

Kansas Trails Council

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Newsletter

September 2005

First Annual "Hallowed Trails" Trail Building Workshop

On October 28, 29 and 30, in cooperation with the Kansas Department of Wildlife and Parks, the Kansas Volunteer Commission and the MacLennan Park staff, the Kansas Trails Council is sponsoring a trail building workshop for trail enthusiasts who are interested in learning more about building trails.

The trail building workshop will be a combination of classroom presentations, hands-on trail building demonstrations and construction of new trail sections on the trails at MacLennan Park near the Governor's Mansion in Topeka. Participants will become familiar with trail building terms and construction techniques.

Best of all, the workshop is **free**. While advanced registrations are not required, we would appreciate hearing from you if you plan to attend. This will greatly assist us in planning. For more details, please see the workshop flyer on page 7 or on the KTC website at www.kansastrailscouncil.org or by contacting Mike Goodwin at 785-221-1794 or goodwinmw@cox.net

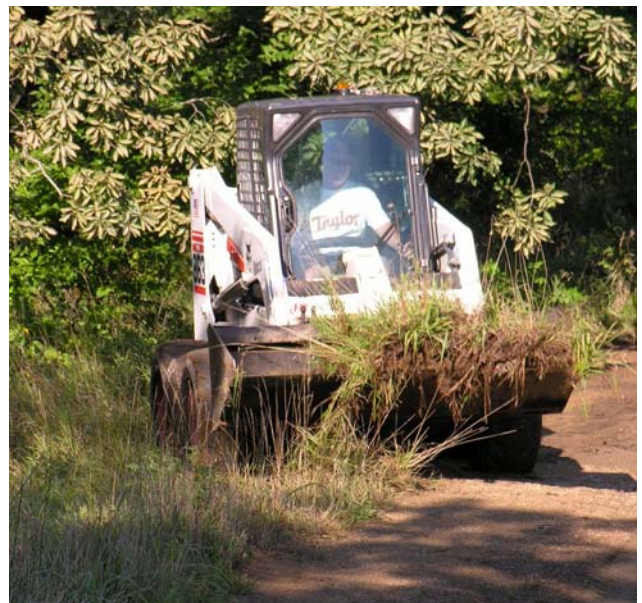
Scout Volunteers

Some of our most dedicated trail volunteers come from the ranks of nearby Boy Scout troops. Scouts and their leaders and parents contribute hundreds of hours of volunteer trail work each year. The KTC would like to thank our Scout volunteers for their community service and for the energy they bring to trail work.

If you know of a Scout troop or an Eagle Scout candidate who is interested in a trail project, please contact a KTC Board member (see page 3) or a trail coordinator at a nearby trail. KTC trail coordinator contact information may be found on our website at: www.kansastrailscouncil.org.

The KTC At Work

The KTC first began working on the MacLennan Park Trails near the Governor's Mansion last April. We recently continued the project by repairing a section of the gravel trail that was badly eroded. Neil Taylor, a member of the Lawrence Mountain Bike Club (a KTC affiliate), used a small Bobcat to correct the trail grade and outslope before new limestone screenings were added.



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Trail News and Issues

SAFETEA-LU or Safe, Accountable, Flexible, and Efficient Transportation Equity Act: A Legacy for Users has finally passed through both houses and has been signed by the president. It is estimated that in the '06 fiscal year the new transportation bill will provide the following allotments:

Highway Enhancements, \$686 million
Recreational Trails, \$60 million
Scenic Byways, \$26.5 million
Mass Transit in Parks, \$22 million
National Park Roads, \$180 million
Federal Land Roads, \$260 million
Indian Roads, \$300 million
Refuge Roads, \$29 million
Wallop-Breaux, \$100 million-plus increase

What does this mean to the trails community?

The Recreational Trails amount is a 62% increase from the last bill and the Wallop-Breaux increase means more money for sport fish restoration, angler and boating access and boating safety programs.

Kansas State Parks administers the Recreation Trails funds in the state and has a grant program set up to award the funds. Kansas Department of Wildlife and Parks, Fisheries and Wildlife Division administers the Wallop-Breaux funds and both can be contacted at www.kdwp.org. Hopefully, this will mean more trails and boat ramps in Kansas and across the country.



Congratulations to the American Canoe Association, they are celebrating their 125th Anniversary. Founded in 1880 by Nathaniel Holmes Bishop.



On October 1, IMBA's annual Take a Kid Mountain Biking Day will once again introduce scores of young riders to the sport. Congress will likely lend its support, as both houses are expected to endorse the program in upcoming weeks. Also supporting the effort is Trips for Kids, an award-winning program that helps disadvantaged kids discover mountain biking. Not sure what kind of equipment your kids should use? Here are some tips from the League of American Bicyclists <http://bikeleague.org/educenter/factsheets/kidbikes.htm>
IMBA Singletrack Update - July 2005



A KTC trail gets some much deserved attention

The Perry Lake Hiking Trail was highlighted in the September 2005 Midwest edition of Backpacker Magazine. Any new trails in Kansas? Let us know and we will list them and include contact information in our next newsletter.



Three new trails added in Oklahoma

Oklahoma bikers and hikers recently gained nearly 6 miles of single track at the Lake View Lodge Mountain Bicycle and Hiking Trail, located at Beavers Bend State Park. There are three loops to choose from: the smallest is just under .5 miles, the medium loop runs about 1.5 miles, and the longest loop pushes 4 miles. Contact www.okerthbike.com for more info.
IMBA Singletrack Update - July 2005



Newly Launched Web Site Encourages Active Lifestyles

To help promote bicycling, Andy Clarke, executive director of the League of American Bicyclist and Tim Blumenthal, executive director of Bikes Belong, unveiled a nationwide web site designed to encourage people to lead more active lives: www.activetransportation.org. The web site was created by Active Living by Design, a national program of the Robert Wood Johnson Foundation, and will be managed by the League of American Bicyclist and Bikes Belong. "Our vision is to see walking and bicycling as widely accepted forms of behavior for transportation and recreation," said Richard Killingsworth, outgoing director of Active Living by Design. *Bike League News - June 20, 2005*



Equestrians Team with CT Kids Group

You might think that mountain bike riders and equestrian enthusiasts have little in common, but two Connecticut groups are proving otherwise. The Bridle Path Conservancy (BPC), a non-profit group dedicated to preserving shared-use trails in Connecticut and SprockKids Deep River, youth mountain biking group, teamed up recently to restore and improve trails in the Weber Woods section of Cockaponset State Forest.
IMBA Singletrack Update - July 2005

Trail News - Continued



Blue Bikes Program Helps America Get Active

DASANI and Rails-to-Trails Conservancy are providing more than 150 bikes for free, unlimited public use on approximately 200 miles of trails through the "Blue Bikes" community bicycle program, supported by Trek. The initiative also offers each trail several other enhancements including park benches, picnic tables, shelters, and recycle bins. In each participating city, the bikes are housed along an area trail in special storage lockers, giving residents free access, 24 hours a day. Area residents take part in the program by registering for a card at the trail's main offices. Cyclists pass the card through the reader to remove a bike and to return it at the end of their ride.

Participating cities and trails include: Baltimore, Gwynns Fall Trail; Villa Park, Ill. (Chicago metro area), Illinois Prairie Path & Great Western Trail; Pittsburgh, Three Rivers Heritage Trail; Rockmart, Ga., Silver Comet Trail; Salt Lake City, Provo River Parkway; Seattle, Sammamish River Trail; Orlando, West Orange/Little Econ Greenway; and Dallas, Katy Trail. *American Bicyclist Update - July 5, 2005*



National Public Lands Day will be celebrated later this month, on Saturday, September 24, 2005, when thousands of volunteers will clear trails, build bridges, plant trees, and take part in hundreds of other activities. Those interested in volunteering can find local sites by calling toll-free 1-800-865-8337 or going to www.publiclandsday.org. *American Hiking Society's Paperless Trail*



Send Your Park Manager a Thank You Card

Last year IMBA encouraged trail users to send their local park managers Thank You cards on Thanksgiving. Just a small gesture to say thanks for allowing us trail builders and users access to the land and resources they manage. And to say thanks for all of their help, assistance, and support through out the year. This year why don't we all send Thank You Cards to our local Park and Resource Managers.

Contact Information

2005 KTC Board of Directors and Officers

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[Positions 1-6: 2004-2005 term; Positions 7-12: 2005-2006 term]

For contact information for our trail coordinators, please log onto our website at: www.kansastrailscouncil.org.

Board Perspective

Protecting Our Trails

By Michael Goodwin

Why do we build and maintain trails in Kansas? For most of us it is the simple satisfaction we derive from knowing that thousands of hikers, runners, equestrians and bikers will enjoy the trails for many years to come.

While trails are used for personal recreation they are also used for group sporting events. For-profit and non-profit event promoters use trails for races and group rides. Most event promoters are as concerned about preserving trails as we are, but when that is not the case, what can we do to protect the trails?

First, we can work closely with the land manager. That means nourishing a positive working relationship with State Park or Corps of Engineers Park managers and staff. Park managers understand and appreciate the thousands of hours invested in the trails by area volunteers. Park managers can require event promoters to respect this natural resource by insisting on responsible usage of the trails.

Second, we can work more closely with event promoters before the event to insure that the trails will be used in a manner that will preserve them rather than damage them. Consulting with the promoter to establish alternate rain routes when trail conditions dictate is one way to avoid damaging the trail tread.

Third, we can provide a check list for responsible usage of the trails. This could be used as a guideline which can be given to event promoters or it may be formally incorporated into a contractual agreement to use the trails for an event. If the guidelines are not followed and trails are damaged during an event, the Park manager can then require the promoter to repair the trails or forfeit some or all of the security deposit.

Listed below are suggested guidelines for promoters, trail stewards and park managers to insure the responsible use of trails for organized group events.



- A trail intersection may be marked with ribbon placed on the ground across the trail, but may not be blocked with logs, rocks or other obstructions that would restrict non-event trail users usage of the trail.
- Event course markings may be installed no earlier than 7 days prior to the event.

- All event course markings must be removed within 48 hours of completion of the event.
- The trail event course must be approved by the park manager and the trail coordinator no later than seven days prior to the event.
- The trail event course must include an alternate course which excludes trail sections that would be damaged when wet conditions exist.
- The promoter must use the alternate event course if the park manager or trail coordinator determines that damage to the trail would result from usage during wet conditions.
- The promoter must inform participants in advance of the event that an alternate course will be used if wet trail conditions exist.
- Any damage to the trails caused by the event will be repaired by the promoter's personnel at the promoter's expense under the direction and supervision of the trail coordinator within 10 days of completion of the event.
- The promoter may not physically alter the trails or create new trails, connectors or trailheads.
- The promoter agrees not to trim, lop or cut trees or other plants on the event course without the approval of the park manager or the trail coordinator.
- Promoter agrees not to alter, move or remove any existing trail signage or markers.
- Promoter agrees not to utilize motorized vehicles, horses or pack animals on the trails without the permission of the park manager.

Contact Information

We need your help to keep our membership list up-to-date! If you have moved since we mailed renewal forms in January or if you are a life member of the KTC we may not have your most recent contact information. If you have moved recently or for some reason are not receiving mail or email from us, please send us your new contact information so that we can stay in touch. You may mail your contact information (email and street address) to 3819 SE 31st Street, Topeka, KS 66605 or email us at goodwinmw@cox.net.

Trail Reports

Clinton Lake – North Shore Trails

The summer weather created many challenges for the North Shore Trails. Heavy rains in June raised lake levels to elevations not seen in recent years. This eroded many sections of the new Shoreline Trail. This fall we plan to rebuild, reroute and armor sections affected by the high water.

The July drought was helpful in drying the trail, but record breaking August rains gave a late summer boost to grass and weeds and made it difficult to do any trail work. This fall we will reblaze the entire trail and reroute several erosion prone sections.

Eagle Scout projects scheduled for the fall include repairing a bridge on the west end and construction of an eagle viewing platform near Lands End. This will provide an excellent opportunity to view the 8 to 10 pairs of adult eagles and their offspring who fish along this shoreline area in the winter.

Mike Goodwin

Perry Bike Trail

The trail was unrideable the entire month of August due to wet conditions. Once dried the trail was assessed for storm damage. The tread was fine but many trees and branches had to be cleared. 23 hours of sawing and dragging these blow downs was required to get the trail passable again.

Some mowing and trimming is needed to have the trail buffed for the October 15 & 16 Rock Creek Ruckus mountain bike festival.

Lyle Riedy

Clinton Lake – George Latham Trail

In August, a crew of Lawrence boy scouts from Troop 59 assisted the Corps with the installation of new steel fire rings in the trailside campsites along the first two miles of the trail. Local volunteers also lopped branches and removed fallen trees along the entire 4 mile trail loop.

This winter several sections of trail will be rerouted to replace some fall line sections with contour trails that will be more sustainable. We also have plans to paint the north bench before winter sets in.

Mike Goodwin

Tuttle Creek – Randolph & Carnahan Trails

Maintenance on the Tuttle Creek Trails is in full swing for this time of the year. We are concentrating on Randolph State Park first due to the annual Flint Hills CTR the first full week-end in October. The mile long Randolph Bridge is finally open--at least one lane--so we are expecting more trail usage beginning Labor Day week-end.

The Carnahan Trail maintenance will begin shortly. There are large annoying weeds on the "across the creek" part of the trail. I am in hopes of getting the ATV and shredder across the creek soon. We spend most of the off season work time on the rest of this trail, reworking different sections each year.

Water is down, bridge is open, all is right!

Olivia Huddleston

Perry Lake Hiking Trails (East Side)

We have a Fall Maintenance Outing on Saturday, November 12 organized thru Sierra Club / Kanza Group. Contact is Steve Hassler, Trailwatcher for Section 3. Email: hassler@planetkc.com or phone: 913-599-6028. The main agenda item for this outing is GPS locating of Mile Posts along Section 3. We will talk about GPS navigation, carry in Carsonite posts and equipment, set posts in ground and, supplies permitting, and mark the mile numbers. Time permitting, we might do some mechanized clearing too. Section 3 is 3.3 miles long, not including the along-the-road portion to the east, extending from Old Military Trail camp to Kiowa Road.

Saturday, 9/3, Dave Brackey (KCOC) and myself put both KTC and Corps equipment to good use along Section 1 near Slough Creek. The result: slightly more than one linear mile of cleared trail. Areas under heavy tree cover that were mowed last May were in excellent shape with minimal regrowth, convincing us that this might be a better time for some of our spring maintenance. Open areas in direct sunlight, however, were covered with Lespedeza which the brushcutter actually had some difficulty knocking down. We have begun efforts, in cooperation with the Corps, to identify and spray areas overrun with this invasive weed. Pending projects along the trail include an information kiosk and a bridge crossing.

Kevin Otterman

Board Meeting Minutes

The KTC Board met on August 14, 2005 at the shelter house at Eisenhower State Park, Melvern Lake. Eight Board members were present. The minutes, treasurer's report and investment reports were all approved.

Continuing Business

- Board Position 12: Kevin Otterman was nominated and approved to take position 12 on the Board, formerly held by Stephen Garlow.
- Election Report: All on the ballot (Ed DeTrude, Jim Thomas, Doug Palen, Olivia Huddleston, Virginia Lefferd, and Susan Haynes) were elected.
- MacLennan Park Trail Grant: Due to a change in the deadline, the TEA-21 grant will not be pursued at this time; another source will be sought.
- MOU Update - MacLennan Park & Dornwood - Copies of the MOU were provided to both parks. Final revisions are being made.

New Business

- MacLennan Park Fall "Hallowed Trails" Trail Workshop is planned for Halloween weekend, October 28-29-30 (Friday, Saturday, & Sunday). Several groups are already scheduled to be there, including AmeriCorp workers, people from KDWP, Topeka area volunteers and some of the folks from the Wilson Lake area. Work is tentatively scheduled for Friday & Saturday AM & PM, and until noon on Sunday. Ed hopes to have a work weekend once a month from September through March on the second Saturday of the month.
- Contract Addendum for Trail Events - A recent event at Clinton resulted in the damage of two out of seven miles of trail used in the event. This was not an isolated occurrence. An addendum was proposed to prevent such occurrences in the future. Park managers are being encouraged to include the trail coordinators and volunteers in discussions between the state parks and event promoters.
- Woodridge Park - Latham Trail brochures - The Corp is redesigning the brochures and has approached the KTC about paying for part the expense. The Board declined this option.
- KDWP Centennial Celebration on Oct. 1 - A letter of invitation was sent to the KTC to participate in the Centennial Celebration. Many family oriented activities and attractions are planned on October 1, 9 AM-4 PM.

Organizations may have space for promoting their message to the public.

- Super Outdoor Weekend - 2006 - Feedback was presented on the last Super Outdoor Weekend. An SOW committee has been formed to define the objectives of SOW, determine a main location and 1-2 alternates, and plan for what the event should include.
- Park Development Issues - Discussion revealed that this is likely to involve only Corp properties. The Board resolved to remain vigilant on the issue.
- Treasurer Issue - Jim Copeland will remain as treasurer until the end of the year. A replacement will be sought.
- Next Board meeting - October 30 at MacLennan Park in Topeka, 12:00 noon pot luck lunch and 1:00 business meeting.

Susan Haynes
Secretary

Rocky Road

In October we are going to start moving big rocks to armor the Shoreline Trail at Clinton Lake. Some rocks, like the one below, weigh in at about 2 tons.



Using a come-along, chains, steel cable and a rock bar this one was moved about 6 feet by one person.





Hallowed Trails Trail Building Workshop

When: October 28, 29, 30, 2005.

Where: Kansas Department of Wildlife & Parks
Region 2 Office
300 SW Wanamaker
Topeka, Kansas

Cost: Free!

Meals: Friday & Saturday – lunch and dinner provided

Information: Phone.....785-266-6218
Email.....goodwinmw@cox.net

In cooperation with the Kansas Department of Wildlife and Parks, the Kansas Volunteer Commission and the MacLennan Park staff, the Kansas Trails Council is sponsoring a trail building workshop for trail lovers interested in learning more about building trails in Kansas. Come for 1, 2 or all 3 days!

KTC's experienced trail builders will provide a brief classroom presentation on trail building concepts and techniques, then participants will build a new section of trail near the Governor's Mansion (MacLennan Park).

Overnight camping will be available with advanced registration. Many hotels and restaurants are located less than a mile away.

Advanced registration for the workshop is not required, but **would be appreciated** in order to plan for meals, tools and other logistics. Email: goodwinmw@cox.net

The KTC will provide the necessary tools, but if you have loppers, mattocks, McLeods or pulaski's that you could bring it would insure that everyone has a tool to use. Please mark any tools you bring so that you don't leave any behind. Work clothes with long pants, long sleeves, hiking or work boots and gloves are recommended. And even in October, insect spray with DEET is useful.

Daily Schedule

Friday – October 28

8:30 AM - Registration & Orientation
9:00 AM
- Trail Tread Construction Class
- MacLennan Park Trail Work Plan
- Crew assignments
11:00 AM - Outdoor Demonstration
12:00 Noon – Lunch
1:00 PM – Trail Work
3:30 PM – Free time to hike, run or ride the trails
6:00 PM – Dinner around campfire

Saturday – October 29

8:30 AM - Registration & Orientation
9:00 AM
- Trail Tread Construction Class - Refresher
- MacLennan Park Trail Plan
- Crew assignments
10:00 AM - Trail Work
12:00 Noon – Lunch
1:00 PM – Trail Work
3:00 PM – Free time to hike, run or ride the trails
4:00 PM – Build teeter totter
6:00 PM – Dinner around campfire

Sunday – October 30 (Remember to "Fall Back")

8:30 AM - Registration & Orientation
9:00 - 12:00 Noon – Trail Work
12 Noon – Thanks and Happy Trails!



Board of Director Elections

The election results for the KTC Board of Directors for the 2006 – 2007 term are in. Ed Detrude, Susan Haynes, Olivia Huddleston, Virginia Lefferd and Jim Thomas were re-elected to fill their positions. Doug Palen was elected to fill position 3, replacing retiring Board member Jim Copeland. The new Board members take office in January 2006.

New Board Member Appointed

The Board would like to welcome new Board member, Kevin Otterman, who was appointed to serve out the term of Stephen Garlow who resigned at the April Board meeting. Kevin has been a long time member of the KTC and has served as the Perry Lake Hiking Trail Coordinator for many years. Kevin lives in Gardner and enjoys trail work, canoeing, kayaking and hiking.

Fourth Quarter 2005 KTC Board Meeting

The next KTC Board meeting will be held October 30, 2005 in the Region 2 office of the Kansas Dept. of Wildlife & Parks, 300 SW Wanamaker, Topeka. Board meetings are open to all KTC members. Check our website for further details: www.kansastrailsCouncil.org.

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