

Kansas Trails Council

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Newsletter

September 2008

2008 Trail Conference

The 2008 Kansas Health Summit: Built Environment and the Outdoors is scheduled for October 6 & 7 at the Hyatt Regency in downtown Wichita. The conference will focus on trail issues and the health benefits of outdoor activity.

A free presentation by Richard Louv, author of the *Last Child in the Woods: Saving Our Children From Nature-Deficit Disorder*, will be held at Century II on the evening of October 6. His book brings together a new and growing body of research indicating that direct exposure to nature is essential for healthy childhood development and for the physical and emotional health of children and adults. The presentation will be open to the public and a book signing will follow.

Among the various topics to be discussed at the conference are:

- Shared vs. Single Use Trails: When is Each Appropriate?
- The State of Outdoor Recreation in Kansas
- Single Track Trail Assessment
- Pathway and Stream Corridor Planning Projects
- Children's Outdoor Bill of Rights: Strategies for Getting Youth in Kansas to Discover Outdoor Activities
- Capitalizing on Trails and Community Walkability as Elements of Destination Attraction
- Keeping the Great Outdoors Great

On-line registration is available at: web.memberclicks.com/mc/quickForm/viewForm. This link may also be accessed from the KTC website calendar page. For additional information about the conference, please contact Bonnie Simon, Kansas Recreation and Park Association at 785-235-6533 ext 20 or by e-mail at: bonnie@krpa.org.

The conference is a collaborative effort of the Kansas Health Foundation, the Kansas Recreation and Parks Association, the Kansas Department of Health and Environment, the Kansas Department of Wildlife and Parks and non-profit organizations like the KTC.

We hope you will join us at the conference and tell your trail friends about this important event!

New Trail Projects

The Kansas Trails Council has submitted a request for a recreational trail grant to fund a trail project at Ford County Lake, near Dodge City. The project, which is a partnership with the KTC and the Southwest Kansas Mountain Bike Club, will involve the redesign and expansion of the trails to accommodate increasing trail usage and add better trail access near existing restroom and parking facilities.

The KTC is also a partner in a proposed recreational trail grant project at Fall River Lake submitted by the Kansas Single Track Society. The KTC has been working with the KSS on a trail on the northeast side of Fall River Lake for the past two years. This six-mile trail should be completed by year-end. The new project in the Badger Creek area will add six to ten miles of new trails. The Badger Creek loop will wind through a mature oak forest and large limestone bluffs and boulders (see photo).



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Board Meeting Minutes

3rd Quarter Board meeting – August 17, 2008

Call to order

- The KTC Board met at Martinelli's Little Italy Restaurant, Salina, Kansas.
- Board members present were Lyle Riedy, President; Bob Nicholson, Vice President; Mike Goodwin, Treasurer; Susan Haynes, Secretary; John Haynes; Olivia Huddleston; Doug Palen; Neil Taylor; and Jim Thomas; Guests present were Mary Hanson and John Wentling.
- The meeting was called to order at 1:01 PM by Lyle Riedy, President.
- **Approval of Minutes:** Mike moved and Olivia seconded a motion to approve the minutes. Motion passed.

Executive Committee Reports and Business Items

- **Treasurer's Report:** Mike reported that the Sanders Mound and Wilson Lake grant projects are completed, with a little over \$2,200 in reimbursement still to be received from the Wilson Lake project. The Statewide Trail Guide project is in the graphic design process and will go to press in the next month or two. Reports on accounts, investments and Friends of the Trail contributions were presented. Investments are about the same as the past quarter.
- **Membership Report:** Nancy Goodwin, Membership Chair, reported that six new members have joined KTC since the last meeting, bringing the total to about 100.
- **MOAs:** Lyle led a discussion on the progress of obtaining MOAs from each park/land manager via the trail coordinators. The secretary will set up a spread sheet to keep track of this and will receive copies of the MOAs as they become available for record keeping purposes. Lyle will contact any trail coordinators that still need to complete the process.

New Business

- **Presentation on shared trail use:** Mary Hanson, National Park Service, Midwest Region, explained her position as a resource, facilitator, and mediator in the pursuit of shared use trails. The Midwest Region covers the rivers, trails and conservation systems of thirteen states. Kansas is limited in the amount of public lands available and access to areas, especially to waterways, which makes lengthy trail development difficult. Mary cited education, etiquette, training, and pooling of resources as

key ingredients in the success of shared use trails. Two shared use projects are in development in Kansas, one near Marysville and another at Elk City Lake.

- **Smoky Valley Ranch contract proposal:** Phase I of this proposal would contract KTC to develop public and private hiking trails on The Nature Conservancy's Smoky Valley Ranch in Logan County, Kansas. TNC would pay expenses and a technical service fee to KTC for trail development. TNC will maintain the trails. The West Side Public Trail will be for hiking only at this point and feature scenic vistas, historical features and key ecological and geological attributes. The Ranch House Guest Private Trail will be a minimal-development, minimal-maintenance trail to afford ranch guests access to the river corridor and grassland and shrub land areas nearby. Bob moved and Olivia seconded a motion to proceed with Phase I of The Nature Conservancy Smoky Valley Ranch contract proposal. Motion carried.

- **Website and Mapping proposal:** After discussion it was decided to decline to proceed with this project at this time.

- **Trail Equipment purchases:** After discussion it was decided to table any purchases at this time and to work on putting a package together during the next quarter.

- **Land Manager of the Year:** Bob presented the idea of an award for land managers and discussion followed. Bob will be the chair of the committee to further work on this.

- **Gas/mileage reimbursement for work days:** After discussion it was decided that Lyle and Mike would form a plan for reimbursement of excess expenses to present to the Board.

- **Vacant Board Position:** Bob moved and Neil seconded the motion to nominate John Wentling to fill the vacant Board position. The motion passed.

- **Next meeting:** 1:00-3:00 PM, November 16th, at the Free State Brewing Co. (636 Massachusetts) in Lawrence.

- John moved and Jim seconded a motion to adjourn. Motioned carried and meeting adjourned at 3:12 PM.

Susan Haynes, Secretary



The laying of a trail ... becomes not only a pleasure in itself, but an inducement to plan a better way of life, to construct worth-while things, or to weave a better product in the loom of our being. *Earle Amos Brooks, A Handbook of the Outdoors, 1925*

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) \$100.00

Annual Dues:	<input type="checkbox"/> Individual	\$10	<input type="checkbox"/> Trails Supporter	\$101 - \$249	
	<input type="checkbox"/> Family	\$25	<input type="checkbox"/> Trails Patron	\$250 - \$499	
	<input type="checkbox"/> Affiliate	\$25	<input type="checkbox"/> KTC Sponsor	\$500+	\$ _____

(groups, clubs, etc.)

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

Clinton Lake – North Shore Trails

Much is happening this fall on the North Shore Trails. We have four Eagle Scout projects in progress involving major trail reroutes, adding a bridge and constructing more “skinnies” on the Skills Loop. Two of the projects will reroute heavily eroded sections of the first mile of the White trail. A bridge will be built upstream from a chronically wet drainage area around Mile 4.5 on the Blue trail.

Two Eagle Scout projects were completed this summer. Jon Corkins crew rerouted a ¼ mile section of the blue trail and built a new armored crossing through mud creek. Brock Norwood’s project involved adding a trail around Lake Henry fishing lake with a short foot bridge so that anglers can access the lake more easily.

We have recently completed the outside loop of a mountain bike pump track on the north side of Clinton State Park (see photo). We’ll add additional bumps and berms in the middle of the track in the coming weeks.



We would like to thank Kevin Fredrickson, owner of Eagle Trailer in Lawrence, for his generous donation of treated lumber. His continued support of area trails is greatly appreciated.

Mike Goodwin (goodwinmw@cox.net)

Dornwood Trail (Topeka)

We had an unusually damp summer, which we all had to cope with, causing some delays and cancellations on trail work days. Hoping that this fall and winter will have better luck and get some of the plans we had finished. There

is one short section of new trail to finish and lopping/clean up work to do. Trail markers are still planned as soon as it becomes dry enough to use the ditch witch. Thanks to Tom Smith and Mike Goodwin we were able to get some much needed mowing and trimming done.

Tom Travis (tktravis6@yahoo.com)

Eagle Rock Bike Trail (Elk City Lake)

The Eagle Rock Mountain Bike Trail is currently being cleaned up and restored to the great condition it was in before all of the flooding of a year ago and the recurrent flooding of this past May and June. The work is being done by personnel from Elk City State Park with the aid of some of the grant money that was received by the park for damage that was sustained by the park during the flooding of a year ago.

Barring long periods of wet weather, there should be some great riding on the trail this fall.

Rocky Shire (rockbev@cableone.net)

Fall River Lake Trails

With the higher than normal rainfall for the summer the Fall River trail has a fair amount of growth in what was a clear corridor after a controlled spraying in early summer. Work will continue this fall to trim the opened corridor for the winter season. The Corps of Engineers have made several pre-built kiosks available and we will be working to install them by the first of the year. We’ll also be working to connect the last mile up to the Badger Creek area.

Terry Plenert (PPLENERT@aol.com)

MacLennan Park Trails (Topeka)

Construction on the access road between MacLennan Park and Kaw River State Park continues. This has temporarily blocked some of the trails on the west edge of the park. I plan to have a workday Oct 11 to do some lopping and clearing areas of overgrowth.

Lance Simmer (lance.simmer@gmail.com)

Melvorn Lake

Five Star Bike Trail at Eisenhower State Park: The Eagle Loop (outer loop) was completed in August adding 4.1 miles to the existing hiking/biking trail. This brings the total trail length to just over six miles. Plans this winter are to complete three reroutes on Ike’s loop (inter loop) and add

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four more miles of trail along the lake heading south. The long range plans are to have about 14 miles of hiking/biking trails in the park.

Melvern City Trail: I've also been helping the City of Melvern with the design and construction of their River Park Trail. On April 19th we had a work day at the River Park Trail. There was a total of 1.6 miles of trail built in one day.



A total of 117 volunteers registered for the work day, donating over 900 hours of their time. Around 60 volunteers were from colleges around the state with the remainder being local citizens. The City plans to add an additional 4 miles of trails before next summer.

Tim Gogolski (gogotaz17@hotmail.com)

Perry Lake Bike Trails

Fall has arrived and things are looking great at the Perry Bike Trail. Concerns about trail damage and overgrowth from the unusual wet spring and summer were put to rest. The later half of the summer the trail stayed pretty dry. Several seeps that would not go away earlier were hardened with gravel to prevent them from turning into nasty mud bogs. The intent is to create a 3 to 5 mile all weather loop for competitions that would hold up in wet conditions and could be easily accessed for immediate repair.

The trail had its first test in September when Great Plains Running Company held an ultra runners race in wet conditions. With 5 inches of rain overnight and rain still falling in the morning the promoter and land manager agreed to keep the race on previously mentioned sections of the trail as a test to see if the hardening efforts would hold up and the trail held up great. Only a few soft spots were tracked up by the foot traffic, not much more than the deer cause after rain, and I expect those to roll out with regular wheel traffic in the next few weeks. If not those small areas will be addressed quickly and armored if necessary. We really do not promote the use of trails in wet conditions. There has been and will be more debate about holding competitions in wet conditions.

Smaller local events can be postponed or canceled but regional and national level events are often part of a series scheduled many months in advance with participants traveling from far away states and cannot be rescheduled. In these cases the promoters and land managers must agree to alter the route used to lessen negative impact and also work vigorously after the event to return the trail back to original or better condition. Great Plains Running Company and Heartland Sports Promotions have both stepped up and done the right thing in these cases at the Perry Bike Trail. We hope others will follow their lead.

Lyle Riedy (lriedy@usd345.com)

Perry Lake Hiking Trails

Summer 2008 was a busy time for the Perry hiking trail. Two bridges were built by Boy Scouts to replace failed bridges. Our oldest bridge, built in 1997 near Old Military Trail campground, was replaced in June by Troops 177 and 69 of Topeka, KS (see photo on following page).

Trail News



OMT Bridge

The 94th Street bridge (see photo below) that washed out a few years ago was replaced in August by Troop 7 of Topeka as an Eagle Scout project of Brett Sidesinger. Westar's Green Team provided the heavy wooden members and installation expertise.



94th Street Bridge

Parts of Section 1 were mowed on September 20 through heavy lespedeza growth. On a frustrating note, trees were recently trimmed under a power line and a bunch of the debris was piled on the trail. Of course they probably couldn't have seen the trail as it may have been under three feet of lespedeza. We have a one-mower width trail in that area as we snaked through and around the debris.

An informational kiosk (see photo) was built on the trail at the Longview access road as an Eagle Scout project of Bobby Reagan.



All trail watchers are planning their autumn trail work, so expect more activity soon.

Dave Brackey (dbrackey@tb-engr.com)

Smoky Valley Ranch

The Nature Conservancy requested assistance from the Kansas Trails Council to construct a public-use hiking trail on the privately-owned, 16,000-acre, Smoky Valley Ranch Preserve in western Kansas. Most of the ranch is leased for cattle and bison grazing, but the areas where trails are located have only cattle.



The Smoky Valley Ranch is among very few privately-owned properties in Kansas to construct a public-access hiking trail. We designed and constructed two stacked loop public use trails, totaling six miles – a 1-mile loop and a 5-mile loop with a common trailhead. Public access to the

Trail News

trail is unlimited, but restricted to foot traffic only. Users are not allowed off the trail. A large area for off road parking at the trailhead will be available.

We also constructed a one-mile private use trail, which will be accessible to only guests of the ranch. Trails will have interpretive and navigational signage. Interpretative signs will include a variety of topics including Native American history, pioneer and ranching history, geology, wildlife, ecology and plant life. All trails are shared by cattle for five to six months each year and signage will be designed to be resistant to livestock. Combining livestock grazing on privately-owned rangeland with a public trail required special attention to issues not encountered in most public parks.

Bob Nicholson (rnicholson@fhsu.edu)

Tuttle Creek Trails

We have been working on the Carnahan Trail. The lake is still 5 feet above normal pool so still having some access problems. The creek banks are still muddy. Winter plans are to reopen this trail.

The Flint Hills Competitive Trail Ride is being held at the Randolph State Park the first full week-end in October under new management. This trail ride is sanctioned by the North American Trail Ride Conference. It is a competitive ride, not an endurance ride. We are hoping they have a great turnout.

Anyone interested in trail maintenance on week-ends, give me a call at 785-382-6886

Olivia Huddleston (opieh@bluevalley.net)

Wilson State Park Trails

Our use of glyphosate on the trail tread at Wilson was a great success. We will continue to use this technique to clear the tread of vegetation. The need for the chemical is because we don't have quite enough traffic to kill all the grass in the tread, and it is infeasible to do it by hand.

Wilson has seen near record amounts of rain this summer and the trail has held up very well, erosion-wise. We've actually had the lake water level within about 6" of inundating the tread at our lowest point on the trail. Doug Palen and I added about 1 mile of new trail, which will become part of the new beginners loop. Much of the Switchgrass trail is not rideable by inexperienced mountain bikers. I've scheduled a fall trail work weekend for 1-2

November, which will finish up surface work on the beginner loop and commence work on another new loop.

Bob Nicholson (rnicholson@fhsu.edu)

2007 KTC Board of Directors and Officers

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

**Kansas Trails Council
PO Box 695
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Fourth Quarter 2008 KTC Board Meeting

The fourth quarter 2008 KTC board meeting will be held from 1:00 to 3:00 PM on November 16 in Lawrence at Free State Brewing Co., 636 Massachusetts. 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: Orland Crooks, Luke & Stacy Derstein, Gary Ehrlich, Donnie Goertzen, Manual Gross, Jeff Monical, Chris Petty and Jim & Bonnie Simmons.

KTC Election

All incumbent Board members were re-elected in the 2008 balloting to serve the 2009-2010 term: Amy Thornton, John Haynes, Lyle Riedy, Michael Goodwin, Bob Nicholson and Terry Plenert. We would like to welcome John Wentling to the board who will serve out the remaining term of Amy Thornton who resigned recently.

Thanks Amy!

The KTC would like to thank Amy Thornton for serving on the Board of Directors for many years. Her insights and guidance will be missed.