

Kansas Trails Council

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Newsletter

November 2005

Sanders Mound Grant Proposal

The Kansas Trails Council, in partnership with the City of Lawrence and the Clinton Lake U.S. Army Corps of Engineers has proposed a trail project that will connect the Lawrence hiking and biking path to the Clinton Lake Sanders Mound area. The new trail would connect to the primitive trails at Sanders Mound and the Clinton Lake North Shore Trails which are maintained by the KTC. A spur would also lead from the new trail to the Clinton Lake Overlook area.



The \$214,000 project was submitted to the Kansas Department of Wildlife and Parks for consideration of a TEA-21 grant for 80% funding. The project has received a favorable recommendation from the KDWP Advisory Board and is awaiting final approval by the Federal Highway Administration.



Trail Building Workshop

The Kansas Trails Council's first annual Hallowed Trails - Trail Building Workshop at MacLennan Park in Topeka drew about 75 trail builders on October 28, 29 and 30. The workshop began on Friday morning with classroom presentations addressing the science of constructing sustainable multi-use trails. After field demonstrations of bench cutting and rock armoring, the crew headed to the trails to build the new Carney Trail section near the Governor's Mansion. Trail work continued all day Saturday and by noon Sunday about ½ mile of new trail had been completed. The Sunday morning crew was greeted by the Governor, Kathleen Sebelius, who thanked everyone for working on the trails that she runs regularly.



T-Shirt design by Gerard Arantowicz and Nancy Goodwin

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The KTC would like to thank the Kansas Department of Wildlife and Parks, the Kansas Volunteer Commission and the MacLennan Park staff for helping to make the workshop a success. We greatly appreciate the hard work by Jeff Bender, Carol Krenning, Ken Smith, Nancy Goodwin, Neil Taylor, Gerard Arantowicz and Amy Thornton for their invaluable planning and logistical support. We would also like to thank the many volunteer crew leaders who helped manage the trail work each day and all of the volunteers from the State Parks, Go Zones and AmeriCorps who helped build the new trail section. We couldn't have done it without you!

Long-Time Board Members Retire

Virginia Lefford

After serving many years on the KTC Board, Virginia Lefford has decided to retire at the end of the year. We would like to express our appreciation for her devotion to the KTC and for her tireless work on Kansas Trails over the years. We hope she will continue to play an active part in future KTC events. She will be missed at future Board meetings.



Virginia (right) with her regular trail buddy Delores Baker.



Virginia, on registration duty in the Blue Bus at Super Outdoor Weekend at Elk City Lake.

Jim Copeland

Long-time KTC Board member and Treasurer, Jim Copeland, received our thanks and well wishes at his last meeting before he retires from the Board in January. Over the past 31 years, Jim's money management skills and his dedication to Kansas trails and the KTC have been truly inspiring. We wish him the best in retirement.



Jim is presented with a letter from the Board, thanking him for his many years of service to the KTC.



Jim, cooking burgers at Super Outdoor Weekend at Elk City Lake.

Trail News

Hiking 101 - The Joys of Fall Hiking

Now that autumn is well in progress throughout the country, we all have several things to look forward to, including family holiday gatherings and fall hiking! When planning a fall hike there are several factors to consider in order to make it the safest, most enjoyable experience possible:

1. Obtain schedules of local hunting seasons and always pack appropriate blaze orange garments.
2. Be aware that fall days are getting shorter. In some areas the sun is now setting close to 5 PM, so when planning that little "shortcut", make sure the batteries in your headlamp are fresh.
3. Days are also getting colder and even a little drizzle can leave you dangerously chilled. Have appropriate waterproof and insulating garments available and try to incorporate a few more calories into your trailside snacks.
4. In the colder regions, fall is a great time to see wildlife stocking up for winter hibernation. Most of these critters will be active around dawn or dusk - sitting still during these times can increase your chances of seeing some great wildlife!

American Hiking Society's Paperless Trail – Nov. 2005
www.AmericanHiking.org



Kansas Hunting Seasons

- Deer - Firearm Nov. 30 - Dec. 11
- Deer - Archery Oct. 1 - Dec. 31
- Muzzleloader Nov. 30 - Dec. 11
- Fall Turkey Oct. 1 - Nov. 29 & Jan 9 - Jan. 31
- Pheasant & Quail Nov. 12 - Jan 31



Majority of Americans at Risk for Obesity

A large, community-based study — considered the first study to assess the long-term risk of developing overweight and obesity in adults — found that over a period of 30 years, nine out of ten men and seven out of ten women were overweight or became overweight. In addition, more than one in three were obese or became obese. The study was supported by the National Heart, Lung and Blood Institute (NHLBI), one of the National Institutes of Health (NIH).

Researchers analyzed the short-term and long-term chances of developing overweight and obesity among more than 4,000 white adults enrolled in the offspring cohort of NHLBI's landmark Framingham Heart Study, an ongoing longitudinal study in Framingham, Massachusetts. Participants ages 30 to 59 were followed for 30 years, from 1971 to 2001. The results appear in the October 4, 2005, issue of the *Annals of Internal Medicine*.

American Bicyclist Update --- October 11, 2005
www.bikeleague.org



SR2S National Partnership Launched

Since 1970, the percentage of U.S. children who bike and walk to school has plummeted. During this time, childhood obesity has tripled, and sedentary lifestyles are widely recognized as a major contributing factor. Safe Routes to School (SR2S) is a logical solution. The movement to create safe routes for kids to walk and bike to school took a big step forward on October 24 when the Safe Routes to School National Partnership held its first formal meeting in Washington, D.C. Forty diverse groups from throughout the U.S. met to identify goals for the national movement, and to initiate a productive working relationship with the Federal Highway Administration, which is charged with administering the new Safe Routes to School federal program. More information is available at www.bikesbelong.org.

American Bicyclist Update --- November 7, 2005
www.bikeleague.org



National Trails Day Event Free Organizer's Manual

Would you like to celebrate your trail successes? Build public support for your trail? Introduce people to a healthier lifestyle? Then host a National Trails Day event! It's easier than you think and the American Hiking Society is happy to help you through the process and ensure that you have a great (and low-stress!) event. The first step you should take is to download the FREE Event Organizer's Manual at www.AmericanHiking.org/events/ntd/ideas.html.

And when you've figured out what you'd like to do and where your event will take place don't forget to come back to www.AmericanHiking.org to register your event. Thousands of people come to the website to find an event near them, so let us help you get the word out!

American Hiking Society's Paperless Trail – Nov. 2005
www.AmericanHiking.org

Trail News

Help Wanted: The Trails Council Needs You!

In order to accomplish our mission to build and promote trails throughout the state, the Kansas Trails Council needs help. All kinds of help! If you are interested in trails, but are not interested in being a pulaski wielding trail builder, we have variety of other volunteer jobs available. If you have skills in any of the following areas or would like to learn a new skill, let us know: newsletter editing, membership coordination, event planning, event coordination, marketing, fund-raising, photography, videography, mapping and graphics.



More good press for the KTC

American Hiker Magazine, Fall 2005 issue, recognized the Kansas Trails Council in its "Spotlight On" section of the Alliance of Hiking Organizations page.



Letter From Kansas Native Plant Society November 16, 2005

As a new member of the Kansas Trails Council (KTC) and the president of the Kansas Native Plant Society (KNPS), I realized that our organizations offer benefits to each other.

KTC has built and maintained trails all over Kansas for outdoor enthusiasts. Members of KNPS can greatly benefit from these trails as most of the trails can be found in various natural areas of the state. We can use these trails to see native plants in their habitats. I've had first hand experiences on the Perry Lake trail, and its one of my favorite woodland trails for looking at a wide variety of native woodland plants.

KNPS can help educate KTC members about the various plants found in the areas the trails traverse. By attending one of our field trips, you can learn to identify plants first hand. I would love to see KNPS hold an event on a KTC trail and have KTC members attend.

On behalf of all the members of KNPS, I'd like to thank KTC for the hundreds of trails found in our state. I'd also like to invite KTC members to join us on one of our field trips. Attending a field trip is a great way to learn to identify plants found in Kansas. Please see our events calendar and learn more about our organization at www.kansasnativeplants.org.

Jeff Hansen
KNPS President

Hallowed Trails Workshop Photos



Bench cut and rock armoring demonstrations



Friday's crew assembling for tools



Friday's Crew heading to the trails
Photos by Chris Coffman

Board Perspectives

Members and Friends:

As we approach year-end, it is always useful to reflect on what we have been doing and what we hope to accomplish in the future. The Board of Directors and the KTC's members have been busy during 2005. Here are a few of the highlights:

- January – Two day trail building workshop in Topeka with 80 people in attendance
- April - Three day trail building workshop at Wilson Lake, with 25 people attending and one mile of new trail built
- April - Two weeks of trail building with Americorps crews at MacLennan Park in Topeka and ¾ mile of new trail built
- April - Super Outdoor Weekend at Eisenhower State Park, Melvern Lake
- September - Adopted the Dornwood Trail in Topeka as a KTC Trail
- October - Three day trail building workshop in Topeka and ½ mile of new trail built
- Brushbusters Riding Club, Kansas Single Track Society, Lawrence Mountain Bike Club and Kansas Nature Conservancy became Affiliate Members
- TEA-21 grant proposal to extend Lawrence recreational path to the Clinton Lake Sanders Mound area with connections to the Overlook Area and the North Shore Trails.
- Our trail coordinators and area volunteers maintained and continued to improve over 150 miles of trails

In the year ahead, we plan to continue providing trail building workshops, add to our growing supply of tools and equipment, continue to maintain and improve our existing trails and build more trails.

We are also continuing the popular Friends of the Trail program which allows members to make tax deductible contributions that will be used on their trail(s) of choice.

As shown on the attached membership form, we have adopted a new membership structure to recognize various levels of contributions. In addition to our Individual,

Family, Affiliate and Lifetime memberships, three new membership categories will now be used.

- Trails Supporter (\$100 - \$249) – Contributor is recognized in the newsletter and on the website list of supporters
- Trails Patron (\$250 - \$499) – Same as Trails Supporter, plus 6" x 6" decal placed on the KTC Trailer
- KTC Sponsor (\$500+) – Same as Trails Supporter, plus 12" x 12" decal placed on the KTC Trailer and recognition on KTC brochures, publications and promotional items.

We would like to ask our lifetime members to send a membership renewal form to update their contact information, even though they do not need to remit any annual dues.

As the Holiday season approaches, if you are struggling with which new gadgets to buy for your family or friends, why not consider a gift membership or contribution to the KTC? Your trail friends will appreciate your dedication to Kansas Trails.

On behalf of the Board of Directors, we would like to wish everyone a memorable Holiday season. We hope that you will have time to enjoy some of the trails which your continued support has made possible.

Michael Goodwin
President



We would like to welcome the following new members who have joined the KTC in recent months.

John & Alison Carson (Family)
Sharon Barngrover – Brushbusters Riding Club (Affiliate)
Kelly Browder
Chris Coffman
Bill Cutler (Family)
Nancy Goodwin
Nancy Johnson
Robert Nicholson
Jack Smith
Neil Taylor
Cindy & Gary Winters (family)
Judy Williams

KTC Membership Form

I would like to join (or renew my membership in) the Kansas Trails Council for Calendar Year 2006

Name _____

Street _____ City _____ State _____ Zip _____

Email Address: _____

Note: It is the KTC's policy that the above information will only be used internally by the KTC and will not be distributed to any other entity.

In the interest of conserving the KTC's resources (time, postage, copying and supplies) and being more environmentally friendly, the KTC newsletter is primarily distributed by email. However, if you prefer to receive the newsletter by mail please check here ____.

Membership Dues and Contributions

Amounts

<u>Annual Dues: Individual</u>	<u>\$10</u>	<u>Trails Supporter</u>	<u>\$100 - \$249</u>	
<u>Family/Affiliate</u>	<u>\$25</u>	<u>Trails Patron</u>	<u>\$250 - \$499</u>	
<u>Lifetime</u>	<u>\$100</u>	<u>KTC Sponsor</u>	<u>\$500+</u>	_____

Optional "Friend of the Trail" Contribution * (Any Amount is appreciated) _____

Please designate the trail(s) you would like to support with your tax deductible donation.

- | | |
|---|--|
| <input type="checkbox"/> Clinton Lake - George Latham Trail | <input type="checkbox"/> Perry Lake Bike Trail |
| <input type="checkbox"/> Clinton Lake - North Shore Trail | <input type="checkbox"/> Perry Lake Hiking Trail |
| <input type="checkbox"/> Elk City Lake - Eagle Rock Bike Trail | <input type="checkbox"/> Tuttle Creek – Carnahan Trail |
| <input type="checkbox"/> Elk City Lake - Elk River Hiking Trail | <input type="checkbox"/> Tuttle Creek – Carnahan Trail |
| <input type="checkbox"/> Elk City Lake - Table Mound Hiking Trail | <input type="checkbox"/> Topeka – Dornwood Park Trail |
| <input type="checkbox"/> El Dorado Lake Trail | <input type="checkbox"/> Topeka – MacLennan Park Trail |
| <input type="checkbox"/> Melvern Lake - Crooked Knee Horse Trail | <input type="checkbox"/> Toronto State Park Trails |
| <input type="checkbox"/> Melvern Lake - Ike's Trail | <input type="checkbox"/> Cross Timbers State Park Trails |

Total Amount Enclosed (Annual Dues + Friend of the Trail Contribution) \$ _____

Please Mail To: Kansas Trails Council, PO Box 695, Topeka, KS 66601-0695

* Your tax deductible Friends of the Trail contributions are used directly to maintain the selected trail(s). The KTC is a non-profit 501c3 corporation.

Trail Reports

Clinton Lake – North Shore Trails

We are currently repairing the west end of the Shoreline Trail which was under water this summer as a result of torrential rains. Some sections are being completely armored with large rock slabs and other sections will be rerouted to the next higher bench.

The eagle observation deck (see photo) was constructed in October by Nolan Kappleman (Lawrence) and his Boy Scout crew. The deck can be reached from the white trail east of the Lands End intersection.



We have started to lay out a new Skills Park trail section on the blue trail west of the west park road. The new $\frac{3}{4}$ mile loop will test the abilities of mountain bikers with teeter totters, rails, ramps, jumps and other technical features. Trail work will begin in January and structures will be added over the coming months.

Mike Goodwin

Clinton Lake – George Latham Trail

The KTC's newest trail coordinator, Sam Gleeson, has considerable hands-on trail experience, including his Eagle Scout project on the Clinton North Shore Trails and his summer building trails at the 200 square mile Philmont Scout Ranch in New Mexico.

Winter Latham Trail plans include rerouting and reclaiming several eroded sections of trail. If you would like to join Sam's team of trail volunteers he can be reached by email at: celticclimber@sunflower.com

Mike Goodwin

Eisenhower State Park (Melvern Lake) Crooked Knee Equine Trail

The equine trails and camp at Eisenhower State Park saw increased use this past year as word spread about what great camping facilities are available. Trail riders agree that the West Point Equine Camp is one of the best in the state, with 15 campsites with pipe corrals and full hookups. Most of the 17 miles of trails at Eisenhower are mowed and well flagged and include varied terrain. Woods, creek crossings, open prairie and scenic hilltops offer whatever type riding the equine enthusiast wants.

The blue trail follows the shoreline and outer park boundaries; the orange flags lead riders along a shorter, high trail. Eisenhower also includes Cowboy Camp, a lakeside primitive camping area with several tie poles. A paved day use parking area is located at the trailhead.

Organized rides at Eisenhower this past summer included benefit rides for the March of Dimes and Children's Miracle Network, a Cindy Branham Trail Riding Clinic, several competitive rides and saddle club rides. Future expansion is still in the planning stages and will potentially double the trail miles. Let your state park managers know how much trail riders appreciate what they have done for us, as they continue to support our increasingly popular sport of recreational trail riding.

Jim Thomas

Perry Lake Hiking Trails (East Side)

Fall maintenance continues as the weather cools. We've had volunteers on the trail nearly every weekend since the beginning of September. Trail conditions on Sections 1 and 2 are excellent, thanks to heavy use of Corps and KTC brush cutters. Paint blazes have been updated in many parts of these same sections.

In October, we lost one of the foot bridges to flash flooding. This bridge was built as an Eagle Scout project and we're now looking for a new scout to volunteer in the rebuild effort. At this time, we have two scout projects in progress elsewhere on the trail.

On November 12th the regular Sierra Club and KCOC maintenance outings will occur. We have begun placing mile markers on the trail, and this effort will continue on 11/12. Mile posts #1 through #8 and #10 are in place with more to come. Section 4 was recently cleared with the brush cutter from Ferguson Road to Slough Creek Park, making trail conditions very good from Ferguson Road through Sections 1, 2 and 3.

Kevin Otterman

Trail Reports

Perry Lake Bike Trails

Perry Bike Trail handled the 16" rains of early October with very little damage. Most damage was from limbs with very little ground erosion. With November's arrival the leaves are extremely heavy on the trail requiring some leaf blowing on many sections to allow safe riding over steep rocky areas. About 200 yards of Twin Peaks was rerouted and extended in mid November. Other major trail work scheduled for this winter is to re-route other parts of Skyline and small repair and routine maintenance of other areas of the trail.

Lyle Reidy

Tuttle Creek Trails

The equestrian/hiking trails at Randolph State Park are all in good shape and being well used. We have applied to NATRC for a grant to put in a wash rack for the horses next summer. If the grant is approved, the state will furnish the work. KDWP has assured us that the rest of the electric hook ups will be finished by next fall in time for the Flint Hills Competitive Trail Ride.

The Carnahan Trail is the usual work in progress this time of the year. The "camp loops" have had their fall cleaning and looking good. We have plans to add rock to a low area to make it easier to maintain with the ATV and shredder. We have put the shredder (with the wonderful new electric starter) to good use this last month and have tucked it away for the winter. I did buy a new battery for the shredder.

The "across the creek" portion of the Carnahan Trail is coming around. Every free Saturday except rifle season for deer we will be working to trim, move rocks, and remark this trail.

I have refilled the map boxes with all the handouts at both areas and have been answering the questions as they come to me regarding what, when and where.

Olivia Huddleston

Arrow Rock Trail – Melvern Lake

Last December, Mike Goodwin met with Corps of Engineers rangers to map out and flag a new multipurpose trail in Arrow Rock Park, located on the south side of Melvern Lake. The 1.5 mile trail runs from the campground east to the boat ramp then heads south toward the park entrance where it presently dead ends at an unnamed creek. In February, Mike returned and we

cleared the majority of the trail using the KTC's walk-behind brush cutter.



In March, the Corps hired John Atkins who owns and operates a machine called a "hydroaxe". This machine utilizes an 8' rotating cutter bar, much like a combine cutter bar, on the front of a 9000 series Ford tractor. The hydroaxe can chew through trees up to 14" in diameter and made short order of the heavy brush and trees that were present. The initial trail we cleared using the KTC's brush cutter made it very simple for the hydroaxe machine to follow and gave us a good wide trail to hike. We continue to maintain the trail with its natural substrate, but will soon be adding chat material for easier and safer hiking and biking.

The Arrow Rock trail is just one section of a longer trail that will eventually run from Arrow Rock Park to the Outlet Park below Melvern Dam. The first 1.5 mile section primarily takes hikers through a typical Kansas woodland area with mixed hardwoods and considerable brush. The second stage of construction, from Arrow Rock Park to Coeur d' Alene Park, will run approximately 4 miles through Tallgrass prairie and is probably two to three years from completion. Eventually, we hope to have a trail extending approximately 10 miles in total length running from the Outlet Park west to Arrow Rock Park.

By Jim Franz, Park Manager, Melvern Lake
U.S. Army Corps of Engineers

Dornwood Trail

Long time KTC member, Tom Travis, has volunteered to become the first trail coordinator at Dornwood Park. Tom may be contacted at: tktravis6@yahoo.com

Board Meeting Minutes

Contact Info

Board of Directors Meeting - October 30, 2005

The KTC Board met at the KDWP Region 2 Office in Topeka. Ten Board members were present. Guests were Bud Baker, former Board member, Jeff Bender of Kansas Wildlife and Parks, and Doug Palen, new Board member taking office in January. The minutes, treasurer's report and investment reports were all approved.

Continuing Business

- Hallowed Trails Workshop: Attendance was considered good with 50+ people on Friday, 40+ on Saturday, and 15-20 on Sunday. About one-half mile trail was built. A wooden "teeter-totter" was constructed which will be moved to Clinton where a skills area for bikes will be built. A highlight of the workshop was a visit from the governor on Sunday, who expressed her thanks for the work being done.
- Virginia Lefferd announced her intention to resign from the Board effective the first of the year.
- MOU Update - MacLennan Park & Dornwood: Mike reported that Dornwood is now a KTC trail. Tom Travis will be the coordinator and Lyle Riedy will work closely with him. The McLennan Park MOU is coming soon.
- Clinton Sanders Mound Grant Update: The grant has been submitted and is pending approval.
- Clinton trail damage update: Mike reported that restitution was received to pay for the damage to two miles of trail caused by a bike race last June.
- Treasurer position: Jim Copeland has served the KTC for the better part of 31 years. As President, Mike expressed the KTC's and the Board's appreciation for his many years of service as Board member, treasurer and valued friend.
- Investment Committee Report: The committee will proceed with their recommendations.
- SOW 2006 Committee Report: The Super Outdoor Weekend will be at Elk City in April and will be a combination volunteer trail workshop and SOW with instructional presentations in each discipline or outdoor activity.

New Business

- P. O. Box: It was proposed and approved for the KTC to have a P.O. Box address rather than a person's home.
- Membership: Approved a new schedule of membership levels of Trail Sponsors, Trail Patron and KTC Supporter.
- Print new brochures with P.O. Box: Mike and Kevin will work on new brochures.
- Use of trailer by affiliates: The Board will continue the policy of only Board members towing the trailer.
- Land managers support: Kevin reported that support for the KTC's activities varies.
- The next meeting will be January 8 with January 15 as the alternate date for inclement weather.

Susan Haynes
Secretary

2005 KTC Board of Directors and Officers

Mike Goodwin, President [10] (Runner, Hiker)
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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.

Kansas Trails Council – We Build Trails!

Our New Address

Please note that our new mailing address is: Kansas Trails Council, Inc., PO Box 695, Topeka, KS 66601-0695.

First Quarter 2006 KTC Board Meeting

The next KTC Board meeting will be held January 8, 2006 at 1:00 PM 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 driving directions: www.kansastrailscouncil.org.

2006 KTC Super Outdoor Weekend

The 2006 KTC Super Outdoor Weekend will be held in April at Elk City Lake northwest of Independence Kansas. Please check our website for details as they develop.

Thanks!

As we celebrate this Thanksgiving Holiday season the KTC would like to thank the Kansas State Parks, US Army Corps of Engineers, MacLennan Park and the Cities of Topeka and Lawrence for their support of Kansas trails. We are fortunate to have such dedicated partners helping to achieve our mission - the development and enjoyment of Kansas Trails.

Kansas Trails Council, Inc.
PO Box 695
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