

Quotes about the ECG, Greenways and Related Subjects

About the ECG:

- "In essence, the Appalachian Trail is about getting away from it all. We see the East Coast Greenway as a way for people to get back into it all." – Eric Weis, ECGA Deputy Trail Program Coordinator
- "Millennium Trails will be very tangible gifts to the future. We will walk on them and hike on them and bike on them. They will be accessible to people of all ages and abilities. But in a very important way they represent more than the tangible effect of the trail. They represent a commitment and an investment in what kind of country we want in the next century." – First Lady Hillary Rodham Clinton at launch of the National Millennium Trails Program, 1999
- "Like the ECG itself, the ECGA is built on the work of individuals working on behalf of the Alliance" – Bill Bussey, ECGA North Carolina Committee Chair
- "Advocates and planners around NC frequently mention the ECG among their top 10 reasons to fund any local trail project." – Dave Connelly, ECG Volunteer in North Carolina
- "Folks in smaller communities are the most eager to feel part of a larger concept." – Dave Connelly, ECG Volunteer in North Carolina
- Answer to question, does using the ECGA name make it easier to convince communities to develop trails: "Oh, yes! Communities have their own reasons, which invariably tend to be local. But ECG conjures up the benefits of tourism, of connecting to a national urge to get out of cars, to be fit. Ironically, as visionary as Greenway on the ground and off-road remains, locals find it empowering. They like the connectivity that the Greenway promises." – Herb Hiller, ECGA Southeast Program Consultant

About Greenways:

- We need to bring open space to the people, instead of expecting them to journey to find it. That's where greenways are contributing. – Gilbert Grosvenor, Vice Chairman, President's Commission on Americans Outdoors, 1987
- A connected system of parks and parkways is manifestly far more complete and useful than a series of isolated parks. - Frederick Law Olmsted, American landscape architect, 1822-1903
- And, if greenways truly capture the imagination and boldness of the American spirit, they could eventually form the corridors that connect open spaces, parks, forests, and deserts-and Americans-from sea to shining sea. – President's Commission On Americans Outdoors, Report and Recommendations to the President of the United States, 1986
- Concern for the environment and access to parks and open space is not frivolous or peripheral,

rather, it is central to the welfare of people body, mind, and spirit. – Laurance Rockefeller, American capitalist & philanthropist, 1910

- “Greenways are about connections: connections between people and the land, between public parks, natural areas, historic sites, and other open spaces, between conservation and economic development, and between environmental protection and our quality of life.” – Chuck Flink & Robert Searns, Greenways, 1993
- “Greenways are long, skinny community centers” – Tom Farrell, Director of Recreation, Town of Brunswick, ME
- “People are different on a path. On a town sidewalk strangers may make eye contact, but that's all. On a path...they smile, say hello, and pet one another's dogs. I think every community in American should have a greenway.” - Anne Lusk, Greenway advocate, 1990
- “It may not be crowding per se that degrades us, but a lack of relief from crowding-a lack of open space, a lack of green, of nature going its own way.” – Charles Little and John Mitchell
- Crime and the fear of crime do not flourish in an environment of high energy and healthy interaction among law-abiding community members-the trail may be one of the safest places in the city. – Chief of Police in South Burlington, Vermont, 1997
- When we first heard about the plans for the Cedar Valley Nature Trail from Waterloo to Cedar Rapids [Iowa], we were less than enthusiastic. We attended the meetings and tried to get laws passed and lawsuits initiated to stop what we felt was a real menace to our well-being. We headed up a group of farmers and took the issue to court. We fought it for a year and finally decided that it wasn't worth it and that we should negotiate.

In retrospect, it's funny, 'cause the trail is the greatest thing going.' None of the fears have come to pass. There are perhaps 15,000 people using the trail every year. Many of them access the trail through our farm. We have formed many friendships with the trail users, and hear from them throughout the year and at Christmas. – Rick Spence, Farmer, Farmland News, February 1993

- If there's one essential ingredient to creating trails and trail systems, it's people. All the land and financing in the world won't blaze a trail if there aren't people championing the project. – Bay Area Ridge Trail Council, In Support of Trails: A Guide to Successful Trail Advocacy, 1993

About Exercise:

- Nothing compares with the simple pleasure of a bike ride. – John F. Kennedy
- I thought of that [the theory of relativity] while riding my bike. – Albert Einstein
- Those who do not find time for exercise will have to find time for illness. – Proverb
- Without health there is no happiness. An attention to health, then, should take the place of every other object. – Thomas Jefferson

- Walking makes for a long life. – Hindu Proverb
- Most people are pantywaists. Exercise is good for you. – Emma “Grandma” Gatewood, at age 67, the first woman to thru-hike the Appalachian Trail (1955)
- Walk and be happy, walk and be healthy. The best way to lengthen out our days is to walk steadily and with a purpose. – Charles Dickens
- Walking is man's best medicine. – Hippocrates
- Adding traffic lanes to deal with highway congestion is like loosening your belt to cure obesity. – Lewis Mumford, *The Highway and the City*, 1953

About Transportation:

- There is more to life than increasing its speed. – Mohandas K. Gandhi, Indian nationalist leader, 1869-1948
- The more I think about our US domestic transportation problem from this vantage point [China] the more I see an increased role for the bicycle in American life. I am convinced after riding bikes an enormous amount here in China, that it is a sensible, economical, clean form of transportation and makes enormous good sense. – George Bush, US Liaison Office, Beijing, China, 1975
- A highway takes your car to the country, a greenway your mind. – Charles Little, *Greenways for America*, 1990
- Thanks to the Interstate Highway System, it is now possible to travel across the country from coast to coast without seeing anything. – Charles Kuralt, *A Life On the Road*, 1990
- "More than twice as many people have died since 1900 in U.S. car collisions as have been killed in all the wars in U.S. history." Katie Alvord, *Divorce Your Car*, 2000

About the Economic Impact of Greenway:

- In the not-too-distant future, Americans will look back on those who created rail-trail parks with the same gratitude that we today feel for those visionary men and women who created our first national parks. But this 'second wave' of park creation must take place now, within the next decade or so, if we are not to lose the opportunity of using the abandoned rail corridors which are rapidly disappearing from the landscape. – Peter Harnick, *Converting Rails to Trails*, 1989
- Saving old railroad corridors as trails is not only good recreation policy, it is good railroad policy. They [abandoned rail corridors] may be appropriate for rail use in the future. If they are destroyed now, we will never be able to reassemble them again. – Drew Lewis, former Secretary of Transportation and a former Chief Executive Officer for Union Pacific Railroad, 1990

- Every important change in our society, for the good, at least, has taken place because of popular pressure-pressure from below, from the great mass of people. – Edward Abbey, *One Life at a Time, Please*, 1988