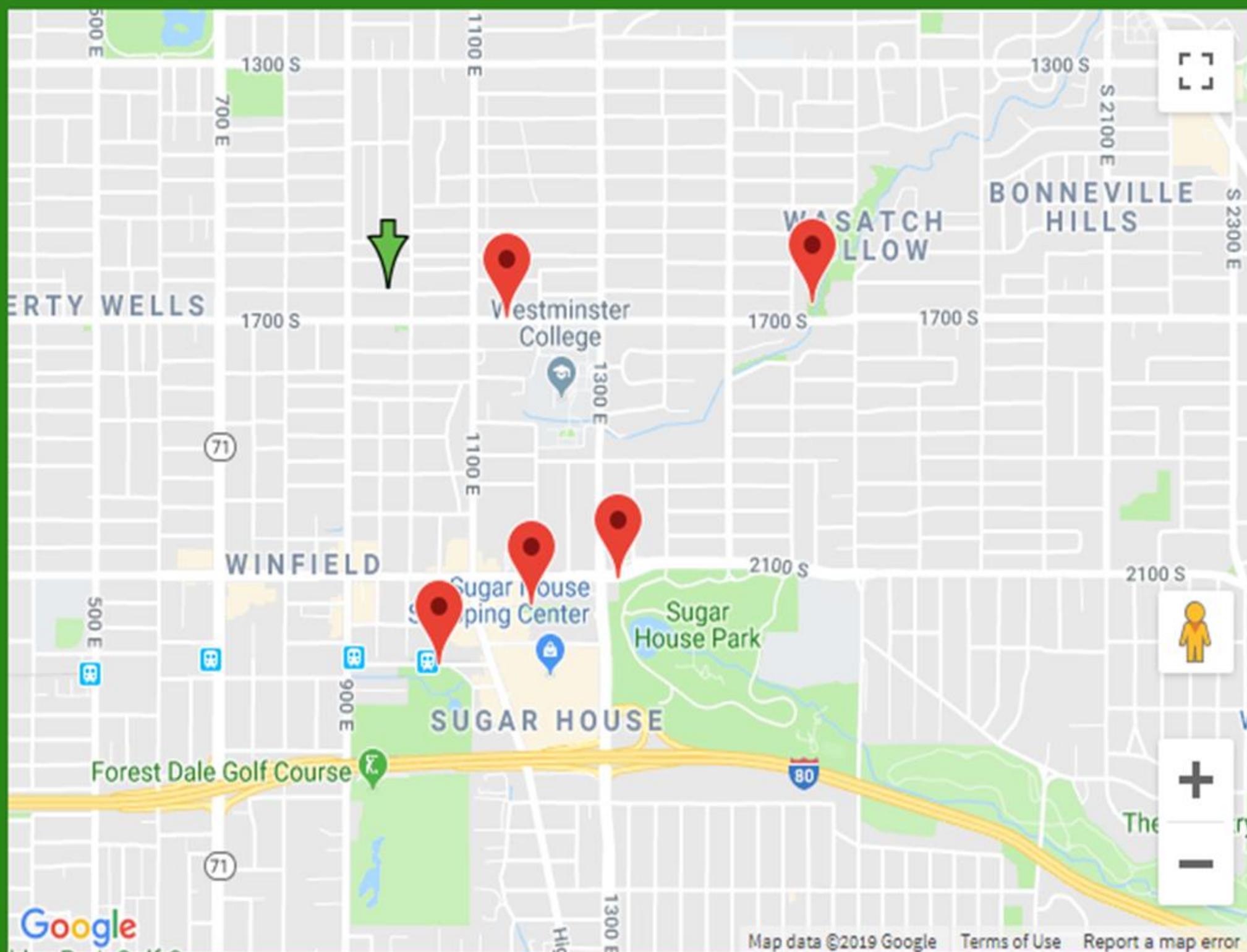
 FILTER RESULTS

SORT BY:  Distance  Park Name

- 0.3mi 17th South River Park
- 0.8mi Fairmont Park
- 0.8mi Hidden Hollow Park
- 0.8mi Sugarhouse Park
- 1.0mi Wasatch Hollow Park

CHECK TOP 5

VIEW SELECTED PARKS



Google

Map data ©2019 Google Terms of Use Report a map error

powered by Park Rx America



**Robert Zarr**

*Pediatrics*

**PLACE**

outdoor park near house

[Looking for a specific park or park amenity?](#)

**ACTIVITY**

walk unplugged without earbuds

**FREQUENCY**

every day after work

**DURATION**

for 45 minutes

**Submit**

in English

**Enviar**

in Español

CLICK HERE TO  
**COPY**  
YOUR NATURE PRESCRIPTION





Now go back to your EHR and paste (CTRL-V) this nature prescription into your patient's chart.

Continue



Dx Rx Labs Diagnostic Imagi

By Dx By Category

E66.9 Obesity OS

N/A Other OS

### Treatment Notes E66.9 Obesity

Notes *CONTROL OR COMMAND V* ... ab Clr

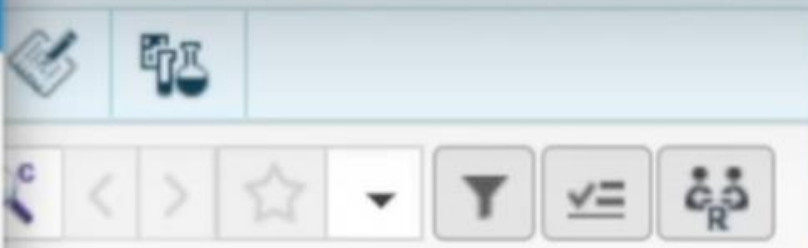
**Bold** *Italic* Underline

[47300B] Park Rx America -  
Neighborhood park, Walk unplugged without earbuds, Every day, after school, for 45 minutes

Clinical Notes ... ab Clr

**Bold** *Italic* Underline

OK Cancel



Rx Eligibility Education

### ASK YOUR PATIENT ABOUT SENDING REMINDERS

**YES**

My patient gives me permission for PRA to send reminders using patient's email or text.

**NO**

My patient does not give me permission for PRA to send reminders using patient's email or text.



### SCHEDULE REMINDERS

**Send by Text**    Send by Email

PATIENT MOBILE NUMBER(S)

\*\*\*\*\*

(separate multiple numbers with a comma)

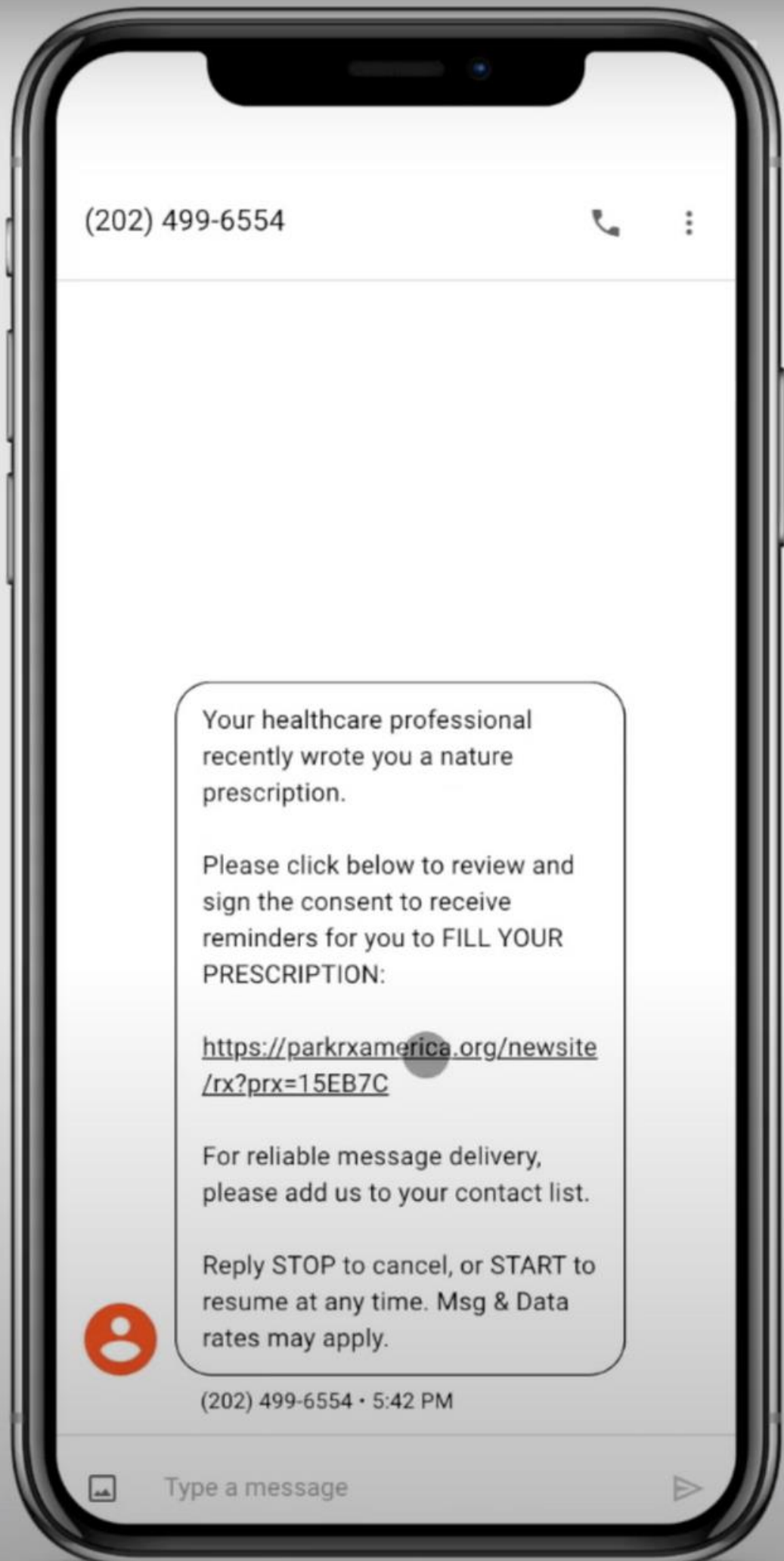
**FREQUENCY:**  Mon  Tue  Wed  Thu  Fri  Sat  Sun

[check all](#) | [clear all](#)

**DURATION:**  1 week  2 weeks  1 month  2 months  3 months

**Send Reminder**

[Cancel reminder and complete script](#)



(202) 499-6554



Your healthcare professional recently wrote you a nature prescription.

Please click below to review and sign the consent to receive reminders for you to FILL YOUR PRESCRIPTION:

<https://parkrxamerica.org/newsite/rx?prx=15EB7C>

For reliable message delivery, please add us to your contact list.

Reply STOP to cancel, or START to resume at any time. Msg & Data rates may apply.



(202) 499-6554 • 5:42 PM



Type a message



## Patients

I consent to receive texts from Park Rx America for prescription reminders to **(\*\*\*-\*\*\*-\*\*\*\*)**. I understand that Park Rx America does not charge for this service, but standard text messaging rates may apply as provided for in my wireless plan.

**yes**       **no**

I have read and agree to the [terms of use](#) and [privacy policy](#).

**yes**       **no**

[Go Back](#)

[Next](#)

## Patients

YOUR RX CODE:

**15EB7C**

[Lookup a different RX Code](#)

Your place outside:

**Neighborhood park**

[Log your first visit](#)

[Print Prescription](#)

### Patient Adherence ✕

REMINDERS: Every Mon for 1 week

EXPIRES: January 10, 2022

### Outdoor park near house

**Patient logged 6 visits.**


- 👤 Jan 3, 2022 at 11:46 am
- 👤 Jan 2, 2022 at 11:46 am
- 👤 Jan 1, 2022 at 11:46 am
- 👤 Dec 20, 2021 at 8:47 am
- 👤 November 30, 2021 at 11:55 am
- 👤 November 29, 2021 at 3:24 pm



# PARK RX UTAH



A multi-sector initiative whose mission is to prescribe parks and other recreational settings to prevent chronic conditions, **improve physical, social and mental health**, and promote wellness by **collaborating with partners** and **connecting all Utahns to parks and other recreational sites.**





# History of Park Rx Utah

- **Founded in 2018**
- **Partners ranging from public health, park and recreation, healthcare, research, etc.**
- **Developed four workgroups: clinical, mental health, community, marketing/outreach**
- **Started outreach to clinics and worksites in 2019**
- **Gained a following through social media channels**

# Workgroups

- Clinic
- Mental Health
- Community
- Marketing and Outreach



# Coming Soon: Clinical Toolkit for Providers

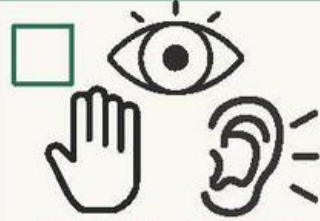


# MENTAL HEALTH CHECKLIST

Research has shown that spending a mere 20 minutes in a park – even if you sit on a bench and don't exercise – is enough to improve a person's mental health.

## VISIT A PARK, TRAIL, OR GREEN SPACE

you've never been to before, or an old favorite



## ENGAGE SEVERAL SENSES

Gaze outside your window every 20 minutes

Listen for three different nature sounds

Feel the grass, dirt, rocks, or the bark on different trees

## STEP OUTSIDE

and take several deep breaths



## NURTURE A PLANT

indoors or outdoors!



## WALK, HIKE, CYCLE

in an area close to home



## SIT OR WALK

in an outdoor space in your neighborhood and make a mental list of three things you're grateful for



## BE ACTIVE

outside with friends or family



**PARK RX UTAH**  
ParkRxUtah.org



PARK RX UTAH PRESENTS

# COMMUNITY RESOURCE GUIDE



**APRIL 14-24, 2022**

**WANDER CLOSE, WANDER FAR, WANDER UTAH**

**BUILD A TEAM, COMPLETE OUTDOOR  
MISSIONS, EARN POINTS, WIN PRIZES.**

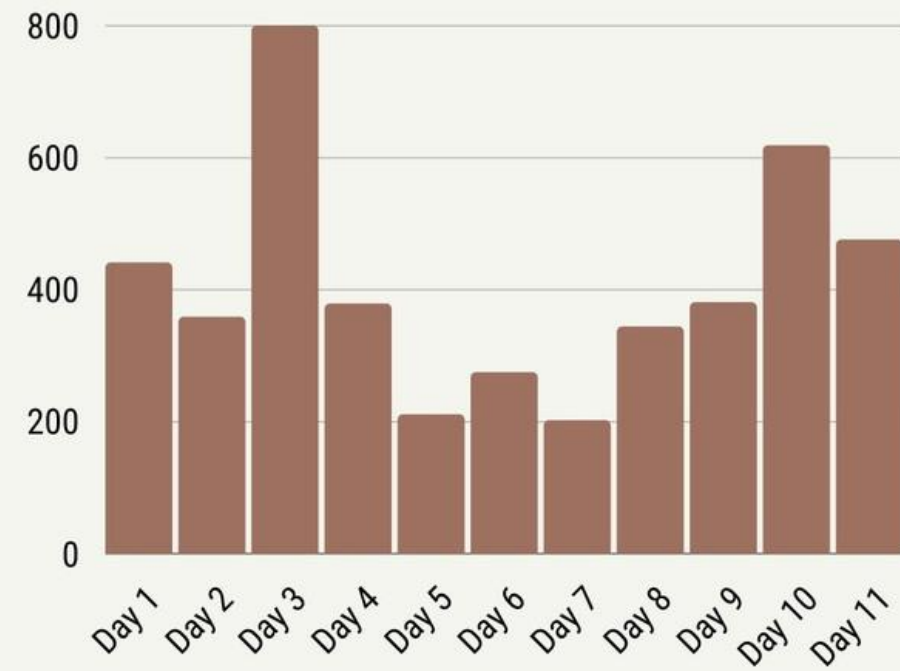
Start by downloading the FREE  
GooseChase app on your mobile device  
and create an account.

Create a team of 2-5 Utah residents  
(you do not need to live in the same  
part of Utah to be on a team!)

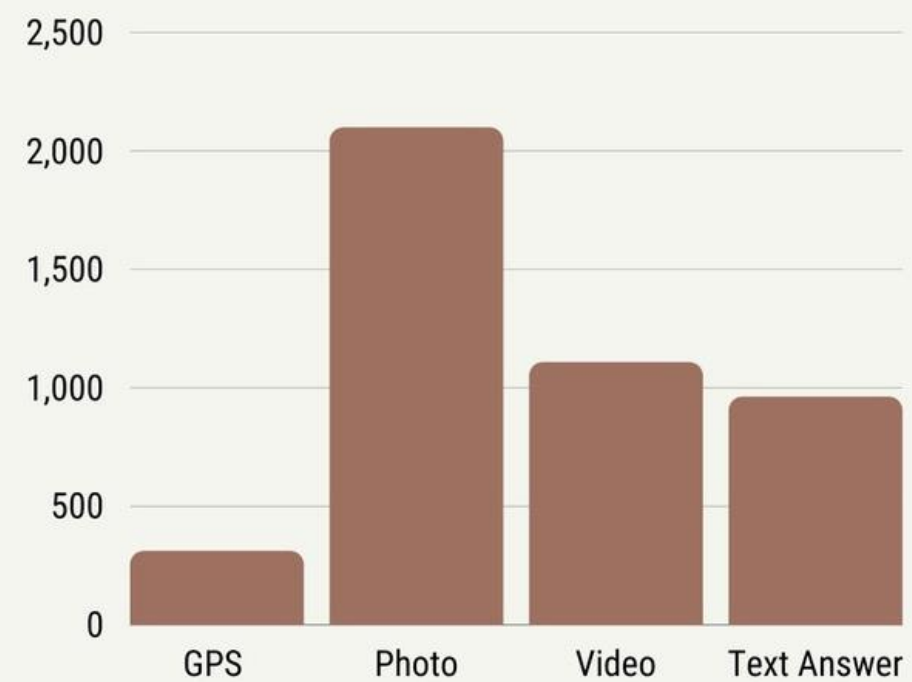
Get ready to complete outdoor  
challenges to earn points and win  
prizes!



# SUBMISSIONS PER DAY



# SUBMISSION TYPE



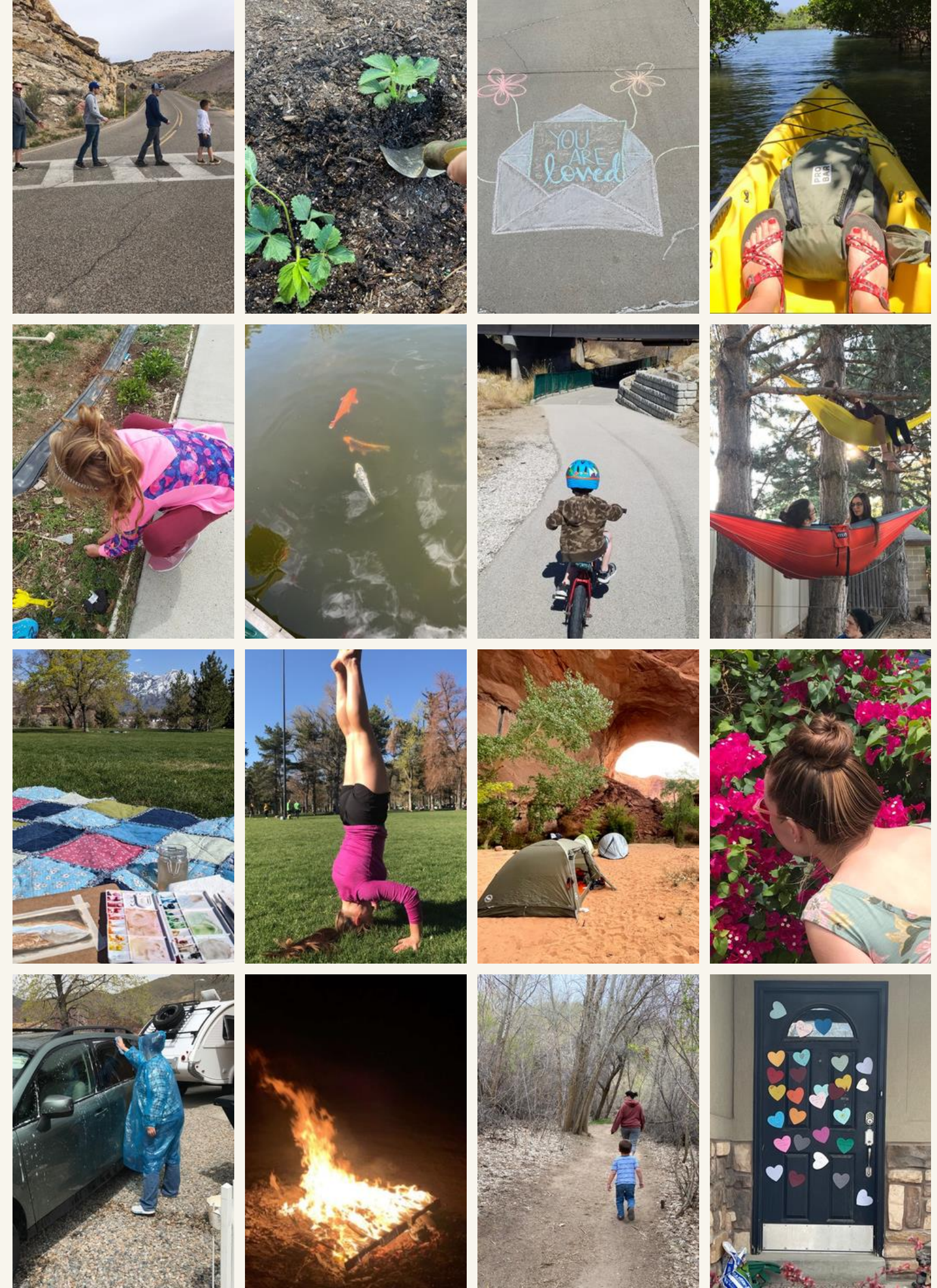
**152**  
Teams

**511**  
Participants

**105**  
Possible missions per team

**4476**  
Total completed missions

**1147690**  
Total points awarded during the event



# Next Steps

- Visit [ParkRxUtah.org](https://ParkRxUtah.org)
- Follow us on social media  
[@ParkRxUtah](https://twitter.com/ParkRxUtah)
- Contact me at [skinnison@slco.org](mailto:skinnison@slco.org) for more information



**Thank you!**



# TRANSPORTATION AND LAND USE CONNECTION

## 2022 Awards

March 17<sup>th</sup>, 2022 | Megan Townsend



# PROGRAM GOALS

---

- Maximize the value of investment in public infrastructure
- Enhance access to opportunities
- **Increase travel options to optimize mobility**
- Create communities with opportunities to live, work, and play



# TLC and Active Transportation Highlights

**89%** of communities in the WFRM area have completed or funded ATPs.

ATPs comprise **42%** of the multijurisdictional projects awarded through TLC.



	Small Area and Transit Station Area Plans	43
	Ordinances	20
	Transportation/Active Transportation Master Plans	24
	Studies	22
	General Plan Updates	24
	Regional Visions	4

# 2022 AWARDS

---

**\$1,522,850**  
Region-Wide TLC Funding

**\$457,150**  
Local Match

**\$1,980,000**  
Total

---

- **16 awards in 19 communities**
  - 8 Salt Lake Urbanized Area
  - 7 Ogden-Layton Urbanized Area
  - 1 Tooele County
- 1 multi-jurisdictional

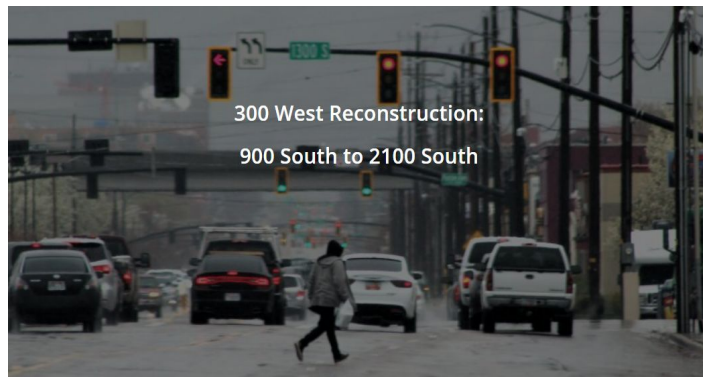
# Active Transportation Projects

Copperton	Active Transportation Plan & Connectivity Ordinance
Copperton	Active Transportation Plan & Connectivity Ordinance
Holladay	Study of I-215 Shared Use Active Transportation Path
Bluffdale, Herriman, Riverton, West Jordan	Southwest Waterways Visioning
Tooele City	Active Transportation Plan



# CORRIDOR STUDIES/ORDINANCES

Herriman	Transit Corridor and Land Use Study
Salt Lake City	1300 E / University District Circulation Study
Farmington	North Station Area Alternate Transportation Study
Salt Lake City	300 W Corridor Plan & Zoning Amendments



# SMALL AREA PLANS

Layton City	Gordon and Highway 89 Town Center Master Plan
North Ogden	South Town Commercial Center Plan
North Salt Lake	Town Center Market Study
Midvale City	Historic Main Street Urban Design Project
South Salt Lake	Central Pointe Station Area Plan



# TLC Projects Map

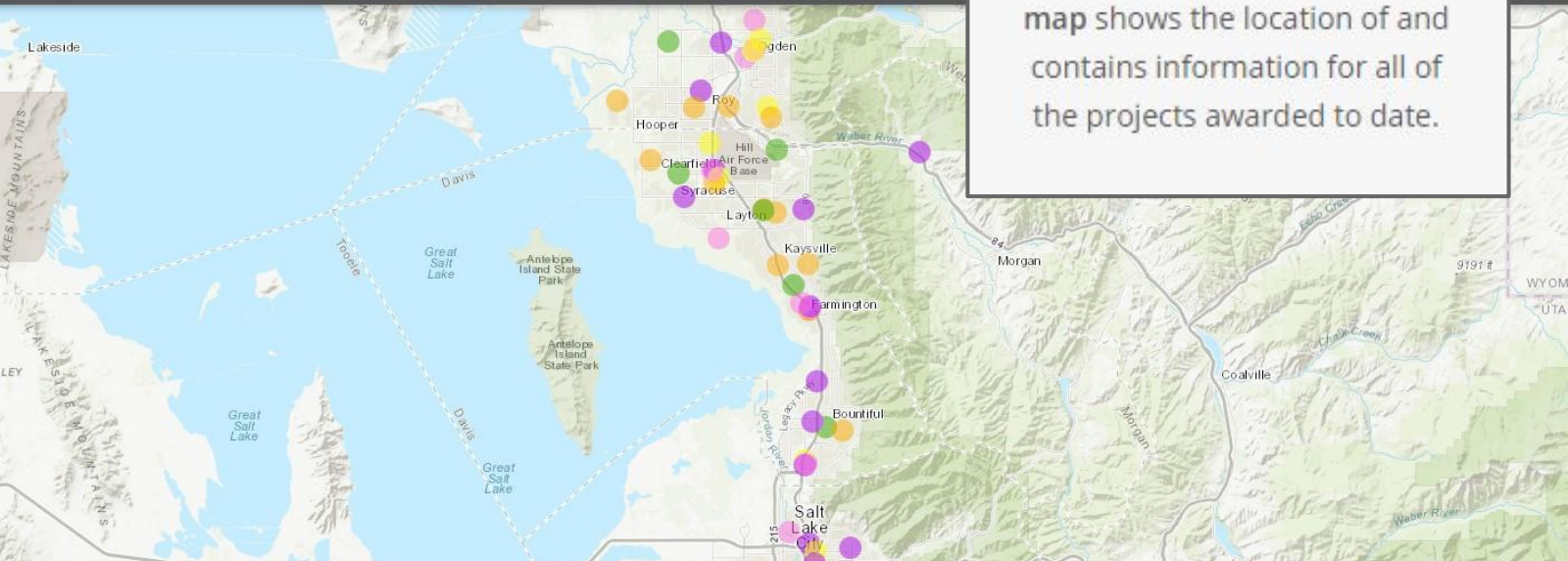
WFRC.ORG/TLC



## Transportation and Land Use Connection Projects Map

The Transportation and Land Use Connection interactive map shows the location of and contains information for all of the projects awarded to date.

Transportation and Land Use Connection (TLC) Projects Map



### Awarded Projects

#### Project Types

- Active Transportation Plan
- General Plan Update
- Ordinance
- Station/Small Area Plan
- Study
- Transportation Master Plan
- Vision



### Congestion Mitigation and Air Quality Program

Provides funding for transportation projects that improve air quality.



### Surface Transportation Program

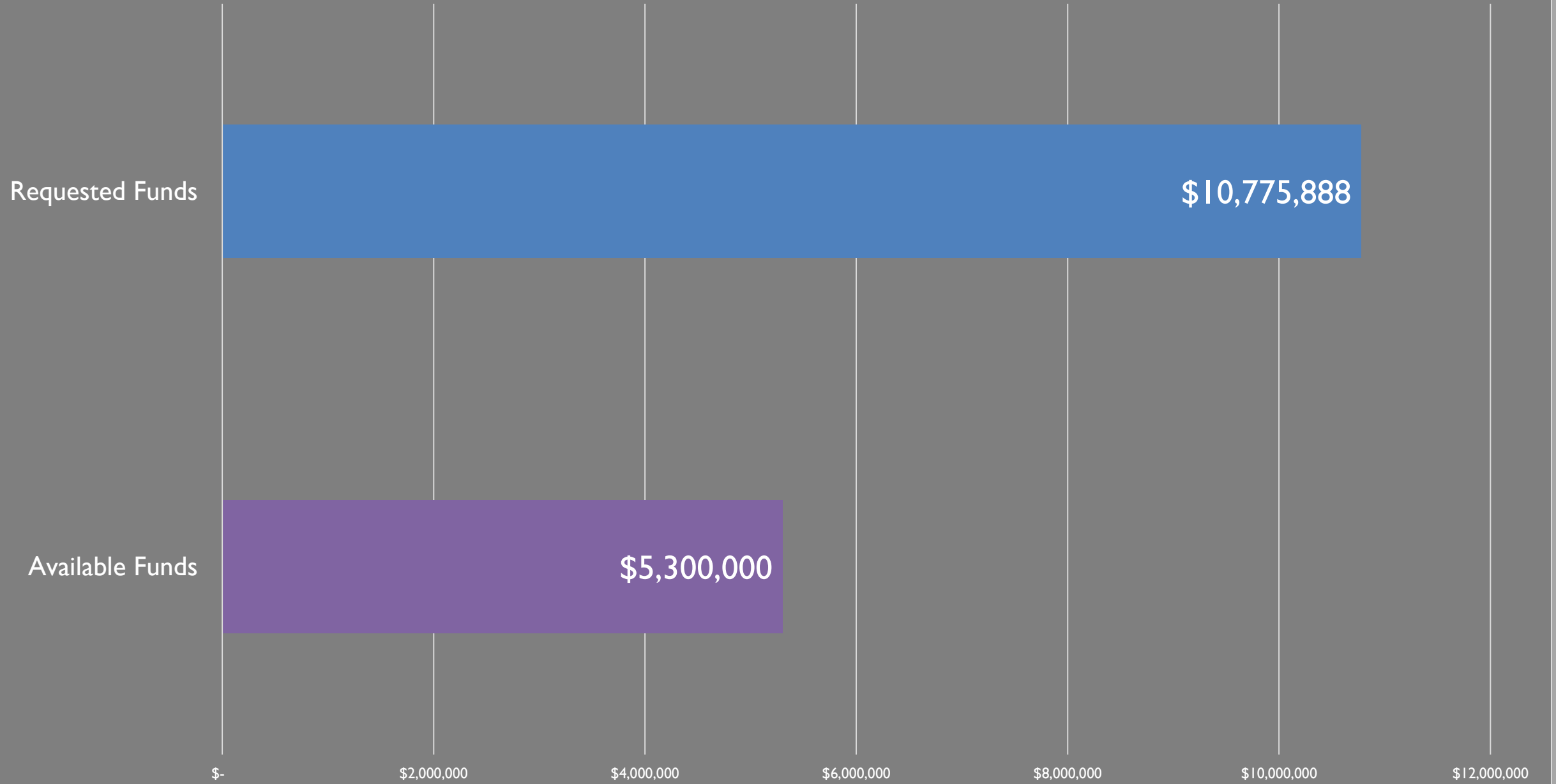
Provides funding for federal-aid highways and bridges, transit capital improvements and projects, and active transportation projects.



### Transportation Alternatives Program

Provides funding for the planning and construction of bicycle and pedestrian facilities.

# Transportation Alternatives (TAP)





# UTA – UIC Multi-Use Trail – Design

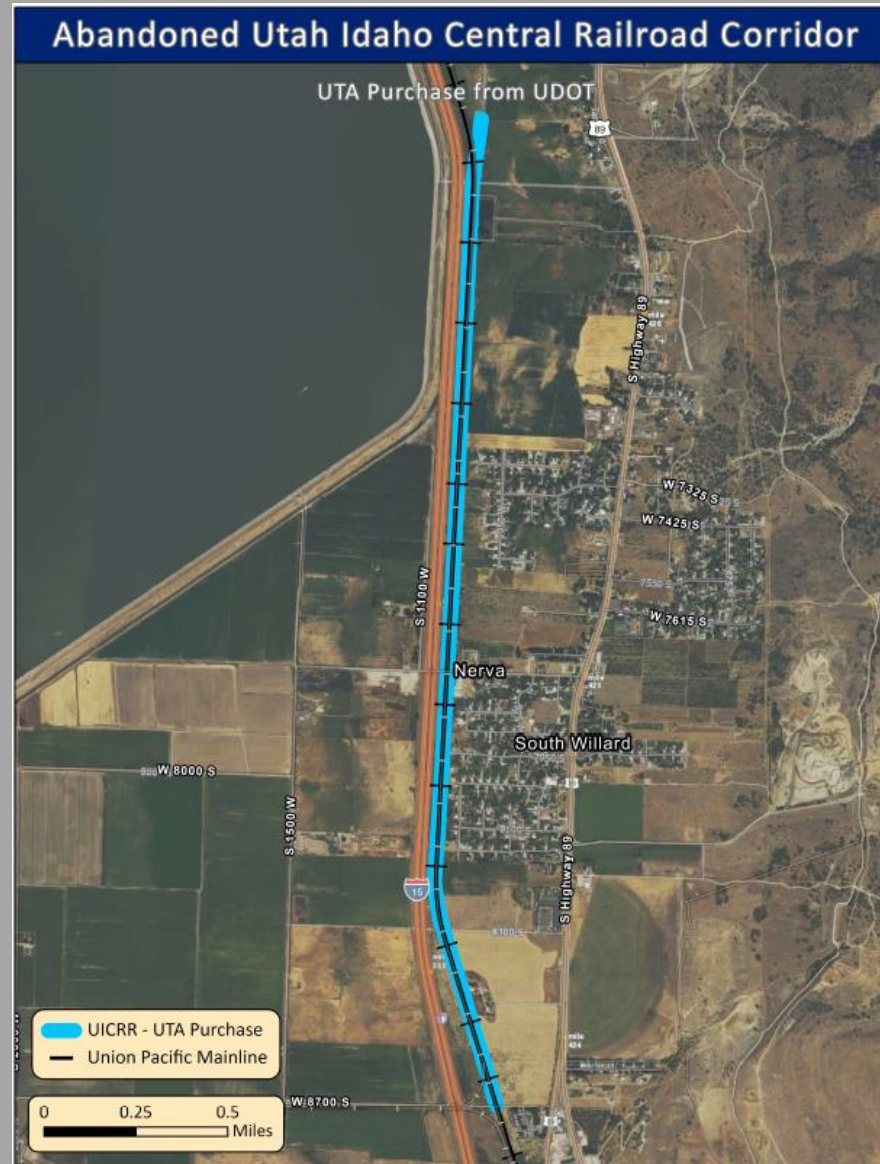
## Project Type – Other

STP & TAP

8700 South (Box Elder County) to Willard City Boundary – (2.75 miles)

Project Cost –  
\$ 200,000

Recommended Funds –  
\$ 186,460

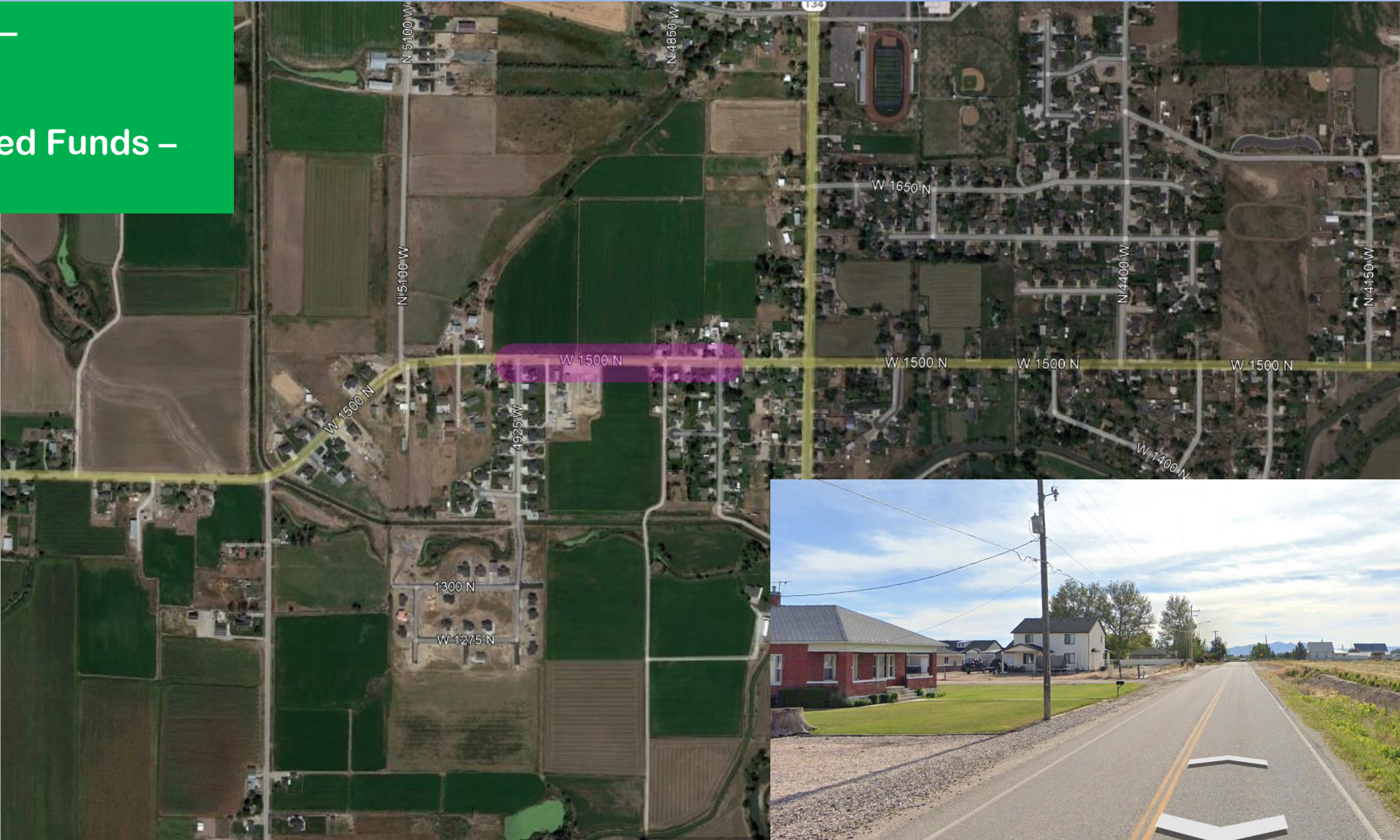


# Plain City – 1500 North Sidewalk – Safe Routes to School Project Type – Capital Improvement

4825 West to 4920 West – (0.18 miles)

**Project Cost –  
\$ 128,500**

**Recommended Funds –  
\$ 102,800**



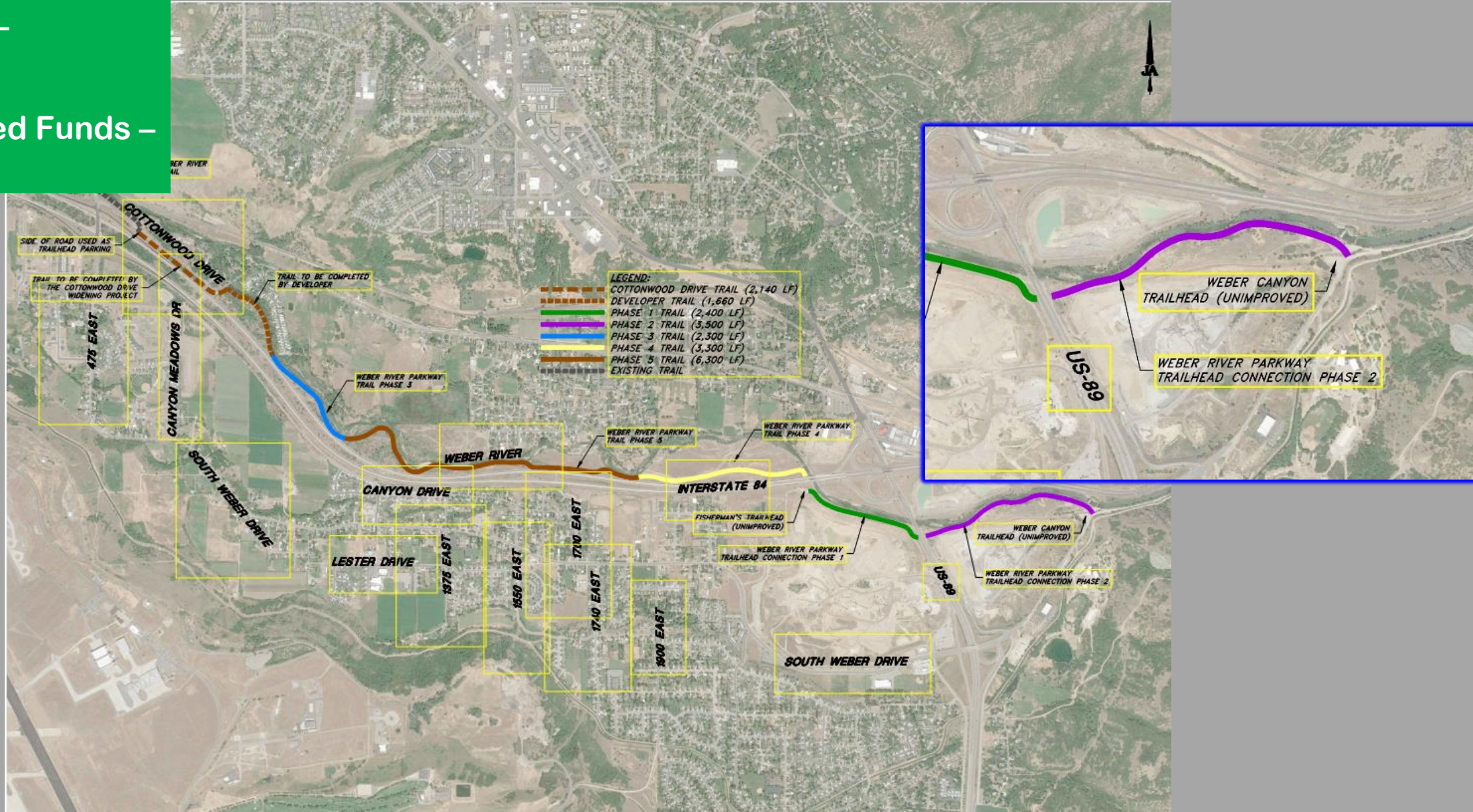
# South Weber City – Weber River Parkway – Trailhead Connection – Phase II

## Project Type – Capital Improvement

US-89 Crossing to Weber Canyon Trail Trailhead – (0.663 miles)

**Project Cost –**  
**\$ 474,300**

**Recommended Funds –**  
**\$ 325,652**



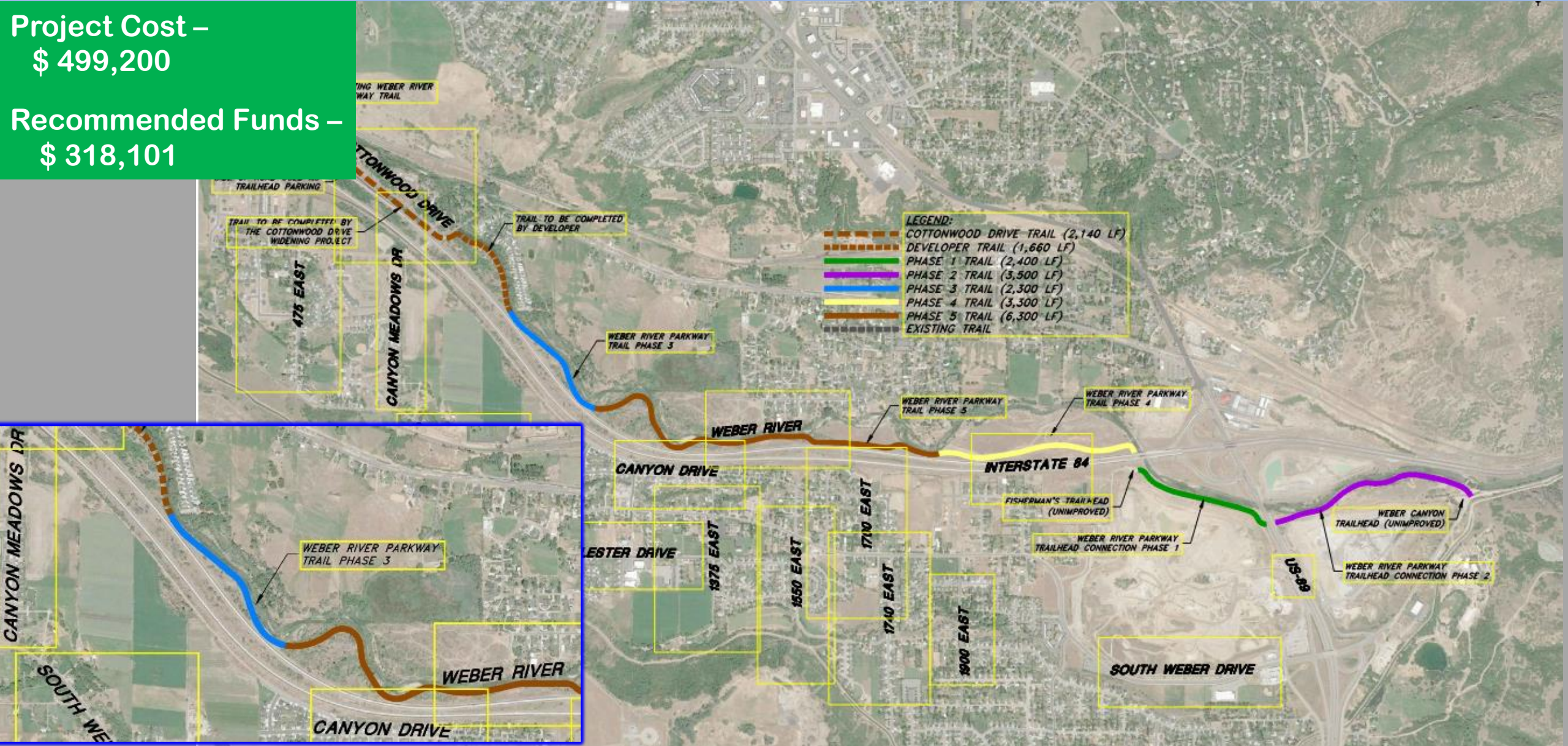
# South Weber City – Weber River Parkway – Trailhead Connection – Phase III

## Project Type – Capital Improvement

Cottonwood Drive to US-89 Crossing – (0.417 miles)

**Project Cost –**  
**\$ 499,200**

**Recommended Funds –**  
**\$ 318,101**



# Layton City – 3200 West – Safe Routes to School Project Type – Capital Improvement

650 North to West Hill Field Road – (0.11 miles)

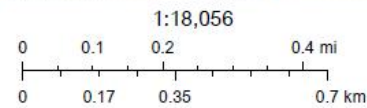
**Project Cost –  
\$ 166,200**

**Recommended Funds –  
\$ 81,200**



10/8/2021, 11:11:55 AM

- Proposed Sidewalk
- Legacy Park
- Impacted Residential Area
- Legacy Jr.
- Sand Springs Elementary
- Municipal Boundary



Bureau of Land Management, Utah AGRC, Esri, HERE, Garmin,

Layton City Public Works/Engineering

Bureau of Land Management, Utah AGRC, Esri, HERE, Garmin, INCREMENT P, USGS, EPA | Douglas P. Pierce | Utah AGRC, Esri, HERE |



# Centerville City – 400 North – Multi-Use Trail

## Project Type – Capital Improvement

Parrish Ln to 1275 North – (0.8 miles)

**Project Cost –**  
**\$ 956,500**

**Recommended Funds –**  
**\$ 250,000**

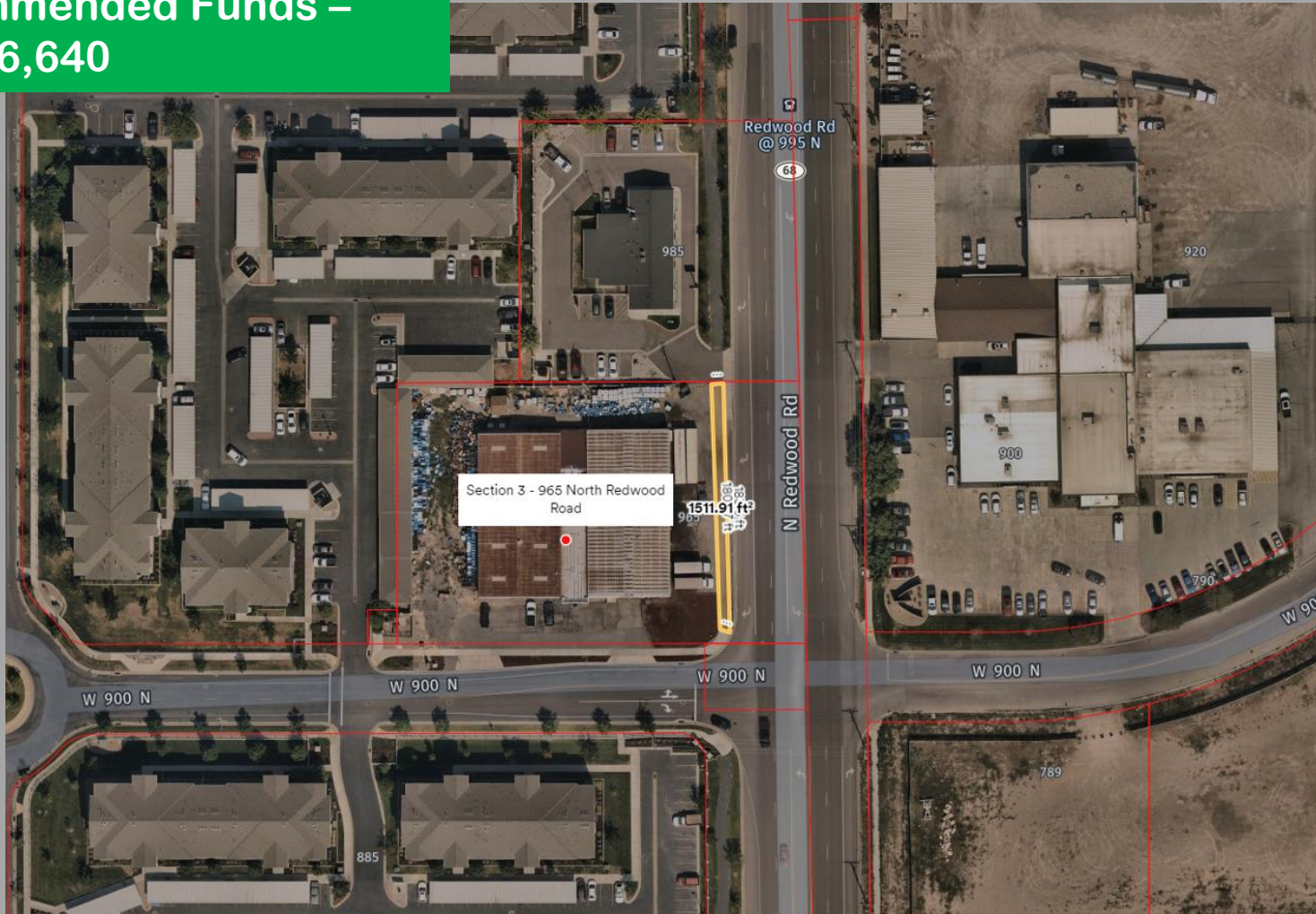


# North Salt Lake – Redwood Road – Sidewalk Connections Project Type – Capital Improvement

Three Sections between 75 North to 965 North – (0.15 miles)

**Project Cost –  
\$ 283,300**

**Recommended Funds –  
\$ 226,640**

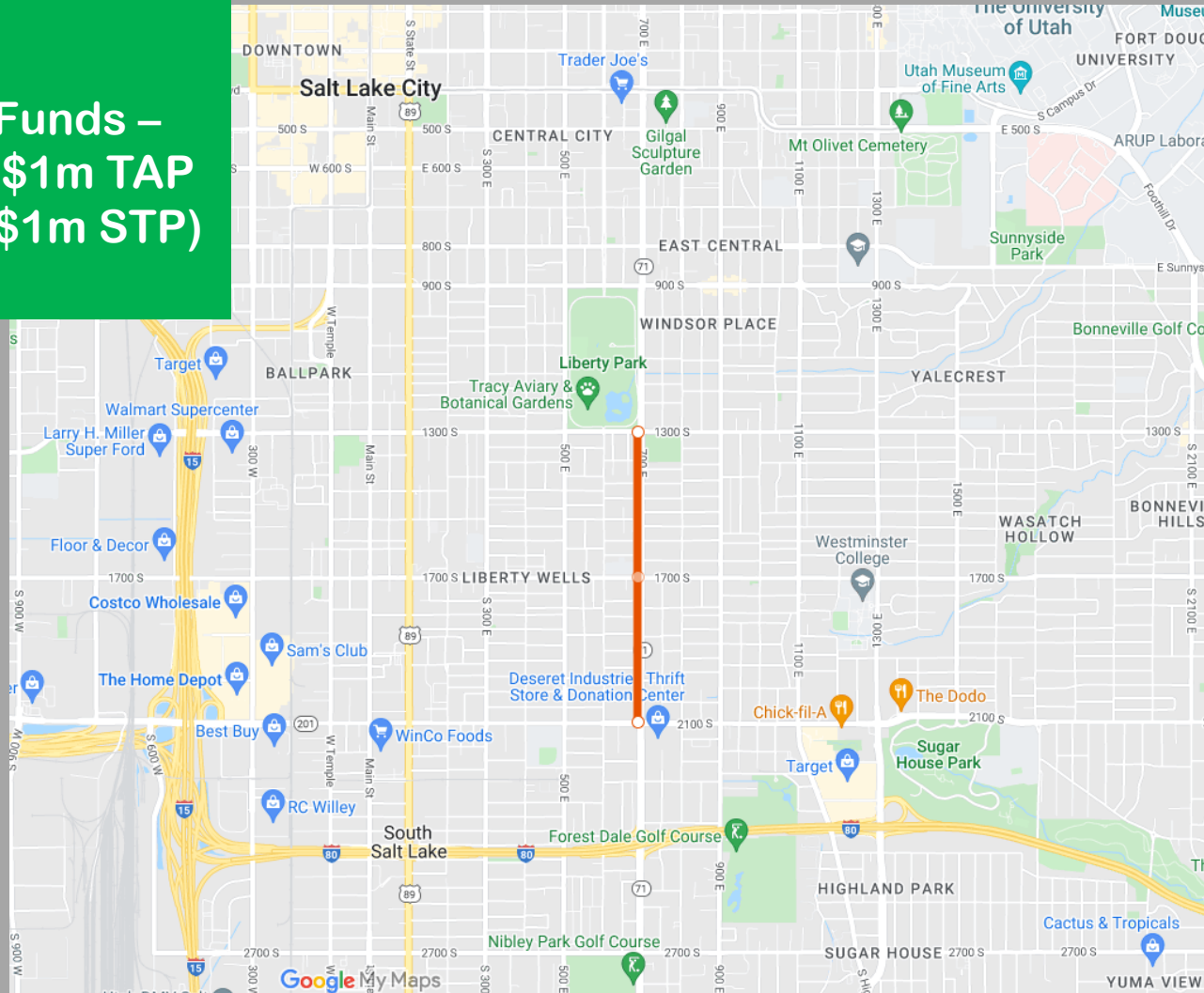


# UDOT – SR-71 Shared Use Path – Ped & Bike Project Type – Other

2100 South to 1300 South – (1 mile)

**Project Cost –  
\$ 2,985,500**

**Recommended Funds –  
\$ 2,000,000 (\$1m TAP  
+ \$1m STP)**





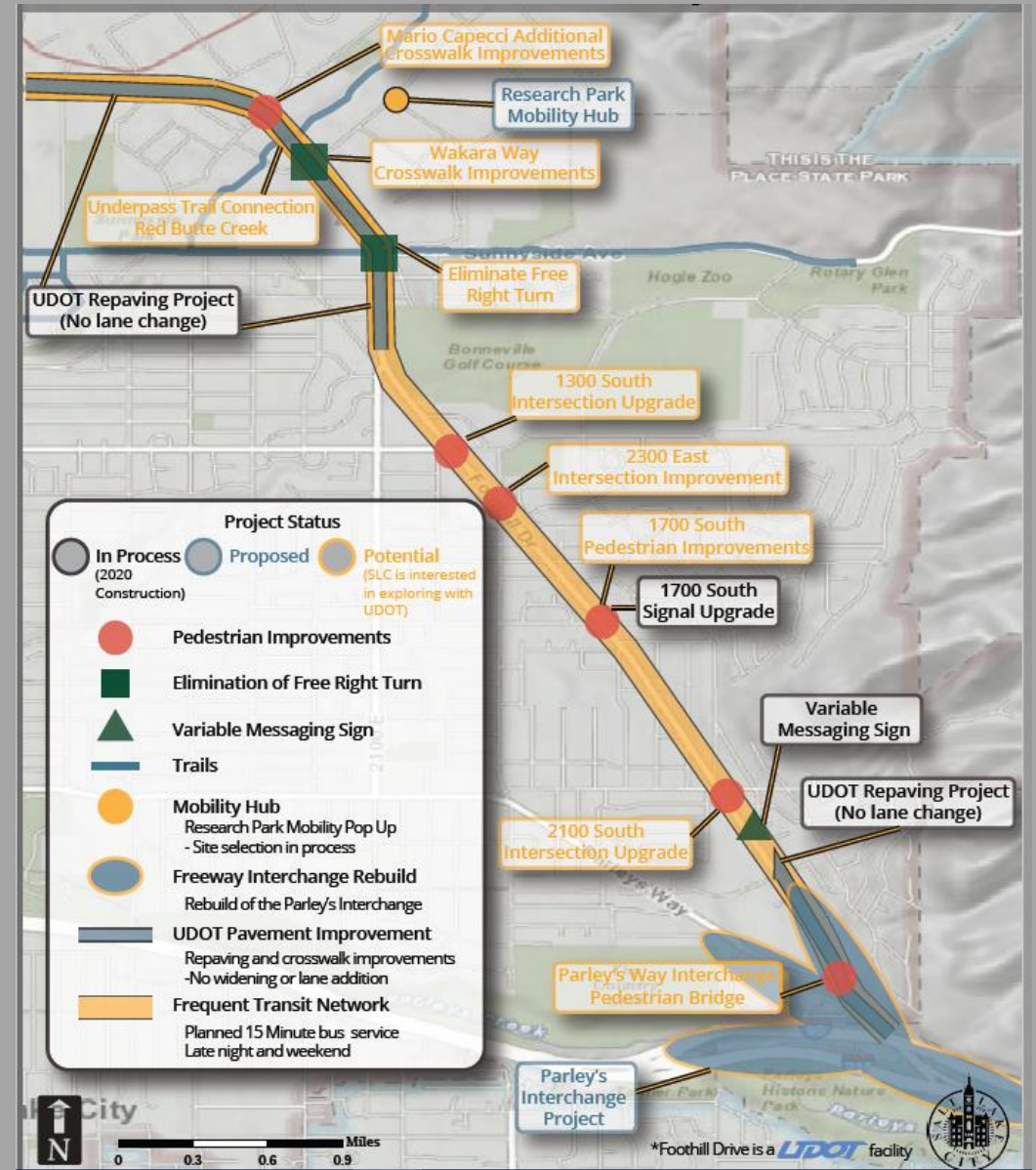
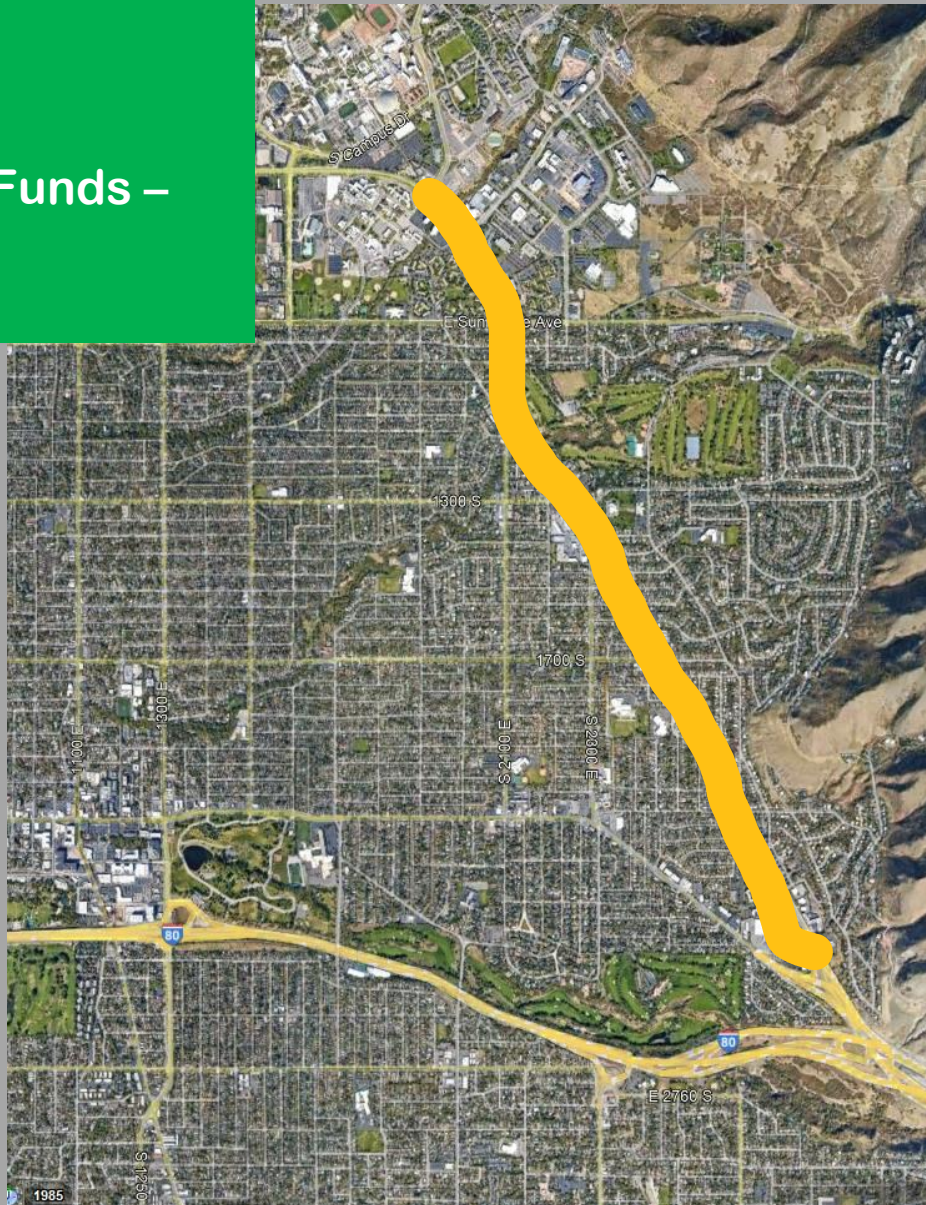
# Salt Lake City – Foothill Drive Ped & Bike - Safety Improvements

## Project Type – Design/ Plan/ Study

1300 East to Parley's Interchange – (0.25 miles)

**Project Cost –**  
\$ 584,000

**Recommended Funds –**  
\$ 300,000



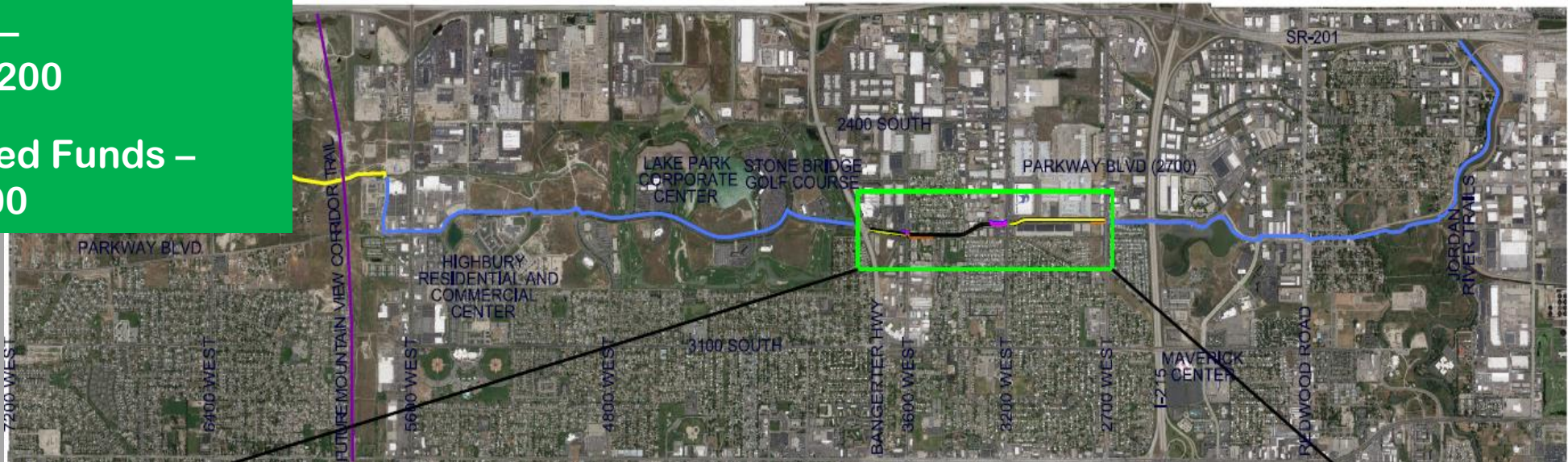
# West Valley – Cross Towne Trail – Bike Lanes

## Project Type – Capital Improvement

2700 West to Bangerter Highway – (1.25 miles)

**Project Cost –**  
**\$ 1,784,200**

**Recommended Funds –**  
**\$ 300,000**



- LEGEND**
- EXISTING TRAIL SEGMENT
  - FUTURE TRAIL SEGMENT
  - MOUNTAIN VIEW CORRIDOR PROPOSED TRAIL
  - PROPOSED PROJECT

### PROPOSED WEST VALLEY CITY CROSS TOWNE TRAIL AND PARKWAY BLVD BIKE LANE PROJECT

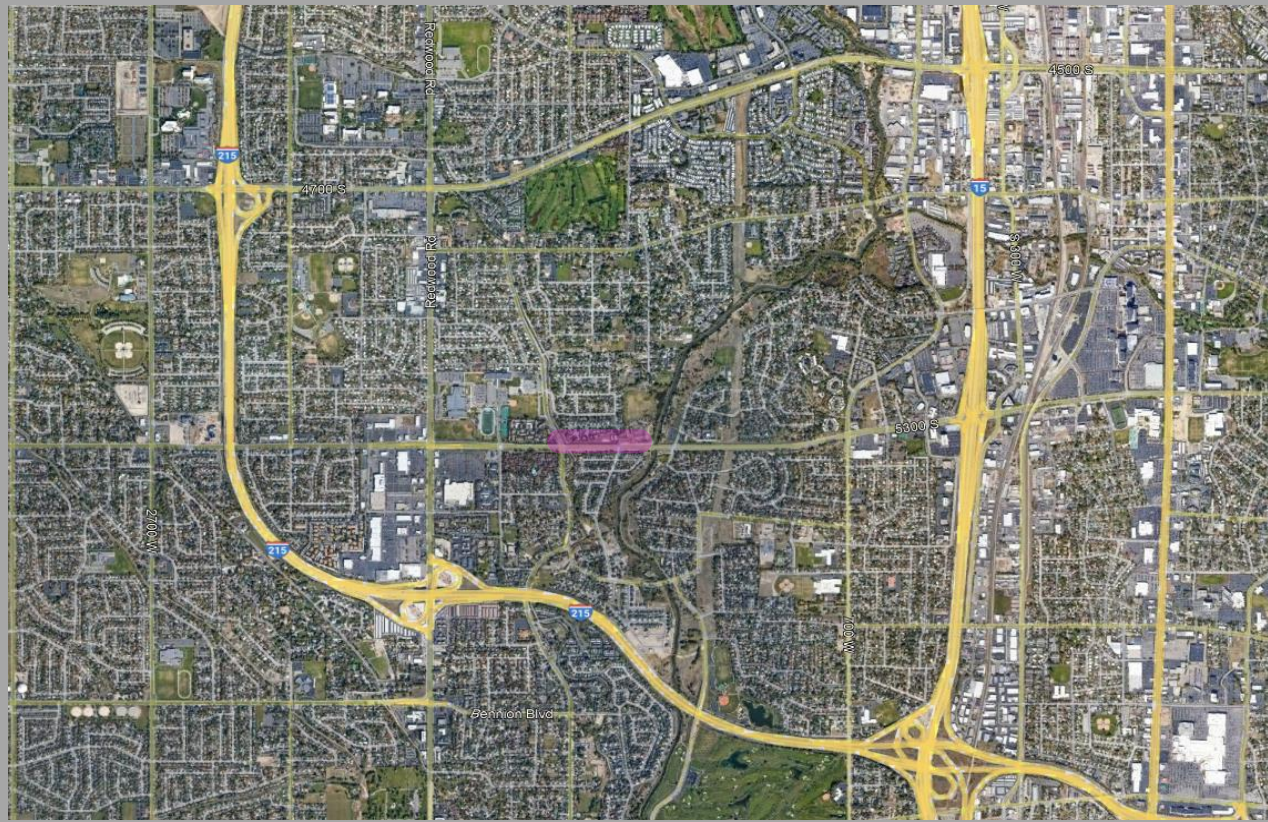
# Taylorville City – 5400 South Sidewalk – Construct Sidewalk

## Project Type – Capital Improvements

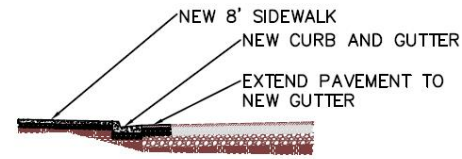
1300 West to Millrace Park – (0.15 miles)

**Project Cost –  
\$ 600,000**

**Recommended Funds –  
\$ 559,380**



### 5400 SOUTH SIDEWALK EXTENSION



WIDEN ROADWAY SHOULDER,  
NEW CURB AND SIDEWALK

TYPICAL ROADWAY WIDENING SECTION



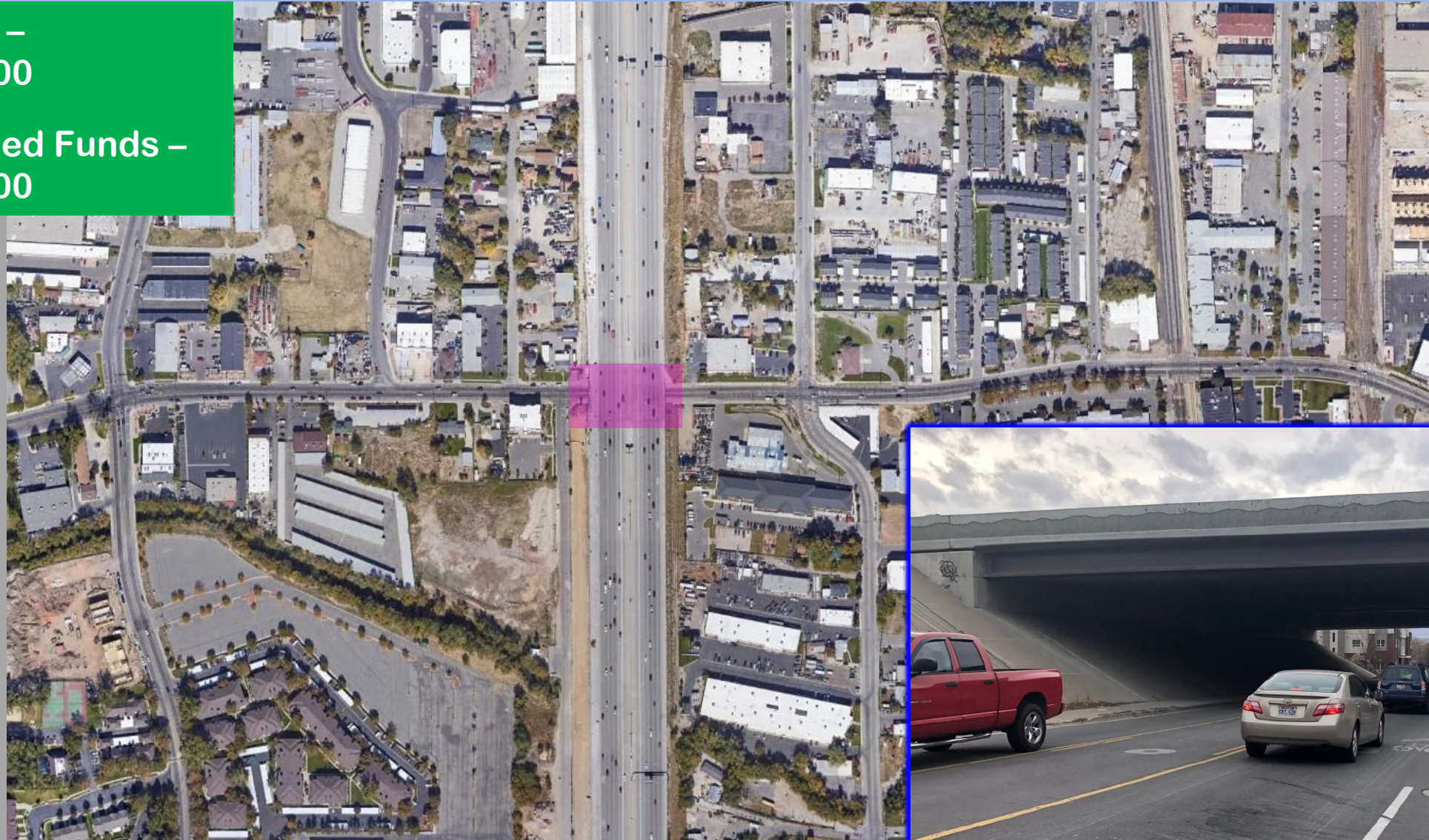
# Murray City – 4800 South Under I-15 – Bicycle Lanes

## Project Type – Capital Improvements

Galleria Drive to 325 West – (0.15 miles)

**Project Cost –  
\$ 880,100**

**Recommended Funds –  
\$ 600,000**



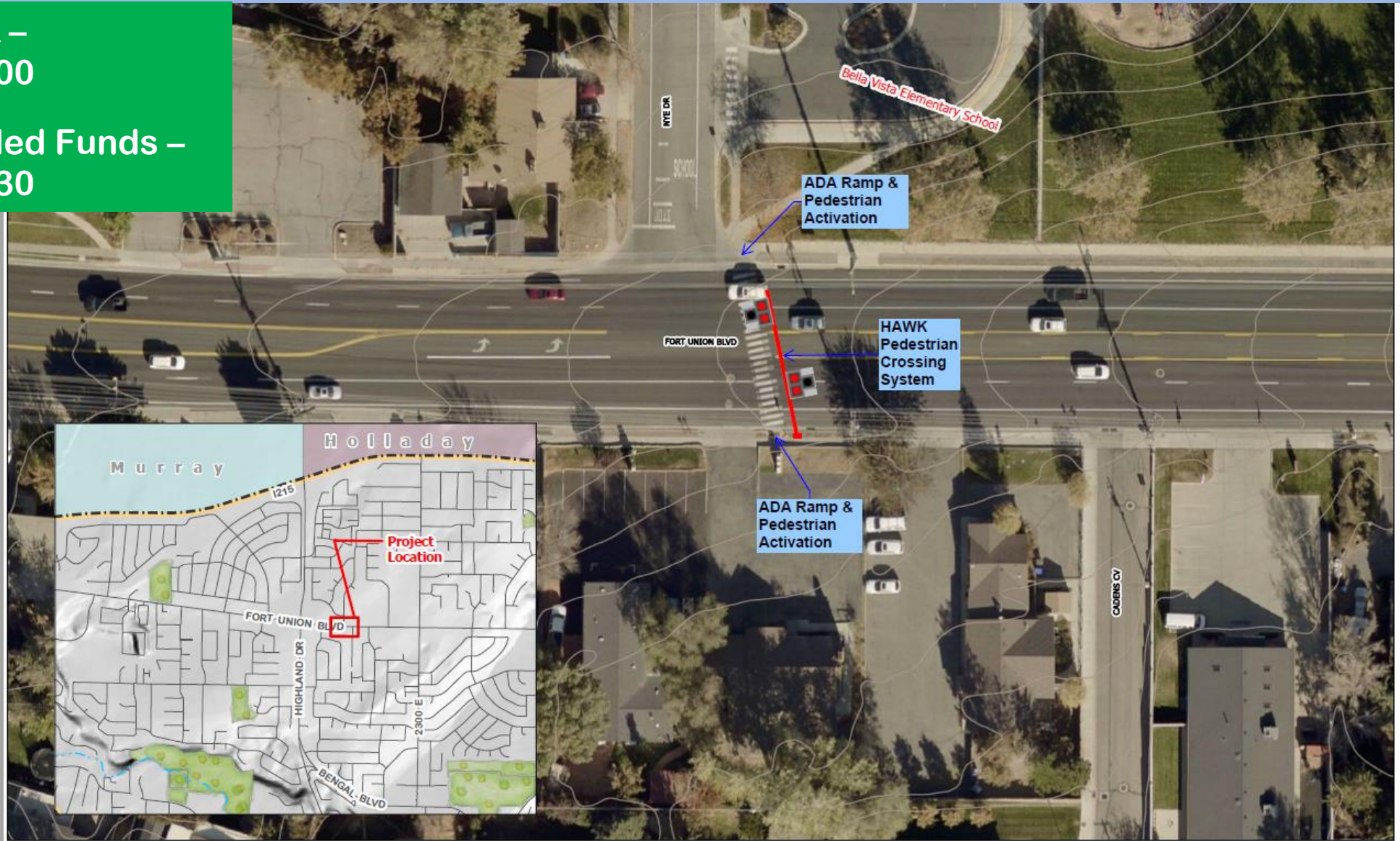
# Cottonwood Heights – Fort Union Blvd – Pedestrian Hybrid Beacon

## Project Type – Safe Routes to School

2200 East to 2100 East – (0.05 miles)

**Project Cost –**  
**\$ 487,000**

**Recommended Funds –**  
**\$ 454,030**



# West Jordan – Utah Lake Distribution Canal Trail South – Pave Trail

## Project Type – Capital Improvement

Jordan Valley TOD near Trax Station – McKaylee Circle Culdesac – (1.2 miles)

**Project Cost –**  
**\$ 167,000**

**Recommended Funds –**  
**\$ 155,694**



# Riverton – Phase I Welby Jacob Canal – Trail Improvements

## Project Type – Bicycle & Pedestrian

12600 South to 13400 South – (1.02 miles)

TAP & CMAQ

Project Cost –  
\$ 1,390,078  
Recommended Funds –  
\$ 1,296,317 (CMAQ)

Proposed Riverton  
Welby Jacob Trail  
12600 S to 13400 S  
(approx. 4200 W)



Author: KIM BARNARD GIS  
Date: 11/02/2021

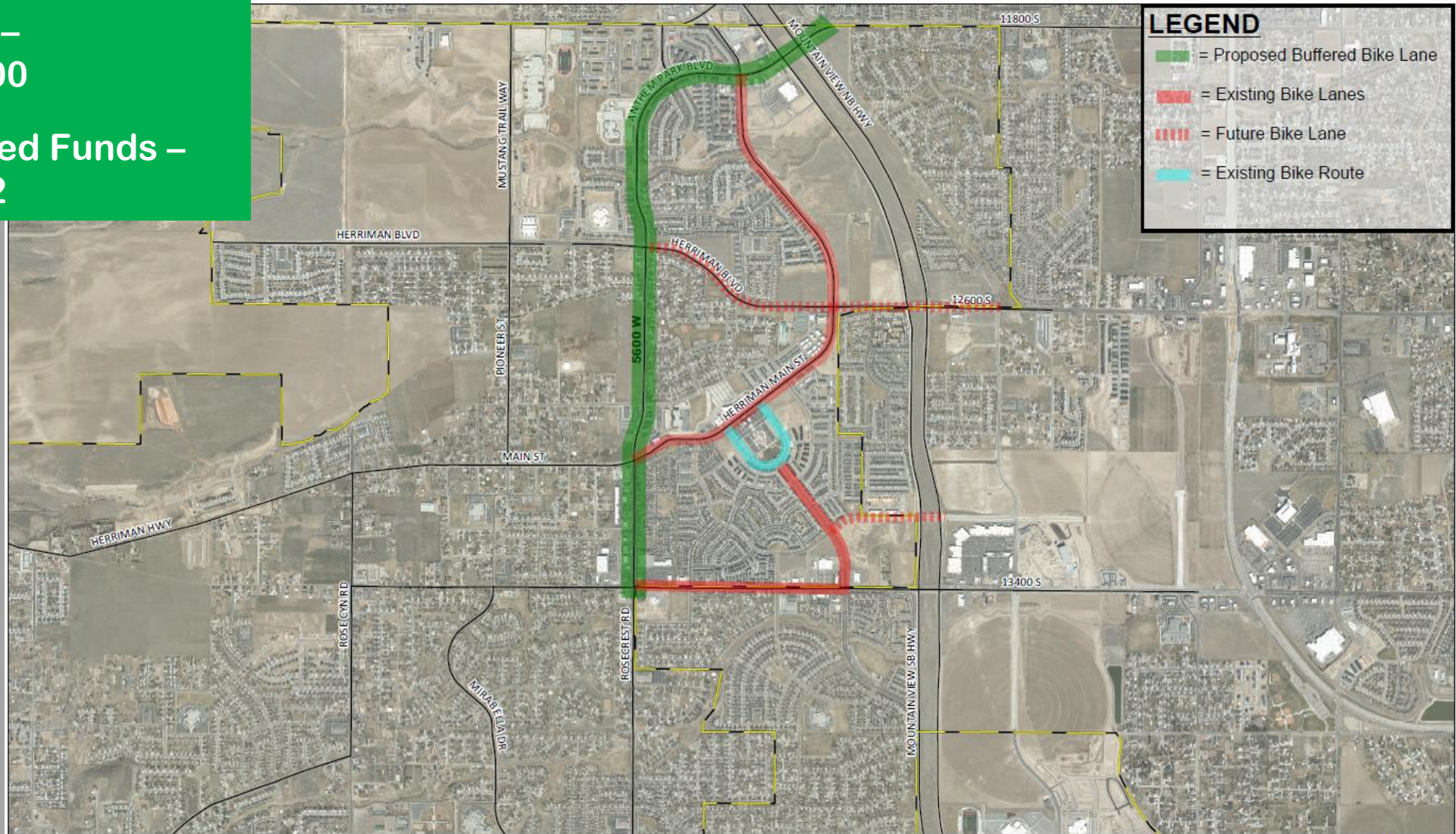
# Herriman City – Anthem Park Blvd – Bike Lanes

## Project Type – Capital Improvement

11800 South to 13400 South – (2.3 miles)

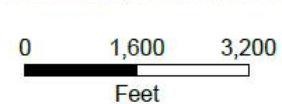
**Project Cost –**  
**\$ 125,000**

**Recommended Funds –**  
**\$ 97,892**



**LEGEND**

- = Proposed Buffered Bike Lane
- = Existing Bike Lanes
- - - = Future Bike Lane
- = Existing Bike Route





# UTA – First Mile/ Last Mile Active Transportation – Study/ Design

STP & TAP

Project Type - Other

Draper FrontRunner Station – Highline Commercial Special District – (5.3 mile)

Project Cost –  
\$ 500,000

Recommended Funds –  
\$ 300,000

