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greenways
in America**

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On the Cover: The bridge over the Corps of Engineers' Murray Lock and Dam connecting trail systems in Little Rock and North Little Rock, AR (photo by Drew Harris, CJRW)

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American Trails

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American Trails Magazine

American Trails Magazine (ISSN 1082-8303) is the magazine of American Trails, the nonprofit organization dedicated to quality trails and greenways within 15 minutes of every American home or workplace.

Editor: Stuart H. Macdonald

Subscriptions are \$35 per year or free with membership—see page 28 for membership form.

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Contributions. We welcome contributions on trails issues, advocacy, and news, either original material or suggestions from other publications. We cannot pay for submissions, but authors will receive full credit.

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Little Rock in 2008

The future of trails—in Arkansas

By Pam Gluck, Executive Director, American Trails

Why did we choose Arkansas as the location for the next National Trails Symposium? I'm excited to share some of the "wow factors" that amazed me and led to the final decision in making Little Rock the place to be in November of 2008.

First, we are all trying to make the connection between trails and health. Little Rock's cutting-edge Medical Mile project, coordinated by trail innovator Terry Eastin, is a linear outdoor health museum. It is "lighting the way" for us to learn how to work with the medical community and bring hospitals and physicians across the country "on board" with trails. See page 32 to learn more about it.

Then there is the Big Dam Bridge project, over the Arkansas River, that is a shining example of how to take a BIG vision and make it happen. Judge Buddy Villines of Pulaski County had the concept and worked tirelessly to make it happen. He says "We build roads because we have to move cars in commerce. We build trails to improve the quality of life for our citizens." Read more on page 8.

The mayors of both Little Rock and North Little Rock live trails. Jim Dailey, Mayor of Little Rock, believes "The artistry of our landscape, the health of our citizens, and the desire for innovative economic stimulus that harmonizes with the environment have given us a mandate for developing the Arkansas River Trail."

Mayor Patrick Hays thinks, "The River Trail is one of the most scenic bicycle and walking trails in the country." Terry Eastin and I had the memorable experience of touring the lovely North Little Rock River Trail with Mayor Hays. This proud and enthusiastic "father" of the trail actually helped lay out sections of it.

The leaders and people of Little Rock are enthusiastic about their trail projects and are just as excited to share them with you at the 2008 National Trails Symposium. So mark your calendars and join us in Arkansas in 2008!

Identification Statement

Publication's title and number: American Trails Magazine (ISSN 1082-8303)

Issue date: January 10, 2007

Statement of frequency: Published three times a year

Authorized organization's name, address, phone number:

American Trails, P.O. Box 491797, Redding, CA 96049-1797

Physical Address: 21750 Rolling Hills Drive, Palo Cedro, CA 96073 - Phone (530) 547-2060

Issue Number: Volume 35, Number 3

Subscription price: \$35 per year or free with membership

The National Trails Training Partnership

www.NTTP.net

American Trails to help states meet trails training needs

AERICAN TRAILS' GOAL FOR TRAINING is to expand efforts to provide better education programs and technical assistance by working with the states and local communities, nonprofit groups, and agencies who are planning, building, and managing trails.

We are expanding key elements of the National Trails Training Partnership (NTTP) to better serve the needs of the nationwide trails community, both motorized and nonmotorized. We are working with the State Trails Programs to help bring more training and expertise directly to them.

These efforts are in support of the Recreational Trails Program goals to help local trail project sponsors build better and more cost effective trails. We are emphasizing accessible trails, assessing trails, trail crew leadership, developing a state training program, and working with developers.

States may use RTP Educational Funds for safety and environmental protection, including training for trail planning, design, construction, maintenance, operation, and assessment. States may pay for the training, and could charge a fee to attendees to recoup some or all of the workshop costs.

Benefits of Bringing Trainings to the States:

- Bringing training to the states saves scarce travel funds, reduces travel time, and eliminates the need to obtain out-of-state travel permission.
- Staff and volunteers receive training they could not get without significant time and travel expenditures.
- Youth are better educated for future employment in outdoor recreation and natural resources fields.
- The availability of skilled volunteers and staff reduces the cost of local trail projects and provides more significant matching services.
- Better training of local trail project sponsors will result in better trails built at a lower cost to be more sustainable and accessible over the long term.
- Better-trained volunteers will do work with more value.



- The states may provide training venues, and may charge a training fee. The goal of in-state travel is to reduce travel time and cost for the participants and for the states.

These educational workshops are available for your agency or nonprofit organization. Each workshop can be coordinated with a state trails conference or other training event, held as a single event, or held as a series in different locations. The goal is to bring more training to the staff and volunteers who need it, while minimizing travel and other expenses.

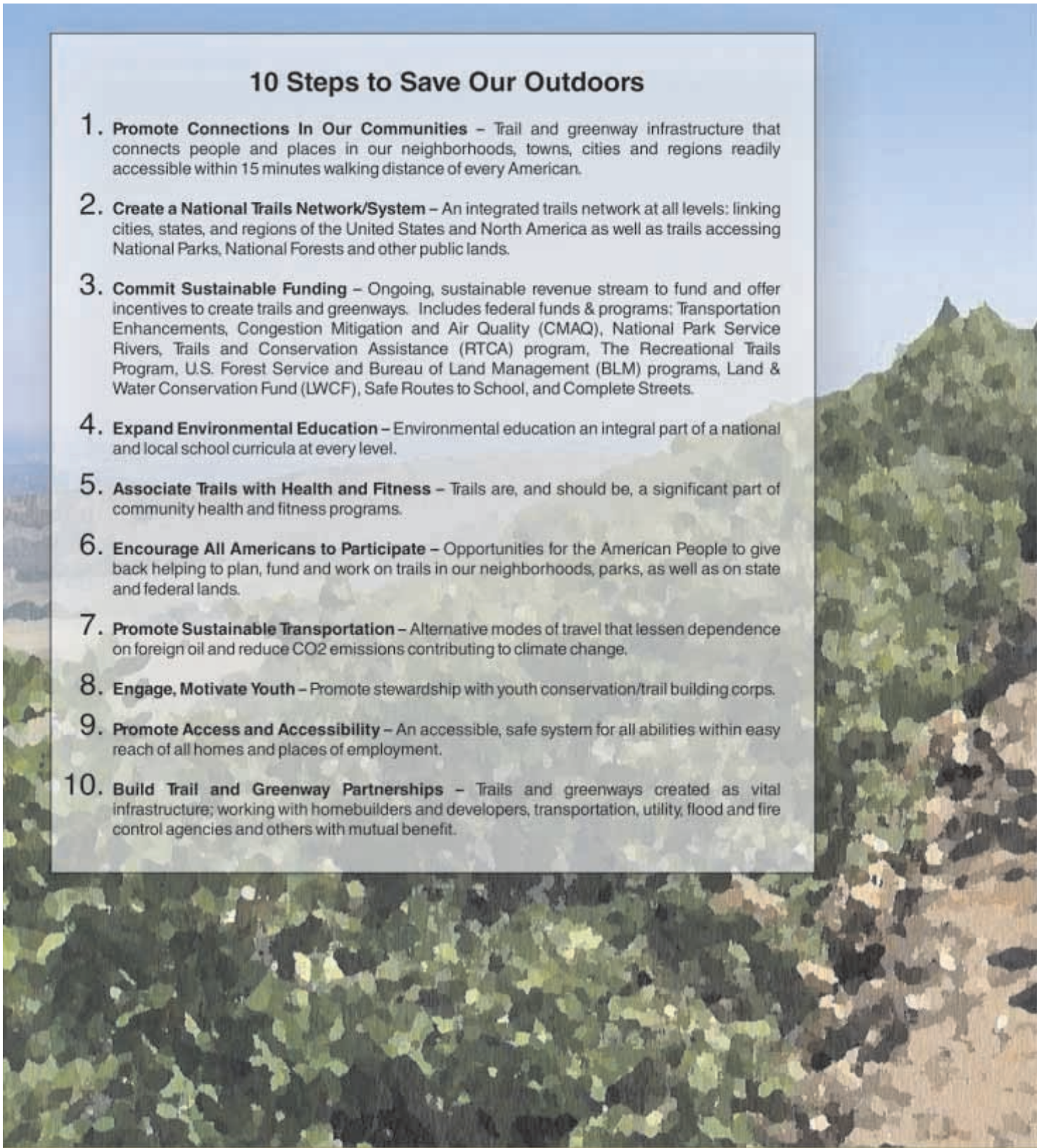
- Understanding Accessibility and Building Better Trails
- Universal Trail Assessment Process Workshop
- TrailWare Workshop
- Trail Crew Leadership Training
- Creating a State Trails Training Program Workshop
- Working with Developers Forum

For information on hosting the workshops, contact Pam Gluck, Executive Director of American Trails, at (530) 547-2060 or nttp@americantrails.org.

NTTP can help publicize your trails training opportunities

Find the class or workshop you need on the most comprehensive calendar on the Web for trail-related training and education. Hosted by www.AmericanTrails.org, the calendar can also be accessed from www.NTTP.net. We're also eager to promote your trails training opportunities of every kind on our online calendar. Please add us to your mailing list and we'll help publicize your events. We also invite you to include a link to www.NTTP.net on your website. The combined American Trails and NTTP websites receive over 100,000 visitors per month.

The National Trails Training Partnership brings you hundreds of resources, studies, and articles, as well as an online calendar of scheduled training on all topics related to trails and greenways. Visit us at www.NTTP.net.



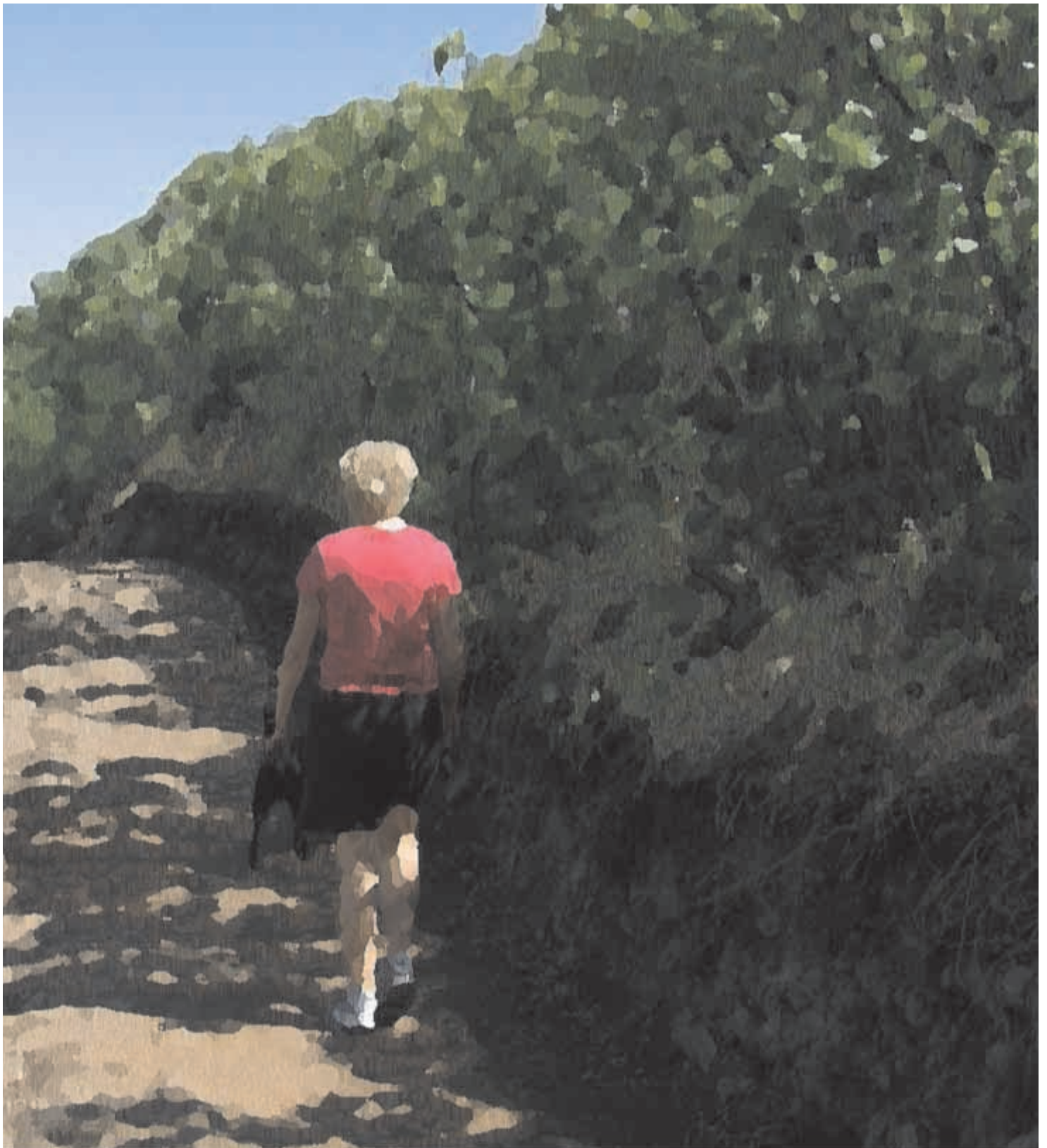
10 Steps to Save Our Outdoors

1. **Promote Connections In Our Communities** – Trail and greenway infrastructure that connects people and places in our neighborhoods, towns, cities and regions readily accessible within 15 minutes walking distance of every American.
2. **Create a National Trails Network/System** – An integrated trails network at all levels: linking cities, states, and regions of the United States and North America as well as trails accessing National Parks, National Forests and other public lands.
3. **Commit Sustainable Funding** – Ongoing, sustainable revenue stream to fund and offer incentives to create trails and greenways. Includes federal funds & programs: Transportation Enhancements, Congestion Mitigation and Air Quality (CMAQ), National Park Service Rivers, Trails and Conservation Assistance (RTCA) program, The Recreational Trails Program, U.S. Forest Service and Bureau of Land Management (BLM) programs, Land & Water Conservation Fund (LWCF), Safe Routes to School, and Complete Streets.
4. **Expand Environmental Education** – Environmental education an integral part of a national and local school curricula at every level.
5. **Associate Trails with Health and Fitness** – Trails are, and should be, a significant part of community health and fitness programs.
6. **Encourage All Americans to Participate** – Opportunities for the American People to give back helping to plan, fund and work on trails in our neighborhoods, parks, as well as on state and federal lands.
7. **Promote Sustainable Transportation** – Alternative modes of travel that lessen dependence on foreign oil and reduce CO2 emissions contributing to climate change.
8. **Engage, Motivate Youth** – Promote stewardship with youth conservation/trail building corps.
9. **Promote Access and Accessibility** – An accessible, safe system for all abilities within easy reach of all homes and places of employment.
10. **Build Trail and Greenway Partnerships** – Trails and greenways created as vital infrastructure; working with homebuilders and developers, transportation, utility, flood and fire control agencies and others with mutual benefit.

The Future of Trails and

Robert Searns, Chair,

This past fall, at the Plenary Session of the 18th National Trail Symposium in Quad Cities, IL, IA, the recommendations for the future of trails and greenways in America. This compilation has been forwarded to the diminishing wild spaces, American Trails is striving to create a legacy of places of outdoor recreation and solace including the offices of Senators Obama and Huckabee. We encourage



G r e e n w a y s i n A m e r i c a

American Trails

membership of American Trails met (over 500 trail advocates and professionals) and thoughtfully crafted a list of Members of the 110th Congress, the White House, key agency heads and the national news media. In an era of readily accessible to all Americans. We thank all of those who participated in this heartfelt and creative effort, the vigorous pursuit of this vision for this and future generations.

The biggest dam bridge of all

A trail facility with extensive river views in the heart of the Little Rock urban area

IT WAS PULASKI COUNTY JUDGE BUDDY VILLINES who came up with a name for the bridge. When it was uncertain to officials whether they'd be able to build the bridge, the Judge vowed, "We're going to build that dam bridge," and the name, which officially became "the Big Dam Bridge," stuck.

Comprising 4,226 linear feet, the bridge over the Corps of Engineers' Murray Lock and Dam is the longest bridge built specifically for pedestrians and bicyclists in the world (the longest in the U. S. is the Chain of Rocks Bridge in St. Louis, at 5,350 feet, but it was originally a highway bridge).

Some of the more impressive design aspects of the Big Dam Bridge include girders that curve up to a 82.3 meter radius and a substructure designed to withstand winds up to 160.93 kmph. Built with a 14-foot-wide deck, the bridge is capable of handling pedestrian and bicycle traffic and it was also built with gentle slopes to assure compliance with Uniform Federal Accessibility Standards.



A bridge of dreams

"Our spirits will be renewed as we gaze upon the beauty before us, over this river whose waters have come and passed this way for thousands of years, connecting us to our history— our past, our present, and our future. Our future, our history yet to be written. We can be what we choose to be. If we can conceive it, we can achieve it! For all things are possible, if we only believe! Let this be a BRIDGE OF DREAMS."

— Judge Buddy Villines

The bridge connects about 17 miles of trail in the cities of Little Rock and North Little Rock, bridging the Arkansas River from Little Rock's Murray Park to North Little Rock's Cooks Landing.

Also known as "Buddy's Bridge," Judge Villines was the visionary and pushing force behind the Big Dam Bridge, a lasting legacy for this larger than life southern politician. "Bridges connect people and places. This one will attract people and be good for economic growth. Plus," says the

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Little Rock's big new project

Judge, “our culture has to change its ways. We have to be healthier.”

And that may just be the most spectacular feature of the bridge— the way it is bringing people together. Thousands of people gathered on September 30th, 2006 for the opening ceremonies and 5k footrace, and daily walkers, runners, bicyclists, and families from all walks of life can be seen enjoying the bridge.

"It truly is a gift to every member of our community," Anne Woker of Little Rock says about the bridge, "no matter how old or young, rich or poor, fit or physically challenged... and, it is a gift that will keep giving to each of us in our lifetimes and those to come. Wow, I love that dam bridge!"

Speaking at the ribbon cutting ceremony in September, Judge Villines furthered that notion. “This bridge, like the very early bridges, connects people and places. Spanning this river that would divide us, it connects us in a very human



way. We will bring our families and our friends here, and we will meet other families and make new friends. We will be better and our community will be better for the experience. Let this be a “Bridge to Friendship and Community.”

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2006 National Trails Awards

American Trails recognizes volunteers, professionals, and trails community leaders

The National Trails Awards are presented by American Trails for outstanding efforts to create a national system of trails for all Americans. The awards were presented on October 21, 2006, at the 18th National Trails Symposium in the Quad Cities of Iowa and Illinois.

★ **LIFETIME SERVICE AWARD: Bill Bliss**

For 40 years, Bill commuted to work from his home in San Jose to Lockheed in Sunnyvale. He crusaded for safer trails, bicycling, and bicycling facilities until he was tragically killed while riding his bicycle across the country. Bill said, "It is not how fast you ride, all that matters is that you are moving in the right direction." This was Bill's approach to biking, advocacy, and life.



Bill Bliss

★ **HULET HORNBECK AWARD: Tom Ross**

The first Hulet Hornbeck Award was presented to Tom Ross, who led the National Trails System in the National Park Service's Washington Office since 1988. As a believer in community-based conservation, Tom encouraged and helped sustain long-term partnerships with national trails organizations. His guidance, common sense, broad-ranging vision, and charm have graced the national trails community for 16 years.



Tom Ross

★ **TRAILS FOR HEALTH AWARD: Arkansas River Trail Medical Mile Project Memorial Hospital Foundation - River Bluff Trail**

The **Arkansas River Trail Medical Mile** is a multi-year collaboration project between the City of Little Rock and Heart Clinic Arkansas, the state's largest cardiology clinic. To raise awareness of public health issues and the benefits of trail

use, the collaboration was developed to raise \$350,000 for the construction of a "Medical Mile" on the Arkansas River Trail. To learn more about this project, see pages 30-32.

The **Memorial Hospital Foundation** in Logansport, Indiana, formed a team to build the **River Bluff Trail** for the community, to stress exercise as a path to a healthy life style and longevity, and to insure the protection of community environments by developing a walking trail.

★ **PARTNERSHIP AWARD: American Discovery Trail, Quad Cities Section**

The construction of a segment of the American Discovery Trail, completed in 2005, required funding, support and partnership from many entities. The trail section connects the Great River Trail/Grand Illinois Trail/Mississippi River Trail in Rock Island over the Government Bridge on Arsenal Island to the Mississippi River Trail in Davenport, Iowa.

★ **TRAILS PUBLIC SERVICE AWARD: Steve Anderson**

Steve Anderson of Tucson, Arizona, is Principal Planner of Pima County Natural Resources Parks & Recreation Department. A trails advocate for more than twenty years, he has been involved in successful trails and open space conservation projects at the local, state and national levels.

★ **OUTSTANDING MEDIA AWARD: Des Moines Register, Iowa**

The Des Moines Register newspaper has consistently and for many years been a public source of reliable information and strong advocate for trail development on a local, state and federal level. Their coverage has addressed trail issues from numerous perspectives such as personal stories, land condemnation issues, funding (state & federal), maintenance costs, location, public participation, volunteers, design, editorials, and public reactions.

★ **TRAILS AND THE ARTS AWARD: Back to the River, Inc., Iowa**

The Lewis and Clark Interpretive Trail tells stories of the Lewis and Clark Expedition through monumental public art and outdoor exhibits in 15 parks and public spaces along 40 miles of the Missouri River. The trail exposes people to the history of Lewis and Clark's Expedition in a fun, original way while encouraging use of the Nebraska and Iowa Riverfront Trails and riverfront parks.

National Trails Awards for 2006 *continued*

★ **PLANNING/DESIGN AWARD:**
Fantasy Island Task Force, Arizona
Prairie Pathways Interpretive Project, Iowa

The **Fantasy Island Task Force** brought together the trails community and conservation groups. Their Master Plan ultimately won over the State Land Department, demonstrating how creative master planning and landscape design, supported by community advocacy, can generate a success.

Prairie Pathways created a systematic approach to trail interpretation, wayfinding, and other enhancements. Tracing through the communities of Iowa's Cedar Valley is an 80-mile network of recreational trails that meander through historic landscapes and pass by historic resources, providing opportunities to interpret the region's cultural heritage.

★ **CORPORATE AWARD: Principal Riverwalk**

The Principal Riverwalk made a great contribution to Iowa by highlighting the revitalization of downtown Des Moines. This project links the areas east and west of the Des Moines River at the heart of downtown with walking paths along the river banks as well as bridges to connect them.



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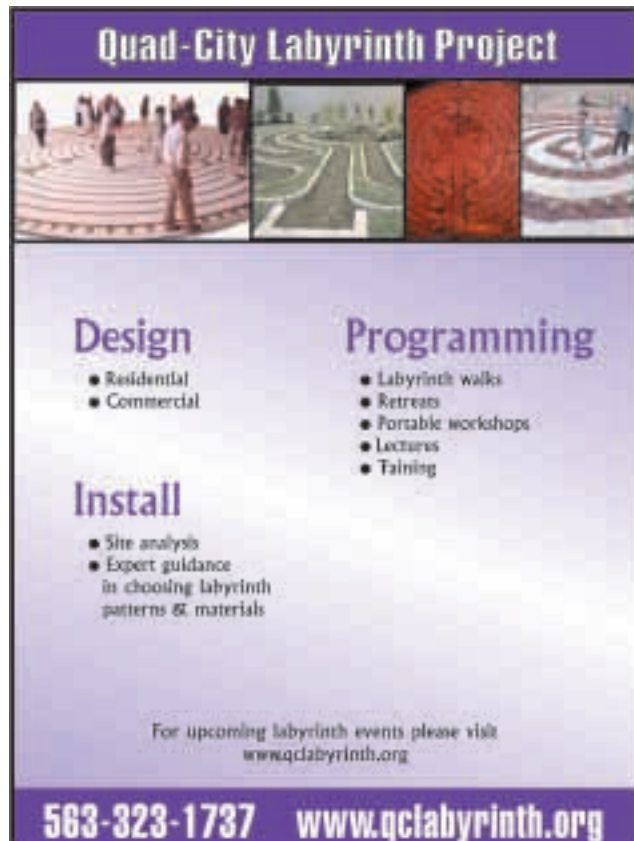
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Georeference marker applied to trail bench

★ **STATE-OF-THE-ART TECHNOLOGY AWARD:**
Cedar Valley Trails 911 - Signs Project, Iowa

The project designed a comprehensive method to georeference trail locations on the 95 miles of paved trail in Black Hawk County, Iowa. As trail use and the trail system expanded into secluded areas, an improved means of communicating trail location was needed.



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National Trails Awards for 2006 *continued*



Eagle Days on the Old Chain of Rocks Bridge

★ **OUTSTANDING TRAIL SHARING AWARD:**
Ann Hill, BLM Training Center, Phoenix, Arizona
Old Chain of Rocks Bridge, Missouri & Illinois

As Recreation Training Coordinator for the Bureau of Land Management, **Ann Hill** is the principal developer of the nationally recognized trails training course, "Trails Management: Plans, Projects and People." Ann has given a tremendous amount of time, energy, and passion to provide this needed training throughout the U.S.

The **Old Chain of Rocks Bridge** was restored in 1999 by Trailnet and the City of Madison, IL, as a bicycle/pedestrian bridge. It connects trail systems in Missouri and Illinois and hosts many recreational activities, including Eagle Days, a bi-state community educational program. The trail bridge provides safe, accessible viewing of the Mississippi River's large population of wintering bald eagles.

★ **TRAIL ADVOCACY AWARDS:**

One award per state for efforts to influence public policy relating to trail planning, protection, and development.

ARIZONA: **Sue Clark & Linda Anderson-McKee**

ARKANSAS: **Jerry Shields**

FLORIDA: **Ken Bryan**

ILLINOIS: **Chuck Oestreich**

IOWA: **Mark Ackelson**

KENTUCKY: **Nina Aragon**

MAINE: **Sally Jacobs**

MONTANA: **Darlene Tussing**

NEVADA: **Erin Casey**

NEW HAMPSHIRE: **Gail Hanson**

UTAH: **Ann Parr**

WEST VIRGINIA: **Martha Ballman**

WISCONSIN: **William E. (Bill) Schumann**

★ **TRAIL WORKER AWARDS:**

One award per state to recognize the commitment and efforts of private or public sector individuals in working for enhanced trail recreation in their local area or state.

ALABAMA: **Brooke Beazley**

ARIZONA: **Mark Flint**

CALIFORNIA: **Ray Ford**

FLORIDA: **Tom Daniel**

ILLINOIS: **Jerry Yockey**

INDIANA: **Greg Midgley**

IOWA: **Gerry Rowland**

KANSAS: **Frank Meyer**

KENTUCKY: **James Stapleton**

MONTANA: **Jocelyn Dodge**

NEVADA: **Janet Carson**

NEW HAMPSHIRE: **Dianne Raymond**

OREGON: **Jim Talburt**

SOUTH CAROLINA: **Bill Victor**

WASHINGTON: **Sid Knutson**

WEST VIRGINIA: **Doug Wood**

WYOMING: **Matthew Shannon**

For more information on all of the award winners see
www.AmericanTrails.org/awards/index.html.



Tahoe Rim Trail Association volunteers in Nevada

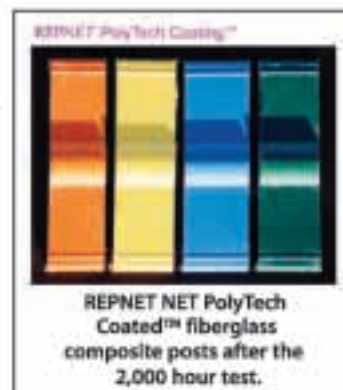
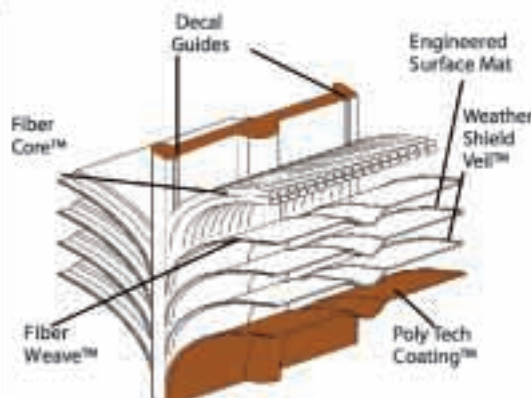
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NRT Photo Contest winners

Highlights of the 2006 National Recreation Trails Photo Contest

Ware pleased to announce the winners of the National Recreation Trails Photo Contest for 2006. American Trails sponsors an annual contest for photographs of National Recreation Trails across the country. Awards are made in several categories and entries to highlight the diversity of the NRTs. We also hope the pictures will make more Americans familiar with these great trails.

Hiking and Walking • photo by Terry Whaley

- Galloway Creek Greenway National Recreation Trail, Springfield, Missouri



Rivanna NRT (photo by Diana Foster)

Equestrian Trails • photo by Peggie Kimberlin

- Northshore National Recreation Trail at Grapevine Lake, near Dallas, Texas

Paddling and Water Trails • photo by Eddee Daniel

- Milwaukee Urban Water Trail, Milwaukee, Wisconsin

Bicycling • photo by Mary Shaw

- Allegheny Highlands section of the Great Allegheny Passage NRT, PA

Skiing, Snowshoeing, and Dogsledding • photo from Monongahela River Trails Conservancy

- Deckers Creek National Recreation Trail, WV

Trail Work • photo by Mary Shaw

- Allegheny Highlands section of the Great Allegheny Passage between Rockwood and Confluence, PA

Education and Youth Corps • Building Bridges

- Falls Lake Trail, South Shore; part of the Mountains-to-Sea National Recreation Trail, North Carolina

Youth and Volunteers • photo by Charlie Rowe

- The Buck Trail in the Red River Gorge NRT system, KY

Health and Fitness • photo by Diana Foster

- Rivanna National Recreation Trail, Charlottesville, VA

Accessibility • photo by Mark Musselman

- Francis Beidler Forest National Recreation Trail, SC

Rail and Canal Trails • photo by Jennifer Waite

- Historic Union Pacific Railtrail near Park City, UT

Historic Features • photo by Mary Shaw

- Ghost Town National Recreation Trail at Eliza Furnace, PA

Scenery and Natural Features • photo by Alan S. Carmer

- Indian to Girdwood National Recreation Trail, near Anchorage, AK

Wildlife and Habitat • photo by Mark Musselman

- Francis Beidler Forest National Recreation Trail, SC

Arts and Interpretation • photo from NC Museum of Art

- House Creek Greenway National Recreation Trail, at the North Carolina Museum of Art in Raleigh

Innovative Facilities • photo by Mary Shaw

- Cuyahoga Valley Trail, near Cleveland, Ohio

Artistic Merit • photo by Diane McClelland

- Tunnel Hill National Recreation Trail, IL

Trail Sharing • photo by Mary Shaw

- Great Allegheny Passage NRT; east of Frostburg, MD



The Great Allegheny Passage NRT (Photo by Mary Shaw)

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Health and trails in Michigan

Suburban railways master plan helps counter unhealthy trends

By John J. Crumm, AICP and Gerard P. Santoro, AICP

Macomb County, Michigan is in the midst of showing how a well thought-out trail system plan can help counter some of the negative trends in society. How can we provide more recreation opportunities when budget restrictions limit the purchase of traditional large-acreage parks? How can counties create recreation opportunities in a state that has vested land use decisions at the local jurisdiction? How do you get people active in suburban communities that are designed for the automobile with little regard for pedestrian flow? Is there a way to curb our reliance on fast food diets and reduce the number of obese people?

Macomb County is one of seven counties that comprise the Detroit Metropolitan area. The county's 27 local municipal governments include three of the 10 largest communities in Michigan and four of the fastest growth communities.

With significant growth pressures and reduced natural areas, there is a general consensus in this region that there are many untapped recreational resources in Macomb County. An increase in sedentary lifestyle has caused the overall health of our citizens to decline and results in increased health care costs.

Like Michigan, Macomb is in the midst of battling the epidemic of obesity. Currently Michigan ranks 8th in the nation of states having the most obese and overweight residents and Macomb is ranked right up there.

Macomb County Planning was left to develop a method for increasing the number of recreational alternatives and begin an educational campaign to get residents up on their feet and out of their homes. Along with the positive impacts of improved health, the new trail system has offered a new way for citizens to get to know the community they live in and their neighbors.

How the Countywide Trailway System Began

Prior to 1998 there was no coordinated effort to construct trails. The result was that segments of trail were being built in various communities but no agency was in charge of looking for linkages. This all changed when Canadian National Railroad announced the sale of 23.5 miles of railroad corridor in Macomb County. Spurred on by a local friends group, the County became involved and negotiated a price and renamed the corridor "The Macomb Orchard Trail."

A commission was formed to construct and maintain the trail. The first action of the commission was to develop a master plan that emphasized the former agricultural produc-

tion of the area and the railroad that was used to bring fresh fruit and cash crop products to the various markets in the Lower Great Lakes Region. The excitement of residents and governmental leaders led to great press coverage and ultimately increased the number of citizens interested in the completion of the trail.

Within four years Macomb County had secured enough funding to pay for the design and construction of the entire trail. Developers and adjacent store owners began to see the advantage of marketing to trail enthusiasts. Coffee shops and restaurants saw a dramatic increase of business and other businesses used architectural features of the trail's heritage to blend into the area. Housing developers realized that people would pay more to live next to this popular trail and so requests came for trail hook ups to proposed and existing neighborhoods. One developer went so far as to name his new development "Trailside Commons."

Construction is projected to be completed in summer of 2007, and staff then turn their focus on developing innovative financing methods for maintenance. As more developers and business owners adjacent to the trail request access, staff saw the need to create proper access requirements and to review site plans based on a fee schedule. The site plan



The Clinton River (photo by Gerard P. Santoro)

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Health and Trails in Michigan *continued*



Photo by Gerard P. Santoro

review fee ranges from \$650 to \$800 and the yearly license fee is based on the number of square feet affected and adjusted by a factor that increases rates for those uses that have a higher impact to the corridor (i.e. above ground requests cost more than a request to place items underground that are soil bored and don't disturb the finished grade).

While this has generated some income, the program will never generate enough funds to pay for all of the maintenance costs. Staff research has determined that maintenance costs per year will run from \$75,000 to \$85,000 and the best way to generate this type of money is to create a maintenance endowment fund of approximately one million dollars.

Many of the local municipalities within the county realized the benefit of this agricultural heritage trail and the excitement generated from this project, allowing the Macomb Planning and Economic Development Department to obtain a grant from the State of Michigan to develop an expanded countywide master trailways plan. The plan's purpose is to serve as a guide for a unified and coordinated vision for non-motorized transportation between communities and the region.

The plan began with each individual community's trails plan and then looked at connections to adjacent communities and neighboring counties. Trail routes were categorized into regional, county and local trails. Macomb County government has agreed to be the leader in the development of the regional trails. It was the first in-depth countywide trail plan in the State of Michigan, and as such, was recognized by the American Planning Association Michigan Chapter as the Outstanding Plan for 2004.

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Health and Trails in Michigan *continued*



Photo by Gerard P. Santoro

Future Hopes

Besides its 130 parks, Macomb County is blessed with a 31-mile coastline along Lake St. Clair, which is part of the Great Lakes and St. Lawrence Seaway system. With a navigable river delta and over 44 marinas, this shoreline is a major destination for boaters and anglers in southeast Michigan. The Clinton River and its three major branches provide natural greenways linked throughout the county.

To better identify these recreation and natural resources, the county has developed computer mapping datasets that include natural areas, historic villages, farm markets, and agricultural heritage sites. This effort has contributed to the development of a "Greenways Vision."

The "Greenways Vision" consists of the identifying "hubs" where significant natural areas remain, and then using natural stream corridors and the network of pathways to link these areas to each other. Benefits include recreation as well as preservation of natural landscapes and enhancement of habitat for wildlife. The model that was created for Macomb County helped promote the region-wide program initiated by the Community Foundation for Southeast Michigan.

This regional study, being conducted by the GreenWays Initiative (a program associated with the Community Foundation for Southeast Michigan) will assist all local and regional governments in setting priorities for developing trail and greenway linkages throughout this region, across the

State of Michigan, and then connecting to neighboring states, as well as to the Trans-Canadian Trail in Ontario.

Conclusion

A well thought out suburban trailways system can help counter unhealthy habits and trends. Although recent budget restrictions may hold back some development, an organized master plan for trails allows local governments to be more competitive for state, federal, and non-profit funds. The newly developed trails may do more to encourage active use among more residents than traditional large acreage parks. Being able to access cultural, historical, institutional, and natural places makes residents and visitors more engaged in valuing and caring for their communities.

For more information on the Macomb County Trailways Master Plan and the Macomb Orchard Trail visit
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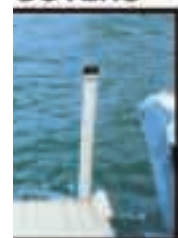
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New Patrons and Board Members

News from American Trails

Gil Penalosa and Joe Taylor join American Trails Board



Gil Penalosa

Gil Penalosa is a multicultural executive and a global thinker and marketing strategist with years of experience in Canada and Latin America. He is passionate about trails, greenways, and parks, because of their impact on the quality of life for everyone.

As Commissioner of Parks and Recreation, Bogotá, Colombia, Gil led a major redevelopment of its parks and trails system.

He also led the closure to cars of 50 miles of roads every Sunday, where now over 1.5 million people walk, run, skate, and bike. Gil says "Trails are great equalizers, where every person has a sense of belonging, of being equal as a human being. Trails are beautiful and fun, but they are also about

improving our E.A.R.T.H.: Environment, Activity/Economic, Recreation, Transportation and Health."

Gil currently works for the City of Mississauga, Canada, and presides over the nonprofit Walk & Bike for Life. He enjoys speaking at conferences and was a keynote at the 2006 National Trails Symposium. He uses his leisure time to explore outdoor activities with his wife and three children.

Joe Taylor has been employed by the Quad Cities Convention & Visitors Bureau in Moline, Illinois for 15 years, serving as President and Chief Executive Officer since 1998. Joe has also worked as a newspaper reporter and editor. He enjoys reading, travel, the quiet and slow pace of hiking, and the noise and frenzy of NASCAR racing. Joe was an extraordinary leader as Co-Chair of the recent 2006 National Trails Symposium.



Joe Taylor

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2006 National Trails Symposium

Quad Cities attracts 600

THE QUAD CITIES OF IOWA AND ILLINOIS proved to be a memorable location for the 2006 National Trails Symposium— not only because of the beautiful trail system and the majestic Mississippi River within walking distance, but also from the generous hospitality we received from the local community and how truly honored and happy they were to have us all there. Please visit the Quad Cities Convention and Visitors Bureau's website for trails events happening throughout the year: www.visitquadcities.com.

We also want to recognize the great states of Iowa (www.iowadnr.com) and Illinois (<http://dnr.state.il.us/>) and encourage you to browse their websites to check out the great things they are doing for trails everyday.

We also want to thank our cutting-edge presenters and generous sponsors. Check out all of our sponsors on page 25. You can view all of the presenters' bios and get their contact information at www.AmericanTrails.org/quad/bios.html. Here are some statistics from the Symposium:

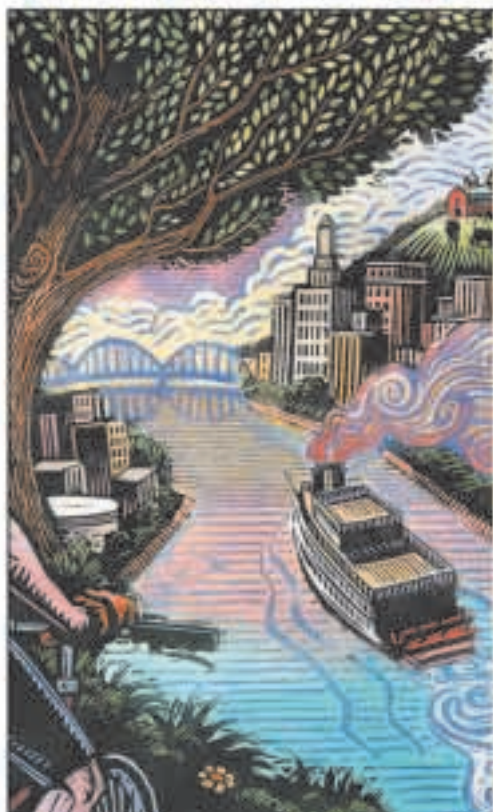
- 47 of 50 U.S. States and D.C. were represented— all but Hawaii, Louisiana, and Mississippi

- 602 people registered for the Symposium
- 15 attendees from Canada
- One attendee from France and one from Jamaica
- 150 Presenters and 170 Volunteers
- 143 Sponsors and 100 Exhibitors

Joe Walker wins ATV raffle

WE THANK JOHN DEERE for their generous donation of a John Deere Buck ATV that was raffled off at the National Trails Symposium in the Quad Cities. The winner was Joe Walker of Denton, Texas. Here is what Joe told us after being notified that he had won:

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Happy New Year from the Quad Cities Convention and Visitors Bureau

On behalf of the Quad Cities we would like to thank all of you who attended and assisted with the 2006 National Trails Symposium in the Quad Cities last October. We hope you enjoyed the Quad Cities and will come back and visit us again. • We would love to host future trails-related events and welcome anyone to contact us about an event they would like to bring to our area. • It was a pleasure getting to know you, and to have the opportunity to showcase our area to each and everyone of you. It was a great experience and we enjoyed working in partnership with American Trails.

Happy New Year 2007! • Quad Cities Convention & Visitors Bureau

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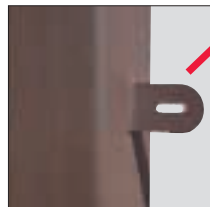
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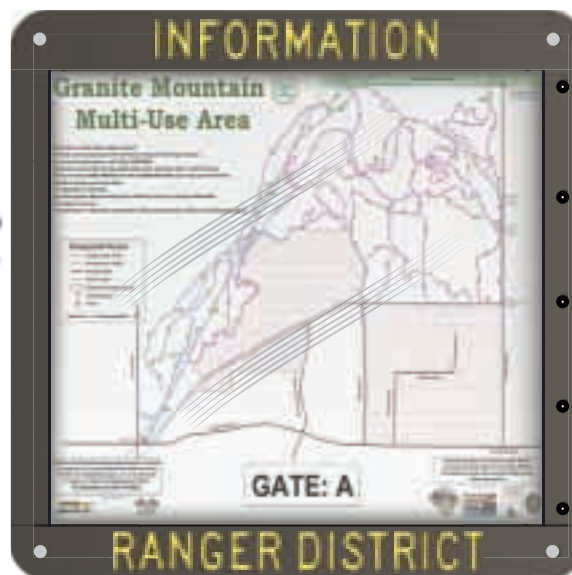
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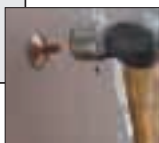
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Arkansas' "Medical Mile"

Little Rock's innovative walkway for health hailed by national trails leaders

By Terry Eastin

In December 2003 two dozen physicians with the state's largest cardiology clinic agreed unanimously to support completion of the Arkansas River Trail. This was a groundbreaking move to increase awareness and make a real impact on the prevention of obesity and heart disease in Arkansas: a "medical mile" of trail in the heart of downtown Little Rock.

Supported by major hospitals, coalitions, the Arkansas Department of Health, and numerous individual physicians and medical practices, the fundraising program exceeded the \$350,000 goal in the first three months of the campaign. By the end of two years, the project had raised \$2.1 million.

The inspiration was born of a collaboration between the National Park Service

Rivers Trails and Conservation Assistance Program, Heart Clinic Arkansas, and Little Rock Parks and Recreation, and became the focal point for a unique health and trails partnership that created the nation's first outdoor linear health museum.

The "Medical Mile" has become an artistic expression of health designed to inspire, delight, and motivate people to make wellness-oriented lifestyle changes.

It includes a 1,300 foot three-dimensional mural wall, a wellness promenade with artful displays, as well as a

"Our participation in this project is a way of saying 'Thank you' and represents an effort to give back to the community by offering our citizens a safe and accessible place to exercise and by encouraging a more healthy lifestyle."

**– Dr. Eleanor Kennedy,
Heart Clinic Arkansas**



Wisteria pergola on the Medical Mile

Body-Mind-Spirit entry plaza that encourages trail users to remember that a healthy mind and spirit are the key steps toward a healthy body.

The project theme, developed by the Arkansas Department of Health, a project partner, focused on an "Exercise + Smoking Cessation + Better Nutrition" formula that signals a 70% reduction in chronic disease. By using varying spatial and interpretive perspectives, each of the three key features provided something unique and inspiring for trail users.

The Medical Mile winds along the river through the most prominent commercial and recreational district in Arkansas. Riverfront Park, the location of the Medical Mile is the hub of the central district. The park is adjacent to the Clinton Presidential Library and numerous other venues like the Arkansas Statehouse Convention Center. Over two million



The Peace Plaza

The Medical Mile *continued*

people from around the world visit the area each year. The Medical Mile gives a positive impression of a city dedicated to the health and wellness of its citizens. The Medical Mile can be experienced from either direction, on foot, roller blades or wheels. Created to encourage fitness in people of every ability, young and old and in-between, the trail is a resounding statement about the need to focus national attention on preventable chronic disease through lifestyle changes.

The Medical Mile is only one dazzling piece of the Arkansas River Trail. Making a 14-mile loop with an additional 10-mile extension to Pinnacle Mountain State Park, the trail will eventually connect with the 225-mile Ouachita Wilderness trail. Over 24 key tourism destinations, including over 5,000 acres of federal, state, and local parkland will be connected by the trail. Developers use the trail's proximity to sell high-rise condominiums, housing, and commercial developments. From the perspective of the City of Little Rock, the trail is an economic, health, and environmental conservation stimulator. And... it's good public health!

For more information on the Medical Mile project visit www.AmericanTrails.org. Go to the "Quick Jump" menu and select "Health & Trails," then see the "Community" section.

"The Medical Mile ought to be an example for the future, because it's good for all of us."

**— Richard Davies, Executive Director,
Arkansas Department of Parks and
Tourism**



Terry Eastin

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Art and health on Little Rock's "Medical Mile" greenway

By Debra Moseley-Lord, Artist, Medical Mile Project

WHEN I WAS ASKED TO DESIGN THE ART for a 1,300-foot wall along a section of the Arkansas River Trail that was to be part of the Medical Mile project, I knew my years of experience producing public art in Arkansas would serve me well.

It goes without saying that public art pieces have to withstand the worst physical forces, and I immediately chose to use sheet metals, mosaic tiles, and phenolic resin panels to capture the designs. Simple and few, but visually compelling: this always works for my aesthetic senses, and all things are possible, I believe, as long as you don't venture away from one guiding principle... and that is: good, strong, and cohesive design.

I was also asked to collaborate with city parks planners on designs for the other large installations on the Medical Mile.

I was really happy and relieved to see the understanding by all involved here, that a unified design concept needs to follow

through to all aspects of the project, and I was honored to contribute logo design, sheet metal "decorations," coordinating interpretive panel stands, light fixture designs, tile accents, and even landscape design consultation. I designed the entire "monument" for our primary fundraiser, Heart Clinic Arkansas, in native stone, sheet metals, and a wonderful light fixture that serves as a beacon for all evening trail visitors.

This cohesiveness is what made the Medical Mile project rewarding for me... that, and a wonderful working relationship with our project coordinator, Terry Eastin. Good design aside, the caring human will is what drives projects like this; the desire to produce something greater than yourself and something for all of us.

It's not a perfect project, by any means. There are things I'd definitely do differently, but I expect that's the way with any complex projects. Do and Learn. And let Art be one of those forces that lead you further down the trail.

For more information on the Medical Mile and other trails and greenways projects that include art and artists, visit www.AmericanTrails.org. Click on "Resources & Library" and look in the "Trail Spotlight" section for "Art & Trails."



Debra Moseley-Lord



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Surfaces for accessible trails?

From USDA Forest Service *Accessibility Guidebook on Outdoor Recreation and Trails*

By Janet Zeller, USFS Accessibility Program Manager

THE SURFACE OF AN Outdoor Recreation Accessibility Route and the surface surrounding constructed features must be firm and stable. No exceptions are allowed. Slip resistance is not required because leaves and needles, dirt, ice, snow, and other surface debris and weather conditions are components of the natural environment that would be difficult, if not impossible, to avoid.

Paving the Wilderness?

Does a firm and stable surface always mean concrete and asphalt? No! The surface provision states that the type of surface material used should be appropriate to the setting and level of development. Some natural soils can be compacted so they are firm and stable. Other soils can be treated with stabilizers without drastically changing their appearance.

Many surfaces that appear natural and that meet the firm and stable requirements also are available on the market. Designers are encouraged to investigate these options and use surfacing materials that are consistent with the site's level of development and that require as little maintenance as possible.

What is Firm and Stable?

What sort of surface is firm and stable? In general, if the answer to both of the following questions is yes, the surface is probably firm and stable:

- Could a person ride a narrow-tired bicycle across the surface easily without making ruts?
- Could a folding stroller with small, narrow plastic wheels containing a three-year-old be pushed easily across the surface without making ruts?

Firm and stable surfaces prevent assistive devices from sinking into the surface, which would make movement difficult for a person using crutches, a cane, a wheelchair, or other assistive device. In the accessibility guidelines, the standard assistive device is the wheelchair because its dimensions, multiple moving surface contact points, and four wheels often are difficult to accommodate. If a person using a wheelchair can use an area, most other people also can use that area.

Construction Tips on Surfacing Materials

Generally, the following materials provide firmer surfaces that are more stable:



Crushed rock can provide a firm and stable surface

- Crushed rock (rather than uncrushed gravel)
- Rock with broken faces (rather than rounded rocks)
- A rock mixture containing a full spectrum of sieve sizes (rather than a single size)
- Hard rock (rather than soft rock that breaks down easily)
- Rock that passes through a 1/2-inch (13-millimeter) screen
- Rock material that has been compacted into 3- to 4-inch (75- to 100-millimeter) thick layers (not thicker layers)
- Material that is moist, but not too wet, before it is compacted (rather than material that is compacted when it is dry)
- Material that is compacted with a vibrating plate compactor, roller, or by hand tamping (rather than material that is laid loose and compacted by use)

The Forest Service *Accessibility Guidebook on Outdoor Recreation and Trails* will help users integrate accessibility into planning, design, construction, and maintenance of outdoor recreation facilities and trails while maintaining the natural setting. It provides detailed information about accessibility requirements in an easy-to-use format, with photos, illustrations, and design tips, hotlinks, and sidebars. This guidebook will also help Forest Service personnel, partners, contractors, and Federal and State agencies working in cooperation with the Forest Service understand how to apply the Forest Service Outdoor Recreation Accessibility Guidelines and Forest Service Trail Accessibility Guidelines.

See www.AmericanTrails.org for more information on Accessible Trails, including links to the new Forest Service Accessibility Guidebook and many other articles and resources.

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Trail Tracks Forum: sharing your opinions and ideas

WHAT'S YOUR OPINION? We welcome your ideas, editorials, and your vision of the future of trails and greenways. Look for a variety of viewpoints in the "Trail Tracks" forum, and submit your opinion for possible use on the website or publication in *American Trails Magazine*.

The forum is your opportunity to offer your ideas and opinions to the larger trails community. Good material in any form is archived on the Trail Tracks opinion forum index page. Short editorials or longer articles may be used in *American Trails Magazine*, published three times a year. You retain all other rights to your material.

We hope to see your creative ideas— these are just some suggestions to get you thinking:

- The future of trails and greenways
- Ideas and new concepts
- New ways to apply technology to trails
- Personal experiences
- More effective advocacy
- The value and benefits of trails

- Improving our trail systems
- Learning from our history
- New activities uses for trails
- Spiritual dimensions of trails

You can access the new Opinions Forum from the American Trails home page: www.AmericanTrails.org. Use the "Quick Jump" menu or click on the "Resources" icon and select "Opinions" under "Trails Spotlight." Send your editorials and opinion pieces to us by email at trailhead@AmericanTrails.org.

Symposium presentations will be available on our website

WE WILL BE POSTING all the presentation materials (PowerPoints, documents, etc.) on our website within the next month. Check www.AmericanTrails.org for more information as it becomes available. If you have presentation materials to share, please mail to: American Trails, P.O. Box 491797, Redding, CA 96049. You can also view all of the presenters' bios and get their contact information at www.AmericanTrails.org/quad/bios.html.

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Trail Tracks Editorial

Why do people leave the trail?

Tread Lightly! and NOHVCC are doing something about it

By Karen Umphress, American Trails Board

WHY DO PEOPLE LEAVE THE TRAIL? While my husband and I were hiking in Mt. Rainier National Park, the Paradise Trail was almost irritating with the number of signs along its edge. They were spaced about five feet apart and alternated between “Stay on the trail” and “Don’t be a meadow stomper.”



The reason for the signs on the trail was explained by a large sign at the trailhead. This sign stated that there were 20 miles of legitimate trail and an additional 28 miles of trail that was created by people walking off-trail. During the same trip, we spent some time at Mt. St. Helens.

After many programs and signs that told people how fragile the area was, we went to a trailhead and watched parents letting their children run around in the meadow, picking the wildflowers. Then, while hiking to Half Dome in Yosemite National Park, the people ahead of us continued to cut across the switch backs even though they did not gain any distance from us.

There are many different reasons people leave the trail. Some of the blame can be placed on the trail design. If we do not give people the experience they are looking for, they will create it. If we put a trail close enough to a waterfall that hikers can hear it, but not close enough to see it, they will find a way to it. If we create a mountain bike trail that is mostly flat and the bikers are expecting elevation changes, they will ride off trail to find more fun. If we build an ATV trail that is wide open and boring, riders will create a challenge for themselves. It is part of human nature and is not dependent upon the type of recreation chosen.

How can we foster a stronger appreciation and respect for our natural resources? We are all responsible for getting the message out that it is *not* okay to go off trail regardless of your activity. I would like to highlight two good programs that the motorized recreation community has created to help educate the next generation of outdoor enthusiasts.

The first one is the **Adventure Trail program** created by the **National Off-Highway Vehicle Conservation Council**. The program includes an Activity Book and an interactive CD which introduce young riders to Penny, Rascal, and AT. These characters and activities teach children about trail ethics as well as safety.

The program includes a traveling truck or trailer that allows children to go through the Adventure Trail and take a short quiz at the end. Correct answers are rewarded and incorrect answers are gently corrected. See www.nohvcc.org for more information about this program.

Tread Lightly! also has a traveling trailer that takes environmental education on the road. It travels to major motorized sporting events and trailheads to spread their message. The focus for the trailer is to be an education center. In addition to the educational material, the trailer also has local information such as trail maps and weather information.

In addition to the trailer, Tread Lightly! has a web section designed just for kids called **Kid's Club**. Their squirrel mascot, Lightfoot, educates kids with fun activities and tips on playing responsibly outdoors and reducing their impact on nature. Please see



their website at www.treadlightly.org.

I'm sure there are some national non-motorized recreational organizations which also have similar programs. We would like to know more about them as well. In the end, it is up to all of us to get the message across: “Everyone— stay on the trails!”

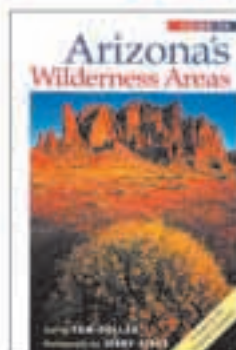
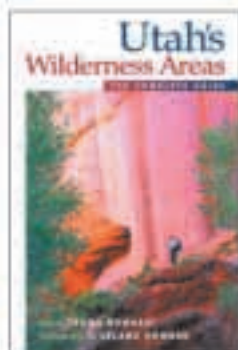
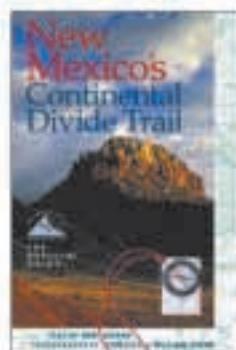
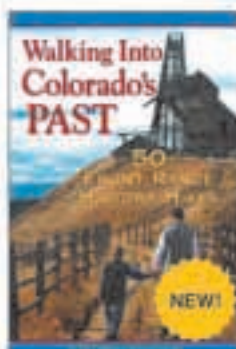
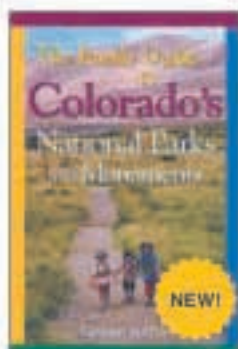




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