

# Kansas Trails Council

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Newsletter

May 2005

## Wilson Lake

### Trail Building Workshop

About 30 people attended the IMBA trailbuilding workshop at Wilson Lake April 1, 2 and 3 which the KTC helped to sponsor in cooperation with Wilson State Park and the Central Kansas Mountain Bike Club. After the classroom sessions, the class layed out and built about one mile of new trail (see below). We provided tools and power equipment from the KTC Trailbuilding Trailer and Ed DeTrude and Mike Goodwin worked with the crew as they learned basic techniques of trailbuilding first-hand.



## Super Outdoor Weekend

The 2005 KTC Super Outdoor Weekend on April 23 and 24 at Eisenhower State Park drew about 40 people this year. Everyone who attended seemed to enjoy the trails and the beautiful setting around the lake.

The Saturday dinner brought everyone together at the new shelter house for burgers and socializing and the Sunday breakfast raised \$250 in donations for the Friends of Eisenhower State Park. The Board would like to thank the Friends volunteers for helping to make the event a success.

## AmeriCorps Project

In April, the KTC was invited to work with the Kansas Department of Wildlife and Parks to design and supervise the construction of a new section of trail at MacLennan Park near the Governor's Mansion in Topeka.

Ed DeTrude and Mike Goodwin worked with about 25 volunteers from the Colorado AmeriCorps NCCC crew (see photo), Kansas AmeriCorps crews and several Kansas Wildlife and Parks managers and staff.



Over the course of nine days, we trained the crews in basic trailbuilding concepts, repaired existing trail sections to correct erosion problems and built new sections that will be more sustainable.



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## Trail News and Issues

The Kansas Trails Council has been in the news several times in the last couple of months. Super Outdoor Weekend got a nice write up in the March 17 issue of the Osage County Chronicle, thanks to Jim Thomas and his wife. Mike Goodwin, our President, was on WIBW Channel 13 News in April promoting the AmeriCorps work weeks and trail building at MacLennan Park (also known as the Governors Mansion). The work weeks were part of the National Volunteer Day and the Kansas Celebration of Service on April 28, 2005 and was sponsored by Kansas Department of Wildlife and Parks, Kansas Volunteer Commission and Corporation for National and Community Service. The event also made the news on KSNT channel 27 and the Topeka Capitol Journal.



More Kansas Trails in the news. The May 2005 Backpacker Magazine has listed the Elk River Trail at Elk City Reservoir as the hardest day hike in Kansas. The April 2005 Backpacker Midwest Edition, which lists local trails, has listed the Konza Prairie Trail as one of the good local trails worthy of a hike. Anyone who has hiked the Kings Creek Trail would have to agree.



### **IMBA Signs Break-Through Agreement with National Park Service**

If you've ever tried to enjoy a National Park by mountain bike, chances are you've been disappointed. With some notable exceptions, America's premier park system is closed to off-road riding.

That's going to change with a new five-year agreement just signed by the International Mountain Bicycling Association (IMBA) and the National Park Service. For the first time, National Park Service leaders in Washington, D.C., have formally recognized mountain biking as a positive activity, compatible with the values of our National Park system.

A benefit to millions of bicyclists is the potential opportunity for new access to hundreds of dirt roads in National Park units that have been closed to bicycling. While National Park Service rules require a lengthy process to open singletrack to bicycle use, appropriate dirt roads may be opened with a more straightforward administrative process.

"This agreement represents a true breakthrough for

mountain biking," said IMBA Executive Director Mike Van Abel. "It opens the door for individual park units to partner with mountain bikers and investigate new riding opportunities on a case-by-case basis."

"The National Park Service is committed to increasing public awareness of outdoor recreational opportunities in the national park system that promote health and fitness," said Karen Taylor-Goodrich, the Associate Director for Visitor and Resource Protection". And mountain bicycling in authorized areas can be an excellent way to enjoy America's outdoor heritage in a manner that is compatible with resource protection."

As part of the agreement, IMBA and the Park Service will initially partner on two pilot projects to be selected later this year. The projects will bring mountain bikers and park officials together for on-the-ground teamwork and serve as models for future collaboration.

Additionally, IMBA will provide technical and volunteer assistance to National Park units that are interested in improving their off-road cycling opportunities. IMBA programs such as the National Mountain Bike Patrol, Subaru/IMBA Trail Care Crew and the IMBA club network can now apply their stewardship skills to our National Parks.

Mountain biking can be a solution to many challenges facing National Parks today. Bicycling gets people out of their cars; away from congested roads, parking lots and trailheads; and out into the fresh air. Mountain biking can also encourage more active exploration of parks and counter the societal trend toward obesity.

So what does the future hold? While mountain bikers shouldn't expect a revolution of new singletrack in National Parks, the partnership signals an encouraging direction for the future. With enhanced communication and cooperation between IMBA and the National Park Service, mountain bikers can anticipate that cycling opportunities in National Park units will continue to improve.

The National Park Service manages 384 parks, monuments, battlefields, buildings and recreation areas and more than 80 million acres of U.S. public land. In 2004, National Parks hosted more than 276 million visitors.

In 2002, IMBA formed a partnership with the Rivers, Trails & Conservation Assistance program of the National Park Service. Rivers & Trails helps communities build trail and greenway systems, restore

## Trail News and Issues – Cont'd

rivers and wildlife habitat, and preserve open space. Their work largely focuses on urban and suburban locations, where demand for trail networks is the greatest.

Visit IMBA's National Park Service Resource Page for the text of the agreement, speaking points, NPS parks with great riding, and other resources.

*IMBA Press Release 5-02-05*



### **U.S. Forest Service Turns 100**

The USDA Forest Service will celebrate its 100th anniversary on July 1, 2005. On this date 100 years ago, the Forest Service was created as an agency with a unique mission: to sustain healthy, diverse, and productive forests and grasslands for present and future generations. The creation of the Forest Service initiated a century of change in managing public forests and grasslands, with introduction of a new conservation ethic and professional workforce to carry it forth. As the agency approaches its centennial, we ask that you join us in reflecting on the organization's proud history and traditions and exploring ways to move into a new century of "caring for the land and serving people."

The commemoration will be a combination of nationally promoted "signature events" and locally sponsored opportunities. All planned activities are intended to recognize Forest Service past accomplishments and validate the importance of the agency's current relationship with partners and collaborators. The New Century of Service has coordinated centennial events to encourage a dialogue about the challenges presented to the Forest Service in the next century. These challenges include: rapid natural and social changes, changing public desires and new technologies. Visit the U.S. Forest Service Site for more info at [www.fs.fed.us](http://www.fs.fed.us).

*U.S. Forest Service Web Page*



### **Hiking 101 - Staying Fueled on the Trail**

Many people think they need "special" food for hiking. Something in a flashy wrapper, perhaps, with a name that evokes intense exertion. Although pre-packaged energy foods have their place, "ordinary" foods, with some "special" characteristics are most useful to hikers.

In this Hiking 101, we will focus on the needs of day hikers.

Day Hikers are lucky; many foods that are too heavy to be brought on a longer hike can fuel your favorite day-long walk. The focus should be on foods that don't spoil easily and still provide the nutrients that make hiking easy and healthy.

Fresh fruit provides quick energy from fructose, without the low energy "crash" that often follows the consumption of more refined sugars. Whole grains like whole wheat bread or whole grain energy bars provide some protein and lots of carbohydrates for day-long energy. Nuts (preferably without excess oil) provide protein for muscle recovery and help combat soreness. Of course, G.O.R.P. (good old raisins and peanuts or granola, oats, raisins, and peanuts) made with raisins, salted peanuts, and a candy coated chocolate like M&M's provide a balance of refined and complex carbohydrates and protein that tastes great and can help you hike like a champ! For more information visit the American Hiking Society webpage:

[www.americanhiking.org](http://www.americanhiking.org)

*American Hiking Society's Paperless Trail - May 2005.*



**Senate Bill 87 Update:** This bill is one of KDWP's initiatives and would create an outdoor recreation fee of \$5 added onto a person's motor vehicle registration fee. As proposed, \$4 of the fee would go to fund the state parks, and \$1 would fund the Local Government Outdoor Recreation Grant Program (LGORP). If enacted the KDWP would not request State General Fund support for the park system. Also, all Kansas residents with a current registration tag on their license plate would have free year-round entrance to all of the state parks. As amended by Senate Ways & Means on 3/3/05 the bill creates a \$4 fee, with \$3.20 going to fund the parks and \$.80 to fund the LGORP.

Introduced in Senate Ways & Means Committee on 1/24/2005 and referred to same committee on 1/25/2005, the bill was held up pending an Attorney General opinion. No further action was taken on this bill in the 2005 Legislative Session. The bill will be carried over to the 2006 Session. KDWP anticipates that there will be an interim legislative committee looking into the issue of state park financing.

*KDWP Website:* [www.kdwp.state.ks.us](http://www.kdwp.state.ks.us)

# KTC Trail Reports

## A Decade of Perry Bike Trail

This year marks the 10-year anniversary of the Perry State Park Bike Trail. During these formative years the Perry State Park Bike Trail has weathered many thunderstorms, shed many flash floods, thirsted through a few drought summers, bounced back from ice storms and held up to thousands of riders and hikers passing by. It has weathered several attacks by illegal trail users, some vandals and threatened to be lost to developers but has won every battle. Challenging, rocky, hilly, fast, difficult, sweet, beautiful all seem to describe this trail. This and its seemingly remote location make this trail one of the mid-west's favored trails. Close enough to population yet secluded enough to make it an adventure for most riders.

The first ground breaking of the trail was in 1996. Carl Ringler started the project and designed the first 5 miles of trail. The following year I became the trail coordinator and worked with Carl to design the next 6 miles. Carl then moved to Seattle. The early stages of trail building were done completely by hand using loppers and handsaws. Trail design and maintenance techniques were self taught and learned from experience. As the years passed we acquired a variety of power tools, trimmers, saws, brush cutter and many hand tools for working dirt and rock. These have greatly increased the amount and improved the quality of trail we can build and maintain. Our greatest tool to date is the knowledge many of the volunteers have gained by attending the IMBA trail building schools and workshops. The volunteers can better communicate trail issues and develop strategies to aggressively attack erosion and flow issues using proven techniques to build a sustainable trail tread. The last few years we have shaped, reshaped and added trail to its present 20-mile length and we're not done yet. We have several re-routes & additions planned for this winter. These changes are planned primarily to create a different flow pattern of sections of the trail and to eliminate some trail crossings and intersections. Sections of the trail are named to help riders better orientate to what part of the trail system they are on. The trail is really a variation of a stacked loop trail. The 9 sections of trail vary in length from 1 mile to 3 1/2 miles. People often wonder how the names were chosen for the trail sections. Skyline got its name because it linked the 3 highest points of the Delaware area of the park. Next 2 loops were added and blazed in white paint. At first locals called them the big white and little white trail. Later Great White was chosen because it was the larger of the 2. Riders would challenge each other to a quick 1-mile sprint around

the smaller loop. They called this "doing a Mad Mile" and the name Mad Mile stuck. Much of the early trail building was done with the help of students from Logan Jr. High where I teach. Logan's Run was named to acknowledge their efforts. Black Foot got its name because while building that particular section the leg and foot of a black dog was found. We identified the area by saying go to where we found the black foot. Twin Peaks was named because the trail quickly climbs and descends 2 very similar hills that on a topo map look like twin peaks. Copper Head is a section that required massive bench cutting through a particular rocky area. Workers commented that they felt like they were miners because of all the digging plus the ever-present fear of snakes in this rocky rim, though in January few snakes are ever found. Wild West is named for its fast and wild ride along the western boundary. The last section completed, Carlyle, gives recognition and a little ego boost to the 2 trail designers - Carl Ringler and Lyle Riedy.

Lyle Riedy

## Perry Bike Trail

The spring mowing is just finished with 70 hours logged running trimmers and mowers. The brush cutter shortened the mow time by an estimated 30 hours.

In mid May the trail was hit with a brutal thunderstorm that dropped 5" of rain in 40 minutes with a total of 9" that night. Thanks to good trail building techniques learned from the IMBA workshops the trail tread had very little damage. Only minimal erosion on a few sections of the trail are in need of immediate attention.

With the exception of 2 major washouts the trail is actually in as good of shape as ever. A pair of culverts along with several trees and a few tons of soil and rock from one particular crossing are now somewhere in Lake Perry. The Corps and State Park are working on a plan to put in a bridge or much larger tubes made of concrete at this location. The other major washout occurred when water overflowed a pond and water cut a 10-foot deep 8-foot wide gash through the dam and the trail that ran parallel to the base of the dam. These 2 areas should be back in order by mid June.

Lyle Riedy

## Trail Reports - Continued

### Clinton Lake – North Shore Trails

Using the KTC brush cutter for the first time, we have reduced our trimming time by about one-third compared to previous years. This translates to a savings of about 30 volunteer hours. Many sections are too rocky or have limited access points to use the brush cutter, but we were able to use it on about 7 miles of trail.

We recently refurbished the east trailhead kiosk and are in the process of updating and reprinting the trail map.

A new blue trail section was built at the east trailhead to provide separate access to both trails. A new trail, which will connect the north shore trails to the new overlook area, has been flagged in for the fall building season.

Upcoming Eagle Scout projects include building an eagle observation platform near Lands End and reinforcing the bridge on the west end of the blue trail.

Mike Goodwin

### Clinton Lake – George Latham Trail

The 4.5 mile George Latham Trail continues to be used heavily by campers and hikers. The north bench has been rebuilt and the commemorative George Latham bench has been recently repainted (see photo).



The Latham trail coordinator, Brandon Cherry, has graduated from KU and will be leaving in August for graduate school. We would like to wish him the best in his academic pursuits. We appreciated his dedication to the Latham trail – he will be missed.

Anyone interested in the trail coordinator position may contact Mike Goodwin at [goodwinmw@cox.net](mailto:goodwinmw@cox.net).

### Perry Lake Hiking Trails (East Side)

The spring season has seen considerable volunteer hours invested in trail improvements, as well as the usual maintenance. As of this writing, we have a Trailhead Kiosk planned for Old Military Trail area and the third memorial park bench for Richard Douthit to be installed on June 18. The park bench will be our National Trails Day event for Perry Lake.

With the recent acquisition of equipment by KTC (as well as an identical brush cutter available from the Perry Lake Corps) we have shifted some of our maintenance activities to a more "mechanized" approach, where applicable. Volunteer turnout for formal outings is unpredictable, and this approach allows a small crew to clear several miles of trail in one day. The varied topography of Perry Lake Trail and large numbers of rocks in some areas don't allow us to use the self-propelled brush cutters throughout, but the handheld trimmers with brush blades make an ideal substitute for many of these areas.

Within the last six months, nearly all of sections 1 and 2 of the trail have been cleared using DR trimmers, handheld trimmers, or self-propelled brush cutters. Major upcoming projects include a new trail brochure (to be developed by volunteers in cooperation with the Corps), mile markers along the trail, and a new bridge crossing at 66th Street. Our ongoing focus is to bring invasive Lespedeza under control along the trail corridor, identify all areas accessible to the brush cutter, and improve signage throughout the trail.

Kevin Otterman

### Tuttle Creek – Randolph & Carnahan Trails

The Carnahan Recreation Area and Randolph State Park Trails are open and being used. Water is a little high at the Carnahan Crossing so everyone should proceed with caution.

We are in the process of removing the overgrowth on the Randolph State Park Trails. There is to be a work day on Saturday, June 4th, which is also National Trails Day. Anyone interested please call 785-382-6886 before 8:00 A.M. on Sat. morning.

Olivia Huddleston

# Board Meeting Minutes

The KTC Board met during Super Outdoor Weekend at the shelter house at Eisenhower State Park, Melvern Lake. Eleven Board members were present. The minutes, treasurer's report and investment report were all approved.

Jim Copeland presented his report and expressed a desire to resign his position effective the end of the year. The Board hopes he will reconsider.

- **Election Committee:** An election committee was formed and ballots will be sent out soon.

## Continuing Business

- El Dorado Lake Trail Coordinator Update - Jim Thomas. will look into it.
- Approved Memorandum of Understanding (MOU) - The use of the developed MOU templates for negotiating final agreements with KDWP and the Corp of Engineers was approved. Any MOUs must be approved by the Board.
- Wilson Lake Trail Building Workshop Report - Ed and Mike reported on two days of exciting trail work. There were 25 volunteers on Saturday and twenty on Sunday morning. About one mile of trail was built using the brush cutter, trimmers, and other KTC tools manned by the volunteers. Five new KTC members were signed up, one Friends of the Trail contribution made and the Central Kansas Bike Club may well become an affiliate member.
- Trailer Report - The tool trailer has seen much use since December and continues to be in big demand. Email Mike to schedule the trailer or equipment.
- Discussion of SOW cost - The cost of SOW was evaluated and recommendations made for next year.
- Backpacker Magazine - John reported that he has been in touch and an article has been submitted. A copy of the article was given to each Board member.
- TEA-21 Recreational Trail Grant - Mike was given approval to draft a TEA-21 grant proposal for MacLennan Park (by the Governor's Mansion).
- Dornwood Trail - Lyle and Mike described this Topeka trail as being located near sports fields and as having high use. The person who formerly maintained the trail has moved on and it was suggested that KTC consider taking over the maintenance of this trail.
- Super Outdoor Weekend 2006 - More will be discussed

on this later.

- Stephen Garlow tendered his resignation effective immediately due to time constraints with job and family. He will be missed as a valued Board member.
- Date, location, time of next meeting - No specifics were decided at this time.

Susan Haynes  
Secretary

## Super Outdoor Weekend Feedback

In the spring of each year, the KTC gathers members and friends for a weekend of hiking, biking, horse riding, eating and socializing at the Super Outdoor Weekend. This event was held at Elk City Lake for many years. This year the Super Outdoor Weekend was held at Eisenhower State Park (Melvern Lake).

As the Board begins to plan for events in 2006, we would like to have your feedback about the annual Super Outdoor Weekend. If you attended a recent Super Outdoor Weekend let us know what you liked about the event and what you would like to see changed. If you were not able to attend a recent Super Outdoor Weekend, we would appreciate learning what type of event you might be interested in attending.

The Super Outdoor Weekend was originated to provide the opportunity for the KTC's members to get better acquainted and to enjoy using area trails. With your feedback, we hope to improve the next Super Outdoor Weekend and provide the type of activities our membership desires.

Ideas and comments may be emailed to Mike Goodwin at [goodwinmw@cox.net](mailto:goodwinmw@cox.net) or mailed to 3819 SE 31<sup>st</sup> Street, Topeka, KS 66605.

## Thanks Stephen!

As noted in the minutes from the last Board meeting, Stephen Garlow has resigned to allow more time for work and family. The Board would like to wish Stephen the best and thank him for his service to the Kansas Trails Council. His reasoned, logical assessment of issues facing the KTC was always insightful and will be missed.

## Contact Information

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[Positions 1-6: 2004-2005 term; Positions 7-12: 2005-2006 term]

For contact information for our trail coordinators, please log onto our website at: [www.kansastrailsCouncil.org](http://www.kansastrailsCouncil.org).

## Board Perspectives

### AmeriCorps National Civilian Community Corps

The mission of AmeriCorps\*NCCC is to strengthen communities and develop leaders through national and community service. Since 1994, more than 10,000 men and women have served over 15 million hours providing disaster relief, tutoring children, building homes for low-income families, helping preserve the environment, and helping communities meet their challenges. AmeriCorps\*NCCC supports faith-based and other community-based organizations; national nonprofits; schools; local municipalities; national and state parks; and Indian tribes.

AmeriCorps\*NCCC requires an intense, ten-month, full-time commitment by young people aged 18-24 year-olds. The program is residential, team-based, and modeled after the Civilian Conservation Corps of the 1930s and the U.S. military. Members serve in teams of 10-12 individuals and are assigned to projects throughout the region served by their campus. They are trained in CPR, first aid, and mass care before deploying for their first service project. In addition some members are also certified in chainsaw operation and wildland firefighting. During their service, members receive lodging, meals, uniforms, health benefits, student-loan forbearance and a living allowance of about \$4,000. Upon successful completion of their term, members receive an education award of \$4,725 to help pay for college or graduate school, or to pay back qualified student loans.

AmeriCorps\*NCCC members serve communities in every state, but live and train at five regional campuses: Charleston, SC; Denver, CO; Sacramento, CA; Perry Point, MD and Washington, DC.

AmeriCorps Website: [www.americorps.org](http://www.americorps.org)



*Editors Note: In April, we had the pleasure of working with the Colorado AmeriCorps\*NCCC crew on the MacLennan Park trails (see page 1 article). The team's energy and enthusiasm was truly inspiring. We wish them the best as they take on each project and leave their mark on everyone they encounter. We also had the opportunity to work with many of the AmeriCorps volunteers from around Kansas. These volunteers spend countless hours working at our State Parks each year. Their dedication and hard work is making a difference here in Kansas.*

## Board of Director Elections

Just a reminder that we have mailed ballots for the election of Board members for the 2006-2007 term. If you have not yet returned your completed ballot we hope you will take a moment and vote! If you did not receive a ballot please let us know by calling 785-266-6218 or emailing [goodwinmw@cox.net](mailto:goodwinmw@cox.net).

## New Affiliate Members

The KTC would like to welcome three new affiliate members – the Lawrence Mountain Bike Club, the Kansas Single Track Society and the Kansas Nature Conservancy. We look forward to working with our affiliate member organizations on future trail projects and thank them for supporting the KTC mission. To learn more about our affiliate membership program, please log onto our website ([www.kansastrailsCouncil.org](http://www.kansastrailsCouncil.org)) affiliates page.

## Third Quarter 2005 KTC Board Meeting

The next KTC Board meeting will be held in the new shelter house at Eisenhower State Park (Melvern Lake) on Sunday, August 14. KTC Board meetings are open to all members. Check our website for further details: [www.kansastrailsCouncil.org](http://www.kansastrailsCouncil.org).

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