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# American Trails

Summer 2008

Ensuring Trails for  
Our Future

20  
YEARS

American  
Trails

**Water trails:  
a new network  
across America**





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Making recreational trails safer for those who use them is a walk in the park.





**On the Cover:** Kayakers along the Cascadia Marine National Recreation Trail in Washington's Puget Sound; photo by Joel Rogers

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### American Trails Magazine

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Editor: Stuart H. Macdonald

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## Editorial

### American Trails celebrates 20 years of supporting trails

#### A message from the Executive Director

AMERICAN TRAILS WAS CREATED IN 1988 by merging the National Trails Council, sponsor of the National Trails Symposium, with the newer American Trails Network. The first National Trails Symposium was held in 1971. This year, we will celebrate our 19th Symposium. For the last 20 years, American Trails has been the collective voice for a diverse coalition of trails enthusiasts, land managers, conservationists, and friends of outdoor recreation and livable cities.

#### Who do we represent?

AMERICAN TRAILS IS THE ONLY NATIONAL, nonprofit organization working on behalf of ALL trail interests. This may be the hardest task of any national trail organization. It's a good task for an optimist. We work to find the good in everyone. I'd like to explain why we think it's also a vital task:

#### American Trails advocates for what we all have in common.

We all need, regardless of our trail interest, access to public land, funds for maintenance and management, and a way to keep our activities visible to the decision makers. American Trails is the only national organization that can help do this for all trail users. Our productive relationships with the Federal Highway Administration, the state trails programs, and federal land management agencies is largely due to the fact that we're not a "special interest" group—we lobby for their support of trail-related recreation, not just single trails for one user group.

**We support federal transportation funding and programs that benefit all interests.** The Recreational Trails Program takes federal fuel tax from motorized recreation users and gives to both motorized and nonmotorized projects. Without the cooperation of every kind of outdoor recreation interest, and the support of American Trails and organizations of every kind, we would never have seen this vital funding program. Every state now has a grants program specifically for trails, funded at nearly a million dollars a year, and much more for larger states.

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# American Trails: the first 20 years

**We promote the richness and value of our outdoor heritage.** In its 40-year history, the National Trails System has provided a framework to support a wide range of trail goals, including wilderness hiking, boating, and historic driving tours. The system includes the National Recreation Trails (NRT), a recognition program that celebrates the diversity of trails across America. You can read about trails designated in 2008 on pages 16-19. American Trails is the lead nonprofit in promoting the NRT program, and hosts the NRT website and online database.

**We support effective training and education for all trail users.** American Trails believes everyone has the right to recreate and everyone also has the responsibility to recreate in a safe and low-impact manner. Our goal is to promote the design and management of trails that are safe and cause the least impacts to resources, trail neighbors, and wildlife. We need to use imagination as well as technology to create trails that are cost-effective as well as exciting. We support accessible trails that invite people of all ages and abilities. At the same time, we support trails as pathways to adventure, from the deserts to waterways to snowfields.

**We work to share information across the nationwide trails community.** We don't have all the answers, but we do believe in the power of sharing our collective intelligence. Our website at [AmericanTrails.org](http://AmericanTrails.org) is the world's largest online resource for planning, building, funding, managing, and supporting trails and outdoor recreation. Over a million people a year use our website as their trailhead for all types of information and connections. We also feel that all user groups have a lot to learn from each other—whether they're from a park interpretive association or an equestrian club. We're documenting the benefits of trails, from urban riverfronts to resort town bike routes to motorized trail systems. See page 15 for an article on the economic impacts of the Hatfield-McCoy trail system in West Virginia. In future issues we will highlight other types of trails and greenway projects.

**We celebrate the bold and effective leaders of the nationwide trails movement.** Every two years American Trails presents the National Trails Awards to recognize the tremendous contributions of volunteers, professionals, businesses, media, and other leaders who are working to create a national system of trails for all Americans.



**We support efforts to bring trails into our daily lives.** As our nation looks closely at public health, transportation, urban development, and the environment, we see lots of problems. We want trails, greenways, bikeways, and other routes to be part of the solution.

Our vision is of trails within 15 minutes of every American home and we support efforts to link community trails to neighborhoods, schools, and workplaces. The health of our children, as well as our cities, will depend on preserving parks, open space, transportation choices, and places for recreation.

**We support the many varieties of people who love and care for our public lands.** We need your help to bring recognition to your trails and issues. We urge you to take advantage of

these opportunities and to do more outreach to us as well. We count on all user groups to share information and ideas. We support programs where everybody wins. I think the phrase "Trails for all Americans" says it all.

Trails can change lives. As a network, we have the ability to touch the lives of many people. Join us and make a difference today!

**Read more about the mission of American Trails, our Board Members, and supporting organizations, communities, and agencies on our website at [www.AmericanTrails.org](http://www.AmericanTrails.org).**

## How will trails fare in next transportation reauthorization?

The current Administration proposes a new approach to national transportation programs. Learn about their new "Refocus, Reform, Renew Transportation Plan" on the American Trails website. Will the Recreational Trails Program and Transportation Enhancements funding remain?

Keep informed on these crucial funding issues as we learn more, and as Congress and the Presidential candidates add their own visions of transportation.

For more on this and other critical issues and legislation, visit our website at [www.AmericanTrails.org](http://www.AmericanTrails.org).

# The National Trails Training Partnership

[www.TrailsTraining.net](http://www.TrailsTraining.net)



## Trail skills on NTTP website

A NEW AREA ON OUR WEBSITE categorizes and defines the wide range of skills used in trails and greenways work. The goal is to comprehensively identify the range of competencies and knowledge used by staff and volunteers engaged in every kind of trail work. Web pages for the 12 topics provides a catalogue of skills, plus links to resources, publications, and training providers.

1. **Trail Design:** Layout of trails; design for different trail activities; types of trails.
2. **Facility Construction:** Trail building; construction techniques; surfacing and materials; bridges and boardwalks; trailhead facilities; related structures.
3. **Trail Maintenance:** Care and maintenance of trails, greenways, and facilities; repair of trail elements.
4. **Visitor and Trail Management:** Manage trails for a variety of uses and managing visitor experiences.
5. **Laws, Regulations, and Policies:** Interpreting and developing regulations; applying state and federal laws.

6. **Planning:** Identifying routes; developing plans for regional and statewide trail systems.
7. **Program Administration and Funding:** Budgeting; managing grants and projects; managing staff and objectives.
8. **Organizational Development:** Building organizations; developing resources, boards, and volunteer programs.
9. **Partnership and Collaboration:** Creating and maintaining partnerships; interagency project management; structuring agreements; nurturing cooperation.
10. **Resource Protection and Monitoring:** Managing natural resources and impacts of visitors; acquiring and conserving trail corridors.
11. **Information Management:** Database and website development; trail inventories and assessment.
12. **Public Outreach:** Developing public information; marketing trails; environmental education.

Visit the **Trail Skills** area on the **NTTP** website at [www.TrailsTraining.net](http://www.TrailsTraining.net).

## A trail.



## A trail through YOUR eyes.

Where can I get chainsaw certified?

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



Do these trail grades meet ADA accessibility standards?

How can I effectively manage this volunteer?

## Survey examines skills for scenic and historic trails

FEDERAL AND ORGANIZATIONAL leaders are developing a national training strategy for National Scenic and Historic Trails. Their goal is to preserve skills developed over decades while teaching new technologies. Top quality, readily accessible training will help all of us perform to the best of our abilities. Findings include:

- There is a large gap between the average skill level and the desired proficiency for many of the tasks, indicating significant training needs.
- Many of the respondents do not spend a significant amount of their time working on NSHT.
- The largest number of training needs are in the area of Program Administration.
- The fewest number of training needs were in Tread and Facility Design, Construction, and Maintenance.
- While many tasks were rated as low in importance, there is clearly a significant need for training in about 20 skill areas.

Read the complete survey at [www.TrailsTraining.net](http://www.TrailsTraining.net) or call (530) 547-2060; email [NTTP@AmericanTrails.org](mailto:NTTP@AmericanTrails.org).

**See Clearly At: [trailstraining.net](http://trailstraining.net)**

Find the training, find the experts, find the resources at [trailstraining.net](http://trailstraining.net)

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# Trails training opportunities

See **www.TrailsTraining.net** for details on hundreds of events

## **ProWalk/ProBike 2008**

**Seattle, WA • September 2-5, 2008**

Organized by the National Center for Bicycling and Walking with financial support from FHWA's Safe Routes to School and Recreational Trails Programs.

Info: [www.bikewalk.org](http://www.bikewalk.org)

## **National Institute on Recreation Inclusion**

**Eugene, OR • September 4-7, 2008**

National Recreation and Park Association program to learn to design, implement and evaluate recreation programs for customers with and without disabilities.

Info: [www.nrpa.org](http://www.nrpa.org)

## **Retrofitting for Accessibility**

**Gatlinburg, TN • September 8-11, 2008**

Accessibility standards, barrier removal, safety issues and ongoing facility maintenance to improve accessibility.

Info: [www.ncaonline.org](http://www.ncaonline.org)

## **2008 Water Trails Conference**

**Port Townsend, WA • September 16-18, 2008**

Learn from regional, urban waterfront, and home-town water trails that celebrate history, promote access, and connect communities across America.

Info: [www.wwta.org/wtc](http://www.wwta.org/wtc)

## **ASLA Annual Meeting/EXPO and IFLA World Congress**

**Philadelphia, PA • October 3-7, 2008**

The theme, "Green Infrastructure: Linking Landscapes + Communities," celebrates the contributions of landscape architects in the life support system for the planet.

Info: [www.asla.org](http://www.asla.org)

## **Trail Management Process: Trails 101**

**Shepherdstown, WV • October 6-10, 2008**

The collaborative trail management process, including planning, design, construction, maintenance, monitoring, crew leadership, interpretation, operations, and safety.

Info: <https://doilearn.doi.gov> or (304) 876-7654

## **National Recreation and Park Association Congress & Exposition**

**Baltimore, MD • October 14-18, 2008**

Join thousands of park and recreation leaders, advocates, partners, and suppliers for educational opportunities, networking events, exhibits, and sites to see.

Info: [www.nrpacongress.org](http://www.nrpacongress.org)

## **Marshall University offers online OHV recreation courses**

**L**AND MANAGERS, COLLEGE STUDENTS, and riding enthusiasts can learn current best practices for off-highway vehicle (OHV) recreation management. Four courses are offered for three semester hours of undergraduate and graduate credit by the Marshall University Recreation and Park Resources program. Marshall created the online courses in cooperation with the Nick J. Rahall, II Appalachian Transportation Institute and the National Off-Highway Vehicle Conservation Council.

### **Introduction to OHV Recreation**

*Next course starts August 25, 2008*

The history and evolution of OHV recreation, areas, facilities, vehicle types, use, demand, organizations, legislation, legal issues, conflict resolution, and OHV parks.

### **Planning and Design of OHV Trails**

Planning trails and support facilities including land capability analysis, factors that influence design, mode of travel, and design relative to riding difficulty ratings.

### **Construction of OHV Trail Systems**

Best practices for the construction of OHV routes and support facilities; tools, equipment, and construction techniques; modifying and rehabilitating existing trails.

### **OHV System Operation and Management**

Learn organizational structure options, protection and law enforcement, user conflicts, risk management, public relations, marketing, and special events.

**For information on course schedules and enrollment, visit [www.marshall.edu/muonline/ohv.asp](http://www.marshall.edu/muonline/ohv.asp). For more information on trails training, please visit [www.TrailsTraining.net](http://www.TrailsTraining.net) or call (530) 547-2060; email [NTTP@AmericanTrails.org](mailto:NTTP@AmericanTrails.org).**



# Water trails across America

Boating enthusiasts are expanding the nationwide trails community

By Stuart Macdonald, Editor,  
*American Trails Magazine*

**I**S A TRAIL ON WATER really a trail? Winter recreation enthusiasts argue that a trail on snow is still a trail, even if it melts every spring. What makes a trail is the journey, whether it's on dirt, through a railroad tunnel, over a boardwalk, or along a scenic waterway. Trails in all their variety connect us to our world, our history, and our heritage of wild places.

## Essential ingredients

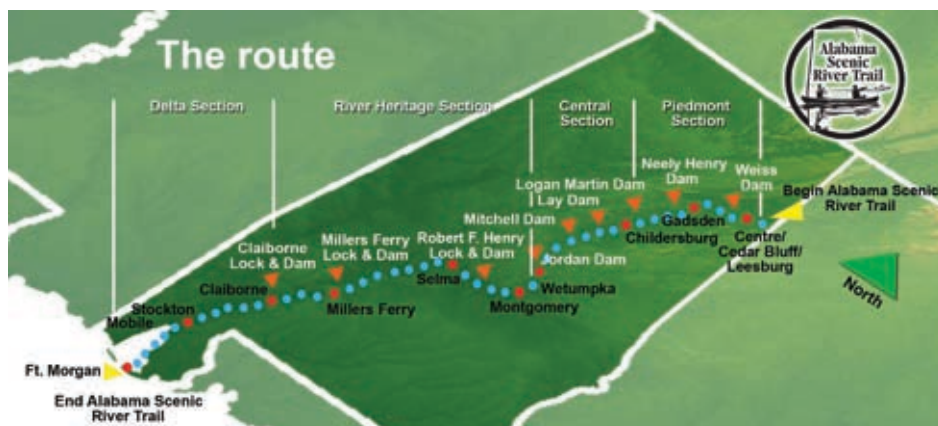
Unlike bikeways, water trails already exist. What is needed is help for trail users to get to the water and to find their way around. Signs, route markers, maps, and promotion of water routes are essentials. Trail supporters can create more opportunities by providing facilities like parking, boat ramps or docks, and places to camp and picnic.

## Stream and waterway stewardship

Trails help people appreciate the natural world and the value of open space. Water trails, too, are a way to build more awareness and stewardship of our resources and habitats. In northeastern Illinois, for instance, TrailKeepers is an initiative of the Illinois Paddling Council and Openlands, that uses volunteers to monitor and maintain waterways and water trail access. StreamLeaders is a hands-on training course that promotes community participation in stream habitat conservation.

## Promoting water trails

The Washington Water Trails Association (WWTa) is hosting a major water trail conference September 16-18 (see page 7). According to WWTa, "There are many, many new completed water trails that celebrate history, promote access, and connect communities and there are scores in various stages of development. Paddle sports continue to



*The Alabama Scenic River Trail, one of several long-distance paddling routes, runs 631 miles from the Gulf to northern Alabama*

be among the fastest growing recreational activities in the United States."

## Water trail systems

Ohio has one of the newest statewide water trail programs among several other states. The goal is to encourage stream access along with safe boating and respect for private lands. Ultimately, we will have more statewide systems of well-signed and promoted water trails that facilitate safe use of these great recreational resources.

Some of the larger water trail systems include:

- The 740-mile Northern Forest Canoe Trail through northeastern U.S. and Canada
- The 1,500-mile Florida Circumnavigational Saltwater Paddling Trail from Pensacola to the Keys and Georgia
- The 367-mile Northwest Discovery Water Trail along Idaho, Oregon, and Washington rivers

## Water Trail Resources

*Interested in finding a water trail?*

*Want to know more about creating water trails?*

AmericanTrails.org has a new "Resources & Library" area devoted to water trail planning, facilities, and promotion. We're also updating all of our State Trail Pages to include up-to-date links to water trail projects, organizations, and route information. Visit [www.AmericanTrails.org/resources/water](http://www.AmericanTrails.org/resources/water).

To expand our resources and coverage of water trails, we'd like to hear about your project. Please send us articles, documents, or web links we can include on our website and in future issues of the *American Trails Magazine*. Contact us at (530) 547-2060 or [trailhead@americantrails.org](mailto:trailhead@americantrails.org).

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## Designing signage systems for Susquehanna River water trails

**T**O FIND OUT WHERE to camp, eat, and get supplies along a hiking trail, you can simply stop and check an informational kiosk along the way. However, kick off your hiking shoes, grab a paddle, and get in a boat. If you've ever been on a water trail, you can appreciate just how useful a cohesive orientation system can be.

The Susquehanna River in Pennsylvania now has such a signage system in place, thanks to a partnership with several agencies and organizations. Permanent outdoor signage was installed at various boat access points along the river. High strength aluminum frames were chosen for their durability and ability to survive the harsh seasons. Fiberglass embedded graphics were chosen because of their resistance to rain, snow, and sun.



**An example of signs for water trail users along the Susquehanna River in Pennsylvania**

The signs, measuring three by four feet, each contain a map showing a 10 to 20 mile section of the river where the access point is located. Each sign communicates a range of resources that are available to the general public, including campsites, motels, restaurants, grocery stores, historical sites, museums, and other attractions. Hazards along the river, such as rapids and dams, are identified on the map. Each panel has a prominent safety message. Before getting on the water, all recreational boaters should know what is out there, and more importantly, how to get there.

**For more information on the signage system, fabricated by Pannier Graphics, call Jon Kovach at (800) 544-8428 or visit [www.PannierGraphics.com/AmericanTrails](http://www.PannierGraphics.com/AmericanTrails).**

## Water trails join land routes in National Trails System

**T**HE NATIONAL TRAILS SYSTEM ACT, during its 40-year history, has brought awareness to the importance of trails of all kinds. They range from long-distance trails, like the Appalachian Trail, to short nature trails.

The National Recreation Trails program recognition of water trails has increased in recent years. Some projects include both paddling and land trails. The trails designated as NRTs in 2008 (*see pg. 16-19*) include four water trails:

- Alabama Scenic River Trail (AL)
- Apalachicola River Paddling Trail System (FL)
- Susquehanna River Water Trail (PA)
- Congaree River Blue Trail (SC)

Other notable water trails in the NRT system are:

- Potomac River Water Trail (DC, MD, VA, WV)
- Cascadia Marine Trail (WA) (*see page 38*)
- Delaware River Water Trail (NJ)
- Milwaukee Urban Water Trail (WI)
- Schuylkill River Water Trail (PA)

In 2006 the Captain John Smith Chesapeake National Historic Trail became the first water route in the national scenic and historic category of the National Trails System. It traces nearly 3,000 miles of historic routes taken by John Smith from 1607-09. The trail will encourage education, recreation, and heritage tourism around the Chesapeake Bay, while promoting conservation of its fragile wetland resources.

**For more information on the National Recreation Trails program and featured trails, visit the NRT website at [www.AmericanTrails.org/nationalrecreationtrails](http://www.AmericanTrails.org/nationalrecreationtrails).**

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# Streets as trails for life

Cities open streets for people to walk, bike, and skate, and close them to vehicles

By Gil Penalosa, Walk & Bike for Life and American Trails Board

**H**OW DO YOU GET HUNDREDS OF THOUSANDS of people physically active, every week, and without any major capital investment? What if you want to include people of both genders, all ages and levels of ability, as well as diverse economic, social and cultural backgrounds? What if you want to make it work just as well in cities of any size, in tropical climates or northern ones?

Well, the solution is “Streets for Life” or “Ciclovía” or “Car Free Sundays.” The name does not matter, and I’ll use Ciclovía, as that is the name used in Bogotá, Colombia. When I became Commissioner of Parks, Sport and Recreation, we had 13 kilometers (8 miles) of Ciclovía and attendance of around 100,000; within two years we increased it to 91 km (57 mi.) and over 1.5 million participants every Sunday and holiday of the year; currently it is at 113 km (70 mi.).



*Enjoying the Ciclovía in Bogotá, Colombia*

The Ciclovía concept is simple: for a few hours every week, a city opens a network of streets for people to walk, bike, and skate, and closes them to motor-vehicles. Once this occurs, a marvelous and magical sensation takes over where hundreds of thousands of people of all ages, levels of ability, and ethnic, economic or social backgrounds come out to exercise, but mostly, to enjoy the presence of each other. As William H. White said, “What attracts people most, it would appear, is other people.”

The people coming out to the Ciclovías could be walking or cycling near their homes and not necessarily on the specific Ciclovías, and this would allow them more space.

But “people” is precisely what they are searching for, to be amongst other human beings and to feel a sense of belonging. A place where there is a subtle but clear sense of equality, as some people ride bicycles worth thousands of dollars, and others ride ones that are worth only a few, but all enjoy the moment.



*Guadalajara, Mexico, where over 170,000 people participate in the Via Recreativa*

It is a place where owners of large corporations, along with their families, end up doing the same activities as minimum wage workers and their families. Although they do not live in the same buildings and their kids do not go to the same schools, when they are in the Ciclovía, they meet as equals.

Ciclovía-type projects now exist in various cities including Bogotá, Colombia; Guadalajara & Mexico City, Mexico; Ottawa, Canada; El Paso (Texas), USA; and Paris, France. Some American cities working on program development are Portland (which held an initial day on June 22), Chicago (four Sundays this summer), New York City, and Baltimore (will do four Sundays in October).

I have provided advice to some of these cities along with the World Health Organization in promoting similar programs in other cities, including some in Caribbean countries. The goal is a major initiative to get large numbers of the population to become more physically active and to improve both individual and public health. In my role as executive director of the nonprofit Walk & Bike for Life, I have looked for ways to follow up with this interest. In partnership with Guadalajara 20/20, the promoters of the very successful Via Recreativa in Guadalajara, we have organized a two-day workshop in both English and Spanish to help municipal leaders, organizations, and other stakeholders start Streets for Life programs.



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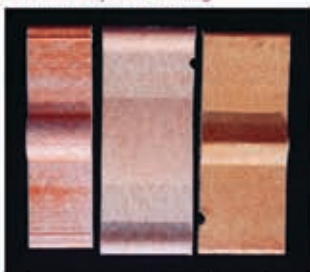
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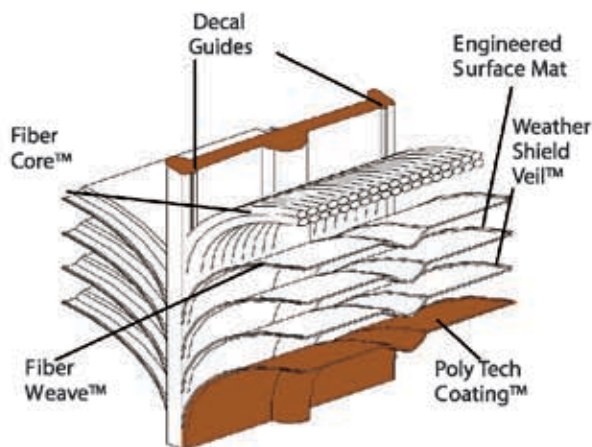
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## Streets as trails for life *continued*



*Eager participants of all ages take to the streets*

### Common elements of Ciclovía programs:

**Weekly Event:** All take place on Sundays (some include holidays) as a weekly program. In cities with strong seasonal changes such as Ottawa (Canada), the program runs from May to September, while others like Paris, Bogotá and Mexico are year-round. All new programs begin with four or more Sundays, to foster word-of-mouth communication and to smooth out initial operation concerns.

**Uses Existing Infrastructure:** There are no major capital investments as existing roads are used. There are, however, operational costs to close the roads, for signage, and for adequate management which is key to the success.

**Traffic Flows:** The cities do not stop functioning, as the traffic flows. The users of the Ciclovía respect traffic lights and stop on red to allow motor vehicles to cross.

**Physical Activities on the Road:** Approximately 60% of the participants ride their bicycles; the rest walk, run, and skate. It is truly an activity for all.

**Complementary Activities:** Along the route of the Ciclovía there are other physical and cultural activities to complement the program. They range from aerobics to yoga, concerts and even massage therapy.

**Services:** Pre-authorized vendors sell fruit, juice and soft drinks, as well as repair bicycles. They locate themselves on the side of the roads and not on the roads. Some effective areas for these complementary activities are parks and public spaces along the route.

**Signage:** There are permanent signs as well as closure signage. The permanent ones are to inform residents and visitors that a specific road will be closed to cars on Sundays.

### Shared benefits of Ciclovía programs:

**Increase of Physical Activity at a Low Cost:** It would seem impossible to have so many people physically active all at once. For example, in a city like Guadalajara, where over 170,000 people participate in their Via Recreativa, decision makers know that at 30 players per soccer field, they would need 5,666 soccer fields to have the same amount of people active. In Bogotá, where more than 1.5 million participate, the city would need over 50,000 soccer fields to see the same levels of physical activity at once.

**Social Integration/Recreation for All:** Ciclovías are enjoyed equally by people of all ages and backgrounds. There are no user fees.

**Economic Development:** It is a marvelous tourist attraction. Last year the American Airlines magazine dedicated 12 full-color pages to Bogotá's Ciclovía! Other cities such as Paris, Ottawa, and Mexico include it as one of their main attractions for locals and tourists. By using existing roads there are no capital costs, only operational ones.



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## Streets as trails for life *continued*



**Safety officials at Guadalajara's Via Recreativa**

**Decrease in Obesity:** Since 1980, rates of obesity in U.S. adults has risen from 15% to 34.2%. The Ciclovía concept is a cost-effective way to help large segments of the population be active and burn more calories.

**Promotes Bicycling and Walking:** Based on what psychologists call “selective perception,” (where people see or notice what they are interested in), pedestrians and cyclists may seem invisible. The Ciclovía raises their profile and visibility, and when people see others of all ages, levels of ability, and physical condition walking, skating, or bicycling, they get motivated to participate.

Furthermore, in order to use the Ciclovía, people purchase walking shoes, in-line skates, or bicycles, and once they have the equipment, it seems easy and useful to walk, skate or ride more frequently. It is a great way to attract more participants to “move.”

### **What does it take to start a Ciclovía?**

It is evident that to set up a Ciclovía in any city is not a financial issue (the cost/benefit is extremely positive) or a technical one (there are good examples to learn from); it is political. To be successful, you need five elements:

**Leadership:** It may come from elected officials, the media, the private sector, or nonprofits; there are examples from all and each city is different. But it takes a champion, a leader who will not take “it can’t be done” for an answer.

**Political Will (Guts):** Inevitably some people will complain, especially before it begins. It will take political clarity that the general interest prevails over the particular, and “guts” to move forward.

**“Doers” in the Public Sector:** You need people looking for solutions to the problems and not for problems with

the solutions. Find people who get things done and not those who collect reasons why “it can’t be done.”

**Community Engagement:** The people who live, work, and play in the city need to get involved. They need to call up and write to the media and elected officials and support the initiative: before, during and after.

**Sense of Urgency:** You will never have all the answers for every potential problem or situation. Do your homework, plan as much as you can, but do it.

**Make the Streets for Life project part of the solution** to the problems we face: obesity, depression, heart attacks, and other health issues; traffic congestion; global warming; and economic downturn. As a bonus, you’ll end up with a healthier community where residents live happier.

**Gil (Guillermo) Penalosa is Executive Director of Walk & Bike for Life, a Canada-based nonprofit with an international outlook, and American Trails Board member. For more information, visit [www.walkandbikeforlife.org](http://www.walkandbikeforlife.org).**

A banner for AmericanTrails.org featuring a background image of a forest with tall trees and sunlight filtering through the leaves. The text "AmericanTrails.org" is prominently displayed at the top in a large, white, serif font. Below it, a list of resources 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.

- ◆ Ask a Trail Expert: Post your questions on the online Trail Forum
- ◆ Over 1500 articles, publications, and documents online
- ◆ Need Trails Training? Hundreds of training opportunities and resources
- ◆ Cool Trail Solutions – find solutions to your trail building challenges
- ◆ News, action alerts, job listings, and more
- ◆ Online Store – Join American Trails, purchase books and merchandise
- ◆ Thousands of State by State trail listings and resources
- ◆ Nationwide National Recreation Trails database
- ◆ A searchable bibliography of over 2000 publications

# New books and publications

For more reviews on trail-related topics visit [www.AmericanTrails.org/views](http://www.AmericanTrails.org/views)

## Trails and facilities featured in equestrian design guidebook

**E***questrian Design Guidebook for Trails, Trailheads, and Campgrounds* compiles a vast body of information from trails across America as well as Canada and Great Britain. For equestrian trail advocates, this book is essential in covering all the many specialized aspects of stock use and riding horses on trails. For other trail managers and planners, the book provides a compendium of the whole range of trail types and facilities.

As a reference work, the book provides a wealth of ideas and considerations for trail design, regardless of the actual



trail activities involved. For the wider trails community, this book should have the benefit of showing many ways to accommodate equestrian use in typical trail situations.

An essential companion publication is *Recreational Horse Trails in Rural and Wildland Areas* by Dr. Gene Wood. Its strength is in creating sustainable trails that are sensitive to the environment and habitats through which they pass.

Photos and drawings of all of the design elements provide good details, as well as a sense of the great variety of solutions to common trail needs. The authors also cover many specialized situations such as railroad crossings.

The Guidebook was funded by the Federal Highway Administration's Recreational Trails Program and produced by the U. S. Forest Service Technology & Development Program. The team of writers and graphic designers was led by Jan Hancock of Hancock Resources, LLC. Jan is also a member of the American Trails Advisory Board.

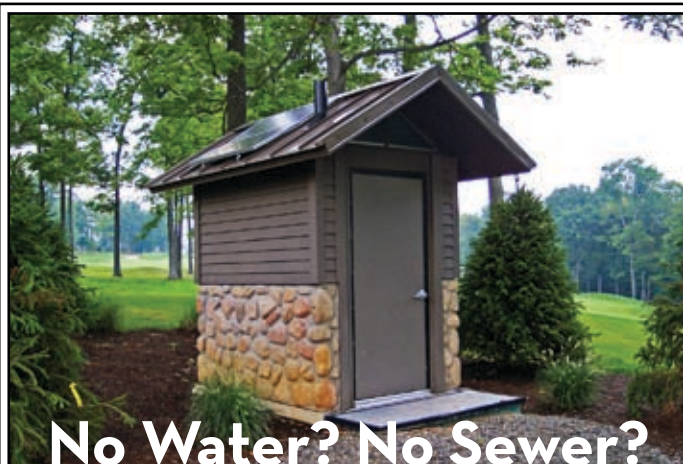
## Community trail development and promotion handbook

**T***he Community Health Promotion Handbook: Action Guides to Improve Community Health* is a new resource from the Centers for Disease Control and Prevention. The goal of the publication is promoting health through effective community-level health promotion practices. The five Action Guides provide suggested resource needs, evaluation questions, tips for overcoming obstacles, and links to additional resources to help with planning and implementation. Of particular interest is a section on community trail development and promotion.

**For a link to the Community Health Promotion Handbook, visit [www.prevent.org/actionguides](http://www.prevent.org/actionguides).**

## Last Child in the Woods author will be featured at Symposium

**I**n preparation for our Closing Keynote, Richard Louv, at the upcoming National Trails Symposium, we'd like to encourage you to purchase your copy of *Last Child in the Woods* in our online store. In his book, Mr. Louv proves that children need nature just as much as nature needs children, and identified a phenomenon we all knew existed but couldn't quite articulate: nature-deficit disorder.



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# Economic benefits of trails

An interview with Bill Reed of the Hatfield-McCoy Regional Recreation Authority

By Karen Umphress, National Off Highway Vehicle Conservation Council and American Trails Board

**M**Y HUSBAND TOM AND I recently visited the Hatfield-McCoy trail system. We took a break from riding one afternoon to have lunch at a restaurant in the town of Gilbert, WV. During lunch, we talked with the restaurant owner about the trail system and the impact it made on the people of the town. The thing that really hit me was the pride in the community that has grown as a direct result from the trail system. We tend to focus on the economic stimulus that the trail system can add to the community, but it is really just the beginning of the positive effects that can come from a well run trail system.

To get more of the story, I sat down with Bill Reed, the Marketing Specialist for the Hatfield-McCoy Regional Recreation Authority, as well as a business owner in the town of Gilbert. He was kind enough to answer some questions.

**Q: Describe the Hatfield-McCoy trail system.**

**Reed:** The Hatfield-McCoy multi-use trail system is open to all nonmotorized and motorized recreation with the exception of full sized vehicles. It covers nine counties in southern West Virginia, encompassing six trail systems with a total of approximately 500 miles.

**Q: Who uses the trail system?**

**Reed:** While the trail system is classified as a multi-use recreational area, due to the terrain and the mileage, it is primarily used by off-highway motorcycles, all terrain vehicles, and similar vehicles.

**Q: What are the economic benefits of the trail system?**

**Reed:** The trails have had a tremendous economic impact. The system was created to provide economic diversification to the southern counties that had seen their economy dwindle from a decrease in natural resource extraction. Towns and municipalities that seemed to have been drying up have a new burst in energy. According to a recent economic impact study, the trail system brings in an average of \$7.2 million per year into the local economy, result-

ing in \$670,000 worth of tax revenues that have been added to the State's coffers.

**Q: How has this boost profited those southern counties?**

**Reed:** Communities that are connected to the trail system are now experiencing a growth in business, with opportunities popping up at an amazing rate. This is creating new jobs, which in turn provide new avenues for the younger generations to stay in the state and to prosper.

**Q: How has the increased prosperity affected the communities?**

**Reed:** I think that the communities see a new avenue for income that we have never had before. They openly embrace tourism and all of its benefits. In times previous, after high school the youth had few options. They went

into the resource extraction industry, to college, or moved out of the area for employment. With the new tourism industry, the choices in job opportunities have greatly increased. They are coming back to the community and assisting their parents in running new businesses such as lodging, restaurants, and outfitter services.

**Q: What types of people come to recreate in the Hatfield-McCoy trail system?**

**Reed:** The type of people who are typical visitors to the trail system are family oriented, professional, and courteous. They recognize the recreation opportunity that we make available to them, and they appreciate its value. They treat our area, our rules, and our people with the utmost respect.

**Q: How do communities react to the influx of travelers?**

**Reed:** Initially, some people were skeptical. But after seeing the type of people that come into the area for recreation, and the increase in tourism dollars generated, they now greet them with open arms.

**Bill invites everyone to check out the Hatfield-McCoy trail system for a place of wonderful trails and opportunities. Please visit the website at [www.TrailsHeaven.com](http://www.TrailsHeaven.com). The Hatfield-McCoy Regional Recreation Area was designated as a National Recreation Trail in 2004.**



# New National Recreation Trails

Twenty-five trails designated as part of National Trails System

## New National Recreation Trails designated for 2008

**D**ID YOU KNOW there's a place nearby that can improve your health, reduce stress, and enthrall children? The country's 200,000 miles of trails are ideal places for exercise and exploration. Every trail, regardless of length or location, is filled with opportunities for mental, physical, and spiritual growth.

In honor of National Trails Day and the 40th anniversary of the National Trails System, Secretary of the Interior Dirk Kempthorne designated 24 trails in 16 states as National Recreation Trails (NRTs). These trails become components of the National Trails System, which also includes National Scenic and Historic Trails. The network of 1,051 designated NRTs spans 19,000 miles.

"One of my priorities at Interior is to reconnect American families to nature," said Secretary Kempthorne. "National Recreation Trails exemplify partnerships that are providing a path to fitness and stewardship for Americans of all ages."

The program is jointly administered by the National Park Service Rivers, Trails, and Conservation Assistance Program and the U.S. Forest Service, in conjunction with other federal and nonprofit partners, notably American Trails. Each of the trails added to the system will receive a certificate of designation and trail markers.



### Alabama

#### • *Alabama Scenic River Trail* –

The Nation's longest one-state river trail stretches 631 miles from the Coosa River to the Gulf of Mexico. This scenic water trail is a statewide recreational and tourism resource featuring camping, hiking, and birdwatching.

### Arizona

#### • *Black Canyon Trail* –

Located in the Bradshaw Mountain foothills of central Arizona and managed by a diverse partnership led by the Bureau of Land Management, this 62-mile hiking, mountain biking, and equestrian trail system stretches, benefits both residents of the Black Canyon Corridor and visitors from metropolitan Phoenix.

### Florida

#### • *Apalachicola River Paddling Trail System* –

Stretching through the panhandle of Florida to the Gulf of Mexico, this nationally-recognized water trail system offers approximately 100 miles of scenic paddling trails for canoeists and kayakers of all abilities.

### Illinois

#### • *Rend Lake Bike Trail* –

In addition to providing hiking, biking, and fishing opportunities, this meandering trail extends over 19 miles through some of the most diverse and scenic habitat that southern Illinois has to offer.

## USDA designates NRT on Mark Twain National Forest

**A** 262-MILE STRETCH OF THE OZARK TRAIL in southeastern Missouri was added to the National Recreation Trails System with the signature of Eastern Region Deputy Regional Forester Forest L. Starkey on May 28. The Ozark Trail provides an opportunity to experience the variety of the Ozarks: dry granite barrens, panoramic mountaintops, wetlands and fens, clear streams, and deep Ozark forests.

Over 200 of the 262 miles of National Recreation Trail are on the Mark Twain National Forest. The Ozark Trail Association, a volunteer nonprofit organization working with land managers and other partners, is a leader in construction, maintenance, and promotion of the trail.



*Along the Ozark Trail in Missouri: the Current River/Blair Creek section; photo by Steve Kaub*

**For more featured National Recreation Trails visit  
[www.AmericanTrails.org/nationalrecreationtrails](http://www.AmericanTrails.org/nationalrecreationtrails)**



# New National Recreation Trails *continued*



**The Burdette Park National Recreation Trail in Indiana**

- **Burdette Park/University of Southern Indiana Pedestrian, Bicycle, and Nature Trail –**

This scenic 0.6-mile segment is the result of a visionary partnership to eventually provide a two-mile nonmotorized trail connection between popular Burdette Park in Vanderburgh County and the University of Southern Indiana.

## Iowa

- **Great Western Trail –**

A key connection between urban Des Moines and the surrounding rural landscape, this 16.5-mile scenic rail-trail offers trail users the opportunity to journey through Iowa history while hiking, biking, or enjoying other recreational activities.



**The Summerset National Recreation Trail in Iowa**

- **Mines of Spain State Recreation Area Trails System –** Located just south of Dubuque along the Mississippi River, this approximately 20-mile trail system offers a wealth of opportunities for recreation, environmental education, historic interpretation, and wildlife observation.

- **Sunset Trail –**

Stretching almost 12 miles through rolling hills, river bottom wetlands, and remnant prairies, this rail-trail allows for hiking, biking, or cross-country skiing through some of the best of central Iowa's natural scenery.

## Michigan

- **Musketawa Trail –**

Providing a handicapped-accessible connection between Marne and Muskegon, Michigan, this 24.7-mile rail-trail and greenway allows a variety of trail users to enjoy a range of landscapes while biking, snowmobiling, horseback riding, or simply taking a stroll.

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**See the NRT Database and photo contest winners at  
[www.AmericanTrails.org/nationalrecreationtrails](http://www.AmericanTrails.org/nationalrecreationtrails)**

# New National Recreation Trails *continued*

## Nebraska

- **Funk Peterson Wildlife Trail** – Situated in Funk Waterfowl Production Area, this 3-mile backcountry loop trail is a bird watcher's paradise, providing habitat for millions of birds, including endangered whooping cranes and least terns that migrate biannually through the area.

## New Mexico

- **Canyon Trail** – Located in Bosque del Apache National Wildlife Refuge, this 2.2-mile interpretive trail offers school groups and visitors year-round the ability to study tracks in the shifting sands, evidence of kangaroo rats, box turtles, and a host of other wildlife.
- **Chupadera Wilderness Trail** – Traversing the Chupadera Wilderness Area of the Bosque del Apache National Wildlife Refuge, this 9.5-mile backcountry trail is rich in wildlife and wildflowers, and takes hikers through a range of landscapes culminating in a 360-degree view of several mountain ranges.



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**Dismal Swamp Canal Trail in North Carolina**

## North Carolina

- **Dismal Swamp Canal Trail** – Recognized as part of the East Coast Greenway, this 4.5-mile multi-use trail features a variety of historic sites, abundant wildlife, and opportunities for biking, fishing, canoeing, and more.
- **Little Tennessee River Greenway** – This 4.5-mile hiking and biking trail parallels the Little Tennessee River and Cartoogechaye Creek. The trail features three different bridges and a variety of recreational facilities for visitors of all ages.

## North Dakota

- **Arrowwood National Wildlife Refuge Leg of the Historic Fort Totten Trail** – This 9-mile backcountry trail is undergoing improvements to provide enhanced wildlife-dependent recreational opportunities and allows for a variety of uses, including hiking, mountain biking, and horseback riding.
- **Scout's Trail** – Situated within Fort Abraham Lincoln State Park, this 4.6-mile multi-use trail offers environmental education and interpretive opportunities on Native American culture amid scenic vistas and native prairie.
- **Sullys Hill Nature Trail** – Located in one of only four units of the U.S. Fish and Wildlife Service managed to preserve bison, this 1.5-mile scenic loop trail provides visitors the opportunity to observe a diverse sampling of native wildlife whether jogging or snowshoeing.



# New National Recreation Trails *continued*

## Ohio

- **Congressman Ralph Regula Towpath Trail** – Also known as the Ohio and Erie Canalway Towpath Trail, this 25-mile multi-use trail serves as the western spine of a planned 300-mile trail system throughout Stark County and offers a variety of recreational activities along a pathway rich in state history.

## Pennsylvania

- **Heritage Rail Trail County Park** – Traversing York County to the Maryland border, this 19-mile multi-use trail provides an integral link in a state-wide trails system and epitomizes the concept of a close-to-home trail experience, but has regional, state, and national significance as well.



**Along the Congressman Ralph Regula Towpath National Recreation Trail in Ohio**

- **Susquehanna River Water Trail - Middle and Lower Sections** – Flowing from Sunbury to the Maryland border, this 103-mile segment offers paddlers an exciting array of experiences, from observing great blue herons to learning about the Underground Railroad.

## South Carolina

- **Congaree River Blue Trail** – Starting near Columbia, this 50-mile water trail and greenway offers an urban adventure, featuring prehistoric Native American sites, sandbars, high bluffs, and Congaree National Park, home of the largest continuous tract of old growth bottomland hardwood forest in the United States.

## Texas

- **Heritage Trail Loop** – Serving as the backbone of the



**Seniors enjoying the Heritage Rail Trail in York County, PA**

city's trail system, this 3.1-mile rail-trail and bikeway links area residents to numerous recreational facilities, historical sites, and a local renewable energy demonstration project.

- **Lions Park Nature Trail** – Given its artistic features, hilltop vistas, and recreational facilities, it is easy to see why this 2-mile walking trail is so popular with Temple residents of all ages.

## West Virginia

- **Canaan Valley Institute Trail System** – Located near the town of Davis, this 6.5-mile privately-owned multi-use trail system offers the public a variety of hiking, mountain biking, and equestrian trails, with additional connections planned to link to neighboring state and federal lands.

**For more information on the National Recreation Trails program, featured trails, photos, and the new designations, visit the NRT website, hosted by American Trails, at [www.AmericanTrails.org/nationalrecreationtrails](http://www.AmericanTrails.org/nationalrecreationtrails). The NRT database can be accessed at [www.nrtdatabase.org](http://www.nrtdatabase.org).**

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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.

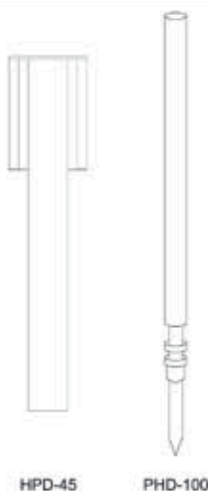
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to speak with a Rhino Marking Specialist to help you design a marking system which will fit your needs, and to learn more about Rhino's new InfoChip and RFID technology. Rhino posts may come with RFID tags factory installed.

## 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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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.





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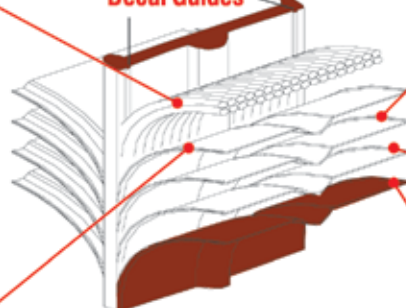
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### Decal Guides



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Patent # 6099203, Patent # 7,025,016, Patent # D525721

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# American Trails presents... The National Trails Symposium

Save the dates in 2008:

Nov. 15-18 in Little Rock

AMERICAN TRAILS, ALONG WITH the cities of Little Rock and North Little Rock, will host the 19th National Trails Symposium in 2008 on November 15-18 at the Statehouse Convention Center in downtown Little Rock, Arkansas.

Join us in Little Rock as we welcome our Opening Keynote, Dr. Richard J. Jackson MD MPH, Graham Environmental Sustainability Institute, and Closing Keynote, Richard Louv, author of *Last Child in the Woods*. Also in store for you are cutting-edge sessions, invaluable workshops and hands-on field trips, including a back-packing trip in the Ozark Mountains; a tour of the Medical Mile led by the coordinator and trail innovator herself, Terry Eastin; a bike ride along the infamous Big Dam Bridge; and many more! View all 18 mobile workshops on page 26, and see all the details online at [www.AmericanTrails.org/2008](http://www.AmericanTrails.org/2008).

## Mini-workshops

WANT TO GET "UP CLOSE AND PERSONAL" with hot trail topics? The Trail Topic Mini-Workshops provide the occasion for you to be an active part of in-depth discussions and activities on nine different trail topics. These workshops will be repeated twice over the course of the afternoon on Sunday, November 16, allowing more time to explore these subjects in a hands-on, participatory forum.

1. Accessibility Guidelines for Trails
2. Journey Down a River: Learn to Make the Most of Your Blue Trail
3. Partnerships for Trail Success
4. New Approaches, Technology and Equipment for Trail Maintenance - A "Share Your Knowledge" Session
5. Buy, Sell, Beg, or Borrow: Creative Funding Ideas from America's Trails
6. Getting Children Outdoors - It Can be *Habitat* Forming
7. From the Doorstep: Making the Connection between Developers and Trails
8. Understanding Sustainability and Building Better Trails
9. Research Needs, Science, and Trails

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



## Register by August 31 for early discount rate

ONLINE REGISTRATION IS NOW AVAILABLE and Registration Brochures will be mailed in mid-August. To obtain a copy of the Brochure, contact the American Trails office at (530) 547-2060 or [symposium@americantrails.org](mailto:symposium@americantrails.org). The early registration deadline is August 31. American Trails members can receive an early discount rate of \$325 and \$375 for non-members. We encourage you to register early as mobile workshops may fill up. For up-to-date information on the 19th National Trails Symposium, visit [www.AmericanTrails.org/2008](http://www.AmericanTrails.org/2008).

## Theme for the Symposium

THE THEME FOR THE 2008 National Trails Symposium is "*Innovative Trails: Transforming the American Way of Life*." Trails have been transforming our nation and the way we live from its beginnings. This transformation continues today as trails have become a prominent factor in how and where we choose to live our lives; in creating transportation, recreational, and educational opportunities; encouraging health and well-being; exploring history and heritage; bringing together people of all ages and abilities; and connecting communities. This theme is also a brand for American Trails, an innovative organization working on behalf of all trail interests to enhance and protect America's growing network of interconnected trails by finding common ground and promoting cooperation among all trail interests.



# National Trails Symposium

More on the great programs at the Symposium in Little Rock, Arkansas

## Concurrent sessions

**W**ITH THE THEME OF "INNOVATIVE TRAILS: Transforming the American Way of Life," the American Trails 19th National Trails Symposium offers a variety of programs that will help participants understand how trails are "...transforming our nation and the way we live..." Concurrent sessions will allow us to discover and explore:

- Design and construction of trails that incorporate innovative technology, sustainable techniques, safety features, and solutions to user conflict.
- Application of accessibility guidelines on all trails.
- The health, economics, quality of life, and other benefits of trails.
- Creative implementation and management strategies from unique funding approaches, to the use of volunteers to build, operate, and maintain trails and greenways.
- Ways to recognize and deal with public safety, including risk and liability issues related to trail development and management.
- Creative ways to develop and manage off-highway

vehicle facilities, water trails, equestrian trails, and other trail types, and by finding common ground to promote cooperation among all trail interests and users.

- The need to build effective partnerships at every level to build and operate trails, public and private sector, with an emphasis on working with developers.
- Training opportunities for trail managers.
- Ways to identify, monitor, and minimize the negative impacts of trails on resources, and build trails that complement and enhance the environment through which they travel.
- Why trails are a key component of a community's infrastructure.
- The role trails and greenways play in bringing people together at the community and family level.
- Any many, many more topics!

To view all of the topics that will be discussed in the Program, visit [www.AmericanTrails.org/2008](http://www.AmericanTrails.org/2008). Please note that sessions are subject to change. When concurrent sessions are scheduled, and the descriptions and presenters are finalized, the information will be made available on the American Trails website.

## Celebrating 40 years of the National Trails System Act!

**C**OME JOIN US AS WE CELEBRATE four decades of progress! 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. There are now eight National Scenic Trails and 18 National Historic Trails, totaling over 46,000 miles.

In addition, the Act authorized the designation of National Recreation Trails. There are currently 1,051 trails in the System, totaling over 19,000

miles. It also established the ground-breaking railbanking of abandoned railway corridors, resulting in over 14,000 miles of rail-trails.

You will walk away with a new awareness of the significance of this milestone and how you and your trails fit into this national system of trails. As excited as we are for all that has been accomplished through the National Trails System Act, we look forward to it being the route to future recognition of additional trails across the country. We hope to see you there!



*President Lyndon Johnson signing the National Trails System Act into law in 1968*

# Sponsors

## American Trails 19th National Trails Symposium



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## American Trails 19th National Trails Symposium

### Don't miss exhibitor opportunities

Looking for a dynamic, cost effective way to reach out to professionals and organizations within the nationwide trails community? Become an exhibitor at the National Trails Symposium! Great opportunities await you in our Exhibit Hall as we plan to turn it into a virtual indoor trails and greenways system. Take advantage of the early discounts and other great benefits: BECOME AN EXHIBITOR TODAY! Download a sponsor packet online at [www.AmericanTrails.org/2008](http://www.AmericanTrails.org/2008) or contact Candace Baxter, Exhibitor Manager, at [candace@americantrails.org](mailto:candace@americantrails.org) or (530) 547-2060.



#### **American Kestrel ~ \$1,000 - \$1,200**

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#### **Blue-Winged Teal ~ \$700 - \$800**

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- Arkansas Master Naturalists
- Arkansas Tourism Development Foundation
- Back Country Horsemen of America
- Beneficial Designs, Inc.
- East Coast Greenway Alliance
- Equestrian Land Conservation Resource
- Friends of the Ouachita Trail
- Mississippi River Trail, Inc.
- National Off-Highway Vehicle Conservation Council
- North American Trail Ride Conference
- The Ozark Society & Ozark Society Foundation
- Professional Trailbuilders Association



#### **Downy Woodpecker ~ \$100**

- Roger Bell
- John Collins
- Terry & Ken Eastin
- Mylon Filkins
- Pam & Jeff Gluck
- Ken Gould
- Hulet Hornbeck
- Illinois Trail Riders
- Rob Lambert
- Bob Searns



#### **Eastern Bluebird ~ \$25**

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- Bryan Kellar
- Loretta Melancon
- Gil Penalosa
- Bob Rhoads
- Southeastern Equestrian Trails Conference
- Joe & Kathy Taylor

# National Trails Symposium

Workshops and travel arrangements for the 2008 Symposium in Little Rock

## Mobile workshops

**T**HE LEADERS AND CITIZENS OF ARKANSAS are enthusiastic about their trail projects and are looking forward to sharing them with you at the National Trails Symposium! So join us in Little Rock and be ready to enjoy a wide variety of field trips and mobile workshops.

- Overnight in the Ozarks Backpacking Trip
- Lemonade from Lemons: A Trails Perspective at Cedar Glades Park in Hot Springs
- Trail for Philanthropy and Outdoor Recreation – Heifer Ranch and Petit Jean State Park
- Trail Tools Equipment Expo
- Let's Work Together – Trails & Coalition Building
- All Terrain Vehicle Rider Safety Course
- Take an Accessible Walk on the Wild Side at Bell Slough
- Leave No Trace Equestrian Trail Ride
- Trail of Tears: The Arkansas Setting
- Little Maumelle Canoe Trip
- Little Rock Audubon Center...Visit an Urban Wilderness
- Bike Ride Along the Arkansas River Trail and the Big Dam Bridge
- Camp Robinson Mountain Bike Ride
- Burns Park Multi-Use Sharing Natural Surface Urban Trails
- Quapaw Quarter Urban "Walk Through History"
- Toltec Mounds Archeological Hike
- Emerald Park Sightseeing & Historical Hike
- Medical Mile & Nature Center Interpretive Urban Hike

## Featured workshops

**I**N-DEPTH SEMINARS AND MEETINGS that cover several important educational topics are offered before and after the main Symposium. Come early or stay late to attend any of these fabulous featured workshops:

- Universal Trail Assessment Process (UTAP) Coordinator Workshop
- Understanding Accessibility and Building Better Trails
- Become a Tread Lightly! Tread Trainer®
- The Art and Science of Trails
- Risk & Trails Workshop
- Horse Trails Caucus
- TrailWare: UTAP Data Management Software Course
- National Trails Training Partnership Meetings, Part 1 & 2 (both open to the public)

**Visit [www.AmericanTrails.org/2008](http://www.AmericanTrails.org/2008) for complete details on all the Symposium workshops.**

## Hotels & travel accommodations

**T**HE SYMPOSIUM HAS FOUR HOST HOTELS, all conveniently close to the Statehouse Convention Center and within walking distance. Reserve your room before October 25, 2008 to take advantage of the great discount rates using the group name "**National Trails Symposium.**" Rates range from \$79 to \$95 plus tax per night.

**American Airlines** is the official airline of the 19th National Trails Symposium and offers a 5% group travel discount off the lowest applicable fare when traveling to the Little Rock National Airport (LIT) between the travel period of November 12 through November 21, 2008.

**Enterprise Rent-a-Car** is the official car rental company for the Symposium and is offering a 20% discount when renting anywhere in Arkansas, and a 10% discount when renting outside of Arkansas.

To reserve your flight or car, and to view complete information on accommodations and travel, visit **[www.AmericanTrails.org/2008](http://www.AmericanTrails.org/2008)**.

**For more information on Little Rock and Arkansas, visit:**

- [www.Arkansas.com](http://www.Arkansas.com)
- [www.LittleRock.com](http://www.LittleRock.com)
- [www.NorthLittleRock.org](http://www.NorthLittleRock.org)

## Volunteers – WE NEED YOU!

**I**F YOU ARE INTERESTED IN VOLUNTEERING, to fill out a volunteer form online, or to view the benefits of volunteering, visit **[www.AmericanTrails.org/2008](http://www.AmericanTrails.org/2008)**.

## National Trails Awards Celebration Banquet

**M**AKE SURE YOU DON'T MISS the National Trails Awards Celebration Banquet to recognize the exemplary people across the landscape of America who are working to create a national system of trails to meet the recreation, health, and travel needs of all Americans! View the Schedule online at **[www.AmericanTrails.org/2008](http://www.AmericanTrails.org/2008)**.





# JOIN US IN "THE ROCK"

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

Experience our Arkansas River Trail and travel the 14-mile loop, crossing over the Big Dam Bridge, the longest bridge in the country built specifically for pedestrians and bicyclists, the newly renovated Junction Bridge, and along the banks of the Arkansas River. When complete, this 24-mile trail will connect with Pinnacle Mountain, which rises 1,000 feet above the river valley.

To find more on our endless outdoor activities, lots of indoor fun and great food to satisfy any hunger, visit us online at:

[www.LittleRock.com](http://www.LittleRock.com)

# LittleRock

# Old bridge, new trail

Junction Bridge links Little Rock communities and trails across Arkansas River

## From Pulaski County Facilities Board

**T**HE LONG-AWAITED RENOVATION of the Junction Railroad Bridge, converting it to a pedestrian and bicycle bridge, was celebrated May 17, 2008. Access to the bridge is by an accessible walkway located directly behind the River Market pavilion on the Little Rock side, and from Washington Street near Alltel Arena on the North Little Rock side.

A ceremonial “Tying Our Cities Together” was accomplished with two 900 foot lengths of ribbon reaching from each end of the bridge. Local school groups brought the ribbon together at the center of the bridge for a symbolic tying of the cities. Kids involved with the event shouted, “We love the Junction Bridge!” Pulaski County Judge Buddy Villines spoke at the event and said, “I want to make sure you feel welcome. It’s your bridge. It doesn’t belong to anyone but you, and I hope you enjoy it for the next 100 years.”

Karen Call of Little Rock had an enthusiastic response to the Bridge, “We’re so excited that there’s a bridge to connect the river trail, to connect Little Rock and North Little Rock. It’s just amazing.”



Photo by John C. Jones

The Junction Bridge was constructed in 1884 as the primary railroad bridge connecting the northern and southern railway lines. In 1985, the then-owners of the bridge, Union Pacific, closed the bridge to rail traffic and in 1999 ceded the bridge to the City of Little Rock. Through an inter-local agreement the bridge was leased for 99 years to the Pulaski County Bridges Facilities Board for the purpose of developing the pedestrian/bicycle bridge. Construction started in 2007.



Photo by John C. Jones

The bridge is believed to be the only “lift span” bridge that has been converted to a pedestrian/bicycle bridge in the United States. The “lift span” is locked into place in a raised position to allow for uninterrupted barge traffic on the river. Visitors to the bridge may traverse the entire length of the structure by riding elevators up to and down from the 360-foot (length) lift span.

Visitors to the bridge enjoy benches and other amenities. Areas which have been modernized on the structure are painted blue. The original paint is being left on the bridge to signify its age. The bridge will be lighted at night by special “up-lighting” on the beams.

McClelland Engineers was the project engineering firm, and May Construction was the general contractor. Both are headquartered in Little Rock.

The total cost of the renovation project was \$5,800,000. Eighty percent of the funding was provided by grants from the Federal Transportation budget through the Arkansas Highway and Transportation Department. The remaining 20 percent match was provided by road and bridge funds of the Cities of Little Rock and North Little Rock, as well as Pulaski County. The Junction Bridge is a component of the Six Bridges Framework Plan.

**“We build roads because we have to move cars in commerce. We build trails to improve the quality of life for our citizens.”**

**– Judge Buddy Villines of Pulaski County**



# Top trail projects recognized

2008 Annual Achievement Awards announced by Coalition for Recreational Trails

**S**EVEN TRAIL PROJECTS HAVE BEEN CHOSEN by the Coalition for Recreational Trails (CRT) as recipients of its 10th Annual Achievement Awards in recognition of their outstanding use of Recreational Trails Program (RTP) funds. The trail projects and programs honored for 2008 are listed below by category:

## Maintenance and Rehabilitation

*Storms' Crossing - Lewis and Clark Bicentennial Trail (South Dakota)* - National Guard 200th Engineering Unit from Pierre worked to build a new trail bridge, named for volunteer and Vietnam veteran Linus Storms.

## Construction and Design

*Wanoga Snopark Shelter (Oregon)*

Moon Country Snowmobile Club volunteers built a 1,200 square foot shelter for a new snow play facility.

## Education and Communication

*ORV Maps and Educational Materials (Wyoming)*

Wyoming State Trails program developed maps for the public with trails as well as safety and etiquette messages.



Opening celebration for the Boundary Canal Trail, Florida



Crestone Needle-Humboldt Peak Project, Colorado

## Multiple-Use Management and Corridor Sharing

*Boundary Canal Trail - Phases I and II (Florida)*

The 1.4 miles of new paved multi-use and natural surface equestrian trail in Palm Bay links parks and provides for a wide variety of trail activities.

## Environment and Wildlife Compatibility

*Crestone Needle - Humboldt Peak Project (Colorado)*

Rocky Mountain Field Institute used a 2004 RTP award to restore and protect popular hiking and climbing routes in the Sangre de Cristo Wilderness Area.

## Accessibility Enhancement (Project)

*Johnny Henderson Park Trail (Alabama)*

The City of Enterprise used a 2005 RTP award to construct a 245-foot long bridge to extend recreation opportunities for people of all ages and abilities.

## Accessibility Enhancement (Overall Program)

*Florida Recreational Trails Program*

The Florida Office of Greenways and Trails teaches project sponsors about accessibility through the Universal Trail Assessment Process (UTAP).

The **Coalition for Recreational Trails**, a national organization representing the nation's major trail interests, has been working since 1992 to build awareness of RTP and to help ensure adequate funding. Visit CRT online at [www.funoutdoors.com/coalitions/crt](http://www.funoutdoors.com/coalitions/crt). For details and photos of these and previous years' award winning projects, visit [www.AmericanTrails.org](http://www.AmericanTrails.org) and select "Awards" from the "Find it Fast" menu.

## Leave a good impression.

Make a difference by becoming a Tread Trainer™ and spreading the Tread Lightly!® message of responsible recreation.

[www.treadlightly.org](http://www.treadlightly.org)

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# Ten Steps to total trails

The future of trails, greenways, and open space in America

By Robert Searns, Chair, American Trails Board

ON BEHALF OF ALL AMERICANS who want a better quality of life, more livable cities, healthier and fitter adults and children, and better stewardship of our land and resources, we submit these Ten Steps. This compilation was crafted at the 2006 National Trails Symposium by the membership of American Trails (over 500 trail advocates and professionals).

We thank all who participated in this heartfelt and creative effort, and look forward to revisiting the Ten Steps at the upcoming National Trails Symposium. We encourage the vigorous pursuit of this vision for this and future generations.

## 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 and programs: Transportation Enhancements, Recreational Trails Program, Congestion Mitigation and Air Quality (CMAQ), National Park Service Rivers, Trails and Conservation Assistance (RTCA) program, USDA 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 as 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

Provide opportunities for the American people to give back—helping to plan, fund, and work on trails in our neighborhoods and 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 CO<sub>2</sub> 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.

**American Trails works through education, partnerships, and timely information resources to promote the creation, conservation and broad enjoyment of quality trails and greenways. Read more about our mission and efforts for trails for all Americans on our website at [www.AmericanTrails.org](http://www.AmericanTrails.org).**



Portland, OR; photo by Gil Penalosa, Walk & Bike for Life

***In this era of diminishing wild places, American Trails is striving to create a legacy of outdoor recreation and solace readily accessible to all Americans.***



# American Trails Member Groups

## Become an organizational member of American Trails!

- **Supporter Members** (\$100/year) receive a Name Link Ad online in the Products & Services Directory.
- **Patron Members** (\$250/year) receive a Logo Link Ad online in the Products & Services Directory.
- **Web Patrons** (\$325/year) receive a Logo Link Ad online in the Products & Services Directory AND a Banner Ad in one location on the American Trails website.

ALL of our membership levels include copies of the *American Trails Magazine*, organization name listing on our members webpage and in the *American Trails Magazine*. Join online now at [www.AmericanTrails.org](http://www.AmericanTrails.org) or call (530) 547-2060.

### SUPPORTERS

- Alta Planning + Design
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- American Discovery Trail Society
- Anasazi Trails, Inc.
- Arkansas Game and Fish Commission
- AtvQuadSwap.com
- Back Country Horsemen of America
- Bear River Ranch, CA
- Robert Beaverstock
- Bellfree Contractors, CA
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- Clivus Multrum, MA
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- Deano Dock & Lift, WI
- Delaware State Parks
- Donald A. Neptune, A.I.A., AZ
- Eastin Outdoors, Inc., AR
- Florida DEP - Office of Greenways & Trails
- Florida Fish & Wildlife Conservation Comm.
- Garfield County Trails, UT
- Hulet Hornbeck
- Indiana DNR - Division of Outdoor Recreation
- Indiana Horse Council, Inc.
- Indiana Trail Riders Association, Inc.
- International Mountain Bicycling Assoc.
- International Snowmobile Mfg. Assn.
- JAMAR Technologies, Inc., PA
- John Deere & Company
- Johnson County Park & Rec. District
- Lan-Oak Park District, IL
- Lehman & Lehman, Inc., IN
- Longleaf Trace, MS
- Los Alamos County Parks Division, NM
- Lyons' Pride Trail Crew, CA
- Methow Valley Sport Trails Assoc., WA
- Minnesota DNR, Trails & Waterway Division
- National Park Service - RTCA Program
- Northeast Greenway Solutions, MA
- Papio-Missouri River Natural Resources, NE
- Eugene Pfeifer
- Polaris Sales, Inc.
- Prince William County Park Authority, VA
- S.W. Leader, Inc., LA

- Schrader Co. Sales, LLC, WA
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- StormSlide, Inc., CA
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- Bicycle Colorado
- Big Island Soil & Water Preservation Assn, NFP, IL
- Big Sky Community Corp., MT
- Bike-Walk Alliance of New Hampshire
- Blue Ribbon Coalition
- California Trails & Greenways Foundation
- California Travel Parks Association
- Capital Bike and Walk Society, Canada
- Cardinal Greenways, IN
- Chico Hiking Association, CA
- City of Clayton, MO
- City of Grants Pass, OR
- City of Lewistown, MT
- City of Westminster, CO
- Connecticut Forest & Park Association
- Cumberland Trail Conference
- Davis County C.E.D., UT
- Dillon Nature Center, KS
- East Coast Greenway Alliance
- Endangered Habitats League, CA
- Franklin County Nature Preserve, NC
- French Gulch Upper Clear Creek Resource Mgmt Group, CA
- Friends of Pedernales Falls State Park, TX
- Friends of the John Smith Chesapeake Trail, MD
- Friends of the Katy Trail, TX
- Friends of the Ouachita Trail, AR
- Greater Memphis Greenline
- Hansville Greenway Association, WA
- Hill Country Conservancy, TX
- Houston Wilderness
- Iowa State Snowmobile Assn.
- Iron Ore Heritage Recreation Authority, MI
- Jackson Hole Community Pathways, WY
- Lebanon Recreation & Parks Department, NH
- Lee County Parks and Recreation, FL
- Logansport Memorial Hospital Foundation, IN
- Lubbock Lake Landmark, TX
- Miami and Erie Canal Corridor Assoc., OH
- Michigan Horse Council
- Michigan Snowmobile Association
- Moline Parks & Recreation, IL
- Mount Rushmore National Memorial Society
- Mountain Trails Foundation, UT
- Nebraska Off Highway Vehicle Association
- New Mexico Rails-to-Trails Assoc.
- Ozark Mountain Bike Patrol Trails Care Crew, AR
- Parks & Trails Council of Minnesota
- Parks & Trails New York
- Pennsylvania Recreation & Park Society
- Peoples Advocacy for Trails Hawaii
- Pima Trails Association, AZ
- Polk County Conservation Board, IA
- Poplar Bluff Parks & Recreation, MO
- Quad Cities Convention & Visitors Bureau, IL
- Regional Municipality of Wood Buffalo, Canada
- Ridge Trails Association, FL
- Rivanna Trails Foundation, VA
- Sonoma Cty. Agricultural Preservation & Open Space Dist., CA
- Sierra Front Recreation Coalition, NV
- Snowmobile North Dakota
- Southern Off-Road Bicycle Association, GA
- Stearns County, MN
- Sterling Park District, IL
- Sunflower Recreational Trails Inc., KS
- 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.
- Tomales Village Community Services District, CA
- Town Lake Trail Foundation, TX
- Town of Collingwood, Canada
- Trails & Open Space Coalition, CO
- Tri-Cities Visitor & Convention Bureau, WA
- Ukiah Valley Trail Group, CA
- University of Illinois - Extension
- Maryanne Vancio
- Verde River Greenway, AZ
- Vermont Assn. of Snow Travelers, Inc.
- Vermont Dept. of Forests, Parks & Recreation
- Virginia Dept. of Conservation & Recreation
- Volunteers for Outdoor Colorado
- Walk & Bike for Life, Canada
- Wallkill Valley Rail Trail Assoc., NY
- Warrenton Trails Association, OK
- Wheels on Trails Organization, MN

# Trails and healthy communities

San Bernardino County finds trails are an essential part of healthy communities

By Evelyn Trevino, San Bernardino County  
Department of Public Health

**T**HE SAN BERNARDINO COUNTY Healthy Communities (SBHC) initiative is a countywide effort to create healthy environments and promote healthful lifestyle choices. Trails are unquestionably an essential component of a healthy community.

## How do we create a healthy community?

SBHC works directly with city governments and helps in establishing baseline measures, monitoring health outcomes, and evaluating progress. A clearinghouse of information and resources also provides:

- Comprehensive partner database to help build partnerships and bring disciplines together
- Local health statistics to help motivate communities
- Best practices library of tools and approaches
- Assistance identifying and applying for grant funding
- Workshops on land use planning and health, healthy community marketing, and Safe Routes to School



San Bernardino County, Department of Public Health

## The trails connection

We hear repeatedly that cities desire to develop and promote trails as “safe and serene places for people to travel across the region and through our neighborhoods.” The many ambitious trail development efforts throughout the county include these examples by the cities of Rancho Cucamonga and Redlands:

Rancho Cucamonga is the lead agency, together with San Bernardino Associated Governments and surrounding cities, in developing a multi-use trail along the **Pacific Electric Railway** line. The trail links five cities and connects to a seven-mile rail trail in Los Angeles County, creating a 21-mile east-west trail corridor. A source of great civic pride in Rancho Cucamonga, the trail is credited with improving health, the environment, and the local economy; increasing real estate values along the trail corridor; providing links between the trail and mass transit systems; and promoting historic preservation.

The City of Redlands, working in partnership with The



Redlands Conservancy, promotes existing trails and works to acquire and develop additional routes. Two current projects are the **Redlands Heritage Trails** and the **Orange Blossom Trail**. The Heritage project seeks “to connect Redlands’ residents and visitors to Redlands’ amazing open space for health, for fun, for learning.” The project identifies 10 trails encompassing sites of historic and ecological interest, totaling 15 miles. The Orange Blossom project uses rail lines and flood-control areas to provide a safe path between neighborhoods, schools, the University of Redlands, downtown, parks, and businesses. It also connects Redlands to the vast Santa Ana River Regional Trail. Both projects are important pieces of the “Emerald Necklace,” a comprehensive citywide open space preservation effort.

Providing trails as a healthy transportation and recreation alternative requires resources to increase awareness of trails and promote their use. SBHC is formulating strategies and pursuing funding to provide assistance countywide for this purpose. SBHC recognizes that trails can provide safe, appealing, and practical physical activity opportunities. We envision community trail networks that serve as safe walking and bicycling routes for children to travel to and from school, for residents’ commutes to work and transit hubs, for access to everyday needs such as groceries, and for recreation, leisure, and exercise.

**For more information on Healthy Communities across America visit our Trails and Health area at [www.AmericanTrails.org/resources/health](http://www.AmericanTrails.org/resources/health).**



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# Colorado youth on the trail

Helping young people “unplug” as they join in stewardship efforts

By Jerry Severns, Marketing Director,  
Volunteers for Outdoor Colorado

IT'S THREE-THIRTY IN THE AFTERNOON at the top of 7,000 foot Flagstaff Mountain, overlooking Boulder, Colorado. Eight-eight people gather for ice cream and water—lots of water. They are tired, sweaty, and caked with dirt. Many will have sore muscles tomorrow, but to a person they feel good; there is a pervasive sense of pride, accomplishment, and camaraderie.

These people have completed a trail project that will provide an outdoor experience, usually reserved for hikers and bikers, to people with disabilities. Parts of the existing trail have been rerouted or groomed. A culvert and earthen bridge has been installed to raise the trail over a drainage draw. New trail has been built to a ridge-top overlook, providing panoramic views of the snow-capped Indian Peaks.

Projects like this take place across the country. Unique to this one, almost half of the participants are young people, the youngest just 11 years old. In addition, the youth are members of the leadership team that organized the project, including 20 year old project team leader Kim Inglis.

“This was a lot of work over the last three months,” says Kim, “but it’s totally worth it when you cruise the trail with our guests in wheelchairs (two people in wheelchairs participated in the project, providing design guidance), and realize just what we accomplished.”

Inglis gained the experience and skills to lead this project in Volunteers for Outdoor Colorado’s (VOC) youth program. Young volunteers join crews on projects, help select and plan youth projects, and participate in training to improve technical and leadership skills.



Photo by Matt Martinez, Volunteers for Outdoor Colorado



Photo by Jerry Severns, Volunteers for Outdoor Colorado

“You can’t assume that just because they’re kids they can’t take on a challenge and make a difference,” states Fletcher Jacobs, VOC Youth Manager. VOC encourages youth to participate in public lands stewardship at all levels, and in ways that they find interesting. The result: hundreds of young people with more confidence, leadership and teamwork skills, and a growing environmental stewardship ethic.

## Change is a constant

Kids are all about growth and change— that’s what they do, individually and as a group. To remain relevant and fresh in today’s world, VOC’s youth program is evolving. Two initiatives are new for 2008:

### Cairn: Stewardship Challenge

Cairn combines volunteer service, environmental education, and challenging outdoor activities. Monthly stewardship challenges, hosted by partner organizations, expose 14 to 18 year olds to topics like climate change, growth and land development, and water conservation. Each challenge encourages teamwork, problem solving, and leadership.

To provide opportunities for tomorrow’s leaders, the Cairn Leadership Council helps plan monthly programs and direct Cairn activities.

### SWAT – Stewardship with a Team

Kids are social and usually like to hang with their friends. SWAT makes it possible for young people to make a difference with their friends and on their schedule. Work is planned for clubs, church, or school groups of 10 to 30, during the week or on weekends. SWAT sessions are usually two to four hours and include time to discuss the work and why it is important.



## Colorado youth on the trail *continued*

"You have to meet youth where they are," says Bevin Carithers, VOC Deputy Director of Community Stewardship, "and where they are today is not where they were 5 years ago and is not where they will be next week."

VOC is meeting youth where they are— in cyberspace. Profiles on MySpace and Facebook share information about youth stewardship opportunities and get kids talking— well, ok— messaging.

In addition, color posters and matching calendar cards



**Photo by Matt Martinez, Volunteers for Outdoor Colorado**

attract attention in schools and churches.

"The initial buzz on Cairn and SWAT has been very positive," says Ann Baker Easley, VOC Executive Director, "but we will monitor these programs closely to make sure they are reaching kids and relevant to their lives. If we are going to leave a legacy of land stewardship, reaching kids now is the key."

**For more information on Volunteers for Outdoor Colorado, visit [www.voc.org](http://www.voc.org).**

A large photograph of a dirt path winding through a field of tall green grass and purple flowers. In the background, there is a chain-link fence and some trees. The sky is overcast.

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## American Trails News

### Welcoming John Favro to American Trails Board

UNTIL JANUARY, 2008, JOHN was the Regional Trails Coordinator for the Northern Region of the U.S. Forest Service. In that capacity, he was the program manager for 25,000 miles of trails on 13 National Forests and Grasslands in Idaho, Montana, North Dakota and South Dakota. John began his Forest Service career 35 years ago as a wage grade one Trail Laborer.

In addition to managing Ranger Districts, he has worked in timber, wildlife, fire, and range, and has managed trails programs at numerous locations in California and Alaska prior to moving to Montana.

John has B.A. degrees in psychology and philosophy, and has completed all course work for a B.S. in natural resource management. He has given training on trails issues throughout the country, and during the summer of 2006 he assisted the country of Jordan with trail and outfitter camp management through the International Forestry Program of the U.S. Forest Service. Since retiring, John is doing trail consulting, and will be teaching trails and fire management courses for various agencies.

John is also working with his wife Susan managing a horse supply and equipment business, Healthy As a Horse Network, which provides many equestrian products for

endurance riders. In his spare time, John is an avid trail user and travels the trails around Montana using virtually every mode of transportation including: hiking, horse and mule riding and packing, bicycling, snowmobiling, and driving off-highway vehicles.





AMERICAN TRAILS WEBSITE CONTEST

American Trails is seeking out the best websites in the cyberworld of trails and greenways! We are looking for sites that really make trails come alive, deliver information effectively, support volunteers, and engage the public. We want to showcase the ways that advocates and agencies are making a difference for trails using the Web!

**ENTER THE 2008 WEBSITE AND NRT PHOTO CONTESTS ONLINE AT AMERICANTRAILS.ORG**



NATIONAL RECREATION TRAILS PHOTO CONTEST

Enter your photographs of National Recreation Trails across the country. Several categories are available!

American Trails is sponsoring the 2008 contest for photographs of National Recreation Trails across the country. Our annual contest provides awards in several categories and shows off entries on the NRT website! Help highlight the diversity of the NRTs!

Entries must be received by December 15, 2008





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# Trail Tracks Editorial

## Why water trails are better than land trails

### A totally unbiased analysis by a kayaker with a disability

By Mike Passo, Elakah Expeditions and American Trails Board

I'M STARTING A MOVEMENT... Land-lubbers have dominated the trails discussion for too long. No more, I say! Did Lewis and Clark choose to follow game trails to connect to the Pacific Ocean? NO! What was the most miserable and disheartening part of their epic journey? It was walking over the Continental Divide! Americans knew the score back then. Why walk when we can paddle?

Since those heady days, we Americans have lost our way. We have turned to the land as our primary means of travel and recreation. We need to return to the right path... the wet path... and, coincidentally, an extremely accessible path!

I am a person with a disability, and I own a sea kayak tour company that operates in the Pacific Northwest. I have conducted extensive, pain-staking research on the subject and have discovered the following absolute truisms:

- 1) Kayaking is more fun than walking.
- 2) A water trail is already there. You just need to provide the means to utilize it.
- 3) Canoeing is more fun than walking.
- 4) Water trails are cheaper to build (refer to #2 above).
- 5) Rafting is more fun than walking.

**The Cascadia Marine National Recreation Trail is a beautiful water trail off the northwest coast of Washington State.**

**Located in Mike's back yard, it provides him and thousands of other visitors a uniquely accessible and beautiful boat-ing experience. The Marine Trail consists of over 50 designated campsites, as well as hundreds of public and private launch areas— many of which provide excellent levels of accessibility.**



- 6) Water trails are cheaper to maintain (refer to #2 above).
- 7) Sailing is more fun than walking.
- 8) Your trail is one continuous overlook. Forget building a long winding trail up to the highest point in the park so you can see an expansive view of the ocean. Just float out on that ocean and it's one big overlook experience.
- 9) Floating on an inner-tube is more fun than walking.
- 10) Water trails are more accessible: for the most part, water seeks to be flat. You can't say that of your local river bluff.

Now let's talk finances. Let's use a completely unbiased case study. Let's say we wanted to run a trail the entire length of the Mississippi River. By land, this trail would cost approximately \$138 Septillion, and would take 248 years to complete. By contrast, a water trail already exists

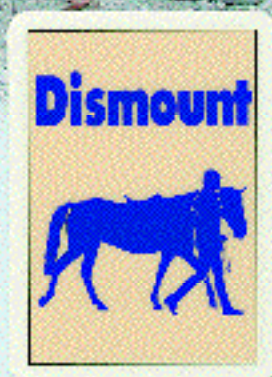
the entire length. We would need to construct around 176 launches at \$20,000 each, and about 400 campsites at \$2,500 each, for a total cost of \$4,520,000. I've known three miles of boardwalk to cost about that much money.

So, if you are having trouble getting your family up and down the steep trail down to Phantom Ranch in the heart of the Grand Canyon, or up and down the bluffs in Winona, MN, consider giving them a boat and personal flotation device, find a nice gentle access point to the water, and let them follow nature's best, most accessible, ready-made trail to where they want to go... the water trail!

**For more information about the Cascadia Marine National Recreation Trail, visit [www.wwta.org/trails/CMT](http://www.wwta.org/trails/CMT). Visit Mike Passo's Elakah Expeditions at [www.elakah.com](http://www.elakah.com).**







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