

Kansas Trails Council

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Newsletter

December 2008

2008 Trail Conference

The 2008 Kansas Health Summit: Built Environment and the Outdoors was held October 6 & 7 at the Hyatt Regency in downtown Wichita. About 270 people attended the conference to discuss trails and the need to create outdoor opportunities to improve the physical and mental health of Kansans of all ages.



Mark Fenton, the well known walking advocate and host of the PBS series, **America's Walking**, provided excitement and inspiration during his conference presentations. He described a generation of adults who grew up as "free range kids" who played in unstructured outdoor activities and explored nature everyday.

Richard Louv, author of the *Last Child in the Woods: Saving Our Children From Nature-Deficit Disorder*, lectured and signed books on the first night of the conference. Mr. Louv, recalled times when children considered a nearby creek or the undeveloped timber at the end of the block to be part of their backyard.

KTC Board members, Mike Goodwin and Bob Nicholson, presented a trail assessment hiking session on a nearby trail on the second day of the conference. Thirty or so participants were able to observe first-hand many examples of trail construction that did not follow accepted guidelines. Participants were also afforded the rare opportunity to observe water flowing down the trail during the downpour that occurred half-way through the hike.

Trail Guide Completed

The KTC recently published Kansas Trails – A Thousand Mile Adventure, a guide map to trails across the state. The guide will be available at Convention and Visitor Bureaus, Travel Information Centers, State Parks and Corps of Engineers Offices.

We would like to thank our partners, the Kansas Departments of Commerce, Transportation and Wildlife & Parks for their support and contributions to this project. We especially appreciated the professional quality graphic design work performed by Lisa Hallberg.

2009 Trail Conference

In light of the success of the past two Trail Conferences, the KTC is now working with the planning committee to develop the 2009 Trail Conference. The conference is tentatively scheduled for Oct. 1 & 2, 2009 at the Capital Plaza Hotel in Topeka.

On-line Survey

The Statewide Comprehensive Outdoor Recreation Plan (SCORP) advisory committee is asking for public input to assist with the development of the next five-year plan. If you would like to participate in this process, please complete the on-line survey at:

<https://surveys.ksu.edu/TS?offeringId=95566>

The SCORP survey will be open for input until December 18, 2008. The current SCORP can be downloaded at: <http://www.oznet.ksu.edu/Stevenson/SCORP.pdf>



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Board Meeting Minutes

4th Quarter Board meeting – Nov. 16, 2008

Call to order

- The KTC Board met at Free State Brewing Co. in Lawrence, Kansas.
- Board members present were Lyle Riedy, President; Bob Nicholson, Vice President; Mike Goodwin, Treasurer; Susan Haynes, Secretary; John Haynes; Olivia Huddleston; Terry Plenert; Chris Kaegi-Stephens ; Jim Thomas; and John Wentling. Members not present were Doug Palen and Neil Taylor. Guests present were Tim Gogolski, coordinator on the Five Star Bike Trail, and Ed Lincoln of Wichita.
- The meeting was called to order at 1:07 PM by Lyle Riedy, President. Introductions followed.

Executive Committee Reports and Business Items

- Treasurer's Report: Mike reported that we have less income than a year ago, but income is still coming in. Cash flow is fine. Reports on accounts, investments and Friends of the Trail were presented. The Wilson Lake trails grant project is completed and reimbursement has been received. The Statewide Trail Guide project is completed and reimbursement submitted. The Commerce Department, KDWP and Visitor Bureaus will help distribute the new maps.
- Membership Report: Nancy Goodwin, Membership Chair, reported that we again have a few new members.
- Equipment purchases for trail coordinators: Lyle led the discussion of possible purchases which included the following: Perry - small chainsaw and weedeater; Tuttle Creek - brush cutter; Replenish hand tools for coordinators and tool trailers; Ditch Witch bucket; Investigate 4-wheeler. Olivia moved and John H. seconded a motion to make purchase of the tools discussed earlier. Motion passed. Most items will be purchased locally and receipts sent to Mike for reimbursement.
- Gas reimbursement for trail coordinators: Mike presented an analysis of coordinator gas costs. After discussion Olivia moved and Chris seconded the motion to table the issue until we see what gas prices do and revisit the issue next spring. Motion carried.
- Updates on conferences attended on behalf of KTC: Bob and Mike reported on the Kansas Health Summit and the annual meeting hosted by the Travel Industry Association of Kansas. The Summit highlighted why we do what we do for outdoor venues and focused on the relation to outdoor activities and health. Attendees included KDWP, state park representatives, Kansas Health Foundation, Kansas Parks & Recreation Association, professors from K-State, Bureau of Tourism, and many other dignitaries.

- MOUs: The secretary has prepared a spread sheet to keep track of MOUs and will continue to log them as they become available.

New Business

- New trail coordinator cards: Cheryl Thomas (Jim) has graciously offered to print new cards.
- Next meeting: January 18th, with January 25th backup date, at the state park office in El Dorado, unless otherwise notified.
- John H. moved and Jim seconded a motion to adjourn. Motioned carried and meeting adjourned.

Susan Haynes, Secretary

2008 KTC Board of Directors and Officers

Lyle Reidy, 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 - 2009

I would like to: Join Renew my Membership in the Kansas Trails Council for Calendar Year 2009

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	\$100 - \$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

This has been a busy year for Eagle Scout projects at Clinton Lake with Troop 59 (see photos below). These scouts are becoming quite experienced in the art and science of trail building. Their dedication to the trails and the support of their parents and troop leaders is greatly appreciated. This year Troop 59 has contributed nearly 500 volunteer hours working on these projects.

Three more Eagle Scout projects are planned for early next year, including:

- a trail reroute and bridge project at Clinton Lake
- a nature trail project in DeVictor Park in Lawrence and
- a nature trail at the KU Field Station north of Lawrence.



Typical Troop 59 Trail Crew



Brock Norwood – Lake Henry Hiking Trail



Keagan Taylor - Mountain Bike "Skinnies"



Jon Corkin – Mud Creek Armoring and Blue Trail Reroute



John Fredrickson - Bridge and Blue Trail Reroute

Trail News



Derek Kappelman – White Trail Reroute and Repair

Mike Goodwin (goodwinmw@cox.net)

Dornwood Trail (Topeka)

Trails are in good shape, cleared and open. Some areas have a heavy ground cover of fall leaves, but there are no erosion problems. I am looking at a few places that may need minor reroutes. Space is somewhat limited as the trails are close to each other in spots. This is the best time to plan for new ideas. Without the foliage it is much easier to envision how to construct an area.

Tom Travis (tktravis6@yahoo.com)

Eagle Rock Bike Trail (Elk City Lake)

The Eagle Rock Mountain Bike Trail has been completely restored from the two years of flooding and the accompanying wet weather that left the trail overgrown and in poor condition. The four and one-half miles of trail are now open and in excellent riding condition. All of this is due to the efforts of Elk City State Park personnel with park ranger Pat Allen taking the lead and initiative in the project and doing a great deal of the work himself. New signs and markers have been added to the trail, and new and updated brochures for the trail are currently being printed by the park as well.

What the trail needs now, more than anything else, are riders. Hopefully riders from other areas will find the time and take the opportunity to come to Elk City Lake and ride the trail.

Rocky Shire (rockbev@cableone.net)

Fall River Lake Trails

We are making good progress on the Fall River Lake Trail Project. A trailhead kiosk has been installed thanks to the Corps of Engineers and Mike Goodwin. Mike also found time to spend several days clearing tread on the first mile of the trail with the Terex, mini excavator. This trail has no lack of loose and/or loosely imbedded rock on the tread that makes even hiking the trail difficult in spots. We are working to remove some of this rock to establish flow and a usable line to ride and hike. My best estimate for this clearing is one mile of trail per six hour workday with four people and Pulaskis. We will also be working to open the remaining corridor to the Badger Creek area.

Terry Plenert (PPLENERT@aol.com)

KU Field Station

We recently began construction of new hiking trails at the Kansas Biological Survey Field Station and Ecological Reserves (KSR) north of Lawrence. The stacked loop trail system in the 160 acre Suzanne Ecke McColl Nature Reserve will connect to an overlook shelter and an ADA trail on the west side of KSR. The southern trail loop will be completed by year-end and the northern loop is scheduled for construction early next year as an Eagle Scout project.

Mike Goodwin (goodwinmw@cox.net)

MacLennan Park Trails (Topeka)

The Kaw River State Park access road has been finished and a new trail re-route was completed this September. Thank you to all the volunteers who helped out; your hard work is greatly appreciated. Our plan for this winter is to improve, expand, repair and make minor adjustments to the double wide trails that now exist North of the St. Francis campus. Then we'll begin to expand by adding single track trail loops. Stay tuned!

Lance Simmer (lance.simmer@gmail.com)

Melvern Lake Crooked Knee Equestrian Trails

The West Point Camp now has a new shower house open for use. Three more corrals are planned to accommodate more horses at the campground.

A benefit trail ride was held Sept. 20 - 21 to raise money for Eisenhower State Park improvements. A group of 45

Trail News

riders took advantage of the special use permit allowing the ride to cross over to a 10-mile loop to the east of the State Park on Corps land.

The Crooked Knee Trails have seen a lot of use this summer in spite of all the rain. Wright Flight held another successful benefit ride. A ride to benefit a ranch that accepts unwanted horses was held October 19. The Brushbusters Riding Club out of Topeka schedules once a month rides at ESP.

Jim Thomas (thomasj@kansas.net)

Melvern Lake Five Star Mountain Bike Trails

It appears the Five Star Bike Trail is getting plenty of use. Several times I have encountered people while completing trail Maintenance. Three rock armored crossing have been completed and so far appear to be holding up quite well. One more crossing needs to be completed on the Eagle Loop (outer loop) and a several grass clumps need to be removed from the tread. The wet spring and summer has brought to light some small seep areas that may need to be armored as well. We still have plans this winter to complete three reroutes on Ike's loop (inter loop) and add on to the trail along the lake heading south. This will put the trail in super shape going into the spring.

Tim Gogolski (gogotaz17@hotmail.com)

Melvern City Trail

I'm still providing assistance to the City of Melvern with the design and construction of their River Park Trail. We have had several work days and with local volunteers assisting with the construction work. Thirteen FFA students helped bench cut a 600 foot area along the wetland. They did a tremendous job and were a great bunch to work with. Trail markers were set in November for the different loops. They have plans to build a kiosk this month and will continue to work on trail construction through the winter. Plans are to have a trail opening in April 2009.

Tim Gogolski (gogotaz17@hotmail.com)

Perry Lake Bike Trails

During the winter months our plans are to do minor re-routes and tread improvements throughout the trail system. Several middle school students are excited about helping. Photos below are from a recent re-route workday to address the cliff slumping off and the trail is getting too close to the edge.



Lyle Riedy (lriedy@usd345.com)

Perry Lake Hiking Trails

The work this fall was routine but necessary. Section 1 - finished cleaning up the power line trimming noted in the last KTC newsletter, and later cleared and blazed the north section on a beautiful Thanksgiving day (late turkey fest that day and I was hungry). Section 2 - covered tree clearing. Section 3 - used both KCOC and Sierra club to lop, saw and blaze a section north of 94th Street. We are also in the process of adding another trail watcher to spread the load.

Dave Brackey (dbrackey@tb-engr.com)

Trail News

Tuttle Creek Trails

The winter project is to finish re-clearing the Carnahan Trail. Spring clearing at Randolph State Park will be done in sections. Each section will be gone over and limbs cleared and erosion fixed or marked for future use. We are still hoping for the rest of the electrical hookups at the State Park. I am looking into some creek work at the Carnahan Camp Ground, for better access, weather and water permitting. Hopefully, week-ends can be planned after the first of the year.

Happy Holidays to all.

Olivia Huddleston (opieh@bluevalley.net)

Wilson State Park Trails

October activity began with a public service fair at FHSU, where I attempted to recruit college students to do trail work. In general I think this is a good idea, but didn't really get to test it, because our fall trail work weekend was scheduled over the University's Fall Break.

So far this quarter, I've made 12 trips to Wilson Lake, most of which were overnights. If you don't mind mosquitoes, or no heat, or no a/c, or no water, the KTC trailer is a great place to sleep! Our trail was drying out after a wet summer and fall -- then we got more rain in November. Now we have persistent seeps in a section that for years has been no problem.

As of 12 November, the trail mower had 132 hrs since going into service in spring 2007. I had an inmate crew (of 2) for one day (5 hrs), from the Ellsworth Correctional Facility. That was not really enough time to evaluate. We did some de-berming and a little bit of bench cutting on the new beginner's loop. My schedule hasn't permitted me to get another date with a crew, but I definitely plan to try them again.

Nov 22-23 was our annual fall Switchgrass Trail work day, with 16 volunteers over the two days. They did an outstanding job of laying in some bench cuts and sweet rock work. The route also involves about 20 limestone fence posts, which are common in the region and are remnants in the park of its former ranching era. The HUB Bicycle Shop (aka, Sara Kay Carrell) in Hays provided outstanding lunches. Wilson State Park Manager Jeremy Zimmerman fried fresh Wilson Lake walleye for the Saturday dinner. Our crew was supremely well-fed! Rider feedback on the new section has been great. Brandon Kuhn hosted all overnight guests at his family's lake home. That saved us from frosty sleeping bags.



We built over a mile of new trail, bringing the total to near 15. The majority of this build was mechanical. Anywhere that I can go with the 5' mower and is relatively rock free, I can create new trail without hand tools. The deck normally uses three 21" blades. I removed all blades and replaced the right hand blade with a worn out blade that I shortened to about 18". This blade can be run at zero height (very slow ground speed!) to strip the tread to bare soil. To enhance the tread stripping effect, I added a bolt to each end of the blade that projects straight down. I also used this technique to put in 3/4 mi of new trail on our beginner's loop.

Afterward I use the mower's tires to pack the tread. If you want construction and use details, let me know. The final step will be to spray the tread with roundup after the next spring green up. This technique still needs a little tweaking, but with appropriate soil conditions, it will save tons of time with great results. I'm hoping to adapt it to some of the routine trail maintenance and renovation projects too.

Mile markers are on the agenda for next year. We'll start building more new sections too.

Bob Nicholson (rnicholson@fhsu.edu)

Kansas Trails Council
PO Box 695
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First Quarter 2009 KTC Board Meeting

The next KTC Board of Directors meeting will be held on January 18 at 1:00 PM at the El Dorado State Park Office. Check the Meetings page on the KTC website (www.kansastrailscouncil.org) for directions. All KTC members are welcome, and encouraged, to attend the meeting. Bring a friend and find out what is happening on nearby trails!

Thanks!

The KTC would like to thank Shane Spurlock for his generous support of the Wilson Lake Bike trails.

Membership Renewal Reminder

It's time to renew your KTC Membership for 2009. We would encourage you to help save time and expense by returning the membership renewal form included in the newsletter. Life Members: If any of your contact information has changed or you would like a new membership card, please send an email to Nancy at njgoodwin@cox.net.

If you have a favorite trail you would like to support we hope you will consider donating to the KTC Friends of the Trail program. Your tax deductible contribution will be used solely to support the trail(s) you select. In the current economic situation, the KTC needs your support more than ever! The KTC is a non-profit, 501c3 organization.

KTC Newsletter - December 2008 - Addendum

Editors Note: This time of year we're all busy with holiday preparations and family gatherings yet our trail coordinators are always on the job. Steve Siegele, the Elk River Trail coordinator, is a shining example of dedication to Kansas trails as evidenced by his report below. Steve was actually the first to send in his trail report for the December newsletter, but somehow I failed to include it in the newsletter we just distributed. So please accept my apology and enjoy Steve's description of one of our most treasured trails.

Elk River Hiking Trail - December 2008

Of all the seasons of the year, late Fall and Winter are often the best time to come see the natural beauty along the Elk River Trail. With the leaves off the trees, the cool air and breeze, the quietness of the woods, the water in the creeks, the geese on the lake and in the air, hikers can really benefit from all the sights, sounds, and sensations that make for a wonderful hike. The rugged and rocky trail is in excellent condition along all 15 miles and it is a pleasure to note that many groups and individuals have been hiking on the trail this fall. A real treat awaits the winter hiker when snow covers the trail and coats the woods and bluffs and when ice covers the nearby lake, streams and pools. Nothing compares to the beauty of winter on this trail.

Trail maintenance on the Elk River Trail this past year included late spring cutting of brush along most of the trail corridor, summer cutting of tallgrass along the middle sections of the trail, painting blazes along the entire trail during the summer, cutting and clearing fallen trees all year, and late summer clearing of driftwood along the flood areas of the trails. Vegetation control and driftwood clearing are the two major ongoing maintenance issues on the trail. Because of the rocks, trail erosion is not generally a problem that requires maintenance. A portion of the trail near the 3.5 mile access road was part of a small land slide area this spring. In order to avoid this area, the trail was blazed up through the short bluffline to the top where it joined back in to the trail.

Another big maintenance project for the trail has been started by the Corps of Engineers which has contracted for the replacement of the three trailhead signs along the trail. This project is started but not yet complete. The project includes total replacement of the three wooden information signs with treated lumber and a new large trail map at each location. This project is a really big improvement to the trail, the old signs were in really bad shape, the sign at the dam site trailhead already fell over earlier this summer. Also, the Corps is working with a local Boy Scout who is planning to build a trail bridge across the first creek crossing at the beginning of the trail, which will also be a good first impression for hikers, while keeping a lot of feet dry.

Plans for maintenance this year are to replace several of the trail mile markers that have broken, are missing or are in bad repair. The Corps has the brown markers and volunteers will put them in the ground at the proper locations. The trailhead sign-in stations and trail map holders also will be repaired. Of course plans are to keep the sign-up sheets and trail guides updated and well stocked. The goal of trail maintenance this year and next will be to improve the trail in order to make a really good impression and increase the number of first time and repeat hikers on this unique and beautiful trail. Good trail maintenance will create a good hiking experience that will become a calling card to all the area hikers.

Steve Siegele
Fredonia, Kansas