

New paths to wellness

By Maureen O'Connell / Special to the Star-Advertiser
POSTED: 01:30 a.m. HST, Sep 07, 2010



A 7,400-foot path linking Laie and Kahuku is planned for the Ko'olau Loa region mauka (mountainside) of Kamehameha Highway in Malaekahana. Above, Zach Rasmussen runs along Kamehameha Highway parallel to the proposed path, which would be on the right side of Rasmussen, inside the fence line about 20 feet.

[More Photos](#)



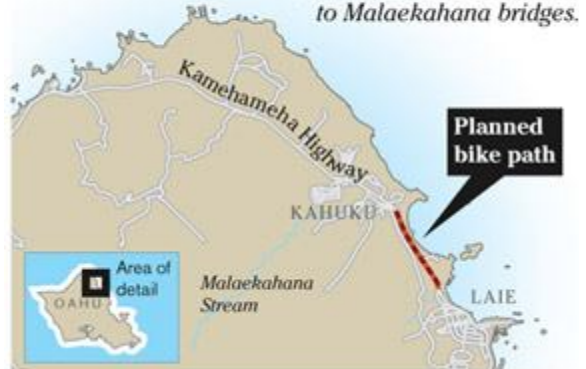
more than an arm's length of separation from traffic.

Now, with groundbreaking for the Malaekahana Bike Path slated for Saturday, they're excited about finally picking up shovels to start chipping away at patches of grassy debris dotting the new and safer path that is set more than 15 feet from the highway.

The meandering 8-foot-wide asphalt path — nearly 1 1/2 miles long — will run between Kahawainui and Malaekahana bridges, linking Laie with Kahuku. A 5-foot tall fence will go up along the path's mauka side to keep out wandering cattle and horses from nearby pastures.

BIKE PATH WILL LINK LAIE WITH KAHUKU

The 7,400-foot "Malaekahana" bike/pedestrian path will link Laie with Kahuku, running from Kahawainui to Malaekahana bridges.



STAR-ADVERTISER

Organizers hope the safer path will encourage more

On a recent morning drive here from Kahuku, Pane Meatoga's truck passed two women, both jogging while pushing baby strollers along the narrow bike lane hugging Kamehameha Highway.

"I saw that and my heart skipped a beat," said Meatoga, president of the Laie Community Association. "There's a big safety issue."

For the last several years, Koolau Loa area residents have chipped away at various plans to move pedestrians and cyclists a safer distance from the rural stretch of highway, where in some spots there's little

ADVERTISEMENT

ADT **FREE** Home Security System!

PROTECT YOUR HOME

As no cost to you for parts and activation with only a \$99 installation fee and the purchase of alarm monitoring services. Terms & Conditions apply.

CALL NOW and receive a **FREE** wireless remote control with **PANIC BUTTON!**

\$850 Value!

1-877-246-7519
Mon-Fri 9am - 10pm - Sat 9am-7pm - Sun 11am - 6pm EST

Print Powered By FormatDynamics™

Star Advertiser

people to leave their cars at home for short trips between the two communities and step up exercise routines. The area is home to a sizable native Hawaiian and Pacific Islander population, two groups at higher risk for obesity and diabetes.

The land is owned by Hawaii Reserves Inc., which manages or owns properties affiliated with the Church of Jesus Christ of Latter-day Saints, including about 7,000 acre in Laie. HRI will retain ownership of the land and provide construction materials for the project. Laie and Kahuku community associations and other volunteers will install and maintain the path.

"It's going to take a lot of coordinating," Meatoga said, noting he intends to recruit volunteers ranging from student athletes who have long used the existing bike lane for conditioning workouts to skilled craftsmen and landscapers. With an ample and enthusiastic volunteer turnout, Meatoga said construction could wrap up within three months.

The Malaekahana Bike Path is the first green-lighted project generated by Envision La'ie, an ongoing private-public effort to map a 50-year sustainability plan for the Koolau Loa region focusing on affordable housing, jobs and education.

"We think the bike path is going to be a great benefit," said R. Eric Beaver, HRI's president and chief executive officer. The mauka-side buffer from the highway will prompt more families to send kids to school on foot or bicycles, and parents will no longer have to drive on the highway to get them to campus, he said.

Regarding Envision La'ie, Beaver said the community partnership assembling to build the path marks "the beginning of what we think is the fulfillment of that vision."

Other proposed roadway projects include upgrading bike lanes along main streets in Laie and revamping the Malaekahana area's old Cane Haul Road as a viable alternative north-south route to Kamehameha Highway.

Ralph Makaiau, president of the Kahuku Community Association, sees the push for sustainability — embraced by HRI, Brigham Young University-Hawaii, the Polynesian Cultural Center and local groups — as a chance to dictate "inside-out" controlled growth, rather than having outsiders, such developers and builders who live elsewhere, call the shots.

In addition to signing up for shifts on the Malaekahana Bike Path construction crew, Kahuku association members are looking into ways to secure land for a similar path that would connect Kahuku to the Turtle Bay resort area.

"Envision," in our opinion, is the people wanting to do for themselves, help themselves," Makaiau said. "At this point, the call has gone out and Kahuku has responded. We want to help, we want to participate."

Maureen McConnell is a Honolulu-based freelance writer.

ADVERTISEMENT



Send flowers
for any occasion

Bouquets \$19.99
from 19^{+s/h}

ProFlowers
Order ONLY at
proflowers.com/happy
or call 1-877-888-0688

Print Powered By  FormatDynamics™



CLE/PEDESTRIAN PATHS IN HAWAII

Shore

a Pupukea Bike Path: Waialeale Beach Park to Shark's Cove, makai side of Kamehameha Highway.

ia Beach Road Path: Au Street to Kaukonahua Road, 2.7 miles

ulu

/ai Canal Mauka Promenade: Ala Moana Boulevard to Ala Wai Elementary School, 1 mile

loana Park Path: Magic Island to Kewalo Basin area, 1.6 miles

z Highway: Radford Drive to Puuloa Road, 3.6 miles

rd

Weaver Road: Farrington Highway (near Hanakahi Street) to Iroquois Point Road, 3.8 miles

Harbor Bike Path: Asing Community Park and West Loch Shoreline Park to area near Fort Weaver

th, 7.5 miles.

ard

hameha Highway: Likelike Highway to Koolau View Drive, 1.1 miles.

LAND

Valua Road Bike/Pedestrian Scenic Route: Lako Street to vicinity of Old Mamalahoa Highway, 3.3

ilele "Mokey" Bike Path: Mokulele Highway, 6 miles

1 Shore Bikeway: Hobron Avenue to Alakapa Place, Wailuku-Kahului, 1 mile

1 Shore Greenway: Between Paia and Baldwin Beach Park, 1.5 miles; Kahana Beach Park, Kahului

1 Senior Citizens Center, Spreckelsville, 1.5 miles (plans call for expanding to 6 miles)

ihau Bike Path: Kapaa Elementary School to Kapahi Park, East Shore, 3 miles

a Hele Makalae: Nawiliwili to Anahola; Lydgate Park, 2.5 miles; Lihi Boat Ramp to Ahihi Point in

4.1 miles (Phase III will connect first two segments, 2 miles)

E NET

DOT website, goakamai.org, offers more bicycle-related information.

: Bike Plan Hawaii (2003), Hawaii Department of Transportation, hawaii.gov/dot/highways/Bike/bikeplan; Hawaii Bicycling League, www.hbl.org; PATH (People's

cy for Trails Hawaii), www.pathhawaii.org; Kauai Path, Inc., kauaipath.org; Maui Bicycle Allianc

il Park Service Rivers, Trails & Conservation Assistance Pacific West Region Honolulu Office.

IS OF THE ROAD

urteous. Respect other users regardless of mode of travel, speed or skill level.

the path clear. Use no more than half of the path when in a group.

redictable. Travel in a consistent manner. Look behind you before changing position on the path.

to the right.

ect private property. Stay on designated paths or roadways. Avoid cutting through landscaped

al when passing. Give a clear warning by voice ("On your left"), bell or horn.

ect the aina. Toss litter in trash bins, not on the path.

ware of motor restrictions. "Multiuse" paths typically exclude motorized vehicles except for the

l for maintenance and access for disabled persons. "Shared-use" paths, in some cases, permit

red vehicles.

eels yield to heels." Pedestrians have the right of way on most paths. However, on street bike

pedestrians must yield to cyclists.

=: Maui Bicycle Alliance, Kauai Path Inc., Hawaii Bicycling League

ADVERTISEMENT

DON'T DELAY

Get Proven, Proactive
IDENTITY THEFT PROTECTION

 **LifeLock.**
#1 In Identity Theft Protection™

Call Now 1-877-670-1746

Print Powered By  FormatDynamics™