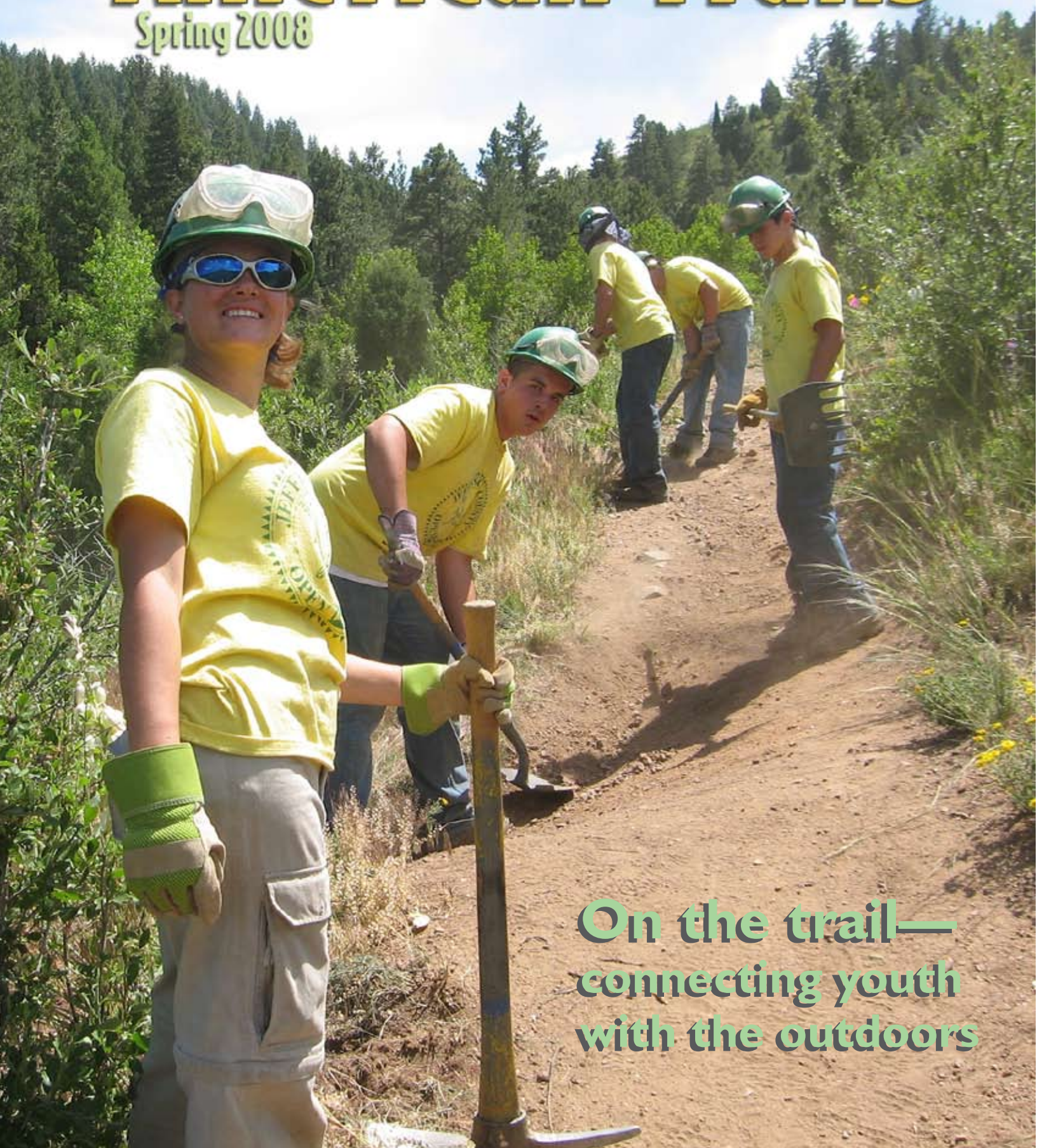


American Trails

Spring 2008



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with the outdoors



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On the Cover: Summer Youth Work Program trail crew in Jefferson County, Colorado;
photo by Kim Frederick, Jefferson County Open Space Trails Supervisor

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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*

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Editorial

Celebrating Local Heroes

A message from the Chair

IN TRYING TIMES AND IN GOOD TIMES as well, it is good to recognize those who make us proud through their dedication, creativity, and perseverance. They inspire us by their example. Their achievements enable us, give us hope, and motivate us.

Every two years American Trails provides a unique opportunity to recognize these contributions—key trail activists in every state. At the National Trails Symposium in November we want to present awards to a Trail Worker and a Trail Advocate from your state.

“See that candle! It throws a light like a good deed on a naughty world.” —W. Shakespeare

Our good deeds shine a light. Please take advantage of this great opportunity to shine the spotlight on people who are making trails happen in your area. Help us recognize the tremendous contributions of volunteers, professionals, and other leaders who are working to create first-rate trails in your state and helping us work toward a national system of trails for all Americans.

Our goal is to see every state (as well as the District of Columbia and Puerto Rico) nominate a trail champion for each of these awards. The deadline for nominations is May 31, 2008. Awards criteria are:

Trail Advocacy Award: Nominee must have demonstrated successful efforts to influence public policy relating to trail planning, trail protection, trail development, or maintenance.

Trail Worker Award: Nominee must have made outstanding contributions and provided consistent support for trail planning, development, or maintenance.

Another opportunity to recognize great trail projects is offered by the **Coalition for Recreational Trails**. These Annual Achievement Awards are for projects and state programs that use funds from the federal Recreational Trails Program. There are several categories of trail work and related projects. The deadline is April 20, 2008.

See details of these awards and past recipients on our website at www.AmericanTrails.org/awards.

— *Bob Searns, Chair, American Trails*

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On the Washington, DC scene

New challenge to funding for trails

Support Increased Funding for Trails and Recreation

THE ADMINISTRATION'S PROPOSED BUDGET for Fiscal Year 2009 includes a significant increase in the National Park Service budget (Centennial project), but a drastic cut in the RTCA Program. Funding to recreation and trail-related programs in the USDA Forest Service and Bureau of Land Management is slashed. Please let Congress members know how you feel about these proposed cuts for trails and recreation in the Administration's budget:

USDA Forest Service:

- Trails Budget: \$50 M (compared to \$76.4 M enacted in FY '08) 33% cut
- Recreation Budget: \$237 M (compared to \$263 M enacted in FY '08) 10% cut
- Forest Legacy Program: \$12.5 M (compared to \$52.3 M enacted in FY '08) 77% cut

These cuts will reduce the recreational capacity of the forests through trail and access closures, as well as reduce recreation-oriented agency positions. These cuts will prohibit the agency from addressing the tremendous maintenance backlog on trails throughout the forests.

Bureau of Land Management:

- Recreation Resources Management: \$42.1 M (compared to \$50.9 M enacted in FY '08) 18% cut
- National Landscape Conservation System (NLCS): Support the NLCS Act to ensure future protection and funding.

The National Landscape Conservation System Act (H.R. 2016; S. 1139) will enact into law the NLCS created by BLM in 2000 in order to conserve, protect, and restore nationally significant landscapes that represent the crown jewels of lands managed by the BLM.

National Park Service:

- Rivers, Trails and Conservation Assistance (RTCA)
Program: \$8.1 M (compared to \$8.5 M enacted in FY '08) 17% cut

93% of the RTCA budget goes to fund personnel costs. This is an on-the-ground program that connects with people and communities. Budget cuts mean staff cuts (estimated 4 to 6 positions for FY '09), and staff cuts mean fewer communities served and less projects completed. If this budget proposal is enacted, the result would be 20-25 fewer projects.

American Trails serves on the Rivers & Trails Coalition, and we recommend a \$3.5 M increase over FY '08 enacted (\$8.5 M) to \$12 M. This would enable the program to respond to the growing needs and opportunities in communities throughout the country.

Land & Water Conservation Fund:

- Federal side: \$42.5 M (compared to \$130 M enacted in FY '08) 68% cut
- State side: \$0 (compared to \$25 M enacted in FY '08) No program

The Administration has proposed a 68% cut to the Federal side and, once again, to terminate the State side of LWCF. This critical funding (administered by the National Park Service) provides recreation opportunities on public lands and helps communities acquire land for parks and trails and develop outdoor recreation resources. These proposed cuts continue to deny the promise to fund LWCF in the amount of \$900 M per year committed over 40 years ago.

• **To call your Representative or Senators:**
U.S. Capitol Switchboard (202) 224-3121

• **To locate your Representative or Senators online:**
www.house.gov or www.senate.gov

• **Learn more about trail funding and legislation on our website at www.AmericanTrails.org**



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The National Trails Training Partnership

www.TrailsTraining.net

Ten top reasons for getting trail-related training in 2008

THE NATIONAL TRAILS TRAINING PARTNERSHIP wants you to join the movement for better skills and better trails. In 2008 there are so many great opportunities for people to get involved in education in the trails and greenways field. All across the country you can find classes, conferences, and seminars for every aspect of trail work. From fundraising and organizational building to design and interpretation, there is a course that will help you.

Look for currently scheduled courses and conferences at **TrailsTraining.net**, sponsored by American Trails and the National Trails Training Partnership. Check the Online Calendar for hundreds of training opportunities during the year. You'll find courses on these and many more topics:

- Trail design and layout
- Planning trail and bicycle/pedestrian systems

- Wilderness and resource monitoring
- Technical skills in rock work, rigging, and drainage
- Managing trail users of all kinds
- Researching grants and writing project proposals
- Developing your organization and volunteer program

Another great opportunity to learn from a wide variety of experts is the National Trails Symposium, November 15-18, 2008. See details of this and other state and national conferences at **TrailsTraining.net**: click on the Calendar icon.

Remember the top 10 reasons for trails training in 2008:

1. Learn new skills from an expert.
2. Advance your career.
3. Discover new ideas for your trail projects.
4. Make new connections with activists in your area of interest.
5. Get involved with the larger trails community.
6. Become a more effective supporter for trails and open space.
7. Expand and improve your stewardship program.
8. Make your own volunteer efforts and leadership more effective.
9. Learn to manage and enhance your visitors' experiences.
10. Build better trails!

We're eager to promote training that your group or agency is offering during 2008. Send your scheduled training events to NTTP@AmericanTrails.org and let us know about new publications, videos, websites, curricula, and educational resources. Be sure to tell others interested in trails training about TrailsTraining.net, and include this information in your newsletter and internet communications. And please add a link to www.TrailsTraining.net on your website; see our website for the NTTP logos you can copy.

Visit www.TrailsTraining.net or call (530) 547-2060 or email NTTP@AmericanTrails.org.

➡ **Print ad for TrailsTraining.net by Monica Clay of Tread Lightly! is available for your use**



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How can I keep recreationists from affecting this species' breeding patterns?



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See Clearly At: trailstraining.net

Find the training, find the experts, find the resources at trailstraining.net

Brought to you by the National Trails Training Partnership.



Trails Training Calendar

www.TrailsTraining.net

California Trails and Greenways Conference San Diego, CA • May 29-31, 2008

Opportunity for planners, managers, trail administrators, trail advocacy groups, trail builders, and other trail enthusiasts to network and advocate for trails in their community as well as learn about new techniques and opportunities.

Info: www.parks.ca.gov or (916) 653-9901

IMBA World Summit

Park City, Utah • June 18-21, 2008

Featuring advocacy seminars, trailbuilding workshops, and networking. Topics will include the economic power of trails, sustainable trailbuilding, liability and risk management, urban trail networks, and building club capacity.

Info: www.imba.com

RAGBRAI Ride Across Iowa

Iowa • July 20-26, 2008

The *Register's* Annual Great Bicycle Ride Across Iowa is a seven-day ride across the state, the longest, largest, oldest touring bicycle ride in the world. The ride culminates in the Quad Cities, the site of the 2006 National Trails Symposium.

Info: www.ragbrai.org

Southeastern Equestrian Trails Conference Charleston, SC • July 31 - August 2, 2008

Organized by the South Carolina Horse Council with financial support from FHWA's Recreational Trails Program. SETC brings together people concerned about the future of the natural and cultural heritage of equestrian trails.

Info: www.southeasternequestriantrails.com

2008 Water Trails Conference

Port Townsend, WA • September 16-18, 2008

Paddle sports continue to be one of the fastest growing recreational activities, with long distance routes making news. Waterfront trails and blueways that celebrate history, promote access, and connect communities are also flourishing.

Info: www.wwta.org/wtc

National Trails Symposium • Little Rock, AR

• November 15-18, 2008 - [See pages 22-24 for details]

American Trails brings the worldwide trails community together, addressing both nonmotorized and motorized issues and our vision for trails and greenways nationwide. Meet the experts and learn new ideas, technology, and solutions.

Info: www.AmericanTrails.org/2008 or (530) 547-2060

American Honda's Learning Center teaches trail ethics

NEARLY TWO MILES OF TRAILS surrounded by four acres of indigenous Texas plants with bridges, hills, rockbed swales, ponds, and natural wildlife, does not sound like a scene which would be found in a commercial area of Irving, Texas. Yet next to the Dallas/Fort Worth Airport is the American Honda Environmental Learning Center (ELC), where all this can be found and explored.

Honda opened the center in 2007 on land adjacent to the existing training ranges for off-road vehicles. One goal was to create an ideal facility in which to teach environmentally responsible riding techniques while promoting a greater understanding of the varied regional ecology and the use of designated trails. By teaching today's youth how to ride in a natural setting, Honda hopes to instill in them the responsibility of leaving a trail area just as they found it.

Other activities include Girl Scout and Boy Scout Badge Programs, trail walks, and native plant and wildlife identification. Visitors are provided with an educational booklet and participate in a variety of hands-on lessons led by an environmental coordinator. The Tread Lightly! principles and USDA Forest Service trail signs are used throughout the grounds to guide these groups in minimizing their impact on the environment while maximizing their enjoyment of the outdoors.



American Honda's Environmental Learning Center teaches kids responsible trail ethics

New trails for habitat preserve

Design for trail system provides wildlife viewing and teaches about playa resources

By Roy B. Mann, MLA, The Rivers Studio, LLC

THE SEMI-ARID LANDSCAPE of the American southwest that straddles the state lines of Colorado, Kansas, Nebraska, New Mexico, Oklahoma, and Texas is home to a very special natural and ephemeral resource—the playa.

Playas are perennial lakes that are sustained by precipitation, have little if any outlet flow, and lose their volume to evaporation and transpiration over the course of hot summers and prolonged drought, often to the point of near to total disappearance.

As long as they hold water, playas are important, often primary sources of drinking water for livestock raised by thousands of ranchers in the region.

They are also important sources of water and nutrients for wildlife, serving significant roles in the sustaining of waterfowl health and stamina. Without playas, the intricate support system of the West Branch of the Central Flyway, vital for close to two hundred species of migratory birds ranging from Canada goose and sandhill crane to peregrine falcon, would be threatened.

Migratory waterfowl require setting-down points along their routes for rest, water, and food. For migratory terrestrial birds, the native vegetation bordering playas, where plant life is protected either by public agencies or by conservation-minded ranchers and other private owners, is welcome wherever found.

With the likelihood of future rising temperatures and lowered precipitation in the region, expected with global warming, the role of the playa becomes increasingly essential to bird life with each passing year. Playas are the primary source of recharge for the Ogallala Aquifer, contributing 85-90 percent of all recharge to the groundwater source.

Few playas are publicly protected and many of the 60,000 or so playas in the region are not conserved for wildlife. A great majority of playas, almost all of which are found on private lands, are managed for grazing, with edge vegetation cut

away to improve watering access for herds. In some cases, playa waters are drained to expand sown land. Of the more than 20,000 playas in Texas, only two are in the ownership of municipalities.

With this as context, the establishment of a playa wildlife preserve on the city's perimeter by civic leaders and the City of Midland, Texas, has been welcomed by wildlife conservation, and birding and ecotourism interests in Texas and beyond. The project is also good news to the people of Midland and recreationists and birders throughout the Southern Staked Plains.



Playas are important sources of water and nutrients for wildlife in the semi-arid Southwest

It was a quantum leap from undedicated city land appreciated by the few familiar with its hidden flora and fauna to a regional asset. This was made possible by the civic activism of Midland natives Paul L. Davis, Jr. and Elaine Magruder, founders of Friends of the I-20 Playa Wildlife Preserve, and the support of the City of Midland.

The Rivers Studio, LLC, park, preserve, and trail planners, were retained in September of 2006 to prepare a master plan for

landscape restoration, trails and observation points, and access to and from a nature study center to be built on adjacent land.

The 87-acre preserve, bordering Interstate 20, has been in City title since 1988, with a prior history of grazing and cropping. A rich growth of cottonwood, black willow, big-tooth maple, soapberry, and other species has matured in large arcs around the 26-acre playa, with prairie grasses and other field vegetation abundant in the open reaches.

A track cut and kept by birders and other outdoor enthusiasts has been used by locals since the 1980s, and for years the Midland Naturalists have documented bird life, odonates, reptiles, amphibians, and the occasional deer, bobcat, coyote, raccoon, and fox.

With the completion of the preserve master plan in March of 2006, with valuable species documentation by naturalists

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New trails for wildlife preserve *continued*



Planned hawk observation tower with both stairs and wheelchair-accessible ramp

JoAnn and Don Merritt, Rose Marie Stortz, Bill Lupardus, and Burr Williams, the character, roles, and extent of access will change dramatically. The foot track, which in places now struggles through thorny shrubs and vines and inundated flats, will change from a minimal path to a trail fit for both foot and wheelchair access. The track's existing length of 1.2 miles will nearly triple to a total of 3.4 miles of trails and boardwalks. While birding and habitat observation will remain primary objectives, jogging and hiking are encouraged, though biking will be excluded.

Trail surfacing material will be a mixture of stabilizing additives, caliche, and stone dust added to native sand. Concrete and asphalt will not be used, to conserve the preserve's natural character. Boardwalk construction, with habitat-protective helical piers, and the installation of four footbridges will permit traversing portions of the playa and enable routes through marshy edges.


Widened sections of the boardwalks will allow classes to gather for observation and instruction at key points. Stepdowns will make possible sampling of the water column and sediments in monitoring and research by visiting students, researchers, and management. Observation decks at several points on the playa's shore and on the edges of one or more of the three ponds north of the playa, the legacy of

old quarries, will be important points of resource interpretation and continuing habitat study. The approach trail from the nature center, partially elevated, will afford entering visitors broad views of the playa and its shore habitats.

A dozen roofed and walled bird blinds and four feeding stations will be designed. Approach walks from the main or loop trails will be surfaced with noise-absorbing mulch.

Two rafts will be moored in open playa waters, within easy viewing distances of the trails and observation decks, for waterfowl, turtles, amphibians, and odonates such as dragonflies and damselflies in both larval and adult stages.

Cattails have proliferated in the shallow playa waters, covering nearly three-quarters of the lake's surface and breaking up larger water expanses. This has reduced both the playa's capacity to accommodate alighting waterfowl and its suitability for diving ducks, which require long open water reaches for take-off. Cattail eradication will reestablish open waters over two-thirds of the playa's total surface.



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New trails for wildlife preserve *continued*



One of the existing informal trails on the site

Removal of invasives and planting of native trees and shrubs such as netleaf hackberry, Mohr oak, soapberry, and evergreen sumac, together with the seeding of grasses, forbs, and vines, will fortify habitat nutritional value and shelter for wildlife while strengthening the scenic quality of the preserve.

Trail interpretive signage will be designed with

modest sizes and finishes to minimize intrusive effects.

A hawk observation tower will provide excellent visual access to osprey, peregrine falcon, Cooper's hawk, and at least ten other raptors. Approach to the tower platform will be both by stairs and a wheelchair-accessible ramp. Two tree-canopy elevated walkways, totaling 1,200 feet in length, will be built in the deeper woodland. They will be the first of this trail type in west Texas.

Two butterfly and hummingbird habitats will feature trails winding through larval host and nectar-rich plants. On the preserve's northwest, a straight-line drainageway carrying storm runoff from residential and commercial-industrial areas will be doubled in length but worked into tight meanders with new banks capable of high bio-infiltration for water quality management. A trail to the edges of the periodic stream will serve for monitoring and management as well as class fieldwork and general visitor access.

The preserve's introductory and interpretive backbone will be realized in the form of a major visitor facility at its edge— an educational, research, and management portal. The facility, to be named the Jenna Welch Nature Study Center, will be designed with platinum LEED certification as its sustainability objective. State of the art exhibits, interactive educational displays, and bird tracking consoles will

be among the center's core features. On the center's site perimeter, small replicas of preserve components— butterfly and hummingbird habitat, thicket, pond and marsh, and grassland— will be created to serve as supplements to the center's interior introductory displays orienting visitors to all aspects of the playa and its environment. Mark T. Wellen, AIA, partner in Rhotenberry Wellen Architects, conceived the center's development in the master planning process.

Completion of the preserve's principal trails and boardwalks is anticipated in early 2009. The nature center's first-phase section is expected to open at that time or shortly afterwards.

Midland's I-20 Playa Wildlife Preserve Master Plan, March 2007, was prepared by The Rivers Studio, LLC, Austin, Texas. Roy B. Mann, project director; Juanda Powell, GIS/plan illustrations; Peter Green, architectural rendering. For more information call (512) 343-9550 or email rmann@riversstudio.com.

A graphic for AmericanTrails.org featuring a background image of a forest with tall trees and sunlight filtering through the canopy. The text "AmericanTrails.org" is prominently displayed at the top in a large, white, serif font. Below it, a list of services is presented in a smaller, white, sans-serif font, each preceded by a diamond-shaped bullet point. At the bottom right, the phrase "Solutions for trails." is written in a small, white, serif font.

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- ◆ Over 1500 articles, publications, and documents online
- ◆ Need Trails Training? Hundreds of training opportunities and resources
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- ◆ Thousands of State by State trail listings and resources
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- ◆ A searchable bibliography of over 2000 publications

National Trails System milestone

40 years of connecting people to America's diverse history, cultures, landscapes, wildlife, healthy lifestyles, adventure, and to each other

By Pam Gluck, Executive Director, American Trails

OCTOBER 2, 2008, MARKS THE 40TH anniversary of passage of the National Trails System Act. This Act opened the door to federal involvement in trails of all types, from city centers to remote backcountry. Virtually every trail in the country has benefited from the Act and many trail initiatives over the last 40 years can find their roots in it.

American Trails is very pleased to have joined with the Partnership for the National Trails System (PNTS), the American Hiking Society, the Rails-to-Trails Conservancy, other trail organizations, and federal partners that manage and support trails in the National Trails System to plan the events for this anniversary year. In looking to the future, a 10-year initiative called the "Decade of Trails" is being launched this year to bring attention to and gain support for completing and enhancing the entire National Trails System.

The kick-off event for the year-long Anniversary celebration was held at the Natural Resources Council of America's annual Awards Banquet on February 13 in Washington, DC. The PNTS co-sponsored the event with the Council this year. It was a lovely event and recognized Stewart Udall, then Secretary of Interior, for his contributions to key conservation victories, and a special tribute to the late Senator Gaylord Nelson. The NRCA also presented their prestigious Lifetime Service award to honor Gary Werner, PNTS Executive Director.



**"Scaring the Monsters from the Tunnel"—
Elroy-Sparta National Recreation Trail
and Rail Trail, WI – photo by Greg Walther**



Additional celebration events, such as National Trails Day, are being scheduled throughout the year. The closing event, American Trails' 19th National Trails Symposium, will be held in Little Rock, Arkansas, November 15-18, 2008. The theme of the Symposium is *"Innovative Trails: Transforming the American Way of Life."* These National Trails have truly transformed our country.

Every kind of trail activity is represented in the list of designated National Trails. Besides hiking and biking, the system includes water

trails, motorized routes, snow tracks, greenways, and equestrian paths. These trails showcase the diversity of trails across America, from our cities and suburbs to the deserts, waterways, and high mountains.

People of all ages and abilities benefit from making trails an active part of everyday life. Trails provide countless opportunities for healthful recreation in the fight against obesity.

These trails connect our communities. Trails are a great way to get us out of our cars and link our neighborhoods, schools, and workplaces. Creating systems of greenways and trails help make our communities more livable and bring families and friends closer together. Trails help our kids develop life-long habits of good health and promote stewardship of the land. Trails are a source of renewal and spiritual value for people across America.

The National Trails System Today

Today the National Trails System totals over 60,000 miles in all 50 states (longer than the Interstate Highway System) and is comprised of:

- 8 National Scenic Trails – authorized by Congress
- 17 National Historic Trails – authorized by Congress
- The scenic and historic trails span more than 48,350 miles through 47 states
- More than 1,030 National Recreation Trails – designated by the Departments of the Interior or Agriculture – spanning more than 11,000 miles in every state, Washington, D.C., and Puerto Rico
- Rail Trails – authorized railbanking of abandoned railway corridors, opening up another 15,000 miles

Words of Wisdom

From Stewart Udall

President Kennedy appointed him Secretary of Interior in 1961.

Quotes from Secretary Udall's article that ran in the Albuquerque Journal on December 31, 2007:

"The future of our trail system will continue to depend on the generosity of private land owners as well as the continuing efforts of volunteers.

"Supporting our national trails is more than an exercise in nostalgia. Think of how much richer a child's knowledge of history might be after a few days spent along the Lewis and Clark National Historic Trail.

"Imagine how a student's grasp of our constitutional liberties might benefit from a drive along the Selma to Montgomery National Historic Trail, where civil rights marchers braved billy clubs and tear gas in 1965 to campaign for voting rights for African American citizens."

Excerpts from an acceptance letter Stewart Udall wrote to the NRCA/PNTS in gratitude for the Award he received at the Banquet:

"... For two decades after World War II, Americans waited for leadership on conservation. President Kennedy provided that leadership shortly after taking office by proposing a wilderness bill that passed 8 to 1 in the U.S. Senate. At that time, leaders of both parties produced legislation that rewrote our covenant with the earth. This consensus lasted longer than most Americans know. It was alive when President Nixon signed the Clean Air Act. It was alive when President Ford passed a 55-mile per hour speed limit. And it was alive when Ford told the car companies— located in his home state of Michigan—that their fleets needed to be more efficient.

"The consensus in Washington lasted because it reflected a consensus among the American people. The legislation that we celebrate today started with a feeling in this country that the time had come for new ideas, new solutions. Americans recognized that we could not be fully human in an environment defiled by greed. We could not touch the higher parts of our nature in a world whose beauty had been sold to the highest bidder.

"I believe that we are at the beginning of another conservationist consensus. The American people understand that prosperity and sustainability can go hand in hand. They understand that we face environmental threats— from global warming to the blight of sprawl— that demand a response equal to the challenge. Thanks to your hard work, this decade may produce achievements that dwarf the victories I was privileged to be a part of forty years ago. I wish you luck."

Although steady progress has been made to transform these trails from lines on maps to places in the landscape for people to learn from and enjoy, at the current pace it will be decades before most of them will be fully available for public use.

To fully realize the promise of the National Trails System for public benefit we should dedicate ourselves to a "Decade for the National Trails" leading to the 50th Anniversary of the National Trails System in 2018. Over this Decade we should:

- Raise public awareness of the National Trails System so that it becomes well known to every citizen and community in the United States.
- Complete and enhance the designated National Trails for public appreciation and enjoyment.
- Build the capacity of federal agencies to better manage and sustain National Scenic, Historic, and Recreation Trails, as well as Rail Trails.
- Enhance the capacity of non-profit organizations to be able to continue to recruit, train, and supervise ever more volunteer stewards of the National Trails forming a nationwide network of community-based natural and cultural resource stewardship.

Come join the celebration at the 2008 National Trails Symposium— learn about the National Trails System successes and lessons learned, share stories of the trails, plan for the future of the System, visit exhibits, experience the Trail of Tears National Historic Trail, and celebrate this 40-year milestone at the American Trails Awards Banquet. You will walk away with a new awareness of the significance of these trails as national treasures. We hope to see you there!

For more information on the 40-Year Anniversary:

- www.AmericanTrails.org
- www.nationaltrailspartnership.org



New books and publications

For more reviews on trail-related topics visit www.AmericanTrails.org/views

All trails interests can learn from equestrian trail book

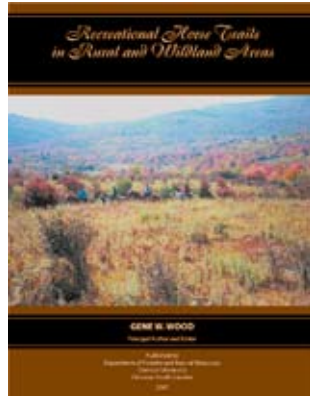
Recreational Horse Trails in Rural and Wildland Areas: Design, Construction, and Maintenance is a great new resource by Dr. Gene W. Wood, Professor Emeritus, Clemson University. The 256-page book was published by Clemson's Department of Forestry & Natural Resources with funding from the Federal Highway Administration's Recreational Trails Program.

The book goes into detail on all the major topics of trail work, including design, structures, and facilities, with an emphasis on horse-specific issues.

Contributing authors from several agencies and organizations provide material on topics including bridges, Geographic Information Systems, and trail management. Many photos and graphics illustrate the topics.

The theme of creating sustainable trails that are sensitive to the environment and habitats through which they pass, runs throughout the book. Dr. Wood's goal is for trail planners and activists to become proficient in natural ecosystem components and processes. The book begins with the relationship of trails to soils, watersheds, and habitats. Several case studies provide a closer look at how these principles are applied.

Recreational Horse Trails in Rural and Wildland Areas is in an 8.5 x 11-inch format and is available online for \$50 from Clemson University at www.clemson.edu/forestres.



Backcountry Skiing provides technical instruction

Backcountry Skiing: Skills for Ski Touring and Ski Mountaineering by Martin Volken, Scott Schell, and Margaret Wheeler, is published by The Mountaineers Books at www.mountaineersbooks.com.

This impressive volume covers every aspect of current techniques for skiing in the backcountry — the open terrain and slopes untouched by groomers. The authors are widely experienced guides and ski touring outfitters. As a reference for gear, safety, and expertise, *Backcountry Skiing* covers all the details. For skiers wanting to develop a higher level of skill, the book focuses on advanced techniques. Finally, the sections on tour planning and safety make this imperative reading for anyone taking on responsibility for a ski trip.



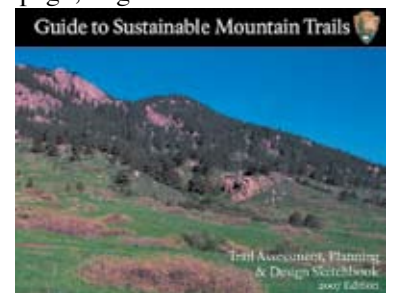
Sustainable trails Sketchbook available in updated edition

Guide to Sustainable Mountain Trails: Trail Assessment, Planning & Design Sketchbook has been updated. The primary author is Hugh Duffy of the National Park Service, which is making the *Sketchbook* available digitally.

A valuable aspect of the 163-page, large format book is the clear explanation of process for each topic.

Checklists, charts, and drawings are used to convey much of the information. Tools and techniques in use along Colorado's Front Range are featured among the 300 photos used to illustrate the concepts. Details of sustainability criteria and site analysis are also included.

For a link to the *Guide to Sustainable Mountain Trails* visit www.AmericanTrails.org and scroll down to "New Resources."



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Campbell Tract Loop NRT

Popular Anchorage trail brings Alaskan wilderness to the city

Meet Alaska's newest National Recreation Trail

By Teresa McPherson and Doug Ballou

IT'S A FEW MINUTES BEFORE 5 P.M. when I glance out my office window. I have maybe 45 minutes before the sun sinks behind spruce trees heavy with February snow. And that's enough. I strap on snowshoes and hop a shortcut behind my office building that connects to the Campbell Tract Loop Trail. The loop is a pleasant 3.4 miles, and connects effortlessly with nine additional miles of Bureau of Land Management trails as well as to an even larger network of municipal and state park pathways.

Anchorage's wilderness gem

Campbell Tract Loop Trail became a National Recreation Trail in 2007, and is located on BLM's scenic 730-acre Campbell Tract in Anchorage. Three popular trail segments comprise the multi-use Loop Trail: Moose Track, Viewpoint, and Lynx trails. The trail winds gently through a spruce and hardwood forest, with just enough curves and knolls to keep visitors wondering what's around the next dip or turn.

The Loop Trail includes both improved and natural surface trails open to year-round, non-motorized recreational activities, such as mountain biking, skijoring, cross country and skate skiing, snowshoeing, equestrian use, walking, and hiking. It's also a great place to spot Alaskan wildlife species, including black and brown bear, lynx, moose, bald eagles, owls, coyotes, and the occasional wolf.



History buffs can glimpse military history where the Loop Trail follows taxiways and tank trails dating back to World War II, when Campbell Garrison served as a satellite field to nearby Elmendorf Field in the early 1940s. Remnants of WWII aircraft parking pads, foxholes, and defensive earthworks can still be seen today.



A community resource

The Bureau of Land Management recorded more than 100,000 user visits to the Campbell Tract trail system in 2007. And, thousands of volunteers from ten partner organizations help with winter grooming, trail brushing, trash collection, spreading wood chips or gravel, and even scooping dog poop! User groups meet monthly to discuss concerns, and find collaborative solutions to multi-use trail challenges.

The Loop Trail also serves as an outdoor classroom for the BLM Campbell Creek Science Center, where students of all ages get up close and personal with Alaska's natural world. Visitors can help with National Trails Day projects (June), join a guided bird walk (May), sample the newest outdoor gear on Winter Trails Day (February), or attend a Fireside Chat or Midsummer Night lecture on wildlife viewing, bear safety, outdoor survival skills, and much more.

For more information on the Campbell Tract Loop Trail call (907) 267-1246 or visit www.blm.gov/ak. National Recreation Trails Program details are at www.AmericanTrails.org/nationalrecreationtrails.

For more featured National Recreation Trails visit www.AmericanTrails.org/nationalrecreationtrails

National Recreation Trails news

Online now: the updated and improved NRT Database and the 2007 Photo Contest

Updated NRT Database helps you find America's great trails

THE NATIONAL RECREATION TRAILS DATABASE has been improved to make it easier to search over 1,000 trails across America. The search page has been replaced with two different pages: a simple form for quick searches, and an advanced form with more search criteria. Several of the search fields have also been revised to make finding a trail easier.



The "Trail Details" page now will automatically format the page for easy printing. A new "Featured NRT" link for many of the trails will take you to an article and photos on the American Trails Website. There's even a new help page if you need assistance getting started.

We'd like to thank Mike Bullington for his hard work in updating the database.

The National Recreation Trails database can be accessed by visiting www.nrtdatabase.org or from links on pages of the NRT website at www.AmericanTrails.org/nationalrecreationtrails.

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South Kaibab National Recreation Trail in Grand Canyon National Park, Arizona – photo by Christopher Spencer

Contest winners for National Recreation Trails

AMERICAN TRAILS PRESENTS the winners of the 2007 Photo Contest for National Recreation Trails. From the 190 pictures entered in the annual contest we are presenting awards in several categories. Our goal is to highlight the diversity of NRTs, from backcountry trails to urban greenways. We thank the National Park Service, USDA Forest Service, Bureau of Land Management, and US Fish & Wildlife Service for their enthusiastic support.

See the winning photos and all 190 entries on the NRT website, hosted by American Trails:
www.AmericanTrails.org/nationalrecreationtrails.



Luzerne County National Recreation Trail, Pennsylvania – photo by Mark James

See the NRT Database and photo contest winners at
www.AmericanTrails.org/nationalrecreationtrails

The view from the volunteer

Replicating the success of Acadia National Park's volunteer program

Volunteering? Why is it needed?

Why is it so hard to help?

By Jeff Chabot

FOR MANY PEOPLE, VOLUNTEERING is a way to fulfill a need or longing to help out. And in our case it is trails! I'd like to share some of my experiences and opinions on how a trail volunteer looks at the need for better care for our pathways.

As I have traveled from sea to sea, the Virgin Islands to Alaska, it has become obvious that our parks and trails need serious help all across the country. For many of us this awakening has become a calling. I warn people, "it's infectious!" I first caught it when I returned to Acadia National Park in Maine in 2004. There I found an organization that had started some 20 years earlier from a small group of hikers and evolved into what is now the Friends of Acadia. In the



Volunteers working on stairs at Virgin Islands National Park

beginning they were in love with their trails but were not happy with their condition.

Trail design and construction is not rocket science, but certainly has evolved over the generations to better and more stable designs which vary from area to area. But many of our favorite trails are old and often ill conceived. Many were created informally to get from one place to another. One of us after the other beat down the vegetation, moved that rock, removed that log— and a path developed. We call these Tourist Trails— you know them as the shortest point between two places without regard to grades or features.

These are the hardest trails to maintain, and as you use them you realize they are in rough shape. But even well-designed trails need periodic help and often the only people who see those needs are the trail users. It is these same trail users that fix them and maintain them, some of us by just removing the impinging branch, others by offering a couple of hours to join a group, and some by making volunteering a large part of their lives.

At Acadia, this concerned group of hikers developed a liaison with the park and staff, evolving into a real driving force in maintaining hiking and carriage trails. The group has developed a program where anyone with an interest in helping out can show up on designated mornings and donate to the extent of their ambitions. Some people are so hooked on doing this that they take time off from their weekly jobs and drive (some 50 miles) to be involved with a particular group of volunteers week after week. Others make it part of their







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The view from the volunteer *continued*



Friends of the Virgin Islands National Park at Annaberg Slave Hut clearing

vacation in the area year after year— to the point that half the volunteers know each other from one year to the next. They come from all over the country each year like a returning migration— it is the most inspiring thing to behold and understand and see happening.

“We should be able to take this idea to all of our parks” I thought back in 2004, but it turned out to be harder than I expected. It’s not easy for an outsider to show up with some new program for land managers to have to look out for. They were concerned about a lack of staff to manage a new volunteer program. We did not have a big organization or many resources, but we did have enthusiasm and inspiration. So we moved on from one park to another talking about the experience in Acadia as a model program and how it could be replicated in other areas.

Why has Acadia’s program worked so well while some have not flourished? It is quite simple, actually. If you have enough traffic (users) to potentially draw from *and* you provide a well-organized program (a means) for them to take part easily— *they will participate!*

The mentors in Acadia have coached us to not expect that a program of their size will pop up overnight, or that the growing pains will be anything less than a real pain in the neck.

The biggest hurdle is covering the liability issues. Working under an already established “Friends of the Park” group can help cover the waiver of signoff sheets with the National Parks or similar. Coming up with tools is the next hurdle.

You will be genuinely surprised with a little canvassing how many contractors, friends, and organizations will donate tools or job boxes or even transportation. This will also help you to create an extended network of supporters. Yes, this will all take a great deal of time and energy, but is doable. Network, Network, Network! Always be looking for cross connections!

What if the National Parks (especially the most-visited ones), would set aside at least one morning a week during the busy season for volunteers wanting to work? Why not make one day, say a Thursday, a standard volunteer day everywhere? How great that would be, knowing that no matter where you traveled— Everglades, Glacier, or Denali— on any Thursday morning you could volunteer and help make our trails even better!

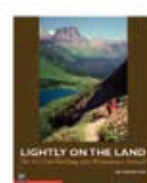
Jeff Chabot is volunteer coordinator for Friends of the Virgin Islands National Park. For more information contact him at jeffchabot@aol.com.



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Description

The new Hybrid Post combines the best qualities of fiberglass and plastic. Specially designed reinforcing fibers are blended with UV stable plastic to create a flat post with the bright color of plastic and the impact resistance of fiberglass. The Hybrid Post has no exposed fibers that can cause skin irritation.

Product Integrity

The Hybrid Post design allows the post to bend over when hit, then snap back into its normal upright position. The Hybrid Post can be driven directly into most soils.

Fade Resistant

This special blend of materials provides maximum fade resistance. The Hybrid Post is guaranteed not to fade significantly or become brittle for a minimum of 10 years. All Rhino products are batch tested in our own weatherometer.

Temperature Stable

The Hybrid Post works extremely well in both cold and heat. The post will remain stable from -40° to +175° F.

Standard Lengths

66" to 72"

NOTE: Other lengths are available but may require a minimum order.

Colors

Standard colors include brown, orange, yellow, white, blue, green, red and purple. Custom colors are available, but require a minimum order.

Decals

Both custom and standard reflective recreation style decals are available. We carry over 50 standard reflective recreation decals, and we also carry several custom reflective decal designs. We are always happy to create custom layouts based on your request.

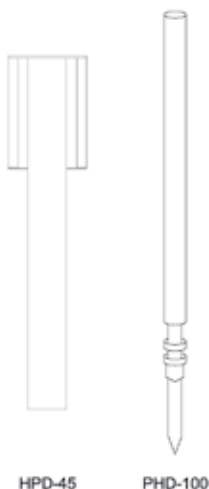
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to speak with a Rhino Marking Specialist to help you design a marking system which will fit your needs, and to learn more about Rhino's new InfoChip and RFID technology. Rhino posts may come with RFID tags factory installed.

Easy Installation

The Hybrid Post must be installed with the Rhino HPD-45 Driver. The driver keeps the Rhino Hybrid Post rigid enough to be driven directly into most soils.

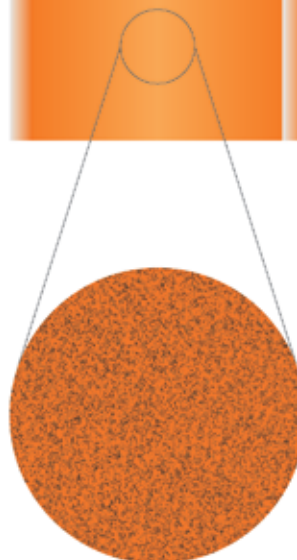
In some hard pan and rocky soils, you will want to use the Rhino Pilot Hole Driver (PHD-100). This is the same tool used with all Rhino Fiberglass Composite posts, as well as the Rhino PlastiCurve.



Hybrid 4-Rail Post



Hybrid 3-Rail Post



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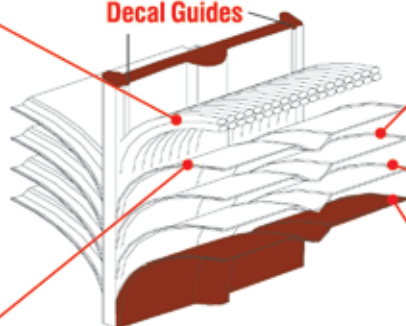
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American Trails presents...

The National Trails Symposium

Save the dates in 2008:

Nov. 15-18 in Little Rock

LITTLE ROCK AND NORTH LITTLE ROCK in Arkansas will host American Trails' 19th National Trails Symposium in 2008 on November 15-18 at the Statehouse Convention Center in Little Rock. Little Rock is home to the cutting-edge Medical Mile, a linear outdoor health museum; and the Big Dam Bridge, the longest bridge built specifically for pedestrians and bicyclists (*see page 24*).

The Symposium provides an opportunity for greenways and trails advocates, managers, planners, builders, users, and outdoor product providers, as well as conservationists, the medical community, and tourism and business interests to come together to communicate and participate in an educational conference. The Symposium addresses both nonmotorized and motorized trail issues, from urban greenways to back-country routes.

The theme for the 2008 Symposium is **"Innovative Trails: Transforming the American Way of Life."** It will feature educational sessions, mobile workshops, exhibits, recreation, and more. Outings will showcase many great trails and natural areas in the region and provide examples of how trails and greenways are an integral part of economic development. Major sponsors are American Trails, US DOT Federal Highway Administration, City of Little Rock, Arkansas State Highway and Transportation Department, City of North Little Rock, Arkansas Blue Cross and Blue Shield, St. Vincent Hospital, and Heart Clinic Arkansas.

For up-to-date information on the Symposium, visit www.AmericanTrails.org/2008, or contact us at Symposium@AmericanTrails.org or (530) 547-2060.



Overview of Little Rock – photo by A. C. Haralson



Call for Presentations

TO HELP US DEVELOP AN EXCITING and motivating program for the Symposium, we invite you to submit ideas for presentations in support of the Symposium theme: "Innovative Trails: Transforming the American Way of Life." We expect to offer 40 concurrent sessions, each lasting 75 minutes.

The Program Committee is particularly seeking presentations that introduce new ideas, convey useful strategies, identify lessons learned, and strengthen participants' existing skills and knowledge— in the spirit of the Symposium theme. Potential topics for presentations include, but are definitely not limited to, the general topic areas that you will find included in the Call for Presentations.

Creating a poster is another opportunity, in a smaller-scale format, to share information about your project or issue with a wide audience. Posters will be displayed in a common area throughout the Symposium. Displaying a poster is also a great opportunity to share your "story" and meet with interested attendees at designated times during the Symposium.

Deadline for submitting proposals is April 18, 2008.

Visit www.AmericanTrails.org/2008/call for submission instructions and additional information.

For more information about the program, please contact the Program Committee Co-Chair: Rory Robinson, Outdoor Recreation Planner, National Park Service, Rivers, Trails and Conservation Assistance: (330) 657-2951; Fax (330) 657-2955; rory_robinson@nps.gov.

At the American Trails National Trails Symposium

Awards and Sponsorships

National Trails Awards

AERICAN TRAILS RECOGNIZES the tremendous contributions of volunteers, professionals, businesses, and other leaders who are working to create a national system of trails for all Americans through a special awards program at the Symposium. Nominations should cover accomplishments during the period of June 1, 2006 through May 31, 2008. The 14 categories for awards are:

- Trail Advocacy Award (1 award per state)
- Trail Worker Award (1 award per state)
- Lifetime Service Award
- Best Trails State Award (new award category)
- Community Service Award (new award category)
- Corporate Award
- Outstanding Media Award
- Outstanding Trail Sharing Award
- Partnership Award
- Planning/Design Award
- State-of-the-Art Technology Award
- Trails and the Arts Award
- Trails for Health Award

- Trails Public Service Award

The deadline for submitting nominations is May 31, 2008. Nomination forms and details for award category criteria are available on the Symposium website at www.AmericanTrails.org/2008/awards.

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ALL SPONSORSHIPS/EXHIBITS paid in full by July 31, 2008 will receive a 10% fee discount. Besides the great savings you will receive for sending in your contract early, exhibitors get to choose their booth location in the order their contract is received (some exceptions apply) and all sponsors get their web link on our sponsor page immediately. Check out the sponsors we have to date at www.AmericanTrails.org/2008/sponsors.

For more information and to download the sponsor packet, visit www.AmericanTrails.org/2008/sponsors or contact the American Trails office at (530) 547-2060 or Symposium@AmericanTrails.org.



Clinton Presidential Library (right) and Rock Island Bridge (left) along the Arkansas River – photo by A. C. Haralson

Clinton Presidential Library is popular Little Rock destination

WHILE IN ARKANSAS, a stop at the nation's 13th presidential center is a chance to get your political fix while also visiting a popular landmark of Little Rock. The Clinton Presidential Library and Museum opened in late 2004 and anchors the eastern edge of the Arkansas River Trail. Bill Clinton, the youngest ex-president since Theodore Roosevelt, set his sights on a 28-acre parcel of land, transforming the once abandoned warehouse area into a spot now known as Clinton Presidential Center and Park.

Directly adjacent to the library is the Rock Island Bridge, currently in the design phase of a renovation that will convert it to a pedestrian walkway between the library and the north side of the river as part of an expansion of the Arkansas River Trail system.

When converted, the Rock Island Bridge will complete the eastern loop of the paved trail, traversing the Arkansas River from downtown North Little Rock and Little Rock. Officials say renovating the bridge was part of the original vision for the library and completing the project is still a top priority.

Read more about trails and points of interest in Little Rock at www.AmericanTrails.org/2008.

Little Rock Trail recognized

Big Dam Bridge wins 2007 award for "Exemplary Human Environment Initiatives"

THIS IS THE FIRST YEAR of a Federal Highway Administration program to recognize and publicize transportation initiatives that make our transportation system work better for the people who use it. One of the 2007 winners is the Pulaski County Pedestrian and Bicycle Bridge ("Big Dam Bridge"). The construction of the trail bridge over the Murray Lock and Dam in the Little Rock area connects trails on both sides of the river. It is the longest bridge in the country built *specifically* for pedestrians and bicyclists. The bridge is one of the exciting projects that will be featured at the National Trails Symposium when it is held in Little Rock, Arkansas, November 15-18, 2008.

The goal of the transportation awards program are:

- Encouraging people to be more physically active in their modes of travel
- Making changes to the transportation infrastructure
- Improving how we plan and implement changes to transportation processes
- Educating people about human centered transportation
- Using technology in creative ways



Photo by Casey Crocker

Find a link to more photos and details of the "Big Dam Bridge" at www.AmericanTrails.org/2008. For more information on the Exemplary Human Environment Initiatives program contact gabriel.rousseau@dot.gov or (202) 366-8044.

SEE YOU IN "THE ROCK"



Pinnacle Mountain



Junction Bridge



Big Dam Bridge

Discover what treasures are around the bend as you journey to Little Rock for the 19th National Trails Symposium, November 15 - 18, 2008.

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Transitions

People who have helped shape our ideas and create trails and greenways

A Trail Elegy

By Bill Robinson

My hands shape the soil
That wayfarers will walk
Not to travel for those mundane matters
Of business or state
But for something purer.
Under arching blue vaulted skies
Among wild flowers
Whose colors are like exclamation points
among the furtive greens of Spring.
There you will find me
And we may meet again
If we both wish it to be so.

Bill Robinson is Community Development Specialist with West Virginia Department of Transportation. He wrote the poem for Jessica Terrell.

Jessica Terrell staffed Missouri and New Mexico state trail programs



Jessica Terrell

JESSICA TERRELL OF SANTA FE, New Mexico, formerly of Jefferson City, Missouri, died January 9, 2008. Jessica had been the state trail coordinator for the Department of Natural Resources in New Mexico since 2006. One of her main projects was developing the Rio Grande Trail. Prior to working in New Mexico, she held the same position in Missouri, where she had worked on the Katy Trail. She was an active environmentalist and supporter of public lands. She was selected to participate on the American Frontier Southern Team, and as a result, hiked from Texas to Utah utilizing only public lands. She also competed in, and eventually won

MotoFemina, a reality series, in which she was awarded a BMW motorcycle.

Jessica was an avid photographer, and enjoyed hiking, running, bicycling, and camping. Christopher Douwes of the Federal Highway Administration said of her, "Jessica was one of our bright lights of sunshine among the State Trail Administrators."

For more photos and remembrances of Jessica Terrell, visit www.AmericanTrails.org and select "Trail Building" from the pull-down "Select a Topic" menu.

Edmund Percival Hillary was first to climb Mt. Everest

AT THE AGE OF 33, SIR EDMUND HILLARY became the first to climb Mount Everest, the world's highest peak. The New Zealand mountaineer and explorer reached the summit on May 29, 1953 with Tenzing Norgay. Hillary and the Sherpa mountaineer were part of the ninth British expedition to Everest, led by John Hunt.

Following his ascent of Everest he devoted much of his life to helping the people of Nepal through the Himalayan Trust, which he founded. Through his efforts many schools and hospitals were built in this remote region. To mark the occasion of the 50th anniversary of the first successful ascent of Everest the Nepalese Government conferred honorary citizenship upon Hillary at a special Golden Jubilee celebration.

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Dana Bell, NOHVCC, is retiring

DANA BELL, SENIOR PROJECT COORDINATOR for the National Off-Highway Vehicle Conservation Council (NOHVCC) recently announced her retirement. Bell, who resides in Long Beach, CA, joined the organization in October 1999 and specialized in the facilitation of the OHV State Association Development and OHV Recreation Management Managers workshop series. She was also instrumental in the development of many of the NOHVCC educational projects such as the Adventure Trail program.

"I have always considered my position with NOHVCC the perfect job," Dana said. "Unfortunately, my elderly father is requiring more assistance and I am chiefly responsible for overseeing a family business that financially provides for

much of his care. Over the past two years I have found it increasingly difficult to juggle my family responsibilities with my NOHVCC work.

"My decision to retire at this time was also made difficult because of how much I will miss working with all of the incredible OHV folks around the country that I have been so privileged to meet."



Dana Bell

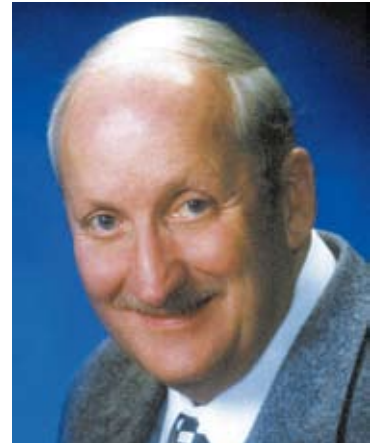
Prior to her position at NOHVCC, Bell was the Western States Representative for the AMA beginning in 1992 where she was involved in both on-road and off-highway motorcycling work, with a large percentage of her time spent on political issues.

Dana served for several years on the American Trails Board of Directors and has continued as an advisor. She has also been active with the National Trails Training Partnership and in promoting education throughout the trails community.

Dale Harvey Lloyd, advocate for trails and snowmobilers

KAY LLOYD SERVED as American Trails Chair for many years. Dale, her much loved husband of 49 years, passed away on December 3rd in Cle Elum, WA. Dale, like Kay, was an avid snowmobiler and advocate for trails of all kinds.

Dale was an avid outdoorsman. In 1992, he and Kay rode the Iditarod Trail from Nome to Anchorage. (Kay was the first woman to ride the whole trail on snowmobile.) Then in February of 2000, Dale and Kay rode from the Canadian Border to the north rim of the Grand Canyon. Dale was a member of the Washington State Snowmobile Association. He will be missed.



Dale Lloyd

American Trails archives stories, photos, and remembrances of the people who have given their time and their hearts to trails across America and beyond. See www.AmericanTrails.org and select "Volunteers" from the "Quick Jump" menu at the top of the page.

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Bridge provides key link

A 231-foot bridge is rolled into place on the Ohio River Levee Trail

By Lance Williams, PE

LOUISVILLE METRO GOVERNMENT has initiated an ambitious “City of Parks” plan to build a 100-mile greenway around the city. In addition to connecting Louisville’s diverse parks and neighborhoods, this path includes planned connections to southern Indiana and surrounding Kentucky counties, offering significant new opportunities for recreation and alternative transportation.

With the connection of the Ohio River Levee Trail and the RiverWalk, bicyclists and pedestrians will be able to travel 27 miles from downtown to Riverside along paved multi-use paths.



In 2006, the city announced a 1.2-mile extension to connect two existing trails along the Ohio River and complete the Ohio River Levee Trail. As a critical part of the project, Louisville Metro Government needed a bridge to connect two trails over Mill Creek Pond, a tributary to the Ohio River. The bicycle and pedestrian bridge had to span 231 feet with no columns or piers to support it. Project team members knew a clear span was necessary to avoid collection of debris in the slow moving backwaters, potentially leading to long-term maintenance concerns.

Consulting Engineer Strand Associates contacted CONTECH Bridge Solutions for a Continental® truss bridge that could meet the clear span requirements. Engineers used finite element analysis to reach the final bridge design. Because the weathering steel finish, requested for aesthetics, limited the size selection of structural members, extra stiffening was added to a custom truss and handrail system. Mesh sides were incorporated to minimize disruption of the scenic view.

The project called for unique installation methods. The trail extension where the bridge was to be installed was in a

remote area near the river. Since most of the trail is located on top of the levee, there was limited access for construction vehicles and equipment. Without access for a crane, the typical tool for lifting and placing a prefabricated bridge into place, general contractor Arnold Dugan & Meyers opted to “launch” the bridge into place.

For the launch, two temporary piers were constructed on the stream banks. Two dozen or more steel rollers, surveyed and placed in parallel lines, were set in concrete pads. These steel rollers, 8 inches in diameter and 12 inches wide, were the foundation for the assembly of the bridge as well as the launching devices, which were located on the levee bank.

The bridge was then pulled back to the job site by a bulldozer. When each section of the bridge reached the “launch pad” it was lifted off the trailer with jacks and lowered onto the rollers.

Each piece was bolted together on the levee to complete the bridge. The structure was then fitted with a nose cone that angled upward for the installation. After it was completely assembled, the bulldozer slowly pushed the bridge along the rollers until it was cantilevered over the ravine.

The completed Capstone® style bridge is 231 feet long by 12 feet wide with a concrete deck. It received a “Project of



the Year” award from the Kentucky Chapter of the American Public Works Association. Louisville now has a bridge that is heavily used by pedestrians and cyclists, providing a critical link in the city’s greenway system.

Lance Williams, PE, is with CONTECH Bridge Solutions Inc. For more information about the project or about bridge design and selection, contact Lance at (502) 493-2930 or email williamsl@contechbridge.com.

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Trails lead to fit community

The bottom line is that **trails add value** and will set a community apart!

By Randy Martin, Trailscape.net

IF WALKING AND BIKING are key components of an individual's fitness regimen, the trails they walk and bike are major contributors to the "fitness" of an entire community. That's the conclusion of a recent survey published in *Self* magazine, which named Orange County the "Most Fit" region in the country on this year's list of the Best Places for Women. Sharing credit for that distinction, according to the magazine, are the county's 150 miles of bike trails, along with 39,000 acres of parks and 40 miles of coastline.

With the emphasis on health and fitness in today's society, trails are becoming just as important as streets and sidewalks in our communities. Offering people a place to walk, run, or ride that encourages them to connect with nature is a valuable benefit that is relatively inexpensive to provide.

It is not a niche market that desires trails; it is an under-tapped mass market. A 2005 survey of potential home buyers by Brook Warrick of American Lives found that:

- 92% want low traffic areas
- 79% want walking and biking paths
- 78% want natural open space
- Only 22% want a golf course within the community

There are very few things in this world that almost 80% of people agree on, yet many in the development community seem to be missing this one. A well-designed trail that carefully undulates and meanders only minimally alters the land, yet it maximizes value with a minimum expenditure.

While a golf course, which is desired by 22% of the market, costs about \$500,000 per hole, a natural trail costs only about \$30,000 per mile.

To better understand what 79% of the market prefers, we have surveyed hikers and cyclists at local trails in Orange County, and this is what we found:

- 85% prefer natural surface trails over pavement or a landscaped decomposed granite surface

- 90% prefer a narrow single-track path to a dirt road or fire break road
- 75% prefer a mixture of rolling terrain and long hill accents and descents

Trail Design Summary

In very basic terms these are keys to thoughtfully designed trails that will last:

- **Discover who will use the trail.** How old they are and whether they will be walking, running, or riding a bicycle; will it be high, medium, or low use?
- **Accessibility.** Attempt to begin the trail at a width and grade that is comfortable for the disabled.
- **Discover the connections.** Are there any interesting places or other trails to connect to? Figure out if this trail will be for transportation (commuting), recreation, or both.
- **Balance users' needs with the maximum grade.** Ten per-

cent is considered maximum sustainable for most soils. However, most users will find a sustained ten percent grade difficult, and an average grade below five percent is comfortable for a recreation trail. If the trail is used for transportation it may be better to make it steeper and shorten the distance to keep from frustrating the user.



An Orange County, California, housing project with trail system

- **Positive drainage.** Make the trail follow the grades, and slope tread to the downhill side about 5 percent so water sheet flows off.
- **Undulate the trail.** Make the trail rise and fall, or alternate steep and gentle. It mixes up the challenge, makes it fun, and keeps the water from running down the tread and causing erosion.
- **Meander the trail.** It should be turning all the time in a nice even flow, but again not so much that it frustrates a walker who wants to get to a destination.
- **Consider placing a natural trail on the slope between streets.** Often there is a great view from there, but watch privacy issues.

Trails for a fit community *continued*

Other Considerations:

For construction, we suggest hiring a professional trail builder, not a grader or a landscaper. A well-built trail can last decades with minimal maintenance. A poorly built trail will be a mess by the end of the first winter and will beg for rebuilding every spring.

Put the trail in first. Often clubhouses and other amenities are held off for financial or construction reasons, but trails are inexpensive and provide immediate value. A best case scenario is to allow the trail to become a popular draw to the area well before the models, but just after entitlement. Trail users may begin to dream about how nice it would be to live next to the trail.



Market your trails. We have joined with Kovach Marketing to offer a turnkey approach to trail design and implementation. We design the trails and Kovach designs signs along the trails and all of the materials that will help developers market the trails to the end user.

Our hope is that as developers start on every new project, they will ask: "Can we make room for a trail?"

The bottom line is that **trails add value** and will set a community apart!

Randy Martin, an avid cyclist and trail runner, is a development partner on two projects in the Central Valley of California. Contact randy@trailscape.net or (949) 400-4107. His website is at Trailscape.net.

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Waterfront Trail Adventure

Getting kids out on to your trail: make sure it's easy for parents

By David Arcus, Waterfront Trail

WITH GROWING CONCERNS over childhood inactivity and its effects on health, the question increasingly arises— how do you encourage kids to get outside and get active? We've learned through a series of campaigns aimed at kids and families that the key to getting kids on to your trail is to develop clear information designed for families that makes getting to the trail and knowing what to do once there easy.

The Waterfront Trail is a 680-kilometer multi-use trail, which follows the shorelines of Lake Ontario and the St. Lawrence River in Ontario, Canada. The length of the Trail could both impress and overwhelm families from venturing on to it. While the Waterfront Trail was mapped extensively with information helpful to families, people simply did not know where to start and often were unaware of the wide range of family activities available along the Trail.

To address this problem, in 2006 we developed the *"Tastes of the Trail" Starter's Kit*— a package designed to introduce kids and families to the Waterfront Trail through a series of "bite-size" day trips (4-10 km) that used quiet, easy, off-road sections of trail, near to fun attractions or natural sites. The package provides mini-guides and maps for five different day trips, with all the information required to get out and start a trip along the Trail.

A digital version of the kit was developed for our website at www.waterfronttrail.org/getstarted.html. With the help of some media exposure through local radio and television spots, we were able to get the word out about the kits, and the response was huge. We heard from lots of families who told us that they had been planning on exploring the Trail, and that the Starter's Kits had finally provided them with the means and impetus to do so.



We followed this up in 2007 with the Great Waterfront Trail Adventure campaign, directed at the kids themselves. We developed a brochure that appealed to kids and showed many of the fun, family-friendly activities offered along the way. It also provided ideas for weekend trips along the Trail centered around current waterfront festivals. The brochures were distributed to schools and tourism offices along the Trail and included as an insert in the popular kids' magazines. As with the Starter's Kits we also developed a web version of the material, accessible from our website.

These campaigns led to a significant increase in the Waterfront Trail's website activity. We were also fortunate to receive support for these two initiatives from the Ontario Ministry of Health Promotion. These projects fall in line with the Ministry's Trails Strategy, part of their Active 2010 campaign which promotes active lifestyles for Ontarians. We are also grateful to CIBC, one of Canada's leading banks and a founding sponsor since 1996, for their continued support.

This year, we're very excited to be taking the concept of the Great Waterfront Trail Adventure to the next stage by creating the first annual Great Waterfront Trail Adventure Tour, a supported end-to-end cycling tour of the Waterfront Trail. This event is open to cyclists of all ages and skill levels and we are actively encouraging kids and families to participate by developing itineraries suited to their needs (e.g. off-road sections of trail, great playgrounds, beaches). Our hope is that by continuing to promote the trail as an exciting destination for kids and families, we can continue to foster in the younger generation an appreciation for active recreation and an awareness of what trails have to offer.

The Waterfront Trail was a 2007 American Trails Website Contest winner. See more great websites at www.americantrails.org/webcon07.html.



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Kids and trails

Trail activities can provide an antidote for “Nature Deficit Disorder”

By Roger Bell, Bellfree Contractors, Inc., and
Vice-Chair, American Trails

RECENTLY I HAD A SERENDIPITOUS EXPERIENCE that left me personally delighted. And it significantly heightened my awareness about the importance of getting kids into more intimate contact with nature. Trails can be an important part of that effort.

While building a trail near my home in Redlands, CA, I noticed an office sign for “Outdoor Education Science Program.” Curious, I stopped in to find out what this was about. The receptionist told me they provide outdoor education on contract with school districts, primarily in Orange County, and that they lease a camp in the national forest where they take kids from schools for a week to learn about the natural environment.

I told her that when in high school I had worked at two such camps— one in the Angeles National Forest called Clear Creek and the other at Pt. Fermin Park near the ocean in San

Pedro. These camp programs were actually started by my father, who was at that time Director of Youth Services for the Los Angeles Unified School District. He had been able to convince the District, based on similar programs in San Diego, that these were legitimate forms of experiential education for kids.

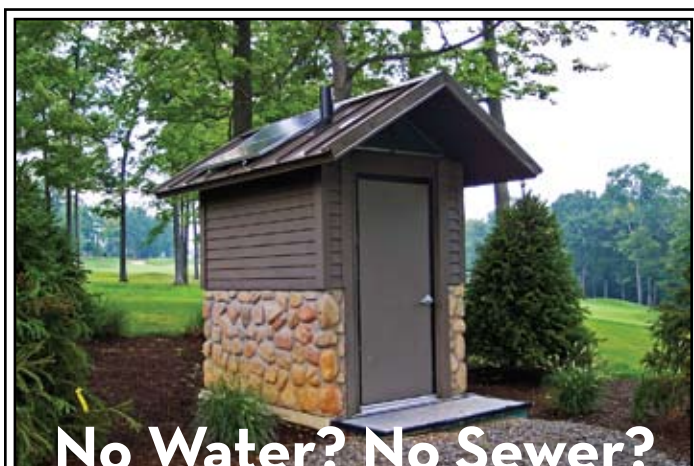
She told me these camps still were going strong. Another lady heard our conversation and asked my father’s name. She then informed me that since 1962, the year following my father’s death, the Association for Outdoor Education—which he helped form and which had subsequently added the word “Environmental” to its name— had given an award to the outstanding outdoor educator in the state of California in his name! She went online and gave me a write-up about the award and a list of the honorees down through the years, starting with my father, given to him posthumously.

You can imagine my surprise and awe to learn about this in such an accidental way after so many years. I told them that I build trails professionally, am part of several national trail organizations, and would be glad to offer my services if they thought trails could in any way be a part of such a program.

Pam Gluck told the American Trails Board of a legislative effort in Connecticut to rekindle interest in outdoor learning for kids called “No Child Left Inside.” That name is an ironic way of indicating that so many programs of this sort have been eliminated in the narrowing— and in my opinion, dumbing-down— effects of “No Child Left Behind.”

Shortly thereafter, I was at an opening for a section of the Santa Ana River Trail and saw tee-shirts touting the “Childrens’ Outdoor Bill of Rights.” Also, I met a representative from San Bernardino County’s Public Health Department (I thought it significant that the trail was seen as a health issue) involved with another outdoor education project for kids. Once again I offered my services in helping them see how trails might be made a part of such a program.

The next and most important piece of this reawakening for me has been reading a book I highly recommend: *Last Child in the Woods* by Richard Louv. Since reading it I am increasingly aware of the healing and learning value of connecting kids with the natural environment. Louv suggests that the lack of unstructured learning opportunities for children, indeed the actual discouragement of outdoor experience, leads to a condition he calls “nature deficit disorder,” a variation of “attention deficit disorder,” with dire consequences for mental and physical development.



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Kids and trails *continued*

As I read, I vividly recalled how important the outdoors was for me as a kid, and I suspect for other fellow elders as well. It was a place of freedom, adventure, and exploration. I am fortunate enough to have carried that influence into my professional life as a trail builder and so have kept in intimate contact with the natural environment.

As my new book *Trail Tales* reveals, some of my contacts were a bit too close for comfort! But that is another story.

Changes in schooling modes and curriculum have not helped. “No Child Left Behind,” from many reports, puts way too much emphasis on passing tests while limiting exploration of learning opportunities considered marginal and unimportant—like the arts, physical education, and the natural environment. Kids are being fitted to the competitive world of business, their noses stuck to the proverbial grindstone, and in the process they may be missing real-life learning opportunities immediately accessible via trails and other aspects of the outdoor environment.

My thought is that good trails might be viewed as close-by mobile classrooms, safe places for kids to explore nature and



Students identify plants on Anchorage's Campbell Tract Loop National Recreation Trail [see page 16]

learn about their own neighborhoods. Or they might be distant places to encounter wilderness adventures.

I want trails to be places where kids can learn first hand about flora and fauna and the environment, but also places where they can learn about intelligent community design, places that need to be taken care of. They would study trail layout, erosion protection, construction methods, health benefits, recreation opportunities, smart growth, and community

development.

How about a classroom “adopting a trail” and learning to appreciate volunteerism, getting hands-on experience maintaining trails, contributing art and interpretive features, nurturing the plant and animal life, perhaps helping the kids to actually become junior land stewards. I can see a whole course of study built around a program of this sort, one that combines academic and practical engagement.

My serendipitous reconnection to the outdoor education I experienced as a child has come full circle, pushing me to connect my professional expertise with my father's legacy and to actively pursue how trails might become even more



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American Honda Motor Company, Inc.

Honda opened a third Environmental Learning Center in 2007 at its Irving, Texas facility. It occupies over six acres, including a trail system nearly two miles in length. The ELC is a unique resource which promotes responsible trail use through a greater understanding of the ten geographic regions of Texas which are represented at the center [see

page 7 for more on the center]. Honda welcomes youth groups and members of the trails community to enjoy the many environmental and educational activities offered. Contact: Environmental Education Coordinator Julie Schmitt at julie_schmitt@ahm.honda.com or (972) 929-5470.



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location on the American Trails website.

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- Anne Arundel County, MD
- Arkansas Great Southwest
- Arrowhead Trails, Inc.
- Back Country Horsemen of America
- Robert Beaverstock
- Beneficial Designs, Inc.
- Biological Mediation Systems, Inc.
- Bureau of Land Management Utah
- City of Aspen, CO
- City of Georgetown, TX
- City of Grand Forks - Greenway, ND
- City of Pella Parks & Recreation, IA
- City of Selma, AL
- City of Shasta Lake, CA
- Clivus Multrum
- Deano Dock & Lift, WI
- Delaware State Parks
- Donald A. Neptune, A.I.A.
- Eastin Outdoors, Inc.
- Florida DEP-Office of Greenways & Trails
- Fla. Fish & Wildlife Conservation Comm.
- Garfield County Trails, UT
- Hancock Resources LLC, AZ
- Hulet Hornbeck
- International Mountain Bicycling Assn.
- Indiana DNR - Div. of Outdoor Recreation
- Indiana Trail Riders Association, Inc.
- International Snowmobile Mfg. Assn.
- Iowa Natural Heritage Foundation
- JAMAR Technologies, Inc.
- John Deere & Company
- Johnson Co. Park & Rec. District, KS
- Lan-Oak Park District, IL
- Lehman & Lehman, Inc.
- Longleaf Trace
- Loris and Associates, Inc.
- Methow Valley Sport Trails Assn., WA
- MN DNR, Trails & Waterway Division
- National Park Service - RTCA Program
- Naturtec: Trail & Bridge Technologies
- Northeast Greenway Solutions, MA
- Oldsmar Leisure Services, FL
- Jeff Olson
- Papio-Missouri River Natural Res., NE
- Eugene Pfeifer
- Polaris Sales, Inc.
- S.W. Leader, Inc.
- Schrader Co. Sales, LLC
- Shaw-Weil Associates, PA
- Singletrack Jungle S.A., CA
- StormSlide, Inc.
- Sutter Equipment Company
- Tetra Tech, Inc.
- The Otay Ranch Company, CA

- The Unturned Stone, Inc.
- Town of Menasha, WI
- TrafficGuard Direct
- TrailArts, CO
- Trails and Bikeways Council of Greater Redding, CA
- Wheeler Lumber, LLC
- Windwalker Horse Trails, Inc., SC
- Tom Woiwode
- Wolf Pen Creek Amphitheater, TX

AFFILIATE ORGANIZATIONS

- Adventure Cycling Association, MT
- Agony of De-Feet
- Alaska Trails
- American Canoe Association
- American Paint Horse Association
- American Rivers
- American Volkssport Assn.
- Kathleen Aragon
- Arizona Trail Association
- Audubon Ctr at Francis Beidler Forest, SC
- Austin Parks Foundation, TX
- Bay Area Barns & Trails, CA
- Bettendorf Parks & Recreation Dept., IA
- Bicycle Colorado
- Big Island Soil & Water Preservation Assn., IL
- Big Sky Community Corp., MT
- Bike-Walk Alliance of New Hampshire
- Blue Ribbon Coalition
- Broad River Greenway, NC
- Bylines...
- California Trails & Greenways Foundation
- California Travel Parks Association
- Capital Bike and Walk Society, BC, Canada
- Cardinal Greenways, IN
- The Catamount Trails Association, VT
- Chicagoland Cycling Meetup
- Chico Hiking Association, CA
- City of Clayton, MO
- City of Coeur d'Alene, ID
- City of Eugene Parks & Open Space Div., OR
- City of Grants Pass, OR
- City of Lewistown, MT
- City of Salina - Parks Division, KS
- City of Westminster, CO
- Coachella Valley Comm. Trails Alliance, CA
- Cumberland Trail Conference, TN
- Dillon Nature Center, KS
- East Coast Greenway Alliance
- Eastern Trail Management District
- Endangered Habitats Conservancy, CA
- Forest Preserve Dist. of DuPage Co., IL
- Franklin County Nature Preserve, NC
- French Gulch Upper Clear Creek Resource Mgmt Group, CA
- Friends of Pedernales Falls State Park, TX
- Friends of the Katy Trail, TX
- Friends of the Ouachita Trail, AR
- Greater Memphis Greenline
- Hansville Greenway Association, WA
- Hill Country Conservancy, TX
- Hoosier Back Country Horsemen, IN
- Houston Wilderness
- In Memory of Charles Moore
- Iowa State Snowmobile Assn.
- Irvine Ranch Conservancy, CA
- Jackson Hole Community Pathways, WY
- Lake Superior Community Partnership, MI
- Lebanon Recreation & Parks Dept., NH
- Logansport Memorial Hospital Found., IN
- Miami and Erie Canal Corridor Assn., OH
- Michigan Horse Council
- Michigan Snowmobile Association
- Moline Parks & Recreation, IL
- Mountain Trails Foundation, UT
- Nebraska Off-Highway Vehicle Association
- New Mexico Rails-to-Trails
- North American Trail Ride Conference
- Northwestern Ohio Rails-to-Trails Assn.
- Nova Scotia Dept. of Natural Resources, Can.
- Oakland County Parks, MI
- Osceola County Parks & Recreation, FL
- Ozark Mtn Bike Patrol Trails Care Crew, AR
- Parks & Trails Council of Minnesota
- Parks & Trails New York
- Pennsylvania Recreation & Park Society
- Peoples Advocacy for Trails Hawaii (PATH)
- Pima Trails Association, AZ
- Polk County Conservation Board, IA
- Quad Cities Convention & Visitors Bur., IL
- Ridge Trails Association, FL
- Rivanna Trails Foundation, VA
- SCAPOSD, CA
- Sierra Front Recreation Coalition, NV
- Snowmobile North Dakota
- Southern Off-Road Bicycle Association, GA
- Stearns County, MN
- Sterling Park District, IL
- Superior Hiking Trail Association, MN
- Specialty Vehicle Institute of America
- Tahoe Rim Trail Association, NV
- Tahoe-Pyramid Bikeway, NV
- Tammany Trace Foundation, LA
- The City of Buffalo, WY
- The Corps Network
- The GreenWay Team, Inc.
- The Power of Prevention, ME
- Tomales Village Community Serv. Dist., CA
- Top of Michigan Trails Council
- Town Lake Trail Foundation, TX
- Town of Collingwood, Canada
- Trail Mix, Inc., AK
- Trails & Open Space Coalition, CO
- Trails4All
- Tri-Cities Visitor & Convention Bureau, WA
- Ukiah Valley Trail Group, CA
- University of Illinois - Extension
- Urbana Park District, IL
- VA Dept. of Conservation & Recreation
- Valley County Pathways, Inc., ID
- Maryanne Vancio
- Vermont Assn. of Snow Travelers, Inc. (VAST)
- Vermont Dept. of Forests, Parks & Recreation
- Volunteers for Outdoor Colorado
- Walk & Bike for Life, Ontario, Canada
- Wallkill Valley Rail Trail Assn., NY
- Wheels on Trails Organization, MN

Trails, rivers, and global warming

By Roger Bell, Vice-Chair, American Trails

I THINK IT'S TIME TO ENLARGE OUR VISION about the place of trails in our collective awareness. This includes environmental and historical dimensions that can—and increasingly do—inform our conversations and educational outreach.

For example, I just read a terrific book, *From the Bottom Up* by Chad Pregracke—whose story has been highlighted on CBS Sunday Morning and many other news outlets. A young fellow from the Quad Cities area (site of the 2006 National Trails Symposium), he has almost single-handedly mobilized a clean up effort of the Mississippi River and many of the major tributaries down to (and including) New Orleans.

And I mean major cleanup. They have gone from a few kids with flat-bottom boats to a fleet of barges, an active crew of dedicated people, and the support of hundreds of volunteers. Over the past several years, tons of trash, including old boats, refrigerators, TVs, massive amounts of toxic garbage, etc. have been removed to landfills.

Chad has built a movement, demonstrating enormous will and perseverance, enlisting funding and support from the public as well as governmental entities along the rivers—including DC politicians when he tackled the seemingly impossible task of cleaning up the Potomac. They have recruited teachers and students to broaden the educational scope of the undertaking, combining science and service, enlightenment and action.

“We need to widen our vision and see how trails could be a dimension of the fight against global warming.”

It's such an incredible story, and one that I hope can be highlighted at the National Trail Symposium in Little Rock next to one of our major rivers, the Arkansas.

An organization in Southern California, Trails4All, led by my friend, Jim Meyer, has pioneered an effort, “Coastal and Waterways Cleanup Days,” to get communities

involved in removing trash from many rivers that eventually reach the sea. Last year they held 50 or events, enlisting hundreds of volunteers, securing significant corporate funding, and gaining the support and appreciation of government entities and environmental organizations along the rivers.

T4A primarily mobilizes trail training and maintenance by volunteers. They simply have recognized that improving the quality of our rivers is intimately connected with their other mission of improving the quality of our trails. It is a noble and worthy undertaking we should recognize and appreciate.



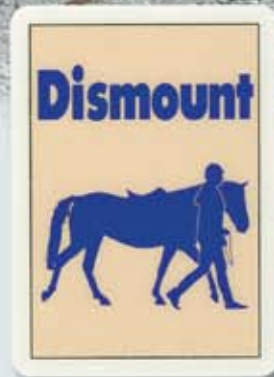
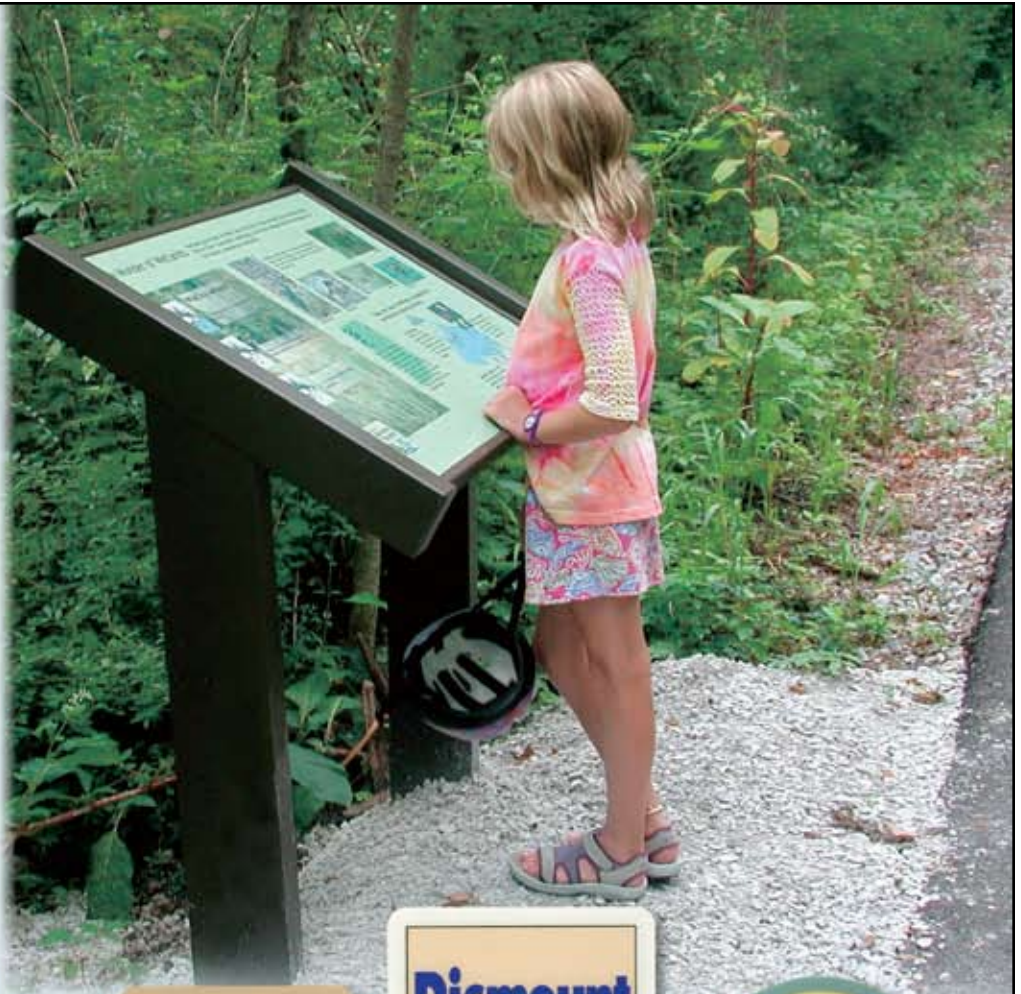
Cleaned up and bordered with trails, the Truckee River enhances Reno's downtown

A growing environmental problem, also connected to river pollution, has been the discovery of “dead zones” in ocean waters, including a massive one near the outlet of the Mississippi River. It has to do with the growth of organisms caused by warming currents and pollution, mainly excessive runoff of nitrogen and phosphorus from fertilizers, and depositions from power plants and vehicle emissions. This depletes the oxygen content of water and kills off sea life in those areas.

Maybe it seems too difficult for us, too fraught with potential controversy, or too much of a stretch for us to connect as a community with these larger environmental problems. But I believe not. Trail use is a way of reducing reliance upon the automobile, contributing to reductions in greenhouse gases, and encouraging healthy life styles by more walking and bicycling for transportation and recreation. We need to widen our vision and see how trails could be a dimension of the fight against global warming and otherwise deepen our environmental and health awareness.

As part of that we can come to see trails and rivers as sharing historic and conceptual kinship. Lewis and Clark went west using many river corridors to reach the Pacific. The National Parks have seen this connection in forming their Rivers and Trails Conservation Assistance (RTCA) branch. Specifically designated water trails are a growing phenomenon and an important focus of American Trails.

Let's celebrate these developments and sharpen our understanding of how rivers and trails connect and how we can be inspired to recognize our responsibilities as true environmental stewards.



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