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October 2014



Trail Tracks is our monthly e-Newsletter with links to 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!

WHAT'S HOT

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.

Next American Trails Webinar is December 11 on sustainable trail design

American Trails presents "Towards a Mountain Trail Sustainability Ethic." It is the third of a series of three webinars on Sustainable Mountain Trails led by Hugh Duffy, National Park Service. The goal of a trail sustainability ethic is protection of natural and cultural resources, inspired by trail management and agency traditions, and

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Commemorative 25 year anniversary Klean Kanteen water bottle

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**DISCOVER:
Products &
Services for trails**



implemented with consideration to an ethic of minimum alteration of natural systems. Lots of resources will be included. [Read more and register...](#)

Fall issue of the *American Trails Magazine* is now available!

Learn about new National Recreation Trail designations for 2014, see the winners of the Recreational Trails Program Fund Awards, and read the latest articles in trails training and opportunities. [Click here to download a digital copy...](#)

National Recreation Trail applications due November 1

Is your trail a good candidate for National Recreation Trail designation? Applications for NRT designation are being taken this fall. For trails on local, state, and private lands, and on federal lands (except National Forests and Grasslands), the deadline is November 1. [Read about the process for nominating a trail for NRT designation...](#)

Using Recreational Trails Program funds for accessibility

Making trails more accessible to people of all ages and abilities is a key goal of State grants programs using RTP funding. This means improving trails for persons with disabilities, but also understanding the needs of older people, families with children, and those who are new to trail activities. RTP funding has been used in every State to make accessibility improvements, as well as trail assessments and programs to provide trail access information. [Read more and see photos and project examples...](#)

NEWS

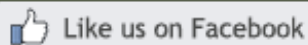
Massachusetts promotes "Healthy Heart Trails"

The MA Department of Conservation and Recreation says, "trails are the heart of our parks and DCR wants them to be the heart of a healthy lifestyle." Statewide, over 70 trails will be designated in the hope that residents will make them part of their regular exercise routine. Healthy Heart Trails will be identified by a green heart symbol, will measure approximately 1.5 miles or less in length, and are easy to moderate in activity level. The program offers a great way to have fun and get exercise in a low cost way. [Read more...](#)

Water Trails Summit cites economic impact of paddling sports

The St. Paul Pioneer Press reported on the first-ever Water Trails Summit hosted by the Minnesota Department of Natural Resources. The numbers of people engaged in paddling continues to remain stable or grow every year, said John Edman, director of Explore

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NEWS

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**INTERNATIONAL TRAILS
SYMPOSIUM**

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

Support the Hulet Hornbeck
Scholarship Program for the
Symposium

FEATURING the Professional
TrailBuilders Association
Sustainable Trails Workshops
and Outdoor Trade Show

Exhibitor and Sponsorship
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Minnesota. In the last 10 years, the number of kayaks registered in the state has risen by 149 percent, while paddle boarding has the highest number of participants for any new sport. [Read more and see photos...](#)

A 64-mile bike "superhighway" to connect Fort Worth and Dallas

Urban planners and city agencies are calling it the "superhighway of bicycles." Sixty-four miles in all, the trail will run mostly along the Trinity River. The trail would run next to the river in spots, through numerous neighborhoods and job centers. Planners want it to be "multi-modal," which means people could cycle and walk on the trail, and also use it to connect to other forms of transit -- like the Trinity Railway Express. [Read more and see photos...](#)

Google Trekker provides online trail views in California parks

Thanks to a partnership between California State Parks and Google Maps, you can now visit many of California's beautiful parks right from your computer, tablet, or smart phone. Over 20 trails in 14 state parks have been filmed using Google Trekker, a backpack-mounted camera that provides 360 degree footage. [Read more and see photos...](#)

FEATURES

Studies show OHV trail riding improves fitness

The underlying question proposed for the study was, "Does participation in Off-Highway Vehicle recreation have reasonable energy demands to be considered a legitimate form of exercise." Trail use aids physiological and psychological health, even in unexpected ways, according to York University's Fitness Laboratory in Toronto. [Read more and see photos...](#)

American Trails Blog: A bridge at the center of the city

The real center of one city, Redding, California is a sweep of tree-fringed nature as seen from the Sundial Bridge at Turtle Bay on the Sacramento River. This is the place that leaves a mark in the mind of the visitor. This is the impression of Redding that we want everyone to remember: the parks, trails, gardens, and museums, with the bridge soaring overhead and across a magnificent river. [Read more and see photos...](#)

INTERNATIONAL NEWS

[Australian coastal walk wins design awards](#)

[Nova Scotia hiking festival celebrates local trails](#)

[Israel National Trail cross the country from north to south](#)

[World Parks Congress to be held in Sydney, Nov. 12 -19](#)

TRAINING & RESOURCES

[Learn more in 2014 with American Trails Advancing Trails Webinar Series](#)

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Photo gallery: The remarkable Sundial Bridge in Redding, CA

The pedestrian and bicycle bridge crossing the Sacramento River was designed by Santiago Calatrava, world renowned architect, engineer, and artist. The glass-decked Turtle Bay Sundial Bridge is the centerpiece of the new regional trail system, and has become the urban icon for the northern part of the state. The cantilever-spar cable-stayed bridge forms a large sundial. [Read more and see photos...](#)

Featured State Recreational Trails Program: Oregon

The Coalition for Recreational Trails created an award in 2009 to recognize State Trails Programs which feature outstanding use of the Federal Recreational Trails Program funds. The State of Oregon, the first winner of this award, supports local project sponsors in many ways. It communicates regularly with trail, environmental, and outdoor recreation interests and conducts grant-writing workshops annually to educate potential applicants. Oregon views the RTP program as an integral part of statewide trails efforts, and integrates RTP funds with other planning and assistance programs. [Read more...](#)

Featured National Recreation Trail: Wolf River Greenway, TN

The Wolf River Greenway Trail in Memphis, Tennessee is a paved, shaded trail that parallels the Wolf River. It is significant as the first place in the city where people can connect with the river in a peaceful, natural setting. Eventually the Greenway will extend for 22 miles connecting public greenways and recreational trails as well as adjoining conservation wetlands and wildlife habitats from the Mississippi River east to Shelby Farms Park. [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.](#)"

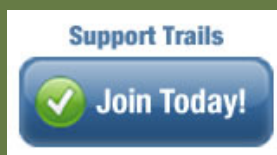
Thank you to our local host and major partner, [Metro](#), and to our other partners, [The Intertwine Alliance](#), [MIG, Inc.](#), [Oregon State Parks and Recreation](#), [Northwest Youth Corps](#), and the [Professional Trailbuilders Association](#), as well as the [Bureau of Land Management](#), [National Park Service](#), [US Fish & Wildlife Service](#), and the [USDA Forest Service.](#)

Quick Links

Need Trails Training? Visit 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!](#)



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Support the Hulet Hornbeck Scholarship Program for the Symposium

Hulet Hornbeck, a lifelong trail advocate whose legacy inspired American Trails' Emerging Leaders Scholarship Program, would have celebrated his 95th Birthday on October 14. We are busy planning the 2015 scholarship program, which will bring 20 young adults to the 2015 International Trails Symposium. The program will immerse the scholarship team in learning best practices and trends in the field to help pave the path to careers in natural resource management.

We're actively seeking \$2,500 sponsorships (the price of one full scholarship) to support this amazing program. Won't you please help us out and be recognized for your investment in the next generation of trail and conservation professionals?

[Read more and learn how to support the program...](#)

[Download the Sponsor and Exhibitor packet to get started...](#)

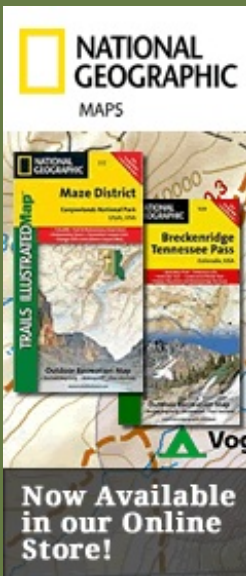
FEATURING the Professional Trailbuilders Association Sustainable Trails Workshops and Outdoor Trade Show

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.

Better Skills for Better Trails

- Accessibility
- Management
- Planning
- Trail Building
- Backcountry Trails
- Urban Trails

TrailsTraining.net
For Professionals & Volunteers



PTBA



Professional TrailBuilders ASSOCIATION

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 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 now available! 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](#)
- [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](#)
- [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.

INTERNATIONAL NEWS

Australian coastal walk wins design awards

The Bondi to Bronte coast walk is a part of the nationally significant 9-kilometer coastal walk along Sydney's oceanfront. The project resolves complex geotechnical, structural, and heritage conditions. A set of lookouts strung together by a light thread of walkway along the cliff tops of Sydney's east captures the sublime of the headlands, the sandstone outcrops and the vastness at the continent's edge. [Read more and see photos...](#)

Nova Scotia hiking festival celebrates local trails

The 11th annual Hike the Highlands Festival in Cape Breton has grown into an economic boost for the area. According to event organizer Tom Wilson, "We're finding that more and more people are taking active vacations. They want to keep in shape while they're on vacation and they want to be outdoors and they want to enjoy the scenery and the nature." [Read more and see photos...](#)

Israel National Trail crosses the country from north to south

The 1,009-kilometer Israel National Trail running from northern Israel to the Red Sea in the south has been named by National Geographic

as one of the holy grails of hiking. The trail is promoted by the Society for the Protection of Nature in Israel. SPNI works to protect the open spaces and preserve the biodiversity of the land of Israel through environmental activism, education, and eco-tourism. [Read more and see photos...](#)

World Parks Congress 2014 to be held in Sydney, Nov. 12-19

Building on the theme "Parks, people, planet: inspiring solutions," the Congress will share knowledge and innovation, setting the agenda for protected areas conservation for the decade to come. Topics include original approaches for conservation and development, articulating the vital role of protected areas in conserving nature while delivering essential ecosystem services, and positioning protected areas within goals of economic and community. [Read more...](#)

TRAINING & RESOURCES

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...](#)
- **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...](#)

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

FHWA releases updated BIKESAFE guide to bicycle safety

The Federal Highway Administration has released its new Bicycle Safety Guide and Countermeasure Selection System (BIKESAFE). This online guide provides tools to review and select engineering and roadway infrastructure improvements to improve bicycling safety. BIKESAFE includes an overview, countermeasure details, case studies, a tool for countermeasure selection, and links to more web resources. [Read more about BIKESAFE...](#)

Questions and answers from webinar on equestrian facilities

American Trails presented "Horses and Trails: How to Be Successful with Both!" on September 18, 2014 as a part of the American Trails "Advancing Trails Webinar Series." Detailed answers to questions on trail design and management raised during the webinar are now online courtesy of presenter Jan Hancock. [Read more and access the recorded webinar...](#)

A Volunteer's Guide to Trail Maintenance available

The guide was created to provide volunteers with the basics of trail maintenance techniques using illustrations and a minimal amount of reading. It can be used by anyone or any organization free of charge. The guide includes many examples of Erosion Control Methods. It was compiled by Ken Wiklund of Kelowna, British Columbia. [Download the Volunteer's Guide \(pdf 9.8 mb\)...](#)

US Forest Service updates online trail management resources

The Forest Service incorporates several standardized trail management concepts and tools in the administration and management of the agency's 150,000 miles of trails. The trail management website includes reference information on Trail Fundamentals/Trail Management Objectives (TMOs) and Trail Assessment & Condition Surveys (TRACS). [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 6 - Online Webinar hosted by Society of Outdoor Recreation Professionals

* Creating "Best of the Best" OHV Recreation Experiences

November 8 - Leominster, MA

* Massachusetts State Trails Conference

November 12-14 - Portland, OR

* Association of Outdoor Recreation and Education Annual Conference

November 13 - Online Webinar hosted by the American Society of Civil Engineers

* Designing Bicycle Facilities

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

Contact us with your scheduled training opportunities at 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.



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.



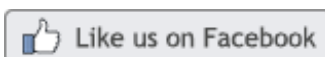
QUICK LINKS

- Learn more about the [International Trails Symposium](#) ~ May 17-20, 2015 in Portland, Oregon
- 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.

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: Fall color in Davenport, Iowa; photo by Stuart Macdonald