

NEWS RELEASE

November 30, 2016

For immediate release

Sidney Deadwood Trail Signs Installed to Encourage Path Use

Signs have recently been installed along the Sidney Deadwood Trail to encourage walking, running, and biking for overall health for all residents.

The Sidney Active Living Advisory Committee with funding from Panhandle Public Health District through the Nebraska Department of Health and Human Services and Centers for Disease Control and Prevention is excited to provide support for the trail signs with one at each entry point of the trail and eight in 1/2 mile segments of the 4 ½ mile long trail system. The signs promote various locations along the pathway and prompt users to the next location.

A formal ribbon cutting is being planned for spring 2017. A map of the trail system has also been distributed throughout the community and can be accessed at the Cheyenne County Community Center.

“The pathway is just one support for the health of Sidney residents and others that use it,” said Tom Von Seggern, Parks/Cemetery Superintendent with the City of Sidney. “Connected sidewalks, trails, and safe streets create environments that support an active lifestyle. With that foundation in place, walking is a great next step.”

We make time for the things that matter most – our families, their future, and our to-do list. Walking is an easy way to make sure you are healthy enough to keep it all together. **And it’s simple. Just Step and Repeat.**

Sidney is part of a select group of cities across Nebraska focusing on these efforts as part of the #WalkNE Nebraska Walkable Communities Project. The initiative grew out of a community-wide meeting held in October 2015 where residents discussed specific ideas centered on safety and physical activity for all abilities and ages.

To request further information to support an active lifestyle, please visit www.pphd.org or call 308-487-3600 or toll free 866-701-7173. Panhandle Public Health District is working together to improve the health, safety and quality of life for all who live, learn, work and play in the Panhandle. Our vision is that we are a healthier and safer Panhandle Community.