

Kansas Trails Council

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Newsletter

June 2008

New Trails Everywhere!

New trails are springing up like wildflowers across the Sunflower state. Here is a partial list of trails under construction or recently completed projects in Kansas.

Chapin Landfill (Wichita near MacArthur & Hydraulic) trails will be developed by Kansas Single Track Society in partnership with the City.

Fall River Lake – five miles of prairie trail corridor is now open beginning at the corner of Sunflower Hill Rd and Badger Creek Road and ending near Badger Creek on the north side of the Lake. Work will commence on a 6-10 mile Badger Creek Loop this fall (see trail report on page 5).

Lawrence area

- Wells Overlook downhill mountain bike race course has been marked and construction will begin soon.
- DeVictor Park single track and paved trails under development. A nature trail will be added this fall.
- Two Rivers rail trail will eventually connect the Kansas and Wakarusa rivers through downtown.
- Kansas Field Station & Ecological Reserve is planning to add paved and natural surface trails.

Antelope Lake, near Morland – five miles of single track hiking and biking trail under development (see trail report on page 4).

Melvern – on April 19, 117 volunteers built 1.6 miles of trail, planted 50 trees and shrubs, built a bridge and picked up 30 bags of trash.

Topeka, Lake Shawnee – last 2 miles of paved trail under construction. This will complete the loop around the lake.

Johnson County, Shawnee Mission Park – planned addition of five miles of single track hiking and biking trails.

WAM-SAG-MAN trail – construction has started on a paved trail that will connect Wamego, St. George and Manhattan.

Landon Trail – construction of the paved trail has commenced within Topeka city limits and the limestone surface trail is nearly complete from the city limits to the Clinton Wildlife Area.

Got Mud?

Mud? Some trail users wear it like a badge of honor. Others avoid it like the plague. Whatever your preference, mud has inundated many trails this past year due to an unusually wet weather pattern. Trail mud presents a challenge to trail managers and trail builders that seems daunting at times. Considering current trail conditions across the state and continuing wet weather forecasts, proper trail design and construction methods are essential. Perhaps as important, trail users need to understand how trails can be damaged by use during wet conditions.

What Can Trail Builders Do?

Trail design and construction features which minimize erosion and reduce the impact of water from a storm include: proper tread outslope and trail grade, grade reversals, knicks and deberming.

Tread Outslope - While wet trails are inevitable following a storm, a properly outsloped trail tread will shorten drying time and reduce damage from trail use. Outslope refers to the grade of the trail tread as it crosses the trail from one side to the other. A trail outslope of 3 to 5% will cause water to sheet across the trail rather than sitting on the trail. Trails without the proper outslope trap water on the trail and increase drying time.

Trail Grade - Trail grades should not exceed one-half of the adjacent side slope. The side slope is the grade of the terrain crossing the trail. The one-half rule recognizes that

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Board Meeting Minutes

2nd Quarter Board meeting – April 6, 2008

- The KTC Board met at Martinelli's Little Italy Restaurant, Salina, Kansas.
- Board members present were Bob Nicholson, Vice President; Mike Goodwin, Treasurer; Susan Haynes, Secretary; John Haynes; Olivia Huddleston; and Terry Plenert. Members not present were Lyle Riedy, President; Doug Palen; Neil Taylor; Chris Kaegi-Stephens; Jim Thomas; and Amy Thornton. Guest present was Matt Cartlidge.
- The meeting was called to order at 1:04 PM by Bob Nicholson, Vice President.
- Matt Cartlidge gave the Board a follow-up presentation with specifics outlining his ideas for updating the KTC website and trails pages. He gave examples of maps he had created for trails at Wilson and Great Bend.

Executive Committee Reports and Business Action Items

- **Due to lack of a quorum**, those present decided to proceed with the meeting, pending confirmation of motions by the Board as a whole via email.
- **Approval of Minutes:** Mike moved and Olivia seconded a motion to approve the minutes. Motion passed.
- **Treasurer's Report:** Mike distributed reports on current income and expenses, Friends of the Trail balances, and investments. Some stocks that were down were sold and the proceeds moved into utilities investments.
- **Membership Report:** Nancy Goodwin, Membership Chair, sent a membership summary to the Board.

Business

- **Election Committee:** Olivia and Susan were drafted to be on the Election Committee. Mike will forward a template for the ballot which must be mailed by June 1 and returned by August 1.
- **Elk River Trail Coordinator:** Eric Steele, Flat Rock Trail Run promoter, is organizing a work day on May 3rd for the Elk River Trail. A possible trail coordinator for Elk River will be contacted.
- **MOAs:** During discussion it was suggested that an effort be made to get copies of existing MOAs/MOU's on KTC trail areas or try to establish one if none exists. John moved and Olivia seconded that each KTC trail coordinator contact their park/land manager to see if they have an MOU/MOA and if not, move to execute an MOU/MOA. Motion passed. Mike will send out an MOA example to coordinators and the Board.

- **Trail Prospects:** Bob highlighted aspects of Antelope Lake, between Hill City and Hoxie and another trail on the Nature Conservancy's Smoky Valley Ranch in Logan County.

New Business:

- **Perry Lake 40th Anniversary:** John presented a request from Perry Lake for KTC to contribute to the cost of food for the upcoming 40th anniversary celebration on June 14th. Among the events scheduled are a barbecue and historian Steve Allie from the Fort Leavenworth Army Museum. The Board would like to have more specifics before a decision is made.
- **Next meeting:** August 17th, again in Salina at the same place unless otherwise notified.

Contact Info

- Mike moved and Olivia seconded a motion to adjourn. Motion carried and meeting adjourned at 3:40 PM.

Susan Haynes, Secretary

2007 KTC Board of Directors and Officers

Lyle Riedy, President [9] (Mountain Biker)

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[Positions 1-6: 2008-2009 term; Positions 7-12: 2007-2008 term]

KANSAS TRAILS COUNCIL MEMBERSHIP FORM - 2008

I would like to: Join Renew my Membership in the Kansas Trails Council for Calendar Year 2008

Name _____

Street _____ City _____ State _____ Zip _____

Email: _____

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 resources (time, postage, copying, etc.) and being more environmentally friendly, the KTC newsletter is primarily distributed by email. If you prefer to receive the newsletter by regular U.S. mail, please check the box on the right and your name will be added to the newsletter mailing list.

MEMBERSHIP DUES		AMOUNT
Lifetime Membership: (One-time payment, no annual dues)		<input type="checkbox"/> \$100.00
Annual Dues:	<input type="checkbox"/> Individual \$10 <input type="checkbox"/> Family \$25 <input type="checkbox"/> Affiliate \$25 (groups, clubs, etc.)	<input type="checkbox"/> Trails Supporter \$101 - \$249 <input type="checkbox"/> Trails Patron \$250 - \$499 <input type="checkbox"/> 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 Friend of the Trail 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 - Randolph 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"/> Fall River Lake Trails | <input type="checkbox"/> Toronto Lake Trails |
| <input type="checkbox"/> Melvern Lake - Crooked Knee Horse Trail | <input type="checkbox"/> Wilson Lake State Park Trails |
| <input type="checkbox"/> Melvern Lake - Ike's Trail | |

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

KTC is a non-profit 501(c)(3) corporation. Friends of the Trail donations are used directly to maintain the selected trail(s) and are tax-deductible to the extent allowed by law.

Please mail to: Kansas Trails Council ■ PO Box 695 ■ Topeka, KS 66601-0695

Website: www.kansastrailscouncil.org

Trail News

Antelope Lake

This small lake (100 ac) is located in western Graham County. It was built in the mid-1930's by WPA. Local residents contacted me about constructing a hike/bike trail around the lake. After I attended a couple of winter meetings in Hill City and made visits to the lake, in April, Mike Goodwin and I flagged about half the trail and roughed it in. The locals have organized and are working on the finish work. Mike and I also constructed about 0.25 mile using the Ditch Witch front-end loader.

This trail project should be complete by next spring, resulting in about 5 miles of new trail. Bill Elliot of Hill City is the local project coordinator. The Graham County Commission is the land owner and manager. Community support has been encouraging.

Bob Nicholson (rnicholson@fhsu.edu)

Clinton Lake – North Shore Trails

Continued wet weather has made some sections of the trail virtually unusable for much of the spring and early summer. The blue and white trails are still muddy in the first mile and the white trail has been significantly damaged from persistent trail use (please see "Got Mud?" on page 1). Trail conditions have also curtailed much of our normal trail maintenance work which will be resumed when it dries out. We plan to repair damage to the blue trail and reroute and reclaim damaged sections of the white trail this fall. Three Eagle Scout projects are currently in process and should be completed by year-end.

Wet conditions have also affected scheduled trail events. Race organizers from the KC Trail Nerds had scheduled the first "Pod Trod" run for early June. This unique event was to be the first race without a printed course map or trail markings. Race participants would use their iPods to obtain directions and other instructions for the race. But the weather struck again a few days before the race and the trails turned from pretty wet to very soggy. Race officials considered the damage which the trails would have sustained and decided to postpone the race. We hope many area runners will support the rescheduled event to show their appreciation for this example of responsible trail stewardship.

Mike Goodwin (goodwinmw@cox.net)

Dornwood Trail (Topeka)

The weather has been a big factor in the amount and type of trail work we have been able to plan and complete on

the trails so far this year. But with a break in the storms, the plans are to complete a new trail loop that was started early this year. Also some markers or signs will be added at the start and throughout the trails. We should be able to have some trail work days in the next month or so. Mowing, trimming and removing a few downed limbs will be the main focus of the work days.

Tom Travis (tktravis6@yahoo.com)

Eagle Rock Bike Trail (Elk City Lake)

The trail has been hit hard by yet another extremely wet spring. Much of the trail is overgrown and for many weeks now it has been too wet and muddy to work on the trail, let alone ride it. A large portion of the center section is currently under 3-5 feet of water due to a near maximum release of water at the spillway. I think that State Park personnel will be able to help with getting the trail cleared and open for riding as soon as the area dries out, but for now we seem to be stuck in a rain/weather cycle much like the one we were in around here last year when we had all of the flooding in southeast Kansas.

Rocky Shire (rockbev@cableone.net)

Elk River Hiking Trail (Elk City Lake)

On May 5, a group of six trail volunteers organized by Eric Steele, the FlatRock Trail Run promoter, cut brush and lopped sections in the eastern 9 miles of the trail. The trail has been trimmed from the east trailhead to about Mile 1.5 and from Mile 3 to 9. The section from Mile 1.5 to 3 will be trimmed this summer when conditions permit. The section from Mile 9 to 15 was cleared and trimmed in January.

Steve Siegele from Fredonia, has agreed to take the job of volunteer trail coordinator. For information about the trail and upcoming workdays, Steve can be reached by email at: steveshardware@twinmounds.com. Steve also plans to reblaze the blue trail markings this summer.

Eric Steele is planning another trail trimming workday on September 6, three weeks prior to the famous FlatRock 50k & 25k trail run. Thanks to Steve and Eric and his volunteers the trail will hopefully be in the best shape in recent memory.

Mike Goodwin (goodwinmw@cox.net)

El Dorado Equestrian Trails

Great news about improvements occurring at El Dorado Lake/State Park Equestrian Trails! Twenty-three new sites

Trail News

are being built with 20' x 20' horse pens. The South half of the loop will have a pen for each campsite and each pen is connected by steel panels which will create a large riding arena in the center.

The electrical needs have been designed and sent off to the supply contractor so that the materials can be ordered. So soon (hopefully this summer) all of the new sites will have their own electrical outlets and water supply. Things continue to improve at El Dorado State Park, and more exciting improvements will be coming in the months ahead! Be sure to include El Dorado State Park and the equestrian trails on your list of places to attend in the summer of 2008!

Chris Kaegi-Stephens (ckaegi@sheplers.com)

Fall River Lake Trails

Work on the Fall River Trail continued this winter and into late spring with just over five miles of prairie trail open and ready for traffic. A controlled spraying operation over that length of trail has been completed and the growth of the prairie grass is under control to reduce labor to keep the tread clear and open. With the help of the Corps of Engineers we should have an information Kiosk installed at the trailhead by the next fall season. Our goal for the coming trail season is to connect the last mile or so of marked corridor to the Badger Creek area. With that completed, marking and flagging the Badger Creek Trail can begin. Prairie trails are challenging to build and it will be a welcome change to move into the trees, rocks and roots again.

Terry Plenert (PPLENERT@aol.com)

MacLennan Park Trails (Topeka)

The trail redesign is finished! After much delay due to wet weather, the new trails are now open and blazed with blue, red or green. Connector trails are blazed with orange and the color of the trail to which they connect.

Construction of an access road from 6th Street to the Kansas River along the west edge of MacLennan Park has affected the trails west of the gravel trail. Construction signs and fencing warn that the trails are temporarily closed. The gravel trail will also be temporarily rerouted during road construction near the 6th Street area. When road construction is completed, a permanently rerouted gravel trail section will be built. When the road construction is completed this fall, the affected MacLennan Park trails will be rebuilt and the Kaw River State Park

trails will be redesigned and expanded. We appreciate your patience during this construction period.

Large trailhead maps have been mounted in the North and the South kiosks. These maps may also be downloaded from the KTC website at www.kansastrailscouncil.org. Printed trail maps are at the printer and should be available in a map box at each trailhead shortly.

We would also like to thank Lance Simmer who recently agreed to be the trail coordinator. Lance has been working on the trail team during the redesign project. For information about the trail and upcoming workdays, Lance can be reached by email at: lance.simmer@gmail.com.

Mike Goodwin (goodwinmw@cox.net)

Melvern Lake - Crooked Knee Equine Trail

Crooked Knee equestrian trails at Eisenhower State Park, Melvern Lake, continues to see increasing use, especially on the weekends. MOTRA riders returned in May for another good competitive ride, and the Wright Flight of Kansas benefit ride included over 45 riders raising \$4700. Another benefit ride is scheduled September 20-21 to support ESP equestrian trails and camp. More information will be provided as the date draws near. Informal groups of 15-20 riders can be found at the West Point camping area most weekends. Campsites are reserved early for holiday weekends. The new shower house is in but not quite ready yet. Park personnel are hoping to have it ready for use soon.

Jim Thomas (thomasj@kansas.net)

Perry Lake Bike Trails

Not much to report on the Perry Bike trail. The wet weather pattern is keeping riders away. Just when the trail dries enough for good riding, which seems to be mid-week, it rains again making the trails wet for the weekend. With expensive gas, Perry and other remote trails are getting less traffic than in the past. The trails are about 1/2 mowed and trimmed with the other 1/2 in acceptable shape as far as mowing is concerned. They should all be mowed by the end of June. Select areas of the trail are scheduled to be intensively trimmed back with loppers to clear the corridor of re-growth. Each year we select an area to really focus on long term care above and beyond the regular trimming. All areas of tread are fine. We are working on some seeps that have not dried up this summer by hauling gravel and fill to allow a dry line during these wet spells.

Trail News

The annual bike race had to be canceled the morning of the race because of heavy overnight rains on an already wet trail system. By armoring selected areas we may be able to have a short all weather loop so we will not have to cancel in the future. The Great Plains Running series has had two of its four events this summer. Both were successful. These and other events are very important for the general up-keep of the trail. With each event, any areas of concern on the trail are attended to, and the heavy one day use really conditions the tread for months to follow.

Lyle Riedy (lriedy@usd345.com)

Perry Lake Hiking Trails

Lots of activity for the Perry Trail this spring! Six volunteers opened Section 4 between the Slough Creek park road and the Ferguson Road trailhead as it had not been cleared in a few years. It's now in good shape except for a portion that needs to be mowed. Section 2 had several large trees removed with chain saws. And the spring rains have kept portions of the trail wet – oh no -- more water bars?

On March 8, we held a trailwatcher meeting at the Perry project office with Bunnie Watkins to discuss updating the brochure and maps. We started tentative planning for an event to celebrate the Perry Trail's 30th anniversary – perhaps in September.

Contacts with several scout groups have resulted in plans to replace two bridges: OMT perhaps by the end of June (this will replace the trail's first bridge installed in 1997), and one near 94th street that was washed out a few years ago (installation late summer or fall).

Dave Brackey (dbrackey@tb-engr.com)

Smoky Valley Ranch

This is a Nature Conservancy property of about 16,000 acres in Logan County. I was contacted for KTC assistance in designing a new trail. The plan is still in the developmental stages, but they want about a 5-mile trail to be in by fall.

Bob Nicholson (rnicholson@fhsu.edu)

Tuttle Creek Trails

The water at Tuttle Creek Lake has been almost 23 feet above normal pool. Therefore, a lot of the Carnahan Creek Trail work that had been planned for this spring has

been postponed until later. The Randolph Trails have all been attended to and are in use.

Olivia Huddleston (opieh@bluevalley.net)

Wilson State Park Trails

Spring work weekend at WSP was a re-route of a 0.45 mi portion of the Hell Creek loop. There was a total of 8 volunteers each day. A few days later, I added another 0.25 mi re-route in the same general area. Two racing events were held in May.



New trail at the top of the bluff

I have mowed most of the trail 3 times. On June 23 I sprayed the majority of the trail tread with glyphosate. We have a good deal of herbaceous vegetation that recruits into the trail in the mowing season, primarily native grasses and forbs. This will reduce frequency of mowing and make the trail much more rideable. This will probably be an annual event.



Thanks to Doug Palen for the loan of his ATV spraying rig and for numerous other benefits to the trail. On sections unsuitable for the ATV, I've been using our backpack sprayer, which I also use to kill poison ivy. I've assisted the KDWP employees with control of musk thistle also.

Bob Nicholson (rnicholson@fhsu.edu)

From the Board

Got Mud? (Continued from Page 1)

water has a certain velocity as it travels downhill. Water will take the easiest, usually the steepest, path as gravity pulls it downhill. If water encounters a trail tread that is less than one-half the side slope grade it will have enough velocity to sheet across the trail and not be redirected onto the trail. Conversely, a trail tread that exceeds one-half the side slope grade may redirect the water flow from the side slope to the trail tread because it provides an easier path downhill. Water running down the trail will eventually erode the tread and often leaves puddles at low points.

Grade Reversals - Grade reversals refer to the grade along the trail tread. A trail that goes up and down provides opportunities to shed any water that might be trapped on the trail. Combined with the proper tread outslope, changes in grade along the trail provides opportunities for water to exit the trail at low points. Grade reversals can be created using the natural slopes of the terrain by turning the trail slightly up and then down the side slope of the contour.

Knicks – A knick is essentially a drain on the trail tread. Knicks are semicircle areas on the trail tread where the flat portion of the semicircle is below the downhill side of the tread and the center of the arc is on the edge of the uphill side of the tread. The grade within a knick slopes away from the arc so that the lowest point of the knick is the center of the flat line below the lower (downhill) edge of the tread. The grade within the knick should exceed the adjoining trail tread outslope so that water will be “captured” by the knick and shed from the trail. Knicks can be 6 to 12 feet in diameter in order to make the tread seem relatively flat to the trail user. A well-designed knick will be virtually unnoticed by the trail user.

Deberming – Even well built trails sometimes develop a berm along the downhill edge of the tread due to compaction of the soil in the center of the tread. Removing the berm on the downhill edge of the trail reinstates the outslope of the tread and allows water to sheet across the trail rather than being trapped by the berm.

What Can Trail Users and Land Managers Do?

Let the trail dry out – Most trail users are sensitive to the trail environment and adhere to the practice of leaving “no trace.” Avid trail users rarely litter and often pick up trash left behind by less conscientious trail users. Yet, many well meaning trail users leave an enormous “trace” by hiking, running, riding or biking on a muddy trail. This scars the trail tread with foot prints and ruts which immediately trap water and keep it from draining from the trail. This prolongs the drying time and continues to trap

water from subsequent storms until the trail damage has been repaired. Using muddy trails also promotes “trail creep,” a widening of the trail as users attempt to go around the muddy spot.

Consider The Cost - Trail users may not be aware of the enormous effort required to build or repair a trail. Most natural surface trails in Kansas have been built and are maintained by volunteers. While trail volunteers work for free, their time and effort is immensely valuable. Depending on the terrain, building one mile of trail may require hundreds of hours of design, planning and construction labor. Assuming 500 hours to build one mile of trail in moderately easy terrain, at a modest \$10 per hour, the cost (not the value) would be \$5,000 per mile. Compare this to the time it takes to damage a mile of trail by: a hiker (20 minutes), an equestrian (20 minutes), a runner (10 minutes) or a biker (5-10 minutes). A few minutes of fun in the mud can result in hundreds or thousands of dollars of damage to the trail.

Alternate Routes or Event Dates - After preparing for a race, often with the expectation of hundreds of participants, event promoters are understandably reluctant to postpone or cancel the event when wet conditions exist. Land managers can balance their desire to protect the trails and with the need to provide public access by making the “wet conditions” policy clear prior to the event. Either a rain course should be designed in advance and used when conditions warrant or alternate event dates should be prearranged and publicized. When these options fail, responsible promoters should be willing to provide labor after the event to repair any damage to the trails.

Close The Trail – One way to minimize water damage is to close the trails when they are wet. This is perhaps the most certain method to avoid damage to wet trails, however, it is not foolproof, nor is it appreciated by many trail users and event promoters. Indeed, trail users who drive many miles to a trail only to discover that it is closed may become frustrated or may ignore the Trail Closed signs and use them anyway. Some trails have so many trailheads as to make trail closure relatively unfeasible.

What can trail builders do? Build sustainable trails by using the trail building guidelines discussed here and published by organizations like the International Mountain Bicycling Association (www.imba.com). What can trail users do? Remember that muddy trails will only be damaged if they are used.

Got Mud? Please help your local trail volunteers by letting the trails dry out before you run, ride, hike or bike!

Mike Goodwin
Clinton Lake North Shore Trail Coordinator

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

Third Quarter 2008 KTC Board Meeting

The third quarter 2008 KTC board meeting will be held at 1:00 PM on August 17 in Salina at Martinelli's Little Italy. Check the Meetings page on the KTC website (www.kansastrailscouncil.org) for directions. The Board will meet for lunch at 12:00 noon in advance of the meeting. All KTC members are welcome, and encouraged, to attend the lunch and meeting.

Welcome New KTC Members

The KTC would like to welcome the following new members and trail supporters: Matt Cartlidge (Manhattan), Mark Flynn (Lindsborg), Erin Jacob (Catharine), The Kansas City Trail Nerds and Faye and Charley Minium (Morland).

And thanks to The Kansas City Trail Nerds for their generous "Friend of the Trail" donation to the Clinton North Shore Trails!

KTC Election Ballots

Election ballots for the KTC Board of Director positions 7 - 12 have been mailed to current KTC members. The completed ballots must be returned by August 1, 2008 in order to be counted. If you have not yet received a ballot it may be because we do not have your current mailing address, so please send your current address to PO Box 695, Topeka, KS 66601-0695 or email goodwinmw@cox.net and we will send another ballot.