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November 2014

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**Trail Tracks** is our monthly e-Newsletter with links to [www.AmericanTrails.org](http://www.AmericanTrails.org), one of the world's most comprehensive online resources for planning, designing, building, funding, managing, and enhancing trails, greenways, and blueways. We also bring you news from the halls of Congress, new studies and resources, interesting articles, events, training opportunities, and the latest in trail products and services. Check out the topics below for what's new in the trails world!

**Special thanks to the sponsor of this issue:**

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## WHAT'S HOT



**Join American Trails for Giving Tuesday!**  
 Visit our [donate page](#) to help support the Hulet Hornbeck Emerging Leaders Scholarship Program!

The [Hulet Hornbeck Emerging Leaders Scholarship Program](#) brings young adults to the International Trails Symposium to cultivate their interest in outdoor recreation and/or conservation. Scholarship recipients engage in training and mentorships to explore best practices in the field and pave their paths to careers in natural resource management. This holiday season, we're seeking to raise the funds to provide Emerging Leaders with this opportunity. Donate today to help us pass on leadership to a young adult and inspire them to choose a career path so they can leave a lasting legacy on the



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Commemorative 25 year anniversary Klean Kanteen water bottle

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world-[as Hulet did](#). With your contribution, we can develop new trail and natural resource stewards for the future!

### Hulet Hornbeck Emerging Leaders Scholarship Application is now available!

Through funds provided by generous sponsors, American Trails is proud to offer 20 scholarships for the Hulet Hornbeck Emerging Leaders Scholarship Program to young adults between the ages of 19-25 to attend the 22nd International Trails Symposium in Portland, OR.

**Deadline for Scholarship applications is December 19, 2014.**

Recipients will:

- Receive a full registration to the Symposium
- Spend on entire day in the field, visiting various trails and talking to experts about trail design, construction, and maintenance, as well as opportunities for visitor use and engagement.
- Work together on a trail-based service project
- Network with Symposium participants
- Be paired with a mentor already established in the field
- Deliver a group presentation on their Symposium experience to an audience of 30-50 conference attendees

Visit the Hulet Hornbeck Emerging Leaders webpage to [download the scholarship application](#).

Support an Emerging Leader today! Give what you can through our Giving Tuesday campaign - [Donate Now!](#)

Thank you to our sponsors of the Scholarship Program to date:

- [National Park Service](#)
- [US Fish and Wildlife Service](#)
- [US Forest Service](#)

### Declaration: Nature and human well-being are connected

The Wingspread Declaration on Health and Nature affirms the positive health benefits from spending time in nature, and the imperative to use health as an important lens in guiding conservation. Leaders of health, public lands, and environmental organizations joined together to declare that "humans are part of nature, our connection with nature is a fundamental human need, and we believe access to nature is a basic right." [You are invited to endorse the Declaration...](#)

### American Trails Board Member Marianne Wesley Fowler honored with the Rails-to-Trails Conservancy's prestigious "Doppelt Family Rail-Trail Champions Award" for 2014

American Trails Board Member Marianne Wesley Fowler honored with the Rails-to-Trails Conservancy's prestigious "Doppelt Family Rail-Trail Champions Award"

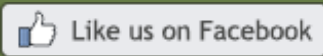
Learn More with American Trails Advancing Trails Webinar Series

Enter the National Recreation Trails Photo Contest!



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**STAY UP-TO-DATE ON TRAIL NEWS WITH AMERICAN TRAILS:**



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Arkansas schools add trails to physical education program

New book explores Virginia's rail trails

Brownfields grant to clean up Portland-area river access

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Northwest Youth Corps helps Portland's area trail systems



The Doppelt family's connection to rail-trails extends back to the railroads themselves. Brothers Frederick and Lawrence Doppelt were long-time investors in numerous rail companies.

Even as it took legions of workers to construct America's rail system in the 19th and early 20th centuries, building today's network of rail-trails takes the combined efforts of thousands of individuals in communities coast to coast. In recognition of and gratitude for these dedicated individuals, Jeffrey Doppelt and the members of the Doppelt family annually fund the Rails-to-Trails Conservancy's Doppelt Family Rail-Trail Champions Award, which honors supporters who have made significant contributions to the rail-trail movement through their work, volunteerism or support.

RTC's Marianne Wesley Fowler was named the Doppelt Family Rail-Trail Champion for 2014 - a designation honoring Fowler's incredible contributions to RTC and the rail-trail movement over the past two and a half decades.

[Read more about Marianne's great work here...](#)  
[View past RTC Doppelt Family Rail-Trail Champions...](#)  
[Watch RTC's video series on Marianne...](#)

**CONGRATULATIONS MARIANNE!**

**Learn more with American Trails Advancing Trails Webinar Series**

American Trails continues the dynamic online *Advancing Trails Webinar Series* to help trail planners, supporters, and managers learn about focused topics of special interest. Our webinars are eligible for CEUs through the [Texas Recreation and Park Society](#) (TRAPS), an authorized independent CEU provider through IACET ([International Association for Continuing Education and Training](#)). Our 75 minute webinars are worth 0.10 CEUs and are available for an additional \$20 fee.

Check out the upcoming American Trails webinars and register today!

- **DECEMBER 11, 2014:** Towards a Mountain Trail Sustainability Ethic ~ Part 3 of 3 (presented by Hugh Duffy, National Park Service). [Read more and register here...](#)

[Making "carry-down" watercraft launch sites accessible](#)

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[AASHTO bike facilities training programs available](#)

- **JANUARY 22, 2015:** Protect What You Love: Water Trail Ambassador and Stewardship Programs (presented by Amy Camp, American Trails Board Member and Pennsylvania Water Trail Partnership Representative). [Read more and register here...](#)
  - **Special discount!** ~ When you purchase the January 22 webinar you can also purchase the archived webinar: Water Trail Accessibility - Assessing and Creating More Accessible Facilities and Programs for a discounted rate of \$15 (member) or \$20 (non-member). Once you purchase the Jan. 22 webinar, an email will be sent to you with a special discount code to purchase the archived webinar. [Read more about the webinar here...](#)

[Read more and see current Advancing Trails Webinar Series schedule...](#)

### **Enter the National Recreation Trails photo contest!**

American Trails sponsors an annual contest for photographs of National Recreation Trails across the country. It's easy to enter, so take your camera when you're out on the trail! We'll be giving awards in several categories to highlight the diversity of the NRTs and to showcase these great trails. **Deadline for entries is Dec. 15, 2014.** [See photos and learn how to enter...](#)

## **NEWS**

### **Wisconsin city may create special tax district for trail system**

The mayor of Portage, WI is promoting a special tax district to fund the completion of the Portage Area Trails Heritage System as well as maintain it. The tax, which would be similar to the Business Improvement District in Portage's downtown, could amount to about \$132 per year for a resident with a \$150,000 home. Building the 65-mile trail network is seen as a bold economic move for the city. [Read more...](#)

### **Arkansas schools add trails to physical education program**

Four counties in Northwest Arkansas (with some spillover into neighboring states) have incorporated bicycling into the physical education curriculum at local schools. According to the Christian Science Monitor, "The schools are investing in the infrastructure to support a vibrant biking community and to build enthusiasm among the youth of the community." [Read more and see photos...](#)

### **New book explores Virginia's rail trails**

Nearly a decade in the making, Bristol Herald Courier writer Joe Tennis' latest volume spans the state of Virginia via former railroad tracks turned pedestrian trails. Each of the book's 45 chapters features a particular trail, enlivened with vivid anecdotes gathered

[Addressing health through transportation decision-making](#)

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## JOIN THE AMERICAN TRAILS NETWORK

[Join American Trails and receive a gift of an 18-ounce Klean Kanteen water bottle!](#)



## Quick Links

[Need Trails Training? Visit www.TrailsTraining.net.](http://www.TrailsTraining.net)

[Find Products and Services for Trails.](#)

**Join American Trails** - one of the World's most comprehensive online go-to sources for planning, designing, building, funding, managing, enhancing, and supporting trails, greenways, and blueways  
~ [Join Now!](#)

along his journeys from contemporary to historical references. [Read more and see photos...](#)

### Brownfields grant to clean up Portland-area river access

A grant from the Oregon Coalition Brownfields Cleanup Fund will pay for cleanup and restoration work at a newly acquired site along the Tualatin River. In addition, a grant funded by Oregon lottery dollars will help pay for improvements on the site, which will include parking, restrooms, benches, and picnic tables. The project will complete the first part of the Tualatin River Water Trail, which calls for river access points every five miles. [Read more and see photos...](#)

## FEATURES

### Northwest Youth Corps helps Portland area's trail system

The Portland area's trail system receives a great deal of help and improvement from crews of the Northwest Youth Corps, a nonprofit organization that has employed over 18,000 teens in the region. Last year, funding by land manager partners enabled 781 young people to earn a total of \$775,956 (an average of \$755-\$1,400 apiece) as they constructed or maintained 401 miles of multiuse trails. [Read more and see photos...](#)

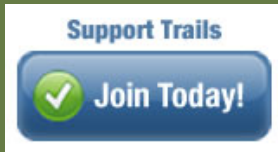
### Making "carry-down" watercraft launch sites accessible

Paddling trails are increasingly popular among persons with limited mobility, and providing for water access is the key. When there is an opportunity to develop or improve a carry-down watercraft launch site consideration needs to be given to both the sustainability and accessibility of that water access point. At an ideal universally designed launch site, a firm and stable route widens as it approaches the water's edge to accommodate paddlers loading and unloading people as well as gear into their watercraft. [Read more and see photos...](#)

### Georgia Trail Summit presents visions and solutions

The 2014 Georgia Trail Summit was the first in 15 years. Attendees came away with a vision of trails ascendant in a future channeled through volunteerism, nonprofits, and a supportive private sector. Government would be vital, but the movement would lead. Author Herb Hiller compiled details of challenges and opportunities identified at the meeting of the minds in Athens. [Read more and see photos...](#)

### Featured Recreational Trails Program Project: Sweetser Switch Trail, IN



In 2003, the small Grant County, Indiana town of Sweetser completed asphaltting its three-mile path called the Sweetser Switch Trail. Within a year the trail was open, after obtaining the old rail corridor, faster than any other rail-trail in Indiana. More recently the connection of the Sweetser Switch Trail to the Cardinal Greenway was celebrated by Gov. Mitch Daniels. [Read more and see photos...](#)

### Featured National Recreation Trail: Apalachicola River Blueway, FL

This Florida water trail begins below the dam in the town of Chattahoochee and follows the Apalachicola River 107 miles to the Gulf of Mexico. The Apalachicola River is undammed and largely wild, flowing through the heart of one of the nation's six hot spots of biodiversity. During low to moderate water levels, numerous sandbars offer ideal rest stops and primitive campsites. [Read more and see photos...](#)

## INTERNATIONAL TRAILS SYMPOSIUM May 17-20, 2015 ~ Portland, Oregon



American Trails hosts the next **International Trails Symposium in Portland May 17-20, 2015.**

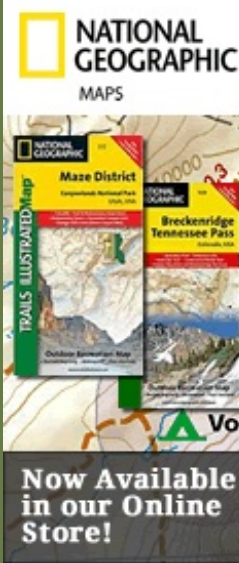
The Symposium addresses every aspect of trails, greenways, and blueways. Learn from dozens of educational sessions and mobile workshops and network with experts and enthusiasts from across the globe. The theme for this year's Symposium is "[Solutions for Success.](#)"

Thank you to our major partner, the [Professional Trailbuilders Association](#) and our local host and major planning partner, [Metro](#), as well as to our major sponsors to date:

[Oregon State Parks and Recreation](#), [MIG, Inc.](#), [The Intertwine Alliance](#), [Northwest Youth Corps](#), the [Bureau of Land Management](#), [National Park Service](#), [US Fish & Wildlife Service](#), and the [USDA Forest Service](#).

### Ten reasons to attend the 2015 Symposium

The Symposium includes a vast array of educational sessions covering the broad range of trail issues, from across America and around the world. Plus, Portland is a fascinating city with much to offer trails enthusiasts. You'll also enjoy internationally prominent speakers, a state-of-the-art trail-related exhibit hall, informative and interactive mobile workshops, and much more. [Read more about Symposium features...](#)



## The Call for Presentations for The International Trails Symposium is now available!

To help us develop an exciting and motivating program for the Symposium, we invite attendees to submit ideas for presentations in support of the **Symposium's theme, "Solutions for Success."** Proposals can be submitted for both national and international presentations.

**The deadline for proposal submissions is January 9, 2015.**

You can submit a proposal for:

- Concurrent Sessions (1.25-hours)
- Core Tracks (3 or 6 hours)
- Posters
- Trail Talks (1 hour)

Visit [The Call for Presentations webpage to download BOTH documents](#) for complete instructions on how to submit your proposal.

## Silent Auction will showcase unique products and opportunities

The Symposium is the premier venue to showcase your products. Our attendees are avid outdoors enthusiasts who are always searching for unique products and opportunities. We encourage you to donate items that represent what your organization or company has to offer to the trails world. Auction items can also be included in a customized sponsorship packet. [Read more on how to donate your items...](#)

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- [US Fish and Wildlife Service](#)
- [US Forest Service](#)

### **FEATURING the Professional Trailbuilders Association Sustainable Trails Workshops and Outdoor Trade Show**

The Professional Trailbuilders Association (PTBA) and the American Trails International Trails Symposium (AT ITS) are proud to announce an exciting new partnership program -- the **Sustainable Trails Workshop Series and "Legacy Trail."** Through this program, and in conjunction with the International Trails Symposium, PTBA will offer a series of hands-on workshops focusing on the important skills and techniques involved in the sustainable design, planning, construction, and maintenance of trails for all types of users in all types of environments. This series of workshops will result in a local segment of sustainably and professionally built trail being left behind as a legacy of the AT ITS and the PTBA Sustainable Trails Workshops.



PTBA will also provide an **Outdoor Demonstration Area and Trade Show** as the kick-off to the Symposium on Sunday, May 17. This is the only outdoor trade show in the nation dedicated to trailbuilders and trailbuilding tools, technology, and techniques. The outdoor demonstration area will have dirt, terrain, rocks, logs, and brush for equipment demonstrations.

[Learn more about this exciting new partnership and download the Sponsorship & Exhibitor Packet...](#)

### **Exhibit and sponsorship opportunities**

The **Sponsorship & Exhibitor Packet** is available online! Exhibitors get to choose their booth location in the order they send in their contract and payment (some exceptions apply). If you are interested in more recognition, we have larger sponsorship levels available with some excellent benefits to boost promotion for your organization.

[Download the Sponsorship & Exhibitor Packet now...](#)

**Exhibitors save 10% if you send in your contract and payment by January 15.**

Thank you to our sponsors and exhibitors [to date:](#)

- [Alta Planning + Design](#)
- [American Conservation Experience](#)



- [Back Country Horsemen of America](#)
- [BCS America LLC](#)
- [Beneficial Designs, Inc.](#)
- [Berntsen International, Inc.](#)
- [BioSpan Technologies, Inc.](#)
- [Bureau of Land Management](#)
- [Canycom USA, Inc.](#)
- [Chehalem Park and Recreation District](#)
- [Composite Advantage](#)
- [Contech Engineered Solutions](#)
- [David Evans and Associates, Inc.](#)
- [Diamond Pier](#)
- [E.T. Techtonics, Inc.](#)
- [Evergreen Mountain Bike Alliance](#)
- [Forest Park Conservancy](#)
- [GameTime](#)
- [GatorBridge™](#) and [GatorDock™](#)
- [iZone Imaging](#)
- [Jamar Technologies, Inc.](#)
- [Metro](#)
- [MIG, Inc.](#)
- [National Park Service](#)
- [Northwest Youth Corps](#)
- [Okanogan Trail Construction](#)
- [Oregon State Parks and Recreation](#)
- [Oregon State Snowmobile Association](#)
- [Otak, Inc.](#)
- [PBS Engineering + Environmental](#)
- [Pioneer Bridges](#)
- [PlayCore](#)
- [Professional Trailbuilders Association](#)
- [Quad Cities Convention & Visitors Bureau](#)
- [Rhino Marking and Protection Systems](#)
- [Terrabilt, Inc.](#)
- [The Acorn Group](#)
- [The Greater Dayton Ohio Region](#)
- [The Intertwine Alliance](#)
- [Tillamook Forest Heritage Trust](#)
- [Tour-Mate Systems](#)
- [Trail Insight](#)
- [Travel Oregon](#)
- [Travel Portland](#)
- [Tualatin Hills Park & Recreation District](#)
- [US Fish and Wildlife Service](#)
- [USDA Forest Service](#)
- [Voss Signs](#)
- [Washington County Visitors Association](#)
- [Washington State Snowmobile Association](#)
- [Western Wood Structures](#)
- [Wheeler](#)
- [Zeager Bros, Inc.](#)

[Learn more about the upcoming and past Symposiums...](#)

Contact Candace Mitchell, Sponsor & Exhibitor Coordinator, if you have any questions at [candace@americantrails.org](mailto:candace@americantrails.org).

## INTERNATIONAL NEWS

### Iron Curtain is being revived as a 6,800-kilometer bike trail

For almost half a century, Europe was divided into East and West by the "Iron Curtain," a border stretching from the Barents Sea to the

Black Sea. The Iron Curtain Trail invites people to retrace and experience the former division of the continent on a 6,800 km cycle track along the length of the former border, combining European culture, history, and sustainable tourism. [Read more and see maps and photos...](#)

### **Hauraki Rail Trail traverses New Zealand history and scenery**

The 60-kilometre-long trail is unusually flat, with distances and terrain suited to families and novice cyclists. Beginning in Thames, it heads south through the lush dairy country of the Hauraki Plain before turning east into one of New Zealand's most spectacular gorges. [Read more and see photos...](#)

### **Shannon Blueway combines land and water trails in Ireland**

Waterways Ireland has developed a canoe trail starting in Drumshanbo in the north of Ireland, with a network of walking and cycling trails at an advanced stage of planning. According to a local official, "The Shannon Blueway has the potential to have a very positive impact on jobs and the regional economy. The Mayo Greenway, now in its fourth year of operation, has seen a jump in visitor numbers from 80,000 in 2011 to 300,000 in 2014." [Read more and see photos...](#)

### **A world of trails on American Trails International Trails Gateway**

American Trails brings you resources and the latest on trails around the world on our international trails webpage. We also welcome your suggestions to add to this page. As we have learned from the European tradition of footpaths and dedicated bikeways, other countries are learning from our explosion of community trails and rail trails. Our goal is to share ideas and help connect trail supporters everywhere. [Visit the International Trails index page...](#)

## **TRAINING & RESOURCES**

### **CDC releases new tools to improve community health through parks and trails**

To encourage outdoor activity today, the Centers for Disease Control and Prevention (CDC) developed a parks and trails toolkit that will help communities create parks with expanded health benefits. In addition to Olmsted's observations, access to parks can help kids get the 60 minutes of aerobic physical activity each day recommended to maintain good health. [Download the toolkit here...](#)

The CDC is working with health departments throughout the country to learn about and use the principles of HIA. This tool focuses on how parks and trails can contribute to public health by highlighting key issues such as lack of access to parks and trails and encouraging physical activity. [Read the CDC's press release...](#)

### **Guide to selecting accessible play area surfaces**

Choosing play surfaces that are accessible and that can be maintained as accessible surfaces, becomes one of the most important decisions during the playground design. Trail managers will also benefit from integrating play opportunities in park and trail corridors. The purpose of this guide is to provide practical information on accessibility standards, accessible routes within the play area, and a wide variety of surface options along with research findings. [Download "Surfacing the Accessible Playground" \(pdf 1.5 mb\)...](#)

### **AASHTO bike facilities training programs available**

The American Association of State Highway Transportation Official's (AASHTO) Guide for the Development of Bicycle Facilities serves as a key resource for creating and designing bicycle facilities in the U.S. The Pedestrian and Bicycle Information Center and Toole Design Group offered a seven-part webinar series on the updated AAHSTO Bike Guide in June 2012, which is now available to the public as archived webinars. [Read more and access the recorded webinars...](#)

### **Addressing health through transportation decision-making**

The Federal Highway Administration promotes health through investments in transit; bicycle and pedestrian plans, coordinators, and facilities; Safe Routes to School programs; road safety; and air quality improvements and congestion reduction. Questions & Answers from FHWA cover many ways that transportation planning and facilities can improve public health. [Read more and access resources...](#)

### **Fall 2014 trails training and educational opportunities**

Here are some of the trail-related training opportunities coming up this summer. [See the Online Trails Training Calendar for details...](#)

#### **November 21-24 - Denver, CO**

\* American Society of Landscape Architects Annual Meeting and Trade Show

#### **December 3 - Online Webinar hosted by the Association of Pedestrian and Bicycle Professionals**

\* Using Pilot Projects to Implement Protected Bike Lanes

#### **December 8 - Online Webinar hosted by Advocacy Advance**

\* Complete Streets Design

#### **December 9 - Stonewall, WV**

\* Trail Design and Layout for Universal Access Workshop ~ hosted by the Professional Trailbuilders Association

#### **December 9 - Stonewall, WV**

\* Design and Layout of Stone and Timber Crib Structures ~ hosted by the Professional Trailbuilders Association

#### **December 11 - Online Webinar hosted by American Trails**

\* Towards a Mountain Trail Sustainability Ethic ~ Part 3 of 3

**December 16 - Online Webinar hosted by Advocacy Advance**

\* Maintenance Funding

**January 22 - Online Webinar hosted by American Trails**

\*Protect What You Love: Water Trail Ambassador and Stewardship Programs

Contact us with your scheduled training opportunities at [ntp@americantrails.org](mailto:ntp@americantrails.org).

## JOIN THE AMERICAN TRAILS NETWORK

### Join American Trails and receive a gift of an 18-ounce Klean Kanteen water bottle!

American Trails is excited to announce a new co-brand partnership with Klean Kanteen! [Members](#) who join at the Trail Professional level or higher will **receive a gift of an 18-ounce stainless steel Klean Kanteen commemorative water bottle** celebrating American Trails 25 year anniversary!



Water bottles are also available for purchase in our [Online Store](#).

Klean Kanteen introduced the first hydration bottle made from stainless steel to give people a safe and healthy alternative to plastic. Their mission, like American Trails, promotes sustainability and healthy lifestyles for everyone. You can learn more about them at [www.kleankanteen.org](http://www.kleankanteen.org).



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### Working together - works! There is strength in numbers!

For over 25 years, [American Trails](#) has been a collective voice for a diverse coalition of enthusiasts, professionals, advocates, land managers, conservationists, and friends of the outdoors and livable cities. American Trails strives to enrich the quality of life for all people and the sustainable development of communities by advancing and promoting the development, preservation, and enjoyment of diverse, high quality trails and greenways. We envision a network of trails *within 15 minutes of every home, school, and workplace.*

American Trails will continue to keep you informed on both trail know-how and issues critical to the future of trails. With your help, we can increase funding for trails, keep more trails open, and improve the health and well-being of Americans of all ages and abilities, including

our children.

American Trails is a tax-exempt, nonprofit charitable organization under Section 501(c)(3) of the Internal Revenue Code. Donations are tax-deductible.



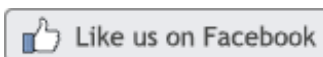
## QUICK LINKS

- Learn more about the [International Trails Symposium](#) ~ May 17-20, 2015 in Portland, Oregon
- Read about great Recreational Trails Program-funded projects in the [Federal Highway Administration's RTP Annual Report](#) or by visiting the [RTP Database website](#).
- Find products and services for trails in our [Online Business Directory](#).
- Visit our [Blog](#).
- Join us on [Facebook](#) and [Twitter](#)!
- Learn about and find [National Recreation Trails \(NRT\)](#) near you today!
- I'm a [Pathways for Play](#) advocate. [Ask me why](#).
- The [Online Trails Training Calendar](#) connects you with courses, conferences, and trail-related training.
- Purchase books, maps, memberships, and webinars through the [American Trails Online Store](#).
- Need Trails Training? Visit [www.TrailsTraining.net](#).
- [Cool Trail Solutions](#): view galleries of trail projects, enhancements, and facilities to give you ideas and see how others solved typical trails and greenways problems.
- If you appreciate the myriad of resources we provide on our website to help you do your work better, please help support American Trails ~ [by making a tax-deductible donation today](#).
- **American Trails** - maintains one of the World's most comprehensive online go-to sources for planning, designing, building, funding, managing, enhancing, and supporting trails, greenways, and blueways at [www.AmericanTrails.org](#).

Send news and calendar items to [trailhead@americantrails.org](mailto:trailhead@americantrails.org).

### **Advertising Opportunities:**

*American Trails offers cost-effective advertising opportunities for our Trail Tracks e-Newsletter, the American Trails Magazine, in our Business Directory, and on our website! Find out more [here](#).*



Header photo: Dark Canyon, Crested Butte, Colorado; photo by Jim Dailey