

# Kansas Trails Council

ESTABLISHED IN 1974

Volume XXXII, Issue 2

Newsletter

June 2006

## Promoting Trails For Health

In the past several months, I have been amazed to find so many organizations, governmental agencies and individuals who are working toward the goal of improving the health of Kansans through activities like walking, biking or running on trails.

As trail stewards, we focus most of our attention on the physical trails we build and maintain. We dedicate time and resources to trails because we find it rewarding to provide trail users with a way to enjoy nature and the outdoors.

Health problems associated with obesity in the U.S. may provide another, possibly life-saving, motivation to create trails. According to the National Institute of Health, two-thirds of adult Americans are overweight and 61 million adults are considered obese. While there are many contributing factors such as diet and genetics, most health professionals believe that physical activity also plays a role in maintaining a healthy weight.

Several recent initiatives which combine an interest in trails with a concern for improving health are noteworthy.

The Kansas State University Extension Service has implemented a program called 'Walk Kansas'. The program establishes teams in each county who dedicate time over an eight week period to collectively walk 423 miles (the length of Kansas). Many teams used nearby



### Inside This Issue

- 2 – Board Meeting Minutes & Contact Info**
- 3 – Trail News**
- 4 – Trail Reports**
- 6 – Board Perspective**
- 7 – 2006 Membership Form**

trails to complete their mileage. More information about the Walk Kansas program can be found on the KSU website: [www.walkkansas.org/](http://www.walkkansas.org/)

The Kansas Department of Health and Environment promotes "Healthy Communities". KDHE has developed an assessment and planning guide which will assist Kansas communities in assessing and improving their built environment for healthy lifestyles. Trails offer one venue for physical activity that contributes to the health of a community.

Another example of coordination between a health initiative and trail advocates is the Lifestyle Improvement Coalition in Shawnee County. In collaboration with city and county parks departments, Coalition volunteers are designing a guide to area trails and walking venues. Topeka and Shawnee County has over 190 miles of existing and planned trails. The cities of Topeka and Lawrence have recently agreed to create a trail link between the two cities using the Landon Trail for a portion of the distance. There are also plans being developed to create a trail from Overland Park to Lawrence along the K-10 corridor.

What can we do as an organization or trail enthusiast to facilitate trail usage by programs like these?

- Provide up-to-date trail maps of existing trails
- Install trailhead information kiosks
- Install mile markers
- Provide orientation tours of nearby trails
- Schedule trail maintenance workdays for health related groups
- Maintain existing trails
- Let elected officials know that we support building trails in our area
- Join a trail group (like the KTC!)
- Send a Friend of the Trail contribution to support your favorite local trail

If you would like to burn a few calories working on a nearby trail, contact one of the trail coordinators listed on the KTC website ([www.kansastrailsCouncil.org](http://www.kansastrailsCouncil.org)).

Michael Goodwin, KTC President

# Board Meeting Minutes

# Contact Info

## Board of Directors Meeting – April 29, 2006

The KTC Board met at Carlos O'Kelly's in Manhattan, KS. Ten Board members were present. The minutes, treasurer's report, investment report and membership report were all approved.

- It was approved to limit the time of the Board meeting today to two hours
- A motion was passed to appoint an election committee of three.
- A motion to permit trail coordinators who are KTC members to pull the tool trailer, as well as Board members was approved. In discussion it was mentioned that gas costs may be reimbursed as part of trail expense, if requested.
- It was approved to buy a gas powered hedge trimmer for use at Dornwood and MacLennan Park Trails.
- John has decided to resign from the investment committee and he was thanked for his service in the past. John served as investment officer for KTC for over ten years. Doug volunteered to join the investment committee.
- It was approved that before the investment committee makes specific investments that the Board be advised.
- A renewal letter will be sent shortly to all of those who have not renewed.

### Business

**1) Grant Proposals** - The following recreational trail grant proposals were discussed. Applications must be submitted by August 1, 2006.

• **Wilson Lake Biking & Hiking Trails:** The proposed grant would redesign, improve, and expand the trail system, as well as provide for equipment and trailer to continue to improve and maintain the trails. The equipment and trailer would also be used for ongoing maintenance of the trail system in Wilson State Park and the surrounding region. It unanimously passed that we pursue the Wilson grant.

• **State Park 24:** The proposed grant would repair and reroute the trails to bring them up to accepted trail standards and to rectify erosion problems. The proposal also would include establishing trail head access points, installing trail head kiosks, construction of a storage building to house trail equipment, and the purchase of a utility trailer and equipment for ongoing use on these trails and others in the region. The motion that we pursue the State Park 24 grant passed unanimously.

• **Trail Literature:** In discussion this proposal evolved into a plan to design a statewide map of Kansas trails for Visitors Centers, etc. which would provide links to specific info on those trails. A committee was established to work further on this and Mike was given the authority to write a grant proposal to develop a statewide trail brochure.

**2) New KTC Trails - sponsorship, adoption?:** After discussion, a committee was formed to research and make

recommendations to the Board on sponsorship/adoption of trails.

- New KTC Trails and Membership Development and Retention will be first items at the next meeting
- Susan Haynes, Secretary

## 2006 KTC Board of Directors and Officers

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

Email: [goodwinmw@cox.net](mailto:goodwinmw@cox.net)

Phone: 785-266-6218

**Lyle Reidy, Vice-President** [9] (Mountain Biker)

Email: [lriedy@usd345.com](mailto:lriedy@usd345.com)

Phone: 785-286-4103

**Susan Haynes, Secretary** [6] (Hiker, Backpacker)

Email: [jhaynes5018@everestkc.net](mailto:jhaynes5018@everestkc.net)

Phone: 913-248-1259

**Kevin Otterman, Treasurer** [12] (Canoeist, Kayaker, Hiker)

Email: [skiotter@aol.com](mailto:skiotter@aol.com)

Phone: 913-856-8281

**Ed DeTrude** [1] (Hiker, Mountain Biker)

Email: [detrude@earthlink.net](mailto:detrude@earthlink.net)

Phone: 785-232-1661

**John Haynes** [8] (Hiker, Backpacker)

Email: [jhaynes5018@everestkc.net](mailto:jhaynes5018@everestkc.net)

Phone: 913-248-1259

**Olivia Huddleston** [4] (Horseback Rider)

Email: [opieh@bluevalley.net](mailto:opieh@bluevalley.net)

Phone: 785-382-6886

**Ken Miner** [11] (Mountain Biker, Single-track Advocate)

Email: [kminer@minertech.com](mailto:kminer@minertech.com)

Phone: 913-894-4276

**Doug Palen** [3] (Mountain Biker, Hiker)

Email: [djpalen@nckcn.com](mailto:djpalen@nckcn.com)

Phone: 785-545-3460

**Neil Taylor** [5] (Mountain Biker, Hiker)

Email: [medic1@sunflower.com](mailto:medic1@sunflower.com)

Phone: 816-392-1038

**Jim Thomas** [2] (Horseback Rider)

Email: [thomasj@kansas.net](mailto:thomasj@kansas.net)

Phone: 785-528-4255

**Amy Thornton** [7] (Mountain Biker, Hiker)

Email: [amyt@wp.state.ks.us](mailto:amyt@wp.state.ks.us)

[Positions 1-6: 2006-2007 term; Positions 7-12: 2005-2006 term]

# Trail News

## New Study Points To Need For Urban Freeride Areas

A 2006 report released by the Outdoor Industry Association says that outdoor enthusiasts increasingly seek activities that can be done close to home. "The outdoor industry and policy makers must expand focus to include front country and urban recreation areas," reads the OIA release. IMBA couldn't agree more according to an article about urban freeride parks, published in Parks and Recreation magazine ([www.nrpa.org](http://www.nrpa.org)) that outlines IMBA's advice. IMBA's comprehensive freeriding resource pages can be found at:

[www.imba.com/resources/freeriding/index.html](http://www.imba.com/resources/freeriding/index.html)

*IMBA Singletrack Update - February 2006*

## Hiking 101 – Where You Are

Ever have a feeling of being lost in life? Well, taking a long hike may be of some help there, but you can't "find yourself" very well if you get lost on the trail. Here are some general tips to help you stay found.

1. Bring a map and compass, even on short day hikes. Don't tempt fate. Even if you "know this trail like the back of your hand," snow, fog and darkness may obscure familiar features.
2. Know how to use your map and compass. I know a young lady that dutifully brings a map and compass on every hike. Recently she told me her compass is broken because "the needle points the same way wherever you turn the compass." Don't be this person. Purchase a basic navigation book, join the local orienteering club, or consult a local outfitter. Know how to find north, to orient your map to the terrain and how to take a heading. Make practicing fun by taking a hike with a more experienced navigator and learning some "tricks of the trade."
3. Don't rely on GPS. Global Positioning Systems, electronic devices that pinpoint your position by satellite signals, are great, but if you don't already know the basics of navigation, they will only tell you exactly where you are lost. They are vulnerable to mechanical shock, and the batteries die at inopportune times. Learn to use a map and compass before you decide to rely on GPS. Even then, always bring a compass as backup.
4. Pay attention. Which side of the trail does the stream run on? Where is the sun in the sky? Did you see that big rock on the way in? Details like this can make navigating a simple matter, leaving you to just enjoy your hike.

*American Hiking Society's Paperless Trail for March 2006*  
[www.AmericanHiking.org](http://www.AmericanHiking.org)

## Celebrating Earth Day with President Bush

Congratulations to President Bush for starting his own Earth Day celebrations with a bike ride: What better way to experience the glories of Mother Nature than from the saddle of a bike. It is a great example for the nation to have a President who enjoys riding his bike and isn't afraid to share that pleasure with the nation. Let's hope more Americans follow his lead and get on their bikes during National Bike Month. And, let's not forget what else bicycling can do to help save the planet!

*American Bicyclist Update --- April 24, 2006*  
[www.bikeleague.org](http://www.bikeleague.org)

## Study Examines Trail Impacts And Solutions

A newly completed study, "Assessing and Understanding Trail Degradation: Results from Big South Fork National River and Recreation Area," by Dr. Jeffrey L. Marion of Virginia Tech University adds fresh information to help trail enthusiasts understand and manage trail impacts. Dr. Marion quantifies the trail impacts of different user groups and offers objective guidance on sustainable trail design, construction, maintenance and management. He cites more than 70 sources, providing an up-to-date catalog of recreation ecology, and describes IMBA's [Trail Solutions](#) as one of "the best available trail maintenance references." To download or view the study go to:

[www.imba.com/resources/science/marion\\_nps\\_report.pdf](http://www.imba.com/resources/science/marion_nps_report.pdf)

*IMBA SINGLETRACK NEWS: MAY 2006*

## Cycling Trends in U.S. vs. Canada

In spite of their colder climate, Canadians cycle about three times more than Americans. The reasons for this are made clear in a new report written by John Pucher and Ralph Buehler and published in *Transport Policy*. The main reasons are Canada's higher urban densities and mixed-use development, shorter trip distances, lower incomes, higher costs of owning, driving and parking a car, safer cycling conditions, and more extensive cycling infrastructure and training programs. Most of these factors result from differences between Canada and the United States in their transport and land-use policies, and not from intrinsic differences in history, culture or resource availability.

*American Bicyclist Update --- May 22, 2006*



# KTC Trail Reports

## **Bike Month Launched Nationwide May 1**

May was Bike Month 2006 and was the 50th anniversary of Bike Month. Since its beginnings in 1956, millions of Americans have celebrated Bike Month by commuting to work, riding to errands, or just enjoying the fun of bicycling.

*American Bicyclist Update --- April 24, 2006  
www.bikeleague.org*

## **KTC Trail Reports**

### **Clinton Lake – North Shore Trails**

All 23 miles are now completely trimmed. With the early growth this season, we'll probably need to do a mid-summer trimming touchup. We also plan to reblaze the entire trail system sometime this summer.

Higher priority projects and spring rains caused a delay in building the Skills Loop on the west end of the trail. We'll begin working on it again in the fall.

Other building projects planned for the next build season include several reroutes on the blue trail to improve flow and to address erosion issues.

Mike Goodwin

### **Dornwood Trail**

At Dornwood trail we are working on keeping the existing trail open and passable. Two new trail loops were built this winter by a hand-full of volunteers. Also several reroutes and repairs were completed. We have ideas for improvements to almost all areas of the trail. Thanks to all the volunteers. Next trail maintenance day is June 24th, 9 AM at the SE 25<sup>th</sup> Street trailhead.

Tom Travis

### **Eisenhower State Park (Melvern Lake) Crooked Knee Equine Trail**

Crooked Knee Equine Trail is still gaining popularity as demonstrated by the ever-increasing usage. I have remarked both the blue and orange trails with the help of the Americorps employees that work at Eisenhower State Park. I just have the yellow cross trails left to re-flag. I am in the process of marking the mileage on the trails to update the maps to better show location while riding. The

State Park has added two horseshoe pitching areas at West Point for your entertainment when in camp.

Memorial weekend saw the West Point equine camp area full and at least 6 more rigs camped at Cowboy Camp area. Park management said they received many compliments on Eisenhower State Park equine camp and trails. MOTDRA held their annual June competition with 25 registered riders the first weekend in June.

Jim Thomas

### **George Latham Trail (Clinton Lake)**

A new section near the start of the trail from the south side is being constructed. The area being rerouted is about to fall off into a creek and is eroding faster than could be hoped so the trail is being moved to contour the hill better and prevent loss of tread. Scout volunteers from the Lawrence area completed the bench cut recently, but there is still work to be done closing and reclaiming the old trail section. This hopefully will be done by late summer.

Further down the trail a section of trail will be going through a third and hopefully last attempt to close it. The trail is supposed to go around, instead of through, a very beautiful campsite. However, people have been refusing to heed the subtle hints in the form of logs, rocks, brush and other debris covering the length of the trail and still continue to use the out of date trail. I am hoping to get signs up to make it clearer that the trail is closed and people need to go around and leave the campsite as secluded as possible.

Sam Gleeson

### **Perry Lake Bike Trails**

Early spring trail work involved heavy de-berming and bench cutting on sections of Great White. This dramatically improved certain areas where the slope and tread wear pattern had created a very narrow trail that was beginning to channel water down the trail. Three reroutes of trail were also completed. About 100 yards of new trail moved the east intersection of Great White and Skyline to a shared intersection with Mad Mile. Also about 200 yards of trail was added to move the north intersection of Mad Mile to a shared intersection with Logan's Run & Skyline. A 1/4 mile re-route of Skyline was added to replace 200 yards of fall line trail that had become un-manageable with continuous erosion issues. All these changes were completed in time for the Crocodile Rock Mountain Bike Race held on April 16 which really helped break in the new treads. Early summer mowing has started. With the early emergence of under growth

# KTC Trail Reports

this year we will probably have an additional round of mowing before mid-summer to keep the trails open to the high standards area riders are accustomed to.

Lyle Riedy

## Perry Lake Hiking Trails

We have several new Trailwatchers at Perry that have signed on over the last 4-5 months. A couple Trailwatchers have moved on to another chapter of their lives. We appreciate all their past efforts to keep Perry Lake Trail in great shape. We are currently looking for one more Trailwatcher to take over the Old Military Trail area of Section 2.

The reroute of Section 4 discussed last quarter is complete. The boat ramp area near the Slough Creek - Ferguson Road Bridge now serves as a third primary trailhead along the trail. We hope to have a kiosk there soon.

A new information kiosk was erected at Old Military Trail area. This was an Eagle Scout project for Josh Wood, and Troop 351 from Shawnee. We appreciate their efforts, and the kiosk is now filled with trail information. ([www.perrylaketrail.net/OMTTrailhead.html](http://www.perrylaketrail.net/OMTTrailhead.html))

In April, Eagle Scout Doug Ingersoll (with Troop 249, Topeka) completed work on a new bridge at 66th Street, on Section 1. This much-anticipated improvement allows hikers to bypass a dangerous remnant bridge that was part of the original 66th Street prior to lake construction. Thanks to Doug and Troop 249 for their excellent work. ([www.perrylaketrail.net/66thStreetBridge.html](http://www.perrylaketrail.net/66thStreetBridge.html))

A vandal (or vandals) with shotgun damaged the Old Quarry Road bridge along Section 2 in March. In May the handrails and damage to this bridge were repaired.

In May, pedestrian crossing signs were placed at trail crossing locations along Ferguson Road. Within the next month or two, we expect to have Perry Lake Trail information signs along Ferguson Road too.

Kevin Otterman

## Tuttle Creek Trails

This spring a wild fire burned the south half of Randolph State Park (south). Our work crew has spent a great deal of time and energy cutting out and cleaning up brush and trees destroyed by the fire. This work has been done not only on or around the trails, but in the campground itself.

All the Randolph and the Carnahan Trails are open. Maintenance is being done on a need basis with whatever crew available.

Olivia Huddleston

## MacLennan Park & Park 24 (Topeka)

Thanks to a great turnout at the May workday, the entire trail system has been trimmed.

The foot bridge on the southeast section of trails was rebuilt in May (see photos). This was made possible by the generous funding from the MacLennan Park board and the assistance of park manager, Ken Smith.

**Before**



**After**



Future plans include adding a trailhead kiosk with maps and trail information. Mike Goodwin

# Board Perspective

## Time To Measure Your Progress On All Those Goals

Trailhead kiosks, rerouting problem areas, replacing a bridge lost to flash floods, mapping the trail, adding mile markers, maintaining a website, attracting new volunteers, replacing volunteers that have moved to other areas...not to mention the routine maintenance needs of 28+ miles of trail. If you have clear goals for the year, you're well on your way to creating or maintaining a trail system that all can enjoy. If not, it's time to evaluate the needs of the trail and come up with an action plan to address the highest priority needs.

Once you've identified your trail work goals, it's important to know if you're on track to reach them. It's a pretty straightforward exercise; simply take your annual goals and break them down into monthly or seasonal projects. In years past, I didn't always have a clear goal of what I wanted to accomplish on a single maintenance outing, let alone for the year. There were (and still are) too many projects and too few volunteers to address them all. The result was a cranky Trail Coordinator that felt overwhelmed with too many unfinished projects and no idea how to get them done.

I'm still cranky, but now I can step back and see we're making progress with many improvements and a greatly improved trail system for all. We still have lots of unfinished projects, but now I can focus on priorities such as getting more users on the trail. With more users on the trail, we'll get more volunteers and some of the unfinished projects will eventually take care of themselves.

Like the rest of our organization, I'm learning the value of promotional efforts. New road signs, new kiosks, a website, even business cards handed to scout leaders, hikers and landowners provide incremental steps in promoting the trail and spreading the word. Just a few years ago I often joked that nearly no one in Kansas realized there was a 28-mile hiking trail at Perry. That's still largely true today, but the situation is improving and will continue to improve as we continue to promote the trail through these and other efforts.

Without these goals, we never would enjoy the amazingly positive feelings of accomplishment we're seeing through increased usage...and the positive feedback that comes directly from these trail users. After a long and exhausting day of trail work, as tired as I may get, there's a renewed pride in our accomplishments. Our goals for Perry serve as a tracking device. In recent years I've begun to approach this more like a project management role, with

an annual review of accomplishments and a list of new goals for the current year. I maintain a Current Conditions map so everyone knows what parts of the trail have seen maintenance over the last three seasons. And, I've begun creating a Master Plan that covers long-range planning goals and documents the standards we apply to trail work.

Yes, some projects still get carried over from one year to the next. But, others are getting checked off the list. Volunteer numbers are starting to go back up. And, I'm happy to boast that Perry Lake Hiking Trail is in the best condition ever!

Kevin Otterman

### New Kiosk on Perry Hiking Trail - Section 4



### Elk River Trail Ride

A promotional ride to benefit the Kansas Horse Council was scheduled the last weekend in April at Elk City Lake. We had over 85 reservations for the event. The Elk City Lake trail ride was a success in spite of being moved back a weekend due to severe weather. We had about 45 people show up for the weekend fun in spite of rain again on Saturday. The Elk River Trail is rocky enough that the trails were still in great shape for our ride. The rain stopped by Saturday evening so that we could enjoy a BBQ cookout furnished by the Kansas Horse Council. I received calls from many who had planned on attending and could not due to the postponement or rain. A special thanks to Shorty and Maxine Thorne for leading the rides and furnishing Sunday morning breakfast.

Jim Thomas, Kansas Horse Council Trails Development Chair and KTC board member

# 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 U.S. mail please check here .

## Membership Dues and Contributions

## Amounts

<b>Lifetime Membership</b>	\$100 (One-time payment, no annual dues)	
<b>Annual Dues:</b> Individual	<u>\$10</u>	Trails Supporter
Family	<u>\$25</u>	\$101 - \$249
Affiliate	<u>\$25</u>	Trails Patron
		\$250 - \$499
		KTC Sponsor
		\$500+ _____

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

**Kansas Trails Council  
PO Box 695  
Topeka, KS 66601-0695**

## Contribution from Hallmark Cards

KTC received a \$200 Friend of the Clinton Trails contribution from Hallmark Cards, Inc. thanks to trail volunteer Ric Wilkins. Ric participated in the Hallmark Cards, Inc. employee Volunteer Involvement Pays program by volunteering at least 25 hours over the last 6 months doing trail work at the Clinton Lake and Lawrence River trails. Ric's wife, Pam, can usually be found on the trail with Ric, contributing an equal number of hours. We thank them both for their dedication to the trails.

## Third Quarter 2006 KTC Board Meeting

The next KTC Board meeting will be held on August 13, 2006 at 1:00 PM at Boss Hawg's Barbeque, 2833 SW 29<sup>th</sup> Street in Topeka. KTC members are invited to join us for lunch at 12:00 noon and stay for the meeting. For additional information please check our website: [www.kansastrailscouncil.org](http://www.kansastrailscouncil.org).

## Board Elections

Election ballots for KTC Board of Directors positions 7-12 (2007 – 2008 term) are being mailed to members and need to be completed and returned by August 1, 2006.