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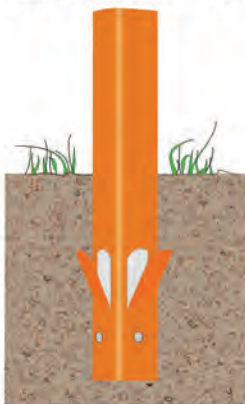


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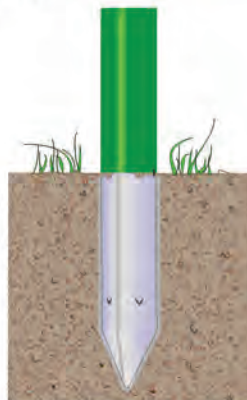
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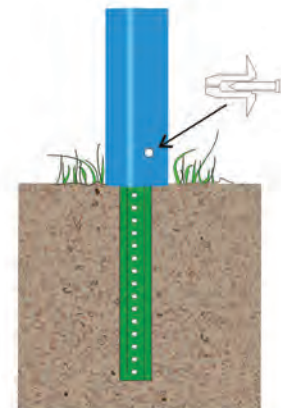
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American Trails Magazine

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

Editor: Stuart H. Macdonald

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ON THE COVER: Along the Tennessee Riverwalk in downtown Chattanooga with the Walnut Street Bridge in the background; photo by Lawson Whitaker Photography, www.lawsonwhitakerphoto.com.

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SUPPORTING TRAILS in CONGRESS



American Trails and other nationwide organizations have been urging key members of Congress and Administration officials to recognize the importance of funding for trails and related facilities. The Coalition for Recreational Trails is the umbrella group for these efforts. See our Web page for more about funding the Recreational Trails and other vital federal transportation programs:
www.AmericanTrails.org/rtp

■ AAA criticized for “highways only” stance on Federal transportation fund

In a recent issue of *AAA World* magazine, Don Gagnon, the president of AAA Mid-Atlantic, raises the issue of the shortfall in federal surface transportation funding. He writes that “if the federal Highway Trust Fund is refocused solely on its original purpose—the nation’s critical highway system—a huge increase in the gas tax will not be necessary.” He cites past funding of hiking and bike trails, transit, and museums as contributing to “an increasingly deteriorating highway system.”

The Rails-to-Trails Conservancy saw these as fighting words and raised a petition to support trails and active transportation: “Say YES to the federal programs that fund all ways of getting around—including trails, bicycling, and walking!”

See more on the controversy and links to the petition at
www.AmericanTrails.org/NewsAction/AAA-RTC-2010.html

■ Join us in supporting funding for the Recreational Trails Program

With the Coalition for Recreational Trails, a federation of national and regional trail-related organizations, American Trails has been working to generate support for the Recreational Trails Program. As the debate over reauthorization of federal transportation funding continues, the future of programs such as RTP and Transportation Enhancements is still in jeopardy. Help us all by adding your voice and joining the effort to support RTP!

To sign on as a member of the Recreational Trails Program Council of Advisors and learn more about how your organization can help, download the sign-on form at
www.AmericanTrails.org/rtp

■ Livable Communities Act would fund planning and community projects

The Livable Communities Act was introduced by U.S. Rep. Ed Perlmutter (CO) and Sen. Christopher Dodd (CT). It would create an Interagency Council on Sustainable Communities with the goal of better integration of housing, land-use, transportation, and environmental issues. The bill also provides funding for regional sustainability planning grants and community challenge grants. Congress previously approved \$150 million for grants in FY 2010, and HUD requested an additional \$150 million for FY 2011.

The House Financial Services Committee held a hearing on the Livable Communities Act (H.R. 4690 and S. 1619) which sets the stage for committee action on the bill. The Senate Banking Committee approved the legislation in early August. Supporters of the legislation are pushing for action before the close of the 111th Congress.

■ Obama Administration calls transportation policy a priority

The American Recreation Coalition (ARC) reported on a recent meeting on Federal Surface Transportation policy. ARC’s Derrick Crandall joined key travel and tourism leaders at a recent meeting with Polly Trottenberg, Assistant Secretary of Transportation for Policy.

Ms. Trottenberg offered strong and public support of key recreation community DOT programs including national park and federal lands road efforts, scenic byways, and the Recreational Trails Program. She also commented that the President’s announcement in early September of a planned \$50 billion “second stimulus” infrastructure package included much more. The President, she said, has now “firmly committed to moving ahead aggressively to enact a new six-year surface transportation bill,” and to finding the funding needed beyond current motor fuel taxes to make that possible.

While no action is likely before the mid-term elections in November, ARC expects serious deliberations about an increase in federal gas tax rates, an oil import fee, or a VMT (vehicle miles traveled) fee as part of the funding solution. Ms. Trottenberg addressed the concern that the Administration’s new “livability” focus would only apply to urban areas—clearly and strongly saying that livability applied to access to parks and public lands, and to rural communities and their needs, too.

Keep up to date on funding and legislation to support trails:
www.AmericanTrails.org/support.html

Health and Trails

Prescriptions for walking and enjoying trails: good health from the great outdoors

Doctors study use of “park prescriptions”

Park Prescriptions is a movement to create a healthier population by strengthening the connection between the healthcare system and public lands across the country. The concept is detailed in a new report titled *Park Prescriptions: Profiles and Resources for Good Health from the Great Outdoors*.

The goal is to increase the prescription of outdoor physical activity to prevent (or treat) health problems resulting from inactivity and poor diet. Park Prescriptions encourage people to find trails on public lands and increase their time spent enjoying physical activity. For physicians and other healthcare providers, this is a new set of tools to inspire patients to improve their health. The programs also benefit public lands by promoting park stewardship and increasing potential funding sources.

Despite clear evidence that increased physical activity reduces obesity, chronic disease, and stress, the medical community seldom advises patients to increase exercise. A recent *American Journal of Preventive Medicine* study revealed that only 14% of primary care providers regularly gave any form of counseling on exercise. Doctors, who are short on time and stretched in all directions, spend most clinical hours treating active disease rather than focusing on prevention.

Because insurance reimbursements are geared toward treatment, there are few financial incentives for healthcare providers to offer exercise and



lifestyle interventions. Nor do physicians typically know what physical activity to prescribe or where to send their patients. Making the connection with public lands can help the medical community promote activities that have a higher likelihood of becoming a permanent part of the patient's life.

Las Cruces, NM writes “trail prescriptions”

The Las Cruces Prescription Trails Program provides prescriptions for walking and wheelchair rolling and a walking guide that suggests routes throughout the community.

The program provides a walking guide with maps and details of 12 trails and walking routes. Walking log pages are also included in the guide. Participants are encouraged to keep track of each walk, the time engaged in walking or physical activity, and to count steps using a pedometer. To complete the benefit of the “trail pre-

scription,” the guide also suggests bringing the walking log to your health care provider to discuss your progress.

Other information provided includes:

- Walking route length in fractions of a mile and number of footsteps.
- Amenities, lighting, and access to public restrooms.
- Attractions, including wheelchair accessibility, dog friendliness, and child activities.
- Nearby Las Cruces Transit stops.

WalkCT sponsors Family Rambles

Connecticut Forest & Park Association initiated its WalkCT program with funds from the state Department of Public Health. The centerpiece of the program is a website listing walking locations, events, tips for healthy living, and resources to improve community walkability.

A key focus of the WalkCT Family Rambles is to introduce families with members of all ages and abilities to the joys of both exercise and nature. The word ramble was specifically chosen to reflect the friendly, not-too-strenuous character of these events to attract novices and first-timers. CFPA provides Family Adventure Packs with names like Metro Naturalist, Clue Detective, and Bird Watcher to help get the most out of the activities.

Read more about “Park Prescriptions,” download a copy of the Las Cruces Prescription Trails Guide, and search resources on health and trails at www.AmericanTrails.org/resources/health.



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The Bridge Builders Art



Baker River Cable Stay Suspension Bridge, Washington (Photo by Ken Wilcox)

Carroll Vogel showed us that in the world of suspension bridges we are still looking for the boundaries, we are still finding new structures, applications, and uses of materials.

By Gerry Wilbour

If, as trailbuilders and advocates, we believe that trails form a critical piece of our green infrastructure, an essential component in the fabric of American life, then suspension bridges make a unique contribution to that fabric and infrastructure. They carry us over rivers, valleys, and through treetops. They link together important destinations and communities. They can span much greater lengths than more rigid structures and they make crossings possible that no other structure can. Without

them, many of our important trails would not be possible, many of our destinations unreachable.

Being visually appealing and providing access to otherwise unreachable heights, they often become a major trail feature in their own right. Their symmetry is demanded by the structural needs of the bridge itself. From a distance they appear as thin ribbons of steel that push and pull against each other in a symphony of loads and stresses that work together to form a completed whole that is dramatically greater than the sum of its individual parts. In form they are two gentle parabolas, strung together and arching towards each other in a discordant harmony and perpetual tug-of-war, neither one able to move when bound to the other. Each piece contributes to the overall strength and stability of the structure. There is no waste. Even the deck that we walk on contributes significantly to its stability.

It is only by the skill and dedication of the engineer and builder that they stand at all. Today's builders stand on the shoulders of bridge builders of the past. We've perhaps learned as much from Galloping Gertie—the infa-

mous Tacoma Narrows bridge that failed dramatically in 1940— as we have from the spectacular success of the Golden Gate. It's only by making and taking note of all the mistakes that we can get it right on a consistent basis.

There are many rigid bridge types that are used on trails including log stringer, gadbury, steel I-beam, steel truss, aluminum truss, prestressed concrete, fiberglass truss, sawn timber, and glue-lam timber and truss. Each style has an appropriate application. Some create a simple functional crossing, and all too often an unsightly distraction from the overall trail experience. In the hands of a skillful builder they can be works of art that carry us over spectacular natural features and inspire our appreciation of the natural world. However, as their lengths grow, all of these rigid bridge types grow exponentially in size, weight and cost. Somewhere between 50 and 150 feet in clear-span length, the structural members required to hold up these styles become so large, they cease to become a practical solution. In contrast, we have yet to find how long a span we can make with a suspension bridge.

Those initiated into the craft can discuss for hours the nuances of suspension versus cable-stay versus hybrid cable bridges. The optimal solution for any given site is determined by a variety of factors and site conditions as well as the skill of the builder.

Scott Groenier, a U.S. Forest Service Structural Engineer who has studied trail bridges across the continent has said that we have trail bridge structures figured out, we know what is possible and have largely defined what can be built and how to build it. We simply have to choose the most appropriate type of structure for the given application. He points out, however, that bridge site selection and site design remains a complex task for each individual bridge, with a variety of site-specific factors to consider.

After more than a decade of building and repairing trails and bridges in the backcountry for the National Park Service and the Student Conservation Association and training others to do the same, in 1990 Carroll started a private business, "Sahale LLC," that eventually would become the dominant national design/builder of recreational cable bridges.

The U.S. Forest Service has long had a substantial inventory of suspension bridges on its extensive backcountry trail system. Carroll's early efforts on suspension bridges focused on building and rebuilding some of these. After working on and learning from these designs, and rebuilding older bridges in need of repair, he began to make his own adjustments, his own alterations that would reduce cost and make longer spans with more effective use of materials. Of the more than 200 trail bridges he built, all of the longest ones were some form of cable suspension.

Suspension bridges on trails are a specialty that not many of us, as trailbuilders, try and few are competent to build.

Bridges and trails are a metaphor for the human experience

"They carry us across seemingly impossible terrain and bring worlds together. Trails, like the continuum of our lives, carry us to and through the great diversity of the earth. Old growth forest, sub-alpine meadow, storm-lashed shore; all linked by trails that rest on the landscape like pathways through time. And the bridges, especially backcountry bridges, allow us to vault chasms that divide, permitting us to experience worlds that seem near enough to touch, but impossible to attain.

"Simple in form and function, with a singleness of purpose unchanged since the dawn of human history when primitive humans opportunistically traversed a fallen log to reach new land, a fresh opportunity. It is no wonder that bridges have come to symbolize human aspirations and folly, and a few to represent some of the greatest achievements of human engineering endeavor.

"Bridges remind us of what it means to be human, to be perpetually reaching out for unachievable objectives, to dream, but to dream our dreams in the reality of the present, while fully awake. Great bridges are grand engineering and architectural masterpieces and building them is amongst the most challenging of construction endeavors."

— *Carroll Vogel, in a tribute to Scott Paul at the Drift Creek Bridge dedication*



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The Bridge Builders Art continued

It's a craft that takes a decade or more to really learn and longer to excel at. In making improvements in fittings, fasteners, and anchors, and developing precise and complex prefabrication made possible by sophisticated engineering and computer-aided design, Sahale was able to build longer, more stable structures and push the boundaries of the art beyond where anyone else had taken it. The Sahale standard represents an unusual combination of mountain man, earth-bound savvy, and high-tech sophistication.

I have known Carroll for almost two decades as a friend, competitor, collaborator, and veteran trail and bridge builder. In the past thirty-plus years in business, my company has designed and/or built well over 100 trail bridges and way too many trails and trail systems to count. Because of our common background, many of my conversations with Carroll dealt with details of specific projects, what worked, what didn't; the challenges of running your own business; problem clients, suppliers, and bureaucracies, and how to deal with them. How to maneuver a project through the endless conundrum of red tape that too often drives up costs and conspires against individual initiative and creative expression. How to balance family and work life when work is spread far and wide. Few can understand the complexities of running your own construction business, especially in an unusual trade such as this. I always valued the wisdom of his insight and had tremendous respect for the depth of his business acumen — a very necessary ingredient in pulling people and institutions together to accomplish significant tasks.

Talking story with Carroll a couple of years ago we both expressed that our fondest memories of trail work were

deep in the back country in our youth— his in the vast backcountry of Yellowstone. Years of living and working deep in the wilderness under the tutelage of those who had mastered the art before us leaves an indelible mark; it puts you in touch with the natural world in a way that nothing else can. It teaches you to work, live, and build as if you're always yearning for that deep connection. It strongly affected how Carroll approached his craft.

If sustainable trails take us lightly over the land, then well-designed canopy walks and towers allow us intimate access to the unique ecosystem of tree canopies. As our knowledge of the natural world grows, the contribution of the part of the forest between the ground and the sky becomes more apparent. Suspension bridges can carry us over sensitive landscapes and through treetops to create access for observation, study, and personal appreciation of that often-unseen part of the natural world. Several Sahale projects in different parts of the country focused on making that access possible.

Carroll had an unusual ability to see the big picture, to envision grand undertakings and how they fit into broad workable concepts and at the same time, the laser focus on detail to pull it off. He knew the beauty of a hand-crafted bridge and the often intricate art of trail building. He also had the nerves of steel required to spend days at a time assembling a bridge from a bosun's chair suspended from a cable far from a valley floor on a project on the other side of the continent from home.

See a link to Gerry Wilbour's full story and more photos of Carroll Vogel's bridges under "Bridges, Structures, and Facilities" at www.AmericanTrails.org/resources/newest.html.



From above and below: Emory University Lullwater Preserve Suspension Bridge (Photo: Patrick O'Donnell)

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20th American Trails National Symposium

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- Hancock Resources LLC
- Ozark Greenways
- Bob Searns and Sally Preston

Carolina Wren ~ \$25

- Bud & Annie Melton
- Candace Mitchell
- Trailsnet.com

Educational workshops available from American Trails

Workshops on several key topics are offered by American Trails for hosting by local groups and agencies. Each workshop can be coordinated with a state trails conference or other training event, held as a single event, or held as a series in different locations.

Water Trails and Adaptive Paddling Workshop

This new course is designed to help water trail managers and outfitters improve opportunities for people of all backgrounds and abilities to enjoy water trails. The workshop includes a half day indoor instruction, followed by a half day of on-the-water training in adaptations and programmatic access.

Understanding Accessibility and Building Better Trails

The goal of this one-day workshop is to teach participants current accessibility requirements and legal issues, provide an introduction to the Universal Trail Assessment Process, learn about the benefits of sustainable trail design, and analysis and problem solving for accessibility.

Universal Trail Assessment Process Workshops (UTAP)

This two-day workshop in partnership with Beneficial Designs, Inc., provides a process to document objective information about trail conditions. The assessment results can help trail users determine whether a trail meets their interests and abilities. Land managers can also use the information to identify areas where accessibility should be improved and to assess trails for maintenance needs.

Trail Crew Leadership Training

American Trails and Chinook Associates are partnering to present a new and exciting standardized training program for crew leadership. This workshop covers leadership, tool and crew safety, and technical trail skills. This workshop is best for individuals that have had experience working on trail projects or previous crew leadership experiences. Seminar length: two days.

Creating a State Trails Training Program Workshop

Based on the COTI model, this workshop will help states identify who needs and/or provides training, to develop cooperation and a common goal, and to create a statewide organization to make training more available, as well as more effective in your state.

Working with Developers Forum

Bring together developers, builders, consulting firms, government, and nonprofit organizations for interactive discussion and information sharing about: developments that incorporate well-planned and connected trails and greenways, the economic and market value of greenways and trails, and strategies for expanding the greenways and trails network in your local area.

For information on hosting the workshops, contact Pam Gluck, Executive Director, American Trails at P. O. Box 491797, Redding CA 96049-1797. Phone (530) 547-2060 or email ntp@AmericanTrails.org.

Symposium Highlights

Programs and keynote speakers will address vital topics relevant to the entire trails and outdoor recreation community

Chris Balish: the trail to sustainability

The 20th American Trails National Symposium opens November 15 with keynote speaker Chris Balish. He is a nationally known speaker on topics such as how to thrive in a down economy, active lifestyles, sustainable transportation, building green cities, promoting mass transit, bicycle commuting, and green living.

Chris Balish is a seven-time Emmy Award-winning broadcast journalist, television news anchor and reporter, a best selling author, and an on-air contributor for NBC's The Today Show,

MSNBC, and CNN. His book *How to Live Well Without Owning a Car: Save Money, Breathe Easier, and Get More Out of Life*, was on both Amazon.com's environmental best seller list and National Public Radio's best seller list.

Chris's environmentally friendly lifestyle has been featured on more than 800 radio and television programs and in more than 140 magazine and newspaper articles. In 2007, *Sierra Magazine* named Chris a national trendsetter.

Dayton Duncan: parks and stewardship

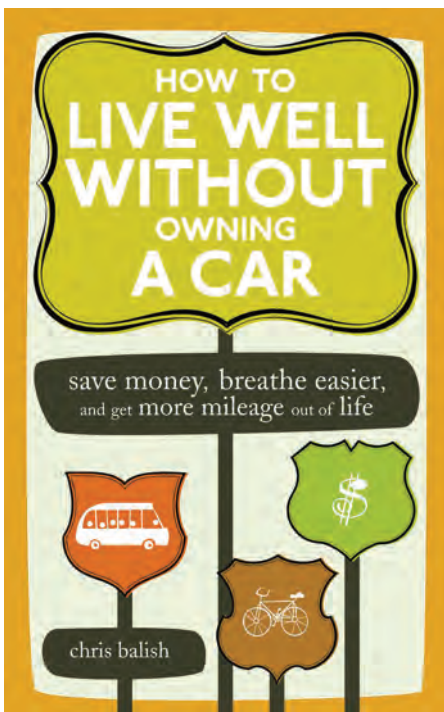
Dayton Duncan has been a writer and filmmaker for over 20 years and is Ken Burns' producing partner for the *National Parks: America's Best Idea* documentary, which won two Emmy awards: one for best nonfiction series and one for best writing. Duncan wrote and co-produced the 12-hour mini-series in which the birth of our national parks is traced from the mid-1800s over the course of 150 years.

Duncan first had the idea to showcase the story of the national park system while on a cross-country vacation with his children in 1998. His love for parks began at the age of nine when his family took a vacation to national parks and monuments in the West. The experience had a profound impact, but it wasn't until he took his children on a national parks trip, that he realized just how important that first trip with his parents was.

Dayton's message is very timely, especially with the trails community's

interest in getting kids outdoors and healthy, and in nurturing good stewards of our public lands for the future.

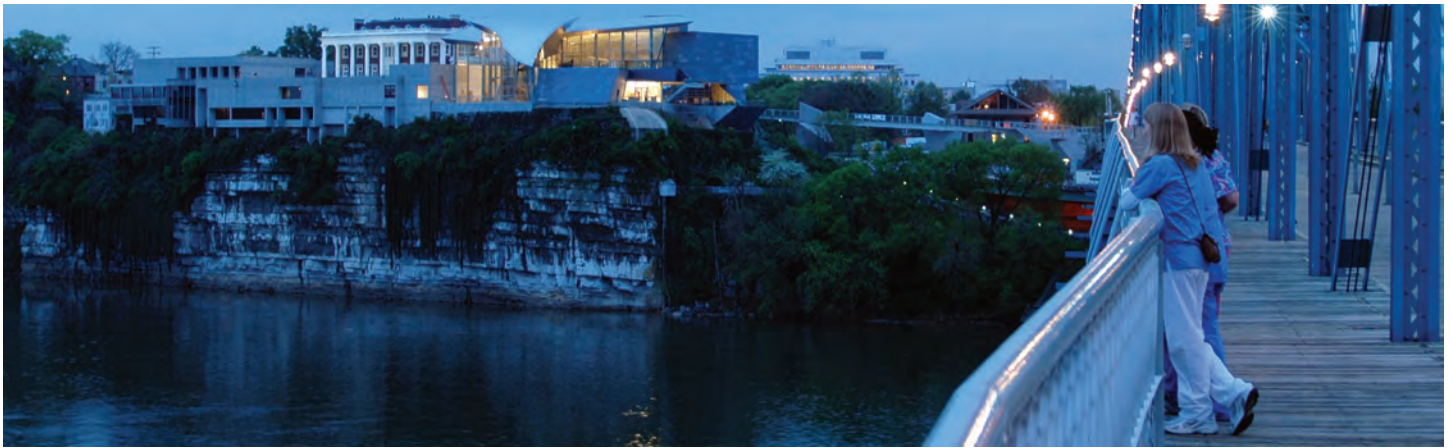
Dayton believes that "the creation of a park establishes that sense of a special place. When you enter a park you think differently. You pause and it takes you a little bit out of the rush of time and I think that is why so many families take their kids back and why those kids will take their kids back—because it encapsulates an imperishable moment that you experience as a child. Then you can see that experience once again through your child's experience. There are very few things that pass across generations and across time the way that does. That's what makes it so special."



Chris Balish is the author of "How to Live Well Without Owning a Car"



Dayton Duncan worked with Ken Burns on "National Parks: America's Best Idea"



Chattanooga's "Green Initiatives" progress

In the 1990s Chattanooga gained national attention as "the Environmental City," tackling its pollution sources and previously poor air quality. The EPA recognized Chattanooga for its clean air and in 1995 designated it on Earth Day as America's "most improved city."

As the revitalization plan continued over the past 20 years, Chattanoogaans made environmentally conscious choices at every opportunity. They wanted to integrate the city with urban parks, trails, open spaces, and outdoor amenities.

They established green spaces throughout the community and developed a master plan to create a continuous greenway system that would preserve natural spaces while providing recreation and alternative transportation links throughout the community. To date, the community has established 25 miles of walking paths including a 13-mile river walk that extends from downtown Chattanooga to the Chickamauga Dam.

In building the Tennessee Aquarium, the largest freshwater aquarium in the world, Chattanoogaans ensured that environmental conservation was part of the mission of the scientists and experts employed there. As they addressed the need for downtown

mass transit, Chattanoogaans launched a free electric bus service. In transforming the city's downtown waterfront, Chattanoogaans realized a shared public vision that included green spaces on both sides of the river, a wetlands preservation area, and new pedestrian connections.

Chattanooga's Green Initiatives

Chattanooga Convention Center – Named a Top 10 eco-friendly convention center by *Successful Meetings Magazine*, the Center is designed to take advantage of natural light and features individual temperature controls for each exhibit space. They also recycle all paper, glass, and plastic, and recently began recycling corrugated material which is averaging approximately 1,500 pounds per week. Beginning in January 2008, they began donating non-consumed food to the Chattanooga Food Bank's Second Helpings program. In this program's first three weeks, they donated 401 pounds of prepared food.

Take Root – This new city program intends to double the tree canopy in the expanded central business district and strives to inspire Chattanooga to do its part to help stop climate change. By planting 1,500 trees on the major arterial streets, the city can reduce its carbon footprint. Donations are being taken for the trees and come in a variety of levels. The goal is a 15 percent tree canopy in downtown zones.



Chattanooga Convention Center

Other green initiatives include:

- Anti-idling policy for City vehicles.
- Methane collection at the landfills.
- Outdoor Chattanooga (the Co-Chair of this year's conference) is the first LEED certified building in the city.
- A \$15 million filter press that converts solid waste from the waste treatment plant into Class B fertilizer for farmers.

Symposium will build Awareness for Trails

Trails and a greener future for America

Welcome to Chattanooga, a city with a great story of American initiative and reinvention! We know you'll enjoy seeing for yourself how trails and greenways can make a community as well as a region a better place. One of the goals of the National Trails Symposium is to highlight the accomplishments of communities around the country—and not just the few biggest or most familiar places. Our goal is to recognize the thousands of people all across America who are working to make their cities, towns, and neighborhoods better places.

In hosting the National Trails Awards, American Trails shines a spotlight on some of the volunteers, as well as companies and agencies, that are making a difference in our lives. But we're also looking beyond the traditional trail tread to the larger meaning of trails: a way to connect communities and to create support for public land everywhere. And in all the seriousness of purpose we want to help all Americans remember that trails are fun!

All this is in support of what we feel is the vital theme in our world today: how to live well in the present to create a better future. Our Symposium theme is "Trails: The Green Way for America." We're looking forward to great presentations and discussion on how we can work together, both for better trails and for a better world.

And finally, an important goal of the Symposium is bringing people together. Since its beginning, American Trails

has taken on a difficult role: finding the common ground that all trails interests share. American Trails welcomes your ideas as we join with people from many "walks of life," both in the trails world and beyond. What we all share is a vision that the many kinds of trails are a vital part of our future—and not just a "greener" tomorrow but a healthier future.



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For more than 30 years, CORDURA® fabric has been recognized worldwide as a fabric of choice for products where durability counts. As a result, INVISTA's CORDURA® fabric portfolio has expanded to include a variety of fabrics for various end-uses such as luggage, military, outdoor and workwear products. The brand's founding principles of exceptional durability and enhanced abrasion resistance have remained central to each new fabric innovation.

Launched in 1977, CORDURA® fabric based on fully dyeable 1000-denier air-jet textured nylon 6.6 yarns offering manufacturers and product designers a rugged and durable fabric for a wide range of applications. As a result, CORDURA® fabric solutions helped to stimulate the introduction of soft-sided luggage that could withstand the

tough demands of the travel industry.

By offering durability, reliability and versatility, CORDURA® fabrics based on INVISTA's nylon 6.6 fibre—known as CORDURA® NYCO fabric—have also helped to revolutionize military apparel and equipment. From World War II, the Vietnam War, and the Persian Gulf to today's Operation Iraqi Freedom, new fabric technologies have allowed soldiers to successfully face a broad spectrum of environmental conditions on the battlefield.

Since CORDURA® fabric technologies have helped soldiers fight in conditions ranging from desert, forest, jungle and temperate climates, the transition into products for the outdoor market was a logical extension. Whether for the outdoor enthusiast seeking a new adventure or the motorcyclist embarking on a road trip, top brand designers benefit from the exceptional durability, abrasion resistance to scuffs, and lightweight comfort of CORDURA® fabric solutions in their performance-related products.

Leading backpack designers such as JanSport®, Osprey®, The North Face®, and Granite Gear have all specified CORDURA® fabric at one time or another. Apparel brands such as Outdoor Research®, footwear brands like Vans® and outdoor gear brands like Big Agnes® and Sea to Summit® have also turned to CORDURA® fabric when durability was a must.

To learn more, please visit www.CORDURA.com. Or, at the Symposium, stop by the INVISTA CORDURA® brand booth #30 to speak personally with a team member.

Emerging issues and opportunities

On November 16 our General Session at the American Trails National Symposium will focus on "Emerging Issues and Opportunities." American Trails believes that trails are an investment in the future of our communities and our public lands, while connecting people of all ages, abilities, and backgrounds to the environment—which is good for them and good for the world that surrounds them.

This in-depth session will address the future of trails. Trails transform communities and transform people. We will explore strategies to be successful in increasing funding for trails in the next federal transportation bill.

Can we protect and grow the Recreational Trails Program, the Transportation Enhancements Program, and others important to

trails? What will happen in your state if these programs disappear? How can we decrease the huge backlog of unmaintained trails and stop the ongoing cuts to our federal land-managing agency budgets?

There is strength in numbers and we need to present a unified voice for trails, to tell the story of them, to present their endless benefits, and to make the case for funding them. How can we most effectively do this? 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 know trails, greenways, bikeways, and other routes



American Trails Board presenting the big issues at the 2006 Symposium

to be part of the solution. American Trails' 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. This session will also be a celebration of how far we have come—how trails are being thought of and incorporated as infrastructure.

AmericanTrails.org

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Ponds for the threatened California red-legged frog were built along with new trails for recreation and interpretation

Trails, frogs, and snakes

By Greg Moore, Golden Gate National Parks Conservancy

Mori Point, a stunning 110-acre promontory in the Golden Gate National Parks adjacent to the town of Pacifica, has breathtaking views stretching from Point Reyes to Pedro Point. The project goals were to improve trails for recreation while enhancing rare wildlife habitat, and to involve the community in the vision as well as the labor needed.

Despite many landscape disturbances, Mori Point continues to support a viable population of the endangered San Francisco garter snake and the threatened California red-legged frog. To improve visitor access to Mori Point while supporting the restoration of habitat for these sensitive species, this project was launched by Trails Forever (a partnership initiative of the Golden Gate National Parks Conservancy, National Park Service, and Presidio Trust) and the Parks Conservancy's Site Stewardship Program. Highlights of the work at Mori Point include:

- Trails were renovated and built, including 198 box timber steps to stabilize eroded segments of the Coastal Trail.
- Designed a boardwalk to interpret the site for visitors and to protect endangered species. "Earthen islands"—breaks in the boardwalk—serve as a basking area for the garter snake and as a tactile cue for the visually impaired that they are approaching interpretive Braille signage.
- Three new frog ponds were constructed to expand breeding habitat for the threatened California red-legged frog, which is the primary food of the endangered San Francisco garter snake.
- Over 5,300 native plants were propagated in park nurseries to restore wetland, grassland, and coastal scrub habitat.

Bikers and hikers have mentioned that the consistent tread on the trails now makes for a more enjoyable outdoor experience. Community members and park visitors have been supportive of the social trail decommissioning. Volunteers have played a huge role in the enhancement of this site. Over 1,400 volunteers have participated in stewardship efforts totaling over 40,000 hours of restoration work on the site since 2007.

Read more about the Mori Point project and other articles about trails in habitat areas in our "Trails and Wildlife" section: www.AmericanTrails.org/resources/wildlife.



Young workers on the Mori Point project



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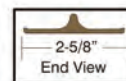


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EZ Launch Accessible Transfer System



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Trails training opportunities

A sampling of the many topics covered by courses and training offered this year. See details on these opportunities and many more on the online Training Calendar: www.TrailsTraining.net.

Georgia sponsors trail design and maintenance training

The Georgia Trails and Greenways office coordinates Georgia's Recreational Trails Program, which provides funding for trail construction, trail maintenance, and trail education. A variety of courses are available each year to both local and out-of-state participants, and are held at Gainesville State College. The course schedule for 2011 includes classes repeated in January and February:

Design & Layout - Jan. 15 and Feb. 12, 2011

Construction & Maintenance - Jan. 16 and Feb. 13, 2011

Crew Leader Training - Jan. 29 and Feb. 26, 2011

Training is coordinated by Walt Bready, Georgia Trails Education Specialist. Contact Walt at (404) 423-7257 or wbready@gsc.edu.

Pennsylvania hosts workshops

The PA Department of Conservation and Natural Resources is addressing the need for trail-related education by offering regional workshops on key topics. Vanyla Tierney, Recreation Planner for the state's trails program explains:

"We usually have an annual Statewide Trails Summit in Pennsylvania. But this year, to keep costs down for participants, especially for lodging and meals, we have scheduled 10 one-day regional workshops (on various trail topics) and two trail accessibility workshops. We have had four of the workshops so far and have had over 400 people participate. And we have gotten excellent feedback on the quality of the training received thus far."

For information on Pennsylvania's trails training, contact Vanyla Tierney: (717) 783-2654 or vtierney@state.pa.us.

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A Trails Unlimited training session (photo by Cam Lockwood)

Arizona provides series of trail education workshops

Arizona State Parks and the Arizona State Committee on Trails continue to sponsor an annual series of training on several important topics. Volunteers as well as agency and community staff are able to attend these courses to advance their trail skills and knowledge.

One new course is the "Trails and Volunteering Workshop." Given the current and continuing economic climate, land managers and trail support groups are learning how to operate within new parameters. Correctly recruiting, managing, and maintaining useful volunteer groups is becoming the norm, not the exception. The workshop included a presentation on OHV Ambassadors and the Prescott area Volunteer Ranger Program.

Other educational sessions sponsored by the Arizona state trails program have included:

- Universal Trail Assessment Process (UTAP) Coordinator Workshop
- Strategic Planning For Trails: From Concept to Reality
- Trail Design & Layout Course
- Rigging for Trail Work: Working Smarter – Not Stronger
- Perfect Trails: How to Design Trails That Last
- Mechanized Trail Building Workshop
- Trail Crew Leader Training

AZ's training is coordinated by Annie McVay, State Trails Coordinator: (602) 542-7116 or trails@azstateparks.gov.

TRAINING CALENDAR

A preview of 2011 training events; see details at www.TrailsTraining.net.

January 2-7 - Marin County, CA

- Advanced Trail Management - Planning & Estimating

January 30 - Feb. 4 - Wheeling, WV

- NRPA Park & Recreation Maintenance Management School

February 21-24 - Dallas, TX

- Association of Partners for Public Lands Partnership Convention & Trade Show

February 25-27 - Monte Sano State Park, Huntsville, AL

- Alabama Hiking Conference

March 13-18 - Asheville, NC

- Biennial Trailbuilders Conference

April 3-8 - Pfeiffer Big Sur State Park, CA

- Basic Trails Management

April 11-13 - Mt. Diablo State Park, Contra Costa Co., CA

- California Trails and Greenways Conference

June 1-4 - Calgary, Alberta, Canada

- International Snowmobile Congress 2011

June 4 - National Trails Day

- On trails everywhere across America

July 21-23 - Auburn, AL

- Southeastern Equestrian Trails Conference

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The annual PTBA Trailbuilders Conference is the only national conference dedicated exclusively to trail design, construction, and maintenance. Join land managers, trail workers, and trail contractors nationwide for three days of informative sessions and a Trailbuilders Trade Show.

www.trailbuilders.org

For classes, conferences, and training opportunities, visit the NTTP online calendar at www.TrailsTraining.net



pathways for play

Infusing play into pathways to encourage active lifestyles for children, families, and communities

Pathways, like musical scores, can be “played” by the user. Pathways that cater to children and families offer numerous benefits, including health promotion, play value, inclusion, engagement with nature, environmental learning, walkable and bikeable community connectivity, and growth of social capital. As populations increase and urban development continues, pathways will play a critical role as community assets. Designing them with children and families in mind is an important priority.

Program Elements

PlayCore and the Natural Learning Initiative (NLI) have partnered to develop Pathways for Play, a comprehensive

program that provides solutions for creating attractive, playful pathways for children, youth, and families. The Pathways for Play guidebook is a valuable education tool for integrating play—critical for children’s health—into walkable, bikeable shared-use community pathway networks infused with “play pockets,” providing opportunities for play along the way and encouraging continuous movement. Other program components include online resources, educational activities, and unique mobile applications to enhance the experience of pathway users.

The Pathways for Play strategy is driven by 5 best practice design principles:

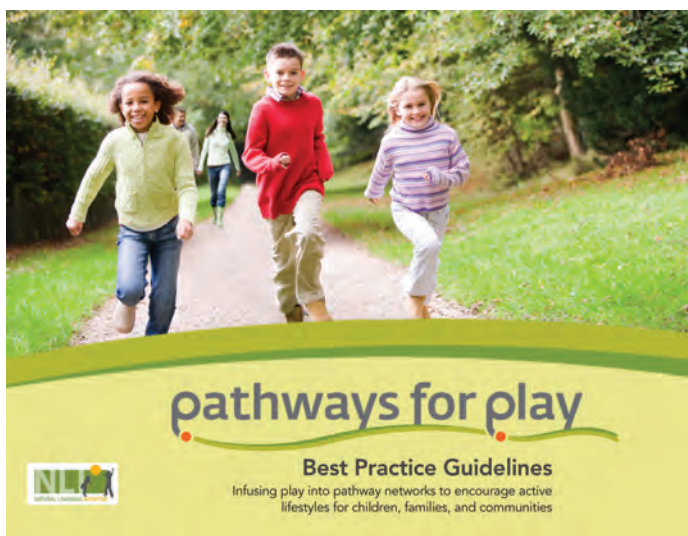
1. Infusing play and learning value into pathways
2. Creating multiuse, inclusive pathways
3. Connecting pathways to meaningful destinations
4. Locating pathways where children live
5. Applying appropriate themes and messages

Join the Movement!

PlayCore continues to seek National Demonstration Sites to lead the way in designing innovative play environments that integrate play along pathway networks. For more information about Pathways for Play, becoming a National Demonstration Site, or receiving a copy of the Pathways for Play best practice guidebook, visit www.playcore.com.

20th American Trails National Symposium Workshops

Join trails professionals at the 20th American Trails National Symposium in Chattanooga, TN for special mobile and featured workshops detailing the best practices outlined in the guidebook.



pathways for play

Best Practice Guidelines

Infusing play into pathway networks to encourage active lifestyles for children, families, and communities



PROGRAM PARTNERS



Building communities through play™

About PlayCore

PlayCore helps build stronger communities around the world by advancing play through research, education, and partnerships. The company infuses this learning into its complete family of brands— GameTime, UltraSite, UltraShelter, UltraPlay, GT Grandstands, Snug, Play & Park Structures, TotTurf, Everlast Climbing, and Swing-N-Slide. PlayCore combines best-in-class planning and education programs with the most comprehensive array of recreation products available to create play solutions that match the unique needs of each community served. Visit www.playcore.com to learn more.



About the Natural Learning Initiative

The Natural Learning Initiative is a research, design assistance, and professional development program of the College of Design, North Carolina State University. The purpose of the Natural Learning Initiative is to promote the importance of the natural environment in the daily experience of all children, through environmental design, action research, education, and dissemination of information. Visit www.naturalearning.org to learn more.

For more resources and programs on Kids and Trails, visit www.AmericanTrails.org/resources/kids.

Create a network of play opportunities for children AND families

- Increases the usage of pathways by infusing them with play, nature, and adventure
- Supports the growth of mind, body, and spirit with the rich diversity of the natural outdoors
- Creates links to meaningful destinations
- Provides opportunities for walking and family outings that are more interesting than sidewalks
- A whole new way for families to play!



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TRAILS AS JOURNEYS

The trail experience is an adventure, connecting to a common history, a continuing journey toward self discovery.



By Roger Bell

I've noticed that my reading habits of late have been about long journeys.

For example, I read about two guys who hiked the Great Western Trail from Canada to Mexico (*A Summer Odyssey*) and chronicled their arduous trek often on trails that were almost non-existent; then about Sacajawea accompanying Lewis and Clark across the country and back, and about her life and further adventures thereafter; then *River of Doubt* about Teddy Roosevelt's trip following his election defeat in 1912 on a 1,000 mile previously unexplored river in the Amazon which he barely survived; and finally *Planet Walker* by John Francis, who spent 22 years walking the planet (many of those miles on trails!), 17 of those years without talking, to draw attention to the need for environmental change and peace.

In thinking about it, I must include a few other books that fit this genre: *Three Cups of Tea* about Greg Mortenson's amazing work building schools in Pakistan and Afghanistan following his unsuccessful assault on K2 when he got lost and was nursed back to health in a

remote village. I also read *Between a Rock and a Hard Place* by Aaron Ralston, a mountaineer who, after spending nearly a week trapped by a rock alone in a remote Utah cave, cut off his own arm and managed to belay from where he had been trapped and walk out seven miles to be rescued.

And I'm also reminded of *Black Robe* by Brian Moore. It's the story of French Jesuit priests who journeyed into Canada via long rivers in the 17th Century and spent the remainder of their lives among Indians. This incredible historical re-creation based on surviving journals reveals the stark clash of cultures and efforts to communicate from such vastly contrasting backgrounds.

These amazing stories helped me realize why I have been drawn to spend a good portion of my working life building trails, and at the same time, discovering my own journey. Since I began working outside in remote areas some 40 years ago, I've had this love affair with adventure, with exploration, with finding out where the trail led and what it offered in the way of self-testing, and environmental appreciation, not to mention sheer enjoyment combined often with stressful challenge.

Sharing trail experiences with colleagues and other folks involved with American Trails, I've puzzled more and more about why this has been such a passion for so many of us. The trail offers a destination, physical challenge, incredible learning opportunities, sharpened environmental appreciation, a healthy life style— and, I'll be darned, for some of us even a living wage.

Beyond those obvious values, trails tap into something very primal and archetypal, something original and creative in my psyche. Building trails, of course, was very hard work and could easily be reduced, in the daily grind, to dirt and pain, calling for physical and mental endurance where anything that could go wrong usually did.

Yes, it was also great fun and, as my book *Trail Tales* has chronicled, presented truly hilarious (at least in retrospect) situations to savor and share. Travail and even apparent tragedy sometimes could dissolve, as full reality took hold, into unrestrained, roll-on-the-ground laughter. These are experiences I treasure and remember in surprisingly vivid detail. They have evolved for me into touchstones of meaning and purpose.

THE TRAIL: A JOURNEY TO HEALTH

"Nature becomes our touchstone... by taking time out from our busy days, hiking or riding out to some natural setting, we feed our souls with the substance of nature's truths.

"The role of trails is simple— they take us where we may relate, be healed, touched, inspired— and they provide opportunities to be with families and friends, to create happy memories, to become physically and mentally fit, and allow us to travel from place to place.

"Trails are pathways to enable us to enjoy the moments— what is sacred or special in every day life..."

— Philip Ferranti, in *Hiking: the Ultimate Natural Prescription for Health*

TRAIL TRACKS EDITORIAL *Trails as journeys*

This “something more” is hard to articulate. For me, the trail symbolizes not only a route on the real earth, but also an intangible kind of journey that tugs at soul-deep, unconscious dimensions I can only sense. I like surprises on trails, unexpected turns and vistas that beckon me to keep going, even to get lost, to directly experience unknown secrets that lurk there, drawing me into their vortex of possibility.

I got temporarily lost once in the woods. If I let myself seriously contemplate not finding my way, panic was possible along with some anger that I had let this happen. But letting those emotions subside, I instead felt strangely serene, sure I would eventually find the right trail, and interested in the meantime about what might show up in terms of new experience and scenery and survival skills.

Consider the incredible unknowns that confronted the Lewis and Clark expedition. They came to forks in the river and had little idea which led toward their destination, what kinds of river conditions and impassable waterfalls they might encounter, how they would be received by various Indian tribes, whether they would find sufficient food sources, etc. Gone for over two years without contact with family or communication with President Jefferson who sent them, they were truly on their own to relate to unknown challenges and dangers, to

accomplish map making, collect plant and animal life, and to make friends by going to great lengths to communicate with all manner of native populations.

Except for exploration in outer space, I’m not sure very much of comparable difficulty still exists. Trails may be symbolic remnants of those adventures, appealing to the need to discover what lies beyond our known environments, ways to experience, even if vicariously, the wild side. They are perhaps part of the quest for endurance tests, for pushing ourselves through dangerous boundaries that may otherwise seem too confining.

So, think of your next trail experience in this larger context, as an adventure, connecting to a common history, part of a continuing journey toward environmental awareness and self discovery. Make your own story as you go.

Roger Bell is Vice Chair of the American Trails Board. A former college administrator, he has served the Professional Trailbuilders Association as president and board member. In some 38 years of trail contracting he has been involved in over 400 projects in 14 states. From his base in Southern California, Roger designs trails and consults on trail issues. His book, “Trail Tales,” which chronicles outrageous trail building adventures in verse, is available from the American Trails Online Bookstore at www.AmericanTrailsStore.org.



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NEW RESOURCES

Some recent articles, studies, and photo galleries at www.AmericanTrails.org

Creating four careers from a life in the world of rail trails

Craig Della Penna tells about his TRAILSIDE family of companies: "What they are, how they came to be, and why I just might be living your dream life."

Della Penna is the Broker/Owner of Pedal to Properties: Della Penna's Trailside Realty, Inc. He also owns The Trailside Gallery and Trailside Rentals—all located at 14 Strong Avenue in the heart of downtown Northampton, Massachusetts. He and his wife Kathleen also operate Sugar Maple Trailside Inn, an award-winning bed and breakfast that sits eight feet from the rail trail. He has been building rail trails throughout the northeast for over 15 years.

See the link to Craig Della Penna's article under "Strategies" at www.AmericanTrails.org/resources/railtrails.

Proper bollard design for trails complements fire protection

Charles G. Oakes, PhD of Blue Ember Technologies, writes about how the logistics of fire protection affect our trail environments. "Our experience in the field, with both trailheads and urban and suburban apparatus access roads, has taught us that bollards and the ease with which they are dismantled vary considerably by design and environmental and climatic conditions." He provides trail designers and local authorities having code jurisdiction some design performance measures on bollard take-down times.

See the link to this study under "Safety and Liability" at www.AmericanTrails.org/resources/newest.html.



New Cool Trail Solutions gallery: accessible ramps for trails

Ramps, typically used for building access, are often provided on trails. Ramps have a specific definition for building access in the "ADA Accessibility Guidelines for Buildings and Facilities" (ADAAG). The maximum slope of a ramp is 1:12, the maximum rise for any run is 30 inches, and the minimum clear width of a ramp is 36 inches. Level landings are also required at top and bottom of each ramp run.



Trail ramp to scenic overlook at Molas Pass on the Colorado Trail

There can be good reasons to use these designs on urban trails, but ramps are not required in the proposed Accessibility Guidelines for trails. The Final Report on "Accessibility Guidelines for Outdoor Developed Areas" noted that "Because the terrain in outdoor environments is often steep, the committee realized that applying current ADAAG slope and ramp requirements was not feasible." Likewise, handrails are not required on trails but are required on architectural ramps that rise more than 6 inches or are longer than 72 inches.

A new "Cool Trail Solutions" photo gallery provides many examples of how different types of ramps are used in specific trail situations.

See this and more recently added photo galleries in our "Cool Trail Solutions" area at www.AmericanTrails.org/resources/cool.



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Message from the Chair

Custos Naturae

More than just trails.

*By Robert Searns, Chair,
American Trails*

An amazing thing about traveling abroad is the new perspective you get when you step outside the familiar. It was especially nice, on a recent visit to South Africa's Kruger National Park, to be away from the cacophony of "breaking" TV news, acrid partisan political bickering, and related dysfunctionality. All that self-importance seemed far away and small while watching a baby white rhino and its mother during a sunrise hike.

It was beautiful and spectacular to be in wild Africa but also troubling. Looking at a map of that heavily populated continent, I saw that the wild places had become just small islands in a sea of human settlement. I also learned, talking to people, that what remains of Africa's habitat is still threatened as natural routes of migration are blocked and human impacts take their toll.

Entering the national park I noticed the inscription "Custos Naturae." Later I saw it everywhere from coffee cups in the souvenir shop to the tiles on bathroom walls. Literally it means "Keepers of Nature"—and indeed that is what we have become. That rhino family, the lions, the elephants, once feared by man, are now totally vulnerable and dependent on us for their very existence as species.

Indeed these national parks, forests, and other wild lands are now an "ark" reliant on our stewardship. The same could be said of our rivers and streams, shorelines, the Gulf of Mexico—all of those places—in country and in city—that now need *custos naturae*.

For the past two decades the leaders of the trails and greenway movement in North America have gathered biennially to share ideas, enjoy each other's company, and celebrate successes. This year's American Trails National Symposium in Chattanooga continues that tradition. At each gathering we look back at the progress made and how the movement has evolved, particularly as a new

the public and recognized by enlightened elected officials and business leaders as a critical investment.

Parallel to the trails movement there has been the "green" movement: recognition of the profound effects humans have had on natural systems of land, water, flora, and fauna. Yep, it's *custos naturae*. It is these systems that sustain body and spirit and make our communities livable.



Fair warning: attorneys—and others—will be eaten

generation of trails professionals and advocates comes of age. While the enthusiasm for backcountry and rural trails has continued to flourish, the past two decades have also seen the explosion of urban trails and greenways. Indeed these have evolved from obscurity to the mainstream—a must-have part of community infrastructure demanded by

If we learned anything from the BP disaster, it is the price of being cavalier about the environment. Yet walk along many of our urban rivers and you'll see dumped trash, contaminants, and bulldozed habitat—impacts that seem to elude some politicians and other myopic individuals who tout economic wealth at any cost.

Message from the Chair

Custos Naturae

The “Green Way for America” theme of the Chattanooga Symposium picks up on this concern, as well as the need for us all to become “Keepers of Nature.” The vision is to look at trails not only as recreational amenities but as vital corridors and catalysts for a renewed green ethic.

Many communities and organizations have embarked on this multi-objective thinking. As one example, the Wolf River effort in Memphis, Tennessee combines a land conservancy, a philanthropic group, and city government to clean up the river, preserve habitat, and create parks, all linked by a trail system. In the backcountry, the Colorado Fourteeners Initiative focuses on preserving fragile alpine environments by building more sustainable trails and promoting “Leave No Trace” values.

Increasingly it has become evident to many of us that trails and open space corridors are critical investments— even in hard times. And yes, this green investment is part of the economic metric that enhances our well-being. It’s not a choice between being green and being poor. It’s whether we want a win-win. Africa is learning that lesson, investing heavily in saving their remaining wild places with tourism revenues dependant on it. Green is making them wealthier, not poorer, in pocketbook and quality of life!

In the current economic and fiscal malaise in our country, I suspect that public funding will become scarcer and we will need to look increasingly

to enlightened private sector and philanthropic partnering to continue the momentum of the trails movement.

Trail and greenway efforts from Detroit to Chattanooga to Casper, Wyoming demonstrate what can be done.

We will need to do more. It is hard to have an environmental ethic and a sense of stewardship when you become disconnected from the natural world.

Greenways and trails are one way to re-establish that connection. You can’t have a stewardship ethic if the population can no longer experience what was— if landscape

amnesia sets in (as author Jarred Diamond describes it) when the wild places are no more. A key mission of the National Trails Symposium is to express that connectivity and to send people home with enhanced tools to continue and expand the greenway movement— *custos naturae*.

Flipping through my new passport I saw a quote by the late President Eisenhower: “Whatever America hopes to bring to pass in the world must first come to pass in the heart of America.”

It is fitting because many of the concepts of national parks and conservation worldwide sprang from our great American public lands tradition. Even the current movement in Africa to create green corridors linking wildlife habitat and parks that cross national borders came from the first “peace park” created between Canada and the U.S. at Glacier National Park. Will we as a nation again assume that mantle of leadership or at least support it? I hope so.

Bob Searns, Chair of the American Trails Board, is a greenways and trails consultant, and Founding Associate of The Greenway Team, Inc., a company that assists communities and organizations across America.



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View from the trail of the Kalalau Valley

Kauai's Most Scenic Trail

Pihea-Alaka'i Swamp Trail in Koke'e State Park

By Elaine K. Phillips

One hour. Nine miles. Determined to reach the once-in-a-lifetime view at Kilohana Lookout, my father and I scrambled up muddy ridges and over slippery boardwalks. An hour into the hike, we'd only slogged two miles from the trailhead. Unprepared and short on time, we turned around halfway and promised each other we'd someday return and finish the trail.

Last June, we did.

As my father and I discovered, the infamously strenuous Kalalau Trail is not the only way to experience breathtaking panoramas of Kauai's Na Pali Coast. Day-trippers and families with older children can enjoy Koke'e State Park's nine-mile Pihea-Alaka'i Swamp Trail. This easy-to-difficult trail begins at the Pu'u o Kila Lookout, above Kalalau Valley, which plunges 4,000 dizzying feet and sweeps two miles to the Pacific. Halfway along the trail, the muddy earth gives way to bogland and a timber boardwalk. The trail twists through a jungle of tropical tree ferns and the world's highest swamp, ending in a sublime North Coast vista from the mountaintop Kilohana Lookout.



Boardwalk stairs in the rainforest

During World War II, the U. S. Signal Corps built a road and telephone line through the bog to connect Koke'e and Waimea. Further attempts to construct a road along the Kalalau Valley's mouth and through Alaka'i Swamp in the 1950s produced a crude road—the uneven, dirt Pihea Trail. This remains the most practical route to the bog. In 1991, a boardwalk and stairs were started to cross the mire. Today, instead of slogging through the mud, hikers can stroll along wood planks. The Signal Corps' bare telephone poles still rise from Alaka'i Swamp like megaliths from moorland.

To arrive at the boardwalk, hikers must conquer both the trail's easiest and most difficult stretches along the abandoned road. Near Pu'u o Kila Lookout, countless visitors in flip-flops stroll about the wide, flat old road, snapping photos of Kalalau Valley to the west and the Alaka'i Swamp's ohia tree canopy to the east.

A few hundred feet farther, the trail narrows and becomes more rugged as it hugs the Kalalau Valley rim. A mile in, the old road turns away from the valley, threading up vertical escarpments and down into ravines, forcing hikers to feel out footholds and cling to tree roots to scramble up or down a ridge.

The slippery, mostly-sturdy boardwalk begins at about the two-mile point, shortly before the Pihea-Alaka'i Swamp Trail junction. Hikers headed for the Kilohana Lookout turn left, tramping north-west into the mountain rainforest, pungent with wet earth smell and the mokiha-na shrub's anise scent. Crowding the trail are endemic ohia trees with gnarled branches and bright red flowers and olapa trees with yellow bark and distinctive hand-shaped leaves.

Two miles from the Kilohana Lookout, the boardwalk abandons the ohia and gradually climbs over the Alaka'i Swamp's springy, mossy turf. Water runoff from Mt. Waialeale, the earth's rainiest spot, seeps into the swamp's igneous soul and stagnates as clammy, knee-deep, grey pools. Here, high winds and unstable ground have felled several long-suffering telephone poles.

At long last, the trail reaches Wainiha Pali's blustery cliffs, curving north-east through ohia trees and abruptly halting at Kilohana Lookout—a wooden platform, sufficiently large for six people, overlooking a 4,030 foot precipice.

On a clear day, one can see not only the verdant Wainiha Valley below and Hanalei Bay and Princeville Resort beyond, but also Kilauea Lighthouse at the North Shore's eastern edge. At least six shades of green carpet the mountains and valleys, flecked by clouds' shadows. The same cold wind that propels a dozen sailboats on Hanalei whips up from the bay, obliterating all traces of swamp smell with the sea's salty, invigorating air.

To reach the trailhead, drive west on Highway 550 out of Waimea towards Waimea Canyon. At the Waimea Canyon Lookout, enjoy fantastic views of "The Grand Canyon of the Pacific" and fresh pineapple and mango. Stop at the rustic Koke'e State Park Lodge and Museum to grab lunch, snap photos of springer spaniel-sized roosters, buy a Koke'e State Park map and chocolate chip macadamia cookies for the trail, and use the last restrooms before Highway 550 dead-ends at the Pu'u o Kila Lookout. Be prepared for fog, rain, or hot sunshine on the trail; wear water-resistant hiking boots and bring a rain jacket and plenty of sunscreen, water, and snacks.

See a link to Elaine Phillips' full story and more photos of the Pihea-Alaka'i Swamp Trail under "Featured Trails" at www.AmericanTrails.org/resources/newest.html.



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Runners on the Sarah Zigler National Recreation Trail, Jacksonville, Oregon (photo by Larry Smith)

American Trails sponsors an annual contest for photographs of National Recreation Trails across the country. There are over 1,000 designated NRTs and we'd like to make more Americans familiar with these great trails. We're looking for good photos of trail users as well as special facilities, art on the trails, management issues, construction, and volunteers.

In celebration of these great trails we will be presenting awards in several categories to highlight the diversity of NRTs, from backcountry trails to urban greenways. In addition to highlighting the winners, all nominated photos can be viewed on the NRT website.

Remember, photos must be taken on a designated National Recreation Trail. To look up trails in your area, or to check if a trail is a designated NRT, visit the online database at www.AmericanTrails.org/NRTDatabase.

See all the details on submitting your great pictures for the 2010 NRT Photo Contest at www.AmericanTrails.org/nationalrecreationtrails/photocon.html.

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Our annual website contest highlights the creative ways that trail advocates, organizations, agencies, and communities are promoting trails on the Internet. We

want to recognize websites that really make trails come alive, and provide effective information delivery, support volunteers, and engage the public.

Websites should clearly relate to trails and trail activities. You can nominate your own site or a favorite. We'll give awards for the best nominations in these categories:

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 - Travel and tourism site for trails
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- State agency or state trails program website
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See all the details on submitting a website for the 2010 American Trails Website Contest at www.AmericanTrails.org/webcon.html.

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PEOPLE IN THE NEWS

Remembering those who have made a difference for trails across America

Carroll Vogel: bridge builder

By Gerry Wilbour, *Professional Trailbuilders Assoc.*

Carroll Vogel was the most accomplished trail bridge builder of his generation. He didn't just build a bunch of bridges; he raised the bar to a new level and gave us a new vision of what is possible. He built with the passion and the artistry of a master backcountry craftsman, and created an effective system for building suspension bridges that is unequalled.

In many respects Carroll was several people rolled into one. Some remember him as a musician and fierce conservation activist who put himself into harm's way many times to protect whales and seals. Others knew him for his years of teaching traditional backcountry work skills to legions of trail builders. He is credited as being one of the five most influential people in the founding of the Student Conservation Association. He received President Bush's Point of Light Award in 1989 for his work coordinating the restoration of the Yellowstone National Park trail system after the devastating fires of 1988.

See more about Carroll Vogel and his bridges on page 8.



Carroll snagging the first suspension cable on the Kapalua Bridge (photo by Patrick O'Donnell)

Fran Wallas: Tennessee trail writer

Frances "Fran" R. Wallas had a gift for sharing her experiences from a variety of pathways criss-crossing Tennessee. She is best known for her "Great Hikes in Tennessee State Parks" series in *The Tennessee Conservationist*. Although Fran worked as an attorney for the Tennessee Department of Environment and Conservation, she volunteered her time for the magazine.

The magazine won the Outstanding Media Award from American Trails at the National Trails Symposium in 2008. Fran was on hand in Little Rock to accept the award. "I feel so lucky that I was at the National Trails Symposium at the time American Trails chose to award *The Tennessee Conservationist* such a wonderful honor," she said then.

Fran Wallas was an accomplished hiker and trail-builder, and a member of the Great Smoky Mountains 900 Miler Club, meaning she had hiked all 900 miles of maintained trails in the national park.

Merle D. Grimes: greenway designer

By Jeff Shoemaker, *Executive Director, The Greenway Foundation, Denver, CO*

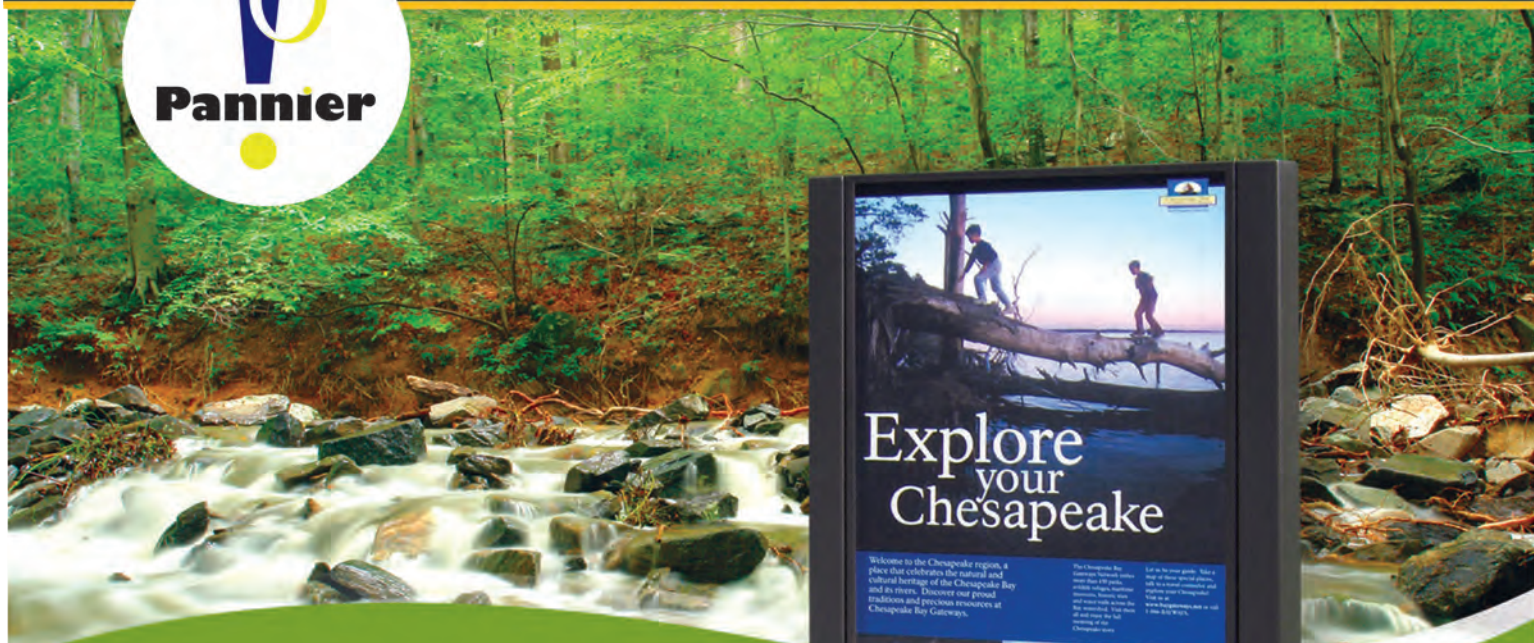
I first met Merle Grimes in the spring of 1983 when I interviewed him for Supervisor of the Greenway Foundation's River Ranger program. Merle's joy in life was using his hands, head, and heart to create and preserve the beauty of the outdoors—be it an unspoiled area in the mountains or plains, or right in the heart of downtown Denver. We shared a passion for taking areas of urban nature and transforming them from abused and abandoned embarrassments into places that are now treasured and protected.

Merle also planned and helped develop greenways and trails in Atlanta, GA and on the island of Kauai where he provided significant work for their coastal trail project. As those with whom we partnered on these projects will say, Merle's passion and vision for our river brought energy, excitement, and enthusiasm. Merle was never happier or more brilliant than in endeavors such as these.

Read more about Carroll Vogel, Fran Wallas, Merle Grimes, and others who have made a difference for trails at www.AmericanTrails.org/resources/memorial.



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