



# TRAIL TRACKS

the Trails Information Newsletter  
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SPRING 2005

## Quad Cities will host 2006 National Trails Symposium

American Trails is pleased to announce that the 18th National Trails Symposium will be held October 19-22, 2006 in the Quad Cities of Iowa and Illinois. The National Trails Symposium is held every other year and is sponsored by American Trails with state and local sponsors.

Pam Gluck, American Trails' Executive Director, enthusiastically recommended to the American Trails Board that the Quad Cities be selected to host the 2006 Symposium. "Our attendees will really benefit from learning about the great partnerships in the region," she said. "The States of Iowa and Illinois, the Cities of Davenport, Bettendorf, Moline, and Rock Island, six counties, and numerous nonprof-

its like River Action work so well and seamlessly together to make these trails happen cross-jurisdictionally. It is obvious there is a unified vision for the area. And, the local hospitality is exceptional!"

Over 30 people will be meeting in the Quad Cities in March for the initial meeting of the Symposium Planning Team. If you are interested in joining the Team or being at the meeting, please contact Joe Taylor at (563) 322-3911 ext. 116.

**Read more on the National Trails Symposium on pages 18-19. Look for updates and details at [www.AmericanTrails.org](http://www.AmericanTrails.org).**

### QUAD CITIES



## National Trails Awards presented by American Trails

American Trails' National Trails Awards program recognizes great people who are working for trails and greenways across America. Here are the 2004 awards:

★ **LIFETIME SERVICE AWARD: Deb Schnack**

Deb Schnack, retired director of the Planning and Development Division of the Missouri Dept. of Natural Resources, received this prestigious award for demonstrating longstanding, significant, and exemplary service to trail planning, implementation and recreation in the State of Missouri.



**continued on page 20 ➡**

## Winners announced for 2004 Photo and Website Contests

We have just concluded two contests highlighting different aspects of the rich community of trails and greenways across America. The **National Recreation Trails Photo Contest** is a showcase of America's great trails bearing the NRT designation. The **American Trails Website Contest** for 2004 found many great examples of education and advocacy for trails and greenways on the Internet.

**See National Recreation Trails Photos page 10 ➡**  
**American Trails Website Contest is on page 30 ➡**

### Mission Statement of American Trails

American Trails is pursuing a national infrastructure of trails and greenways that serves a full range of activities. Through education, partnerships, and timely information resources, we promote the creation, conservation and broad enjoyment of quality trails and greenways that offer places of solace, health, fitness, recreation and transportation for all Americans.

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## Need training? Have classes you want to publicize?

## States plan 2005 trail conferences

***For contact information and details on statewide trail conferences and many more events, check the NTTP Online Training Calendar at [www.NTTP.net](http://www.NTTP.net).***

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## Marshall University OHV recreation course is online

**Registration begins April 4, 2005. See admission and enrollment info at [www.marshall.edu/muonline](http://www.marshall.edu/muonline).**

## Online calendar of training

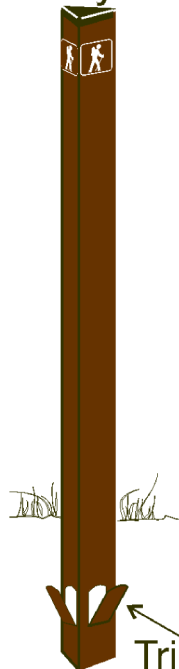
**Call American Trails at (530) 547-2060 or email [NTTP@AmericanTrails.org](mailto:NTTP@AmericanTrails.org).**





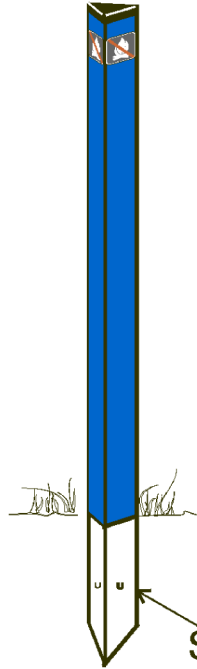
# Rhino TriView™ Recreation Marking System

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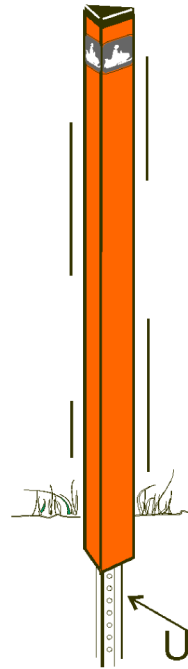
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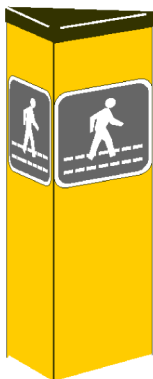
Slide It



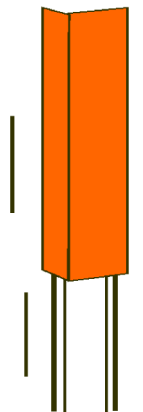
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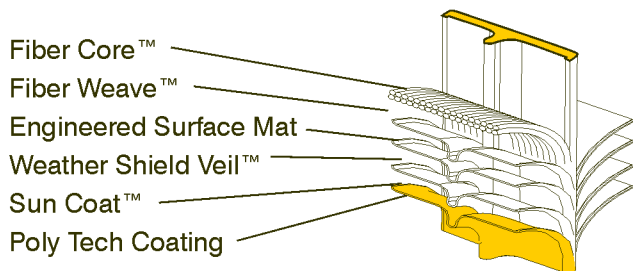
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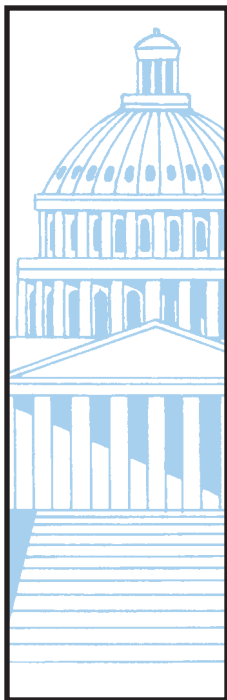
The Rhino 1-Rail™ reinforcing rib and driving ridges makes it rigid enough to be installed easily in most soil conditions.



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# Outlook for Congress in 2005:



## A national agenda for parks and recreation

**By Rich Dolesh, National Recreation and Park Association**

**T**his year, critical national priorities for parks and recreation are at risk. Your informed advocacy on Capitol Hill is essential to convince legislators of the value and importance of trails, parks and recreation in your community, your state, and the nation. Together, we can ensure that an appropriate level of federal funding for state and local park and recreation needs is preserved. Together, we can encourage our representatives to enact legislation to ensure our legacy of public parks, open spaces, and recreation opportunities for all Americans.

### Reauthorizing the Transportation Act

The Transportation Equity Act for the 21st Century (TEA-21) expired on September 30, 2003, but has been extended five times since that date. When the 108th Congress adjourned in December, the House, Senate, and administration were gridlocked over an acceptable cost for the bill.

The Administration has taken a position to support a six year bill with \$284 billion in funding sponsored by the House (TEA-LU). House leadership believes the White House may agree to a total spending limit of nearly \$300 billion, with \$286 billion in new spending authority. This would leave most special programs such as the Recreational Trails Program intact *[see the article on the facing page]*.

Mark up before the House Transportation & Infrastructure Committee should take place during March, with the measure coming to the floor prior to the pre-Easter District work period.

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### NRPA's top legislative priorities for parks and trails in 2005

- Full reauthorization of the Federal Surface Transportation Program (including TEA)
- Sufficient reliable funding for land conservation and capital investments in public parks and recreation
- Passage of a comprehensive health and anti-obesity bill, as well as related health legislation that ensures eligibility of park and recreation agencies

### Land and Water Conservation Fund

The President's FY 2006 budget proposal for the Department of the Interior recommends that the LWCF State and local assistance program be terminated. NRPA supports an appropriation of \$100 million for FY 2006 from the U. S. Treasury account created for this purpose.

NRPA wants Congress to know that grants made to the States are matched dollar for dollar; the LWCF conserved almost 90,000 acres of land last year; 87 new parks were built; new recreation opportunities were created in hundreds of communities across the nation last year alone. In the 40 year life of the LWCF, nearly 40,000 local and state projects have been completed giving people the opportunity to hike, fish, hunt, bike, ski, swim, bird, skate, play, and get active and healthy.

### RTCA Program

The Rivers and Trails Conservation Assistance Program of the National Park Service is a technical assistance program that provides planning assistance and support to local, regional, and State governments that are planning and developing trail systems, blueway and greenway corridors, and other innovative conservation and recreation projects.

NRPA supports a funding level of \$13 million for this program and expansion of the technical assistance services of the National Park Service.

**Visit [www.AmericanTrails.org](http://www.AmericanTrails.org) for news and articles on Federal funding programs. Click on the "News & Alerts" icon at the top of the home page, and also go to the "Select a Topic" pull-down menu and pick "Federal Funding."**



# Bills affecting trails and parks

## Recreation and health

The National Recreation and Park Association believes that a physically active lifestyle through recreation will contribute to reducing obesity and improving health for millions of Americans. NRPA believes that public parks and recreation facilities offer low-cost opportunities for people of every age, ability, and income level to increase their daily amount of physical activity. One bill which addresses the issue is:

### Healthy Lifestyle and Prevention (HeLP) America Act of 2005

Introduced by Sen. Tom Harkin (D-IA) to reorient the nation's health care system towards prevention, wellness, and self-care. Sen. Harkin may split the bill into separate pieces of legislation this session. NRPA advocates for provisions that all local governments, including parks and recreation agencies be eligible for the competitive grants outlined in the bill.

NRPA is advocating for a parks and recreation component in several other bills which address various aspects of health, as well as appropriations for agency programs.

**See details of the legislative issues at [www.nrpa.org](http://www.nrpa.org). Visit [www.AmericanTrails.org](http://www.AmericanTrails.org) for resources, programs, articles, and advocacy for making trails part of the health movement. Select "Health and Trails" from the "Select a Topic" pull-down menu.**

## Recreational Trails Program funding would increase

Currently the Recreational Trails Program (RTP) provides \$50 million annually to the States to develop and maintain recreational trails and trail-related facilities for motorized and nonmotorized recreational trail uses. The RTP funds represent a portion of the motor fuel excise tax collected from nonhighway recreational fuel use.

The House bill for TEA reauthorization is HR 3 (TEA-LU). The RTP program amendments are in Section 1117 and the following funding levels in Section 1101:

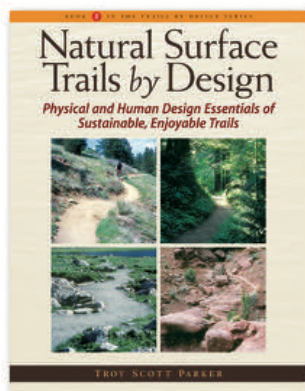
2004	\$ 53,000,000
2005	\$ 70,000,000
2006	\$ 80,000,000
2007	\$ 90,000,000
2208	\$ 100,000,000
2009	\$ 110,000,000

The Coalition for Recreational Trails, a partnership among national groups representing the full spectrum of trails and outdoor recreation interests, supports higher levels of funding for the program. RTP funds hundreds of projects each year, many of which involve volunteers and youth corps, including backcountry as well as urban trails.

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## Art has positive impacts on trails and greenways

# Winners of 2004 Photo Contest for

## Great photos of National Recreation Trails highlighted

**O**ur annual Photo Contest for National Recreation Trails presents awards in various categories to highlight the diversity of the NRTs, from backcountry trails to urban greenways. We thank the National Park Service and USDA Forest Service for their enthusiastic support of the contest, which is sponsored by American Trails.

### TRAIL USE CATEGORY

- **HIKING AND WALKING** • Annapolis Rock Hiker Campground and Trail, in South Mountain State Park, Maryland • photo by Tammy McCorkle
- **EQUESTRIAN TRAILS** • Boundary Trail, Okanogan National Forest, Washington • photo by Pam Van Den Broek
- **PADDLING AND WATER TRAILS** • North Shore section of the Three Rivers Heritage Trail segment of the Great Allegheny Passage, Pennsylvania • photo by Mary Shaw



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**Colorado's Mineral Belt National Recreation Trail**

- **BICYCLING** • Mineral Belt National Recreation Trail, Leadville, Colorado • photo by Howard Tritz
- **OFF-HIGHWAY VEHICLE RIDING** • Hatfield-McCoy Trail System, West Virginia • photo by David Fattaleh
- **SNOWMOBILING** • Lake Wobegon Trail in Stearns County, Minnesota • photo by Chuck Wocken
- **SKIING, SNOWSHOEING, AND DOGSLEDDING** • Houtzdale Line National Recreation Trail, Allegheny Plateau of Pennsylvania • photo by Charlie Maier

### TRAIL MANAGEMENT

- **TRAIL SHARING** • The Lake Wobegon Trail in Stearns County, Minnesota • photo by Chuck Wocken
- **TRAIL WORK** • Mount Charleston National Recreation Trail, Humboldt-Toiyabe National Forest, Nevada • photo by Annice Ellis

**Historic steel mill stacks on the Steel Valley Trail**





# National Recreation Trails



- EDUCATION AND YOUTH CORPS • Sarah Zigler National Recreation Trail, Jacksonville, Oregon • photo by Larry Smith
- VOLUNTEERS • American Tobacco Trail, North Carolina • photo from the Triangle Rails-to-Trails Conservancy
- HEALTH AND FITNESS • Mineral Belt National Recreation Trail, Leadville, Colorado • photo by Howard Tritz

## TRAIL FEATURES

- RAIL AND CANAL TRAILS • Cross Vermont Trail near Wells River, Vermont • photo submitted by Jennifer Waite
- HISTORIC FEATURES • Steel Valley Trail connects Pittsburgh to McKeesport, Pennsylvania • photo by Mary Shaw
- SCENERY AND NATURAL FEATURES • Ruby Crest National Recreation Trail, Nevada • photo by David Ashby
- WILDLIFE AND HABITAT • Deer Mountain National Recreation Trail, Tongass National Forest, Alaska • photo by Buck Willoughby
- ARTS AND INTERPRETATION • Three Rivers Heritage Trail segment of the Great Allegheny Passage • photo by Mary Shaw
- INNOVATIVE FACILITIES • Allegheny River Trail and East Sandy Trail connection, Pennsylvania • photo by Mary Shaw

Visit [www.AmericanTrails.org](http://www.AmericanTrails.org) and in the "What's Hot" section click on the link to the National Recreation Trails Photo Contest to see all 180 entries and winning photos in living color.

**Deer Mountain National Recreation Trail, Tongass National Forest, Alaska**



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SPRING 2005



# Quality and the Quest



## Champions fight the good fight in quest for trails

By Robert Searns, Vice Chair,  
American Trails Board of Directors

Every two years, American Trails has the privilege, honor, and yes, the chore to review outstanding projects that further our common mission: *the creation of a national infrastructure of QUALITY trails and greenways— accessible to all Americans— that offer places of solace, health, fitness, conservation, recreation, and transportation.*

This year we reviewed many outstanding submittals and this past fall, at the 2004 National Trails Symposium in Austin, Texas, we recognized those individuals and projects that, in the opinion of the selection committee, excelled.

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**One important quality of trail and greenway champions is their sense of the quest.**

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Indeed, all of the submittals we received were impressive, and it was difficult to choose those who received special recognition with an American Trails award. Having to narrow the field of the submittals in the selection process was the chore part— difficult to let any of them go.

The awards process got me thinking about the commonalities of successful trail endeavors. What can we learn— not only from what the winners have accomplished— but also from these and many other successes? Here are a few considerations:

### You need a Champion

Most champions share common characteristics, Lance Armstrong, Muhammad Ali, the Williams Sisters, the Red Sox, even the “Biggest Loser” of *The Apprentice* “reality” TV show. They all have a vision, they all have a goal, they stay focused, they believe in themselves (“I am the greatest!”) and, yes, they have talent. Don’t let the talent part intimidate you because each of us indeed has a talent, though for some it remains permanently hidden.

For others the quest, the challenge or the adversity brings out the talent. Once a champion finds his goal, he or she is undaunted. Henry Ford put it this way: “if you think you can, if you think you can’t... you’re right!”

Ann Lusk was a champion when she pushed for a bike/pedestrian trail near Stowe, VT. At the time such a thing was virtually unheard of. Now it’s a must-have for any ski resort community. Trail activity now equals or exceeds ski activity in many resort areas. Developers of new communities are following the same trend— going beyond just providing the golf course.

Missouri Congresswoman **Karen McCarthy** was a champion when she fought for and succeeded in helping to get the Katy Trail built across Missouri, the nation’s grandest rail trail and the prototype for a national system of trails and greenways. The East Coast Greenway, the Continental Divide Trail, and the Pacific Crest Trail receive inspiration from Missouri’s accomplishment.

Texas Congressman **Lloyd Doggett** has been a champion with his unflappable commitment to trails and support of the Transportation Enhancement Program nationally and his support for making Austin a leader in trails.

**Peter Axelson** is a champion as he breaks new ground each day in the technology of making outdoor recreation accessible to everyone, including people in wheelchairs and with other challenges.

**Dave and Phebe Novic** are champions. They envision a worldwide network of long distance walking trails crossing nations and continents modeled after the European system where you can walk from village to village, then stay in a local inn and eat and drink with impunity because all the calories have been burned walking 15 or so miles that day.

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**The key is to not lose sight of the vision, and then not be deterred, discouraged, or intimidated.**

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In a small town near Denver, **Lew Steighorst** was a champion. At age 75, he decided to take another look at the creek through town. For many decades the creek was inaccessible, tightly confined by the backs of gas stations, dumpsters, and other obstructions. The biggest impediment, though, was the anxiety and animosity of some of its residents. There were feuds in the town— some between folks in their 70s and 80s that had been going on since high school. It was often hard to reach agreements and to get things accomplished— let alone build a new trail and greenway through the heart of town.



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# Taking the vision and making it real:

Lew had a vision, though— of a trail along the creek— a seemingly impossible task given both the physical and political obstacles. He set his sights, helped secure more than \$ 2 million in outside grants, helped negotiate rights-of-way from skeptical land owners, and now the trail is nearly complete all the way through town. Thousands bicycle and stroll along the cleaned-up and beautified corridor. Lew has since passed, but his legacy remains.

These are but a few examples. There are many other champions out there across America. The point is that they, and you, share these commonalities of vision and mission.

## Just Put Some Paxil in Their Water (Compulsive Behavior vs. A Quest)

One important quality of trail and greenway champions is their sense of the quest. Successful trail champions are persistent and they persevere. It is also interesting to note that the notion of the quest is inherent in every trail experience. Trails and greenways lead to a destination— a pathway to something. More importantly, it is choosing a route and following it through a series of experiences and sometimes a gauntlet of challenges to its destination— all the while taking pleasure in the process.

Trail champions blaze trails. It is goal-oriented behavior. But, here is the secret. This is very important. The quest is not to be confused with obsession. Compulsive behavior is rigid and inflexible. To the fear-driven individual, the end is everything and there is no room for compromise or adjustment.

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***The quest is not to be confused  
with obsession. Compulsive behavior  
is rigid and inflexible.***

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Bottom line: there may be many paths to your goal. The key is not to lose sight of the vision and then not be deterred, discouraged, or intimidated. To quote Mick Jagger: “Don’t you panic, don’t you panic. Give it one more try! Just keep on trying.” Put another way, the journey is better than the arrival anyway, so stay the course. Trail champions and trail users understand this.

I was at a dinner party once and a woman asked me what I did for a living. Not having a label like salesman, lawyer, or doctor, I told her that I “do” greenways and trails. “Oh,” she said, “so you are a landscape architect.” “No, but I work with them.” “So, you are an engineer.” “Well no, but I work with them too.” Not having formal training in these areas, it was difficult to explain what I do.

As I struggled to explain, she cut in and said “Oh, you are a “pathologist!” “Perfect!” I thought, though I might get in trouble with the State Medical Board for using that moniker on my resume. But the point is that we are all “pathologists.” We are trying to find the most logical— and righteous— ways to build pathways.

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***The vision is everything. Successful  
trail champions always have a vision.***


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## Visualize and Wag the Dog

The vision is everything. Successful trail champions always have a vision. They might wake up with it one morning. Maybe, think it up while walking on a trail. Sometimes it springs forth from adversity or thinking through how to address a community problem. Often the source is all of these.


But the vision is the genesis—but only the start. The next step is to make the vision comprehensible and communicate that vision to others so you can build a constituency and garner support.



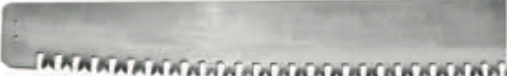
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# Trail Champions

## Champions never accept that it can't be done

They are willing enough, creative enough, and sometimes crazy enough, to pursue the concept even though it may mean a total paradigm shift for the larger community. Don't be afraid to "wag the dog." Don't let anyone tell you it can't work or it can't be done if you logically believe it can be.

Littleton's Platte River Floodplain Park, now a major element in Denver's 450-mile trail and greenway system, is a perfect example. In 1968, Army Corps of Engineers wanted to channelize the Platte River upstream of Denver in a hard, unnatural trapezoidal channel to convey floodwater. The folks in Littleton said "Why not take the money you would use to channelize and just buy and preserve the natural floodplain?" The Corps said we don't have a provision for this. The developers said we would lose valuable development land. It was 1968 and folks just didn't do that sort of thing. The champions in Littleton were undaunted. They made a "federal case of it." They contacted their congressional delegation and an Act of Congress was passed requiring the Corps to consider the "non-structural" alternative, changing the way things are now done nationwide, and getting them their floodplain park.



## Is it Righteous?

Righteousness is another quality of successful champions. These are people who also have in mind the community good—

especially those who donate their time and their energy and who go out on a limb to do the right thing. The righteousness test asks if the trail will better a community— not adversely impact wildlife or neighborhoods or business. The question a righteous trail champion asks is: "Did we leave it better than we found it?"

***Don't let anyone tell you it can't work or it can't be done if you logically believe it can be.***

## Place a bet on 00 Green! Luck vs. Serendipity

Finally, here is a quality that may lie beyond what a trail champion can control— serendipity, or maybe just dumb luck. Currently, I am working with two colleagues— **Chuck Flink** (former American Trails Chairman) and **Jack Zunino** (a talented Las Vegas landscape architect) on an open space and trails plan for Las Vegas. We call the vision Vias Verdes— a scenic beltway and trail loop around the city with spokes into the neighborhoods. It reflects the ideas and visions we heard from the trail and open space champions in Las Vegas who wanted to build a quality of life and special character for the city. Hopefully they will succeed in their quest to create a legacy for that fast growing community so it will emerge as one of North America's great cities.

At night, after the planning work is done in Las Vegas, I sometimes play poker. It's relaxing and I get to hang out with some of the locals and old timers who come in to play. The bets are small, so it's a friendly game and the local players are not shy about telling you that you did something stupid when you bet a hand wrong. Point is, that if you play the cards you are dealt right, you can survive and even prevail.

This seems to be true in trail and greenway endeavors. If you have an exciting vision, a logical plan of action, a quality, righteous project, the Karmic forces seem to often— not always, but often— come together to make it happen. The forces converge and the project happens. I've seen this occur over and over again. And unlike Texas Hold'em, it is more than a lucky streak— it is a project well done!

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# On the trail: NYC's biggest art project

## “Gates” golden ribbon lines Central Park trails in NYC

By Jeff Olson, R.A., Alta Planning

In a monumental work of public art, the artists Christo and Jean-Claude have installed thousands of steel and fabric gates along 23 miles of pathways in New York's Central Park. I don't know what Frederick Law Olmsted would have thought of this, and I'm not even sure what I think of it, but the saffron orange landscape sculpture is spectacular.

Enormous crowds filled the park this weekend, and it was inspiring to see tens of thousands of people outdoors on a winter day — all inspired by public art. The steel and fabric gates are individually simple but collectively complex. Sun, wind, and people created a constantly changing sequence of views.

People walked, biked, skated, and jogged. They pushed strollers, used wheelchairs, and rode horses and carriages, pedal taxis, and trolley buses. They didn't drive because the city no longer allows cars on most roads in the park. Even a snowstorm on Monday added to the imagery, creating an otherworldly early morning scene of orange, gray and white. It seemed as if for a brief moment, everybody was an amateur photographer.

The Gates will only be in Central Park for two short weeks, but this will be a lasting example of the role that public parks, public trails, and public art can play in making people healthy and happy.

**Photos by Barbara and Hank Schaller. See more photos of the Gates at [www.AmericanTrails.org](http://www.AmericanTrails.org).**





## Celebrating trails and greenways



## Trail of Lights Festival shines on Austin's pathways

The Trail of Lights Festival is an annual Austin holiday tradition and celebration held in Zilker Metropolitan Park. Though the festival began as a drive-through event it was changed to a pedestrian event in 1998.

A 5K run is held as a preview event through the mile long display which is lighted for the first time during the run. Each year a parade opens the Trail of Lights on the second Sunday of December and runs through the 23rd. In 2003, the Trail of Lights hosted over 364,721 visitors, lit over 1 million lights, and ran with the help of over 2,500 volunteers.

**For more on the Trail of Lights: [www.ci.austin.tx.us/tol](http://www.ci.austin.tx.us/tol)**  
**Trail of Lights photos by Victor Ovalle**



## Frisco Highline Trail lights up

Ozark Greenways has been working on the 35-mile Frisco Highline Trail for several years. New trailhead improvements in Willard, Missouri were the catalyst for a new Christmas holiday light show. The many lighted displays at the trailhead attract crowds, create interest in the trail, and provide an opportunity for local businesses to extend their hours on the night of the event.

To read the full article at [www.AmericanTrails.org](http://www.AmericanTrails.org)  
select “Advocacy” from the “Select a topic” menu



# National Trails Day is June 4, 2005

National Trails Day brings greater awareness to trails, along with their many benefits and pleasures. It's a wonderful opportunity to introduce people to trails. The theme "Take the Path to a Healthier You" relates trail activities to improved health.

**National Trails Day is sponsored by the American Hiking Society. See [www.americanhiking.org/events/ntd/](http://www.americanhiking.org/events/ntd/)**



**June 4, 2005**

## Great Outdoors Month celebrates our natural wealth

**J**une 2005, the second Great Outdoors Month, will focus on recreation as a catalyst for physical activity to improve health, the 100th anniversary of the USDA Forest Service, and our tradition of volunteerism in the outdoors with events nationwide.

Learn more about Great  
Outdoors Month at [www.greatoutdoorsmonth.com](http://www.greatoutdoorsmonth.com)





# National Trails Symposium

Watch for information at [www.AmericanTrails.org](http://www.AmericanTrails.org)



## Where are the Quad Cities?

The Quad Cities area is located right on the Mississippi River and is made up of the cities of Davenport and Bettendorf, Iowa; Rock Island and Moline/East Moline in Illinois; and surrounding communities.

The Quad Cities region is midway between Chicago, Illinois, and Des Moines, Iowa on Interstate 80 which goes from coast to coast. The area is also a short drive from other major metropolitan areas in the Midwest on Interstates 74 and 88, as well as several major federal routes and state highways.

Arriving by air is a breeze. The Quad City International Airport (MLI) in Moline, Illinois offers daily flights to Orlando, Chicago, Denver, Minneapolis, Memphis, Detroit, Atlanta and Cincinnati on AirTran, United, Northwest, Delta



**RiverWay Trail with the I-74 bridge over the river**

and their regional partners. See details at [www.qcairport.com](http://www.qcairport.com). The Quad Cities has a highly developed riverfront trail system that connects the region. These connections have resulted from partnering to cross the physical barrier of one of the world's greatest rivers and to cross the political boundaries of scores of governmental units.

The Quad Cities is at the crossroads of the American Discovery Trail, the Mississippi River Trail, Great River Trail, Grand Illinois Trail, and Hennepin Canal Trail.

**Look for more information in the coming months at [www.AmericanTrails.org](http://www.AmericanTrails.org).**

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# Quad Cities in 2006

## Facts about the Quad Cities

**T**he Quad Cities is on both sides of the Mississippi River in **Iowa and Illinois**.

Unlike any other place along the **Mississippi River**, the Quad Cities is the only section where the river runs east to west for about 14 miles.

**John Deere** moved to Moline in the late 1800s to take advantage of the river to build his factories. Deere & Company world headquarters are still here.

The river's narrow channel made it a prime location to build the **first railroad bridge**, now the Government Bridge, which crossed the Mississippi River in 1856.

The Quad Cities has **miles and miles of trails** on both sides of the river to explore.

Abraham Lincoln and Jefferson Davis met for the first and possibly only time on a farm in Milan, IL, (just outside the metro Quad Cities) during the Black Hawk War.

**Ronald Reagan** began his career at WOC, the first radio station west of the Mississippi River.

In the 1920s **Al Capone** came to the Quad Cities from Chicago. He wanted to move in on the Quad Cities and take over its underworld, but local vice lord John Looney refused to release his control.

**Walt Disney** applied for his first job at the Victor Animatograph Corp. in Davenport, Iowa. They didn't hire him.



*Trail along the Mississippi River in Moline, Illinois*

**For more information on the Quad Cities of Iowa and Illinois, visit [www.visitquadcities.com](http://www.visitquadcities.com). We'll be providing more on the National Trails Symposium at [www.AmericanTrails.org](http://www.AmericanTrails.org).**



## Attend the 2006 National Trails Symposium in the Quad Cities

Located right on the mighty Mississippi River, the Quad Cities is made up of the riverfront cities of Davenport and Bettendorf in Iowa, and Moline/East Moline and Rock Island in Illinois.

We'll exceed your expectations with outstanding riverfront and inner city trails. Discover the Mississippi River Trail, Great River Trail, Grand Illinois Trail and the American Discovery Trail. These are just a few of the many trails within the Quad Cities region!

The Quad Cities is easily accessible via Interstate 80, 88, 74 and several major state highways. Air transportation is available through the Quad Cities International Airport (MLI), which offers over 70 flights daily to and from 10 business and leisure destinations.

**Quad Cities Convention and Visitors Bureau**

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# National Trails Awards 2004

For details on the award winners visit [www.AmericanTrails.org](http://www.AmericanTrails.org) and click on the **National Trails Awards link**

➔continued from page 1

**T**he National Trails Awards Program is one way American Trails recognizes exemplary people who are working to create a national system of trails that meets the recreation, health, and travel needs of all Americans. The awards were presented October 23, 2004 at the National Trails Symposium in Austin, Texas.

## ★ TRAILS FOR HEALTH AWARD: Jane Lambert

As Program Manager of the Alliance for Cardiovascular Health in Utah, Jane is committed to improving access to trails and promoting their use and importance for increasing physical activity. Her efforts include the **UTAH WALKS Mile Tracker Program** and the **Gold Medal Mile Program**, which have made residents familiar with their local trails and added support to advocacy groups who were planning more trails.

## ★ TRAILS AND THE ARTS AWARD: Connecticut Impressionist Art Trail

This joint effort of Connecticut Impressionist Art Trail, the Connecticut Commission on the Arts, and the Connecticut Department of Environmental Protection, consists of outdoor exhibits featuring reproductions of American Impressionist paintings in the setting where the artist actually worked. The museums encourage patrons to get out to the parks and trails to experience first hand the natural beauty that inspired so many artists and conversely, the viewpoints urge outdoor enthusiasts to explore the state's wealth of artistic treasures.



**A trail along the Hudson River Valley Greenway**

## ★ TRAILS PUBLIC SERVICE AWARD: Tom Gilbert

Tom has demonstrated consistent and significant support for trail planning, design, and implementation in public service. During his 30 years as the administrator of these trails, he produced reports on the National Trails System Act that influence federal practice to this day. Tom has spent his entire career building the National Trails System and without his influence, guidance, and wisdom, our National Trails System would be very different today.

## ★ PARTNERSHIP AWARD: Hudson River Valley Greenway

The Hudson River Valley Greenway Trail

Vision Plan was developed through partnerships with key public and private state, local, and regional agencies. Regional planning and trail development is often difficult in New York State, which has a strong tradition of home rule, making inter-municipal cooperation and regional planning difficult. Today, out of the 259 eligible communities, 216 are currently participating in the Greenway program. The Hudson River Valley Greenway worked toward these partnerships with the overall goal of developing a plan that would provide about 1,000 miles of hiking opportunities.

## ★ OUTSTANDING MEDIA AWARD: Barbara Krebs and Joli Harrington, York County, PA

Joli Harrington is with the *York Daily Record* and Barbara Krebs is with the *York Dispatch*. Both writers ensure that the readers of these papers have precise information on timetables for development of trails, updates for grant awards, and the latest information on public trail events.

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# National Trails Awards 2004

For details on the award winners visit [www.AmericanTrails.org](http://www.AmericanTrails.org) and click on the National Trails Awards link

## ★ PLANNING/DESIGN AWARD: Hall Bargainer Inc.

When Williamson County, Texas, received a 100-acre park-land donation along the Brushy Creek, it contracted with Hall Bargainer Inc. to deal with multiple agencies, building a trail in an active flow area of a regional drainage corridor, and designing a way that the many cultural and historical features of the trail could be visually but not physically accessed.

## ★ CORPORATE AWARD: Vanasse Hangen Brustlin Inc.

Vanasse Hangen Brustlin Inc., for demonstrating significant, sustained and exemplary service to trail design, planning and implementation. The 25 year old corporation has long been a supporter of trails in America, in the planning, design, and implementation of bicycle, pedestrian, and equestrian routes, and walkable communities.

## ★ STATE-OF-THE-ART TECHNOLOGY AWARD: The City of Austin

City of Austin for their use of multiple technologies including GPS, GIS, print and Internet to increase efficiency in trail design, development, or maintenance throughout the city of Austin. This system of information gathering, assessment, and delivery allows for better trail maps for the City's trail system as well as more effective advocacy for potential projects.



**A new bridge on the Junction & Breakwater Trail.**

## ★ OUTSTANDING TRAIL SHARING AWARD: Jefferson County Open Space, Colorado

These successful trail sharing efforts have support from businesses and volunteers. The Park Patroller Program has over 80 volunteers who have been trained to help enforce park regulations, provide education on trail sharing and trail user courtesy, and engage in multi-use conflict resolution. The Bike Right Program is an educational effort specifically designed to reach the mountain biking community.



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# National Trails Awards 2004

For details of all the award winners visit [www.AmericanTrails.org](http://www.AmericanTrails.org) and click on the National Trails Awards link

## State Trail Advocacy Awards

This award is for trail advocates who have demonstrated successful efforts to influence public policy on trail planning, trail protection, trail development, or maintenance.

- ★ ALASKA: Jodi Simpson
- ★ ARIZONA: Bob Skaggs
- ★ COLORADO: Jack Welch
- ★ DELAWARE: Friends of White Clay Creek State Park
- ★ DISTRICT OF COLUMBIA: Joceyln Mason
- ★ FLORIDA: Jena Brooks
- ★ HAWAII: Sue Guille
- ★ ILLINOIS: Dick Westfall
- ★ INDIANA: Kevin Heber
- ★ IOWA: Gerry Rowland
- ★ MINNESOTA: Minnesota Parks and Trails Council
- ★ MISSOURI: John Donjoian
- ★ MONTANA: John Favro
- ★ NEVADA: Jay Howard
- ★ NEW HAMPSHIRE: Sally Tomlinson
- ★ NEW MEXICO: Tom Springer
- ★ NORTH CAROLINA: Roanoke River Partners
- ★ OKLAHOMA: Keith Coleman
- ★ OREGON: Jerry Davis
- ★ PENNSYLVANIA: Vincent Visoskas
- ★ RHODE ISLAND: Michael Creasy
- ★ SOUTH DAKOTA: Todd Wilkinson
- ★ TEXAS: Jeanne Patterson
- ★ TEXAS: Joe Moore
- ★ UTAH: David Olsen
- ★ VERMONT: David Hooke
- ★ VERMONT: Hans Jenny

## State Trail Worker Awards

For trail enthusiasts who have made outstanding contributions and provided consistent support for trail planning, development, or maintenance. This award recognizes the commitment and efforts of individuals working for trail recreation in their local area or state.

- ★ ALASKA: Eric Clarke
- ★ ALASKA: Austin Helmers
- ★ ARIZONA: Merle Parmer
- ★ COLORADO: Greg Beery
- ★ DELAWARE: Thomas "Chip" Kneavel
- ★ FLORIDA: Kraig McLane
- ★ HAWAII: Ben Furtado
- ★ IDAHO: Madonna Lengerich
- ★ IOWA: Ruth Izer
- ★ KANSAS: Phil Sheridan
- ★ MARYLAND: Roy Musselwhite, Jr.
- ★ MINNESOTA: Len Hardy
- ★ MISSOURI: Dan Clinkinbeard
- ★ MISSOURI: Craig Stoeltzing
- ★ MONTANA: Doug Wicks
- ★ NEVADA: Charlie Smith
- ★ NEW HAMPSHIRE: Sally Tomlinson
- ★ NORTH CAROLINA: Thad Howard
- ★ NORTH DAKOTA: Stephen Mullally
- ★ OHIO: Edward F. Honton
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- ★ SOUTH DAKOTA: Mike Cody
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- PBS & J
- Specialty Vehicle Institute of America
- St. Charles Co. Parks & Rec.
- Steadfast Bridge Company
- Sutter Equipment Company
- Texas Trails Network
- The Unturned Stone, Inc.
- Trail Facts - A Service of Interactive Marketing Solutions
- USDA Forest Service, Eastern Region
- Verde Valley Horsemen's Cncl.
- Wenk Associates
- Wisconsin Dept. of Natural Resources

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- Alabama Trails Association, Inc.
- Alta Planning & Design
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- American Volkssport Association
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- California Travel Parks Assn.
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- Headwaters Trails Alliance
- Hudson River Valley Greenway
- Idaho Trails Council

- Indiana Horse Council, Inc.
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- Iowa Natural Heritage Foundation
- Iowa Trails Council
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- Lady Bird Johnson Wildflower Center
- Lubbock Lake Landmark
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- Mesa Design Group
- Methow Valley Sport Trails Assn.
- Michigan Horse Council
- Midpeninsula Regional
- Mississippi River Trail
- In Memory of Charles Moore
- NOHVCC
- NPS-Bandelier, New Mexico
- NW OH RTC Assn.
- Nat'l Assoc. of Service and Conservation Corps
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- Power Of Prevention
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- Santa Monica Mountains Trails Council
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- Wilderness Inquiry
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- Yavapai Trails Assn.

# Trail Research



## What do we have, where is it, what is missing?

**By John Pugh and Roger Moore  
North Carolina State University**

**T**rails and greenways provide a myriad of benefits to both individual users and society as a whole. Each year thousands of volunteers build and maintain trails, and millions of others enjoy using our trail and greenway system. Researchers study various aspects of trail and greenway use and users to provide information to managers and agencies. Given limited resources, research is most effective when carefully targeted and coordinated.

With this in mind, trail managers, users, and researchers met at the 2004 National Trails Symposium for a session entitled “Research: What do we have, Where is it, What is missing?”

Over 60 people discussed the future of trail research and what research topics should be addressed. The purpose of the session was to give an overview of current research, provide resources for accessing existing research, and look to the future needs for trail research. Session participants were a mix of trail researchers, practitioners, and trail advocates.

Roger Moore began the session with an overview of the major areas of trail research. Hugh Morris gave specifics on the research that is currently being conducted by the Rails-to-Trails Conservancy, and John Pugh delivered a presentation on accessing and managing the available information. Stuart Macdonald moderated a group discussion on what is most needed for future trail research.

The open discussion of future research needs generated a large number of suggested topics for study.

The 53 suggestions were recorded and later categorized. The five categories and number of responses in each area follow, and are then briefly discussed.

- Physical Issues of Trails (14)
- Methodology Issues (16)
- Trail Users (13)
- Benefits of Trails and Trail Use (8)
- Others (2)



### Physical Issues of Trails

This category dealt primarily with on-the-ground issues involving trails. Responses in this category included trail maintenance issues and costs, GIS information (gathering and sharing), design and construction guidelines, and ecological impacts of linear corridors. Additional issues are related to measuring the interconnectivity of trails to other uses, and the effects of trail use and density on wildlife.

### Methodology Issues

These comments centered on the measurement of trail use and the standardization of national research standards related to trail use. This “Gold Standard”

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# Research Topics and Issues

of methodology was sought to help bolster the reliability of use measurements and possibly provide better access to research funding.

Associated with this were quality measurement, defining measurable units, and the prediction of trail usage. Determining the functions of trail use (e.g., recreation and transportation) and the measurable health outcomes of trail use was also discussed at length.

## Trail Users

This category included responses related to trail users themselves. The reality of conflict vs. perceptions of different user groups and the influence of security/law enforcement and trail education on user behaviors were discussed. Tourism issues (marketing, point of origin studies, expenditures, etc.) and consumer trends with trails were a major topic of interest.

Another topic was trail use by different generations of groups, possible conflict between generations, and the possibility of divergent usage by these groups. More research on diversity issues (ethnic/racial) among trail users was also suggested.

## Benefits of Trails and Trail Use

These suggestions related to the benefits of trails and trail use. Many of these comments and concerns echoed the methodology concerns with regard to developing more valid and reliable measurements. Measuring the many benefits of trails (economic, ecological, and otherwise) could help in making the case for sustainable trail development.

In particular, measuring the health benefits (mental, spiritual, physical, intellectual, etc.) was seen as an important emerging issue in the trail community. Safety of trails compared to bike lanes and routes was also seen as a potential area of study.

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# Ideas and Resources for Research

## Other Research in this Area

Dr. Michael Schuett conducted a study in 2001 that suggested these top ten research needs related to trails. See Schuett, M. A., Seister, Patricia. (2001). "Trails Research: Where do we go from here?" In *Proceedings of the 2001 Northeastern Recreation Research Symposium*, 333-335.

- Values of the trail to the community.
- Economic impacts of a trail to local communities and adjacent landholders.
- Trail usage and demand on local, state, regional, and national levels.
- Affect of educational/informational programs on reducing user conflicts on multiple-use trails.
- Impacts of trail design, type, and use on natural resources (flora, fauna, and environment).
- Assessment on adjacent property owners' perceptions of a trail.
- Impacts of multiple uses on trail user experiences.
- Volunteer groups' trail maintenance and monitoring programs.
- Health and quality of life impacts on trail users.
- Implications of permitting additional forms of trail use (equestrian, trail bikes, etc.)

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## Where Do We Go from Here?

This session resulted in a number of salient issues to be considered for further research. Getting researchers, trail advocates, and potential funding sources together to focus on the most pressing research issues is vitally important to advance our trail networks and the many benefits they produce.

We welcome any input on ideas for research, but we would especially like to hear from anyone doing research in the field of trails and greenways. We also are eager to make your work available on our website at [www.AmericanTrails.org](http://www.AmericanTrails.org). If you have a study, paper, thesis, or other material you'd like to see on the Internet, contact Stuart Macdonald, webmaster, at [mactrail@aol.com](mailto:mactrail@aol.com) or (720) 308-0567.

## Existing Sources of trail-related Research

Visit [www.AmericanTrails.org](http://www.AmericanTrails.org) to find links to these online resources. Select "Bibliographies" from the pull-down "Select a Topic" menu. Click on the "Resources & Library" icon at the top of any page for links to more studies and research on a variety of trails issues.

## Trail Databases

- American Trails Searchable Trails and Greenways Bibliography
- Trail Planning, Construction, and Maintenance database, University of Minnesota Forestry Library
- Greenways Archive, North Carolina State University
- Trails and Greenway Clearinghouse

## Email Newsgroups

- International Mountain Bicycling Association:  
<http://lists.topica.com/lists/imba>
- Trails and Greenways Clearinghouse:  
<http://groups.yahoo.com/group/trailsandgreenways/>

## Print Media

- *Journal of Leisure Research*
- *Journal of Park and Recreation Administration*
- *Leisure Sciences*
- *Parks and Recreation*

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(720) 308-0567 • [mactrail@aol.com](mailto:mactrail@aol.com)



# New at American Trails

## Tim Wegner is new Board Member

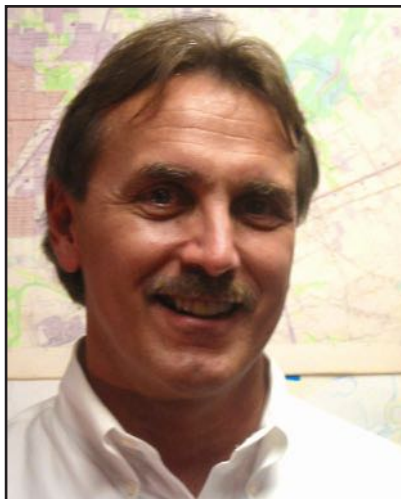
In joining the American Trails Board of Directors, Tim Wegner said, "American Trails represents a very broad and diverse range of trail users, and your efforts coincide with what my focus has become over the past few years. With the limited amount of land available in the Minneapolis Metro area I have realized the necessity to focus my advocacy efforts not only on skiers and mountain bikers but other human powered trails users as well."

Tim lives in the Minneapolis area and is the Southern Minnesota rep for the International Mountain Bicycling Association and also serves on the board of Minnesota Off Road Cyclists.



## Dr. John Collins joins American Trails Board

Dr. John Collins, Jr., is an Associate Professor at the University of North Texas in Denton where he teaches and does research in the field of Recreation, Park, and Leisure Services. John was also the Chair of the Program Committee for the recent National Trails Symposium in Austin. John is active with National Recreation and Park Association and is the President of the Texas Trails Network.



## American Trails Patron: T.E.A.M.S Enterprise Unit, USDA Forest Service

Our Forest Service employees provide trail planning and project implementation services to government agencies. T.E.A.M.S offers flexible, mobile services such as one resource specialist or a complete inter-disciplinary NEPA team. We provide optimal trail location reviews, GPS trail data inventories, GIS (geographic information system) maps, databases, interactive websites and Visual Nature Studio 3-D modeling and simulations for resource planning.



For example, T.E.A.M.S developed GIS maps, a database, and interactive website for the Pacific Crest National Scenic Trail (PCNST). This database allows stakeholders to share trail location and land acquisition information. PCNST presented their President's award to T.E.A.M.S in recognition of their "extraordinary achievement" of laying the groundwork for successful Optimal Trail Location Reviews and land acquisitions. For more information contact Tom Mainwaring at (303) 440-8067 (tmainwaring@fs.fed.us) or Bill Lyon at (559) 784-1500 ext.1152 (wlyon@fs.fed.us). Our website is at [www.fs.fed.us/teams](http://www.fs.fed.us/teams).

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# Universal Trail Assessment

## UTAP... it's not just for accessibility any more

**By Mike Passo, Board of Directors of American Trails**

**The Universal Trail Assessment Process (UTAP) has come into its own as a land management tool rather than simply an accessibility tool. In this expanded role, the UTAP program provides the country with a consistent way of looking at trails.**

UTAP gives land managers a common language by which they can communicate with the public and each other. It also reinforces the concepts of good trail design, and provides a vehicle by which trail managers can assess the effectiveness of that design on the users of the trail.

Many of you have heard of UTAP, but may not understand what it is. Beneficial Designs created and developed UTAP back in the mid 1990's. American Trails supports UTAP because it is the only objective trail assessment process that has proven accuracy and reliability. Land managers benefit from having accurate and reliable measurements that clearly describe the conditions on their trails. Accurate information about trail conditions enhances the safety and enjoyment of all trail users.

A lot has changed since the first training was done nine years ago. The concept of universal design for all users has grown in popularity and we now have proposed guidelines from the Access Board for accessible recreation trails, outdoor recreation access routes, and beach access routes. One of the most significant changes has been in the way that many agencies are using the UTAP tool.

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**Several states have started programs to train volunteers to conduct UTAP assessments throughout their state.**

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American Trails is in the process of surveying State Trail Administrators from all 50 states to determine the depth and breadth of understanding of the UTAP program. Of the land managers who are conducting UTAP assessments on a regular basis, nine out of ten indicate that their primary motivation for doing the assessments was for land management purposes rather than determining accessibility. For example, UTAP has been effectively used by state and local agencies to:

- Inventory and prioritize trail maintenance projects
- Determine trail project compliance with grant funding requirements
- Map trail systems
- Aid search and rescue operations



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# Providing Better Trail Data

Over the course of my conversations with State Trail Administrators, I have learned some excellent ideas about how American Trails can improve the usefulness of this tool. It has also become increasingly clear that there are misconceptions regarding UTAP. I would like to address a few of those misconceptions.



**Misconception #1:** *UTAP is primarily a trails accessibility tool and is irrelevant because my trails cannot meet the proposed accessibility standards.*

UTAP has much greater value than simply assessing trails that may be considered “accessible” to people with disabilities. The goal of a trail manager should be to make any given trail (including back country trails) as safe, user-friendly, and activity-appropriate as the environment will allow. For most users accessibility is more about information and knowledge than it is about gentle grades and paved trails. Every person is different, and therefore has different needs and desires. By providing each individual with accurate and consistent information about a trail, they can each make decisions for themselves whether an experience is accessible to them or not.

**Misconception #2:** *UTAP is a great thing to do some day, but there are higher priority issues that must be dealt with before my agency gets to that point.*

UTAP assessments need not be mutually exclusive of other important land management tasks. Land management agencies often have no problem sending out crews to conduct routine maintenance or map trails using GPS. Agencies using UTAP in the field have proven that a well-trained pair of people can conduct a UTAP assessment while these other activities are being conducted, with very little additional time or personnel. In the future, a **High Efficiency Trail Assessment Process** (HETAP) cart that requires only one person to operate will be available to make a UTAP assessment blend with many other trail management tasks.

**Misconception #3:** *UTAP requires a lot of people and a very long time to complete.*

Highly trained crews have conducted UTAP assessment at a rate of one mile an hour. Several states have combined UTAP with other land management tasks, and have started programs to train volunteers to conduct UTAP assessments throughout their state. There is a broad population of potential volunteers, such as retired people, students seeking school credit, scouts seeking service projects, and service organizations.

The Federal Highway Administration has long been a supporter of the Universal Trail Assessment Process, and through American Trails, FHWA provides funding to offer the UTAP workshop to State Trail Administrators or their designees. Additional training opportunities are being developed.

At the conclusion of the survey of State Trail Administrators, American Trails will publish a report of the findings that will include some of the excellent ideas put forward for improving the usefulness of the UTAP program and exactly how American Trails will implement those ideas.

**You can contact Mike Passo at [mike@elakah.com](mailto:mike@elakah.com).  
If you are interested in Universal Trail Assessment  
Process training, contact Pam Gluck, American Trails,  
P. O. Box 491797, Redding, CA 96049-1797. Call (530)  
547-2060 or email [pam\\_gluck@americantrails.org](mailto:pam_gluck@americantrails.org).**

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# Website Contest Winners for 2004

## Winners of American Trails Website Contest

We are pleased to announce the Winning Websites for the 2004 American Trails Website Contest. We launched the contest to seek out the best websites for trails and greenways. We looked for sites that really make trails come alive, and provide effective information delivery, support volunteers, and engage the public.

Visit [www.AmericanTrails.org](http://www.AmericanTrails.org) for links to the winners and nominated websites. See the link in "What's Hot" area.

### Awards by Category:

**Community trails system website:**  
~ Indy Parks Greenways, Indianapolis

**State agency site (for state trails program or trails in state parks):**

~ Pennsylvania Department of Conservation and Natural Resources Online Rails-to-Trails Guide

### Trails on federal lands:

~ Bakersfield BLM website for the Case Mountain Bicycle/Hiking/Equestrian Trail

### Trail organization or club website:

~ The Ozark Trail Association

### Personal site maintained by an individual:

~ Go Clipless mountain bike routes in Virginia

### Designated National Recreation Trail website:

~ The Longleaf Trace NRT in southern Mississippi

### Education and trails training site:

~ Michigan Mountain Biking Association

**Presentation of plans and proposals or public involvement for a major trail project:**

~ Friends of the Katy Trail in Dallas

### Graphics and site design:

~ Confluence Greenway in the St. Louis area

### Best use of photographs:

~ Adirondack Mountain Club - North Jersey Chapter

### Trail tour or virtual visit:

~ San Francisco Virtual Walking Tour

### Recognition and promotion of volunteerism:

~ Hoosier Rails To Trails Council, Indiana

### Best site for kids and families:

~ The Student Conservation Association

### Trail-related business or product:

~ Interpretive Graphics educational information for trails

### Travel and tourism site for trails:

~ The Grand Illinois Trail Trips

### Single event website

~ Rainier-to-Ruston Rail Trail Relay

Visit [www.AmericanTrails.org](http://www.AmericanTrails.org) for live links to these and dozens of other great trails and greenways sites entered in the American Trails Website Contests for 2002, 2003, and 2004.

### Do we have your link?

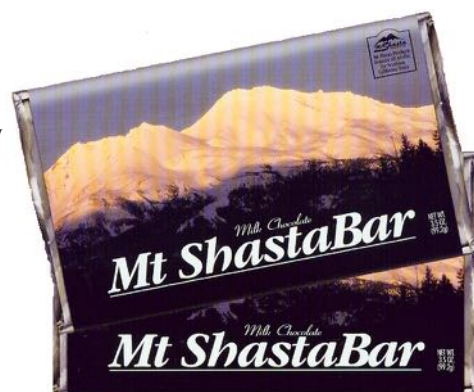
Is your website included on our State-by-State trails pages? From our home page, see the big map of the country and select your state. We'll be happy to add a link to your site— send a note to [mactrail@aol.com](mailto:mactrail@aol.com).



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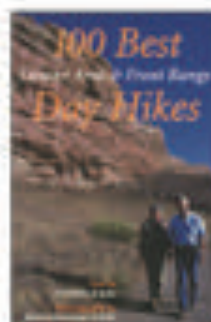
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