

# Kansas Trails Council

ESTABLISHED IN 1974

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Newsletter

March 2008

## 2008 Trail Summit

The KTC is again collaborating with several organizations and State agencies to plan a trail summit for the Fall of 2008. With the generous support of the Kansas Health Foundation, the **Kansas Health Summit: Built Environment and the Outdoors** is being planned for October 6 & 7, 2008. The conference will be held at the Hyatt Regency in downtown Wichita and 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.

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

## New KTC Members

The KTC would like to welcome new members: Mary Hull, Elaine Johannes, Anthony Schlinsog (Life), Carol Fox and Cheryl Walter. We appreciate their support and dedication to Kansas Trails!

During 2007 our members and other volunteers contributed over 4,300 hours of their time working on KTC trails. The KTC's Affiliate Member organizations also support Kansas Trails with their contributions and their time. KTC Affiliate Members include:

- Brushbusters Riding Club
- Central Kansas Mountain Bike Club
- Dillon Nature Center
- Iliff Commons Society
- Kansas Horse Council
- Kansas Single Track Society
- Lawrence Mountain Bike Club
- Kansas Native Plant Society.

## Sanders Mound Project Completed

The final work on the Sanders Mound recreational trails grant project at Clinton Lake was completed recently with the installation of two trailside displays. The display shown below features native plants which can be found on Sanders Mound. At the end of the trail, the second display shows various animals found in the area.



The Sanders Mound project extended the paved South Lawrence Trafficway trail to the base of Sanders Mound, the Clinton Lake overlook area and the 23-mile North Shore trail system. The KTC would like to thank our partners, the Clinton Lake Corps of Engineers, the City of Lawrence and the Kansas Wildlife and Parks Department for making this possible. We would also like to thank Craig Freeman (Kansas Native Plant Society), Nancy Goodwin and Lisa Hallberg for their work on the displays.



### Inside This Issue

- 2 – Board Meeting Minutes & Contact Info
- 3 – Membership Form
- 4 – Trail News

# Board Meeting Minutes

## 1st Quarter Board meeting – January 13, 2008

- The KTC Board met in Salina, Kansas with ten Board members and three guests in attendance.
- Minutes and Treasurer's Report were approved. KTC has again been asked and will help sponsor the Legislative Luncheon in Topeka on March 13. KTC will continue with the same associate memberships as in the past (IMBA, Santa Fe Trail Association, Kansas Horse Council, and Kansas Native Plant Society).
- Trail Projects: Sanders Mound - waiting for completion of graphic display. Wilson Lake trails - close to completion. Statewide Trail Guide - working on general layout; some expenses submitted for reimbursement. Fall River - Phase 1 continuing; about 6 miles of corridor open; tread work begun with new equipment.
- Election of Officers: The Board elected to keep the same slate of officers.
- In a related discussion, topics suggested for the next board meeting were: discussion of a five year plan, role of KTC as a voice for users, and membership promotion.
- Budget: The Board was not prepared to take action at this time. A budget committee was formed to work on a new budget.
- Equipment requests for trail coordinators: The purchase of a pole saw was approved.
- Website concerns/changes: Revisions to the website were approved.
- New Business:

Matt Cartlidge, geography major, cartographer, and senior at Fort Hays State made a presentation to the Board regarding an updated method of mapping trails. The Board is considering this method and its possible employment.

The primary agenda topic for the 2<sup>nd</sup> Quarter meeting will be growing the KTC membership.

- Next meeting: April 6th, again in Salina at Martinelli's unless otherwise notified.

Susan Haynes, Secretary

# Contact Info

## 2007 KTC Board of Directors and Officers

**Lyle Reidy, President** [9] (Mountain Biker)  
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**Bob Nicholson, Vice President** [11] (Mountain Biker)  
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**Susan Haynes, Secretary** [6] (Hiker, Backpacker)  
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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) ☐ \$100.00

Annual Dues: ☐ Individual \$10

☐ Trails Supporter \$101 - \$249

☐ Family \$25

☐ Trails Patron \$250 - \$499

☐ Affiliate \$25

☐ 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.

☐ Clinton Lake - George Latham Trail

☐ Perry Lake Bike Trail

☐ Clinton Lake - North Shore Trail

☐ Perry Lake Hiking Trail

☐ Elk City Lake - Eagle Rock Bike Trail

☐ Tuttle Creek - Carnahan Trail

☐ Elk City Lake - Elk River Hiking Trail

☐ Tuttle Creek - Randolph Trail

☐ Elk City Lake - Table Mound Hiking Trail

☐ Topeka - Dornwood Park Trail

☐ El Dorado Lake Trail

☐ Topeka - MacLennan Park Trail

☐ Fall River Lake Trails

☐ Toronto Lake Trails

☐ Melvern Lake - Crooked Knee Horse Trail

☐ Wilson Lake State Park Trails

☐ 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](http://www.kansastrailscouncil.org)



# Trail News

## Clinton Lake – North Shore Trails

Trail work this winter was significantly hampered by excessive rain or snow cover. The entire trail was lopped in February so we're ready for the spring growth.



This spring two Eagle Scout projects will involve rerouting trail sections at two creek crossings, adding a bridge and armoring. The skills loop will continue to evolve as conditions permit. Planned additions this spring include several jumps, a slalom course and many more skinnies.

Mike Goodwin ([goodwinmw@cox.net](mailto:goodwinmw@cox.net))

## Dornwood Trail (Topeka)

The objectives for the Dornwood trail last year was to refine, improve and make additions to what existed before. Most of the additions are pretty easy to see. The improvements/refinements are noticed by only those who frequent the trail.

Now for 2008, the main goal will be to mark the trail. The trail is getting close to 6 miles or more (need to GPS it

again) and it is a continuous loop. With some well placed trail markers it would be easy to follow. But right now it can be a little confusing to navigate. So an up-to-date map and trail markers are the priorities.



Also note that the trail will most of the time pass around or close to the largest trees in the park.

Tom Travis ([tktravis6@yahoo.com](mailto:tktravis6@yahoo.com))

## Elk River Hiking Trail (Elk City Lake)

The Elk River Trail was inundated with debris during last year's flooding but the trail tread remained intact. The western 5 miles are clear, yet many trees remain down on the eastern 10 miles.

On May 3, Eric Steele's Flat Rock ultra-marathon crew and KTC's area volunteers will be tackling a massive trail cleanup effort. Volunteers will meet at the Outlet Channel Shelter House at 8:30 AM to get organized and will be on the trails by 9 AM.

The plan is to finish clearing the eastern 10 miles and blaze the entire 15 mile trail. For more information email Mike Goodwin at [goodwinmw@cox.net](mailto:goodwinmw@cox.net) or check the KTC website calendar page ([www.kansastrails.org](http://www.kansastrails.org)).

Trail coordinator, Ron Boyer, has resigned recently due to his busy schedule. The KTC would like to thank Ron for his dedicated work on these trails in recent years. We wish him the best. As noted on page 8, please contact us if you are interested in filling this position.

## Melvorn Lake - Ike's Trail

What a great year! We started out staking the new trail loop in the spring, trying to figuring out the best way to go. For some reason we started building right in the heat of

# Trail News

the summer going through the thickest part of the brush with the humidity around 99.9% or so it seemed. The first part of February I went out to see how things looked and I was glad to see the trail was being used. Of course the only ones using it were the deer but they did a good job of keeping the tread open and packed down.



We almost have the rest of the Eagle loop staked and should have it completed in time for spring use. The Osage County Economic Development updated and paid for the printing of brochures for the bike trail. This year looks to be as busy as last year with the start of work on a four mile loop heading south along the shoreline.

Tim Gogolski (gogotaz17@hotmail.com)

## Melvern Lake - Crooked Knee Equine Trail

2007 was a very good year for Eisenhower State Park Equine Trails. With the State Park usage fee cut in half, the trail saw a lot of use and many scheduled events. With increased use, there's always trail maintenance needed to maintain our excellent trails system. I put in approximately 116 voluntary hours this year and other volunteers put in

over 176 hours cleaning, marking, and maintaining the trails.

2008 will be another good year with many planned events already on the books. We should have a new restroom & bathhouse in the West Point camp by spring. This addition will enhance the already great facilities (15 leveled sites with water and electric hookups, manure bunkers, and a horse wash station). What a terrific place to camp, ride and enjoy the beautiful lake scenery! Just a reminder, some areas of the trail have been re-routed due to erosion; so please save our trails and use the new route.

Jim Thomas (thomasj@kansas.net)

## Fall River Lake Trails

The trail project at Fall River Lake in Greenwood County started in the early part of 2007. Through the winter and spring we were able to open six miles of corridor. The contoured trail rolls along the lake front through heavy prairie grass with short sections of tree cover. The spring rains brought the lake level up some thirty five feet and also caused rapid growth along the corridor as well as stopping work for the summer months. Our current goal is to trim the corridor again through this winter and bench cut a number of sections that have too much side slope to allow for machine bench work. We will be working to support the machine work to remove the grass and vegetation from the tread for a machine built trail. We had a total of 250 volunteer hours worked in 2007.

Terry Plenert (PPLENERT@aol.com)

## MacLennan Park Trails (Topeka)

The new northeast trail section is open, but some fine tuning of the trail tread awaits drier conditions. When the temperature climbs a little we plan to add tree blazing to mark the various loops with the corresponding colors.

Mike Goodwin (goodwinmw@cox.net)

## Perry Lake Hiking Trails

For the 2007 year, I contributed approximately 40 hours to the Perry Lake hiking trail, and 17 other volunteers (trail watchers and others) contributed about 210 hours. This excludes any Scout, USACE, or other community service work.

Work accomplished was the routine mowing, lopping, trimming, and blazing. We also reviewed the status of one failing bridge west of OMT. I believe this was one of our



# Trail News

first bridges -- age and channel change have finally taken their toll. And of course the thick lespedeza -- ten years ago several trail sections were easy to clear and people could talk while working. Now it's the DR-trimmer and dust masks. Maybe that's part of the difficulty of getting more volunteers.



The "after" view through a thick spot of lespedeza.

Dave Brackey (dbrackey@tb-engr.com)

## Tuttle Creek Trails

The majority of the time in 2007 was spent at Randolph State Park due to the high water for so long, so the Carnahan Trails are the first to come this year.

Volunteers put in 1,254.5 hours in 2007. Of this, your coordinator hours were 420.5 and coordinator miles were 6,920.

We used the brush cutters (2 from the KS Trails Council and 2 personal ones) a total of 239 hours. We used two personal chain saws a total of 27 hours. There were also 10 hours with a personal lawnmower.

There were some major washouts, which were either fixed or rerouted so the trails could be used for the various events scheduled at Randolph State Park.

The coming year is going to be a challenge due to the December ice storm. We are envisioning many down limbs and trees. Also, we have been in contact with the State Park and are planning on helping with the rest of the electric hookups at Randolph South.

Thanks to the Trails Council for the brush cutters, blades, and chains for the chain saws. It goes much faster with

good/new ones. We had planned on opening up another mile of the Carnahan Trail, but this may have to wait depending on how much time we have to spend on bringing the current trail up too speed.

Olivia Huddleston (opieh@bluevalley.net)

## Wilson State Park Trails

KTC's Board was successful in obtaining a \$17,000 grant for the purchase of a trailer and trail construction and maintenance equipment. We've put it to good use in maintaining and growing the trail. Friends of Wilson Lake were among the financial donors to the trail.

KTC and Wilson State Park hosted a trail building weekend on March 31 - April 1. With most of the new equipment from the grant available, we constructed  $\frac{3}{4}$  mile new trail on tower hill. This spectacular new section will be an outstanding new addition to the trail.

Also newly constructed with trail grant funds by the Ellsworth inmate crew, is the trailhead kiosk. We established a sign-up sheet to get an idea of trail usage and put up some posters and other information about navigating the trail, using the park, and viewing its natural history, flora and fauna.

I also constructed a new section that eliminated a couple of fall line sections. The Kansas Fat Tire Festival was successfully conducted again at Wilson State Park, featuring races on the trail on May 5 and 6, despite a lot of rain and tornado activity.

Triathlon events later in the summer used the trail also. Maintenance requires hundreds of hours every year. Some sections of the trail have been mowed 5 times. I've used 4 sets of mower blades, 3 of which are worn out and 2 need sharpening. "Mowing rocks" is what I tell people that I do for a pastime now-a-days. I used Crossbow herbicide on several patches of poison ivy, which seemed to be very effective with one application.

We now have a short (4 mile) "EZ" loop that begins and ends in the Switchgrass Parking Lot. Hopefully this will encourage beginners to try the great adventure of mountain biking at Lake Wilson. The new section we built in April is holding up extremely well and is a challenging delight to ride.

KTC sponsored a trail maintenance day 3-4 November. No one came. I established a new route that eliminated a confusing intersection of trails.

Bob Nicholson (rnicholson@fhsu.edu)

## From the Board

### Perry Lake Hiking Trail: History 101

Happy Birthday! On March 12, 2008, the Perry Lake Hiking Trail (officially the Perry Lake National Recreational Trail) will be 30-years old. The 1978 dedication ceremony was held at Devil's Gap trailhead in the Slough Creek use area. It was the first trail in Kansas built by volunteers on Corps managed lands and was the only hiking and backpacking trail in the state that did not use roads.

Local people at the dedication were Jim Hooper, acting president of the Kansas Trails Council, and Dorothy Moore of the Johnson County Outdoor Society.

The Kansas Trails Council, organized in 1974, had explored the site and route in 1976 and with over 40 volunteers built the 14 miles between Devil's Gap and Old Military Trail trailheads. It also had several camping areas for overnight hikes.

The above information is from: USACE Kansas City District Employee News, Vol XIX, No.3, March 24, 1978.

Going a bit further back: The Kansas Trails Council's "Kansas Trails" Vol 1, No. 2, March 1975, describes requests for backpacking in the Perry Lake area and suggests a route from Longview to Devil's Gap in Slough Creek. It added "Also remember, this is a route, there is no trail as yet." There is also a reference to Rep. Mike Hayden of Atwood introducing a bill providing for the "construction and maintenance of footpaths and bicycle trails by the state highway commission, and other governing bodies." (DLB: it appears a lot was happening at that time.)

And today, for closure: The 14-mile trail dedicated in 1978 is now sections 1 and 2. Sections 3 and 4 were added later to bring the total mileage to 29 miles. Devil's Gap is now a secondary trailhead on a side trail. The Johnson County Outdoor Society was the forerunner of KCOC and several other local outdoor recreation groups. Camping areas are now limited to Slough Creek, Longview and Old Military Trail. Mike Hayden went on to serve as Kansas governor from 1987 to 1991, and is now Secretary of the Kansas Wildlife and Parks Department.

Dave Brackey  
Perry Lake Hiking Trail Coordinator

### Bike Magazine Features Clinton Trails

The March edition of Bike Magazine featured one mountain bike trail in each of the 50 states and the Clinton Lake North Shore Trails represented Kansas. Here are excerpts and the photo from the article.

*Nestled 4 miles from Lawrence, inside the shallow hardwood bluffs of Clinton State Park, spreads the Clinton Lake trails. They are the epitome of good Kansas riding and boast a collection of jagged baby-heads, crank-catching roots, tree trunks, ravines and rock gardens. The trail network weaves around the park's 1,500 acres, skirting Clinton Lake's north rim.*

*The former hiking trails are crafted and cared for by the Lawrence Mountain Bike Club (LMBC) and the Kansas Trails Council. Both associations help patrol the trails, groom them every first Saturday of the month and organize group rides. The LMBC has even constructed a skills park near the trailhead, complete with skinnies, teeter-totters, bridges and jumps.*



*Yet the Clinton Lake trails are still all about the terrain. "The eastern part of Kansas is more rocky and steep than people realize. It's technical. It's really technical." Says LMBC President Neil Taylor.*

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

## **KTC “Friends of the Trail”**

Did you know there are over 1,000 miles of trails in Kansas? Hundreds of thousands of hikers, runners, equestrians, bikers, backpackers and nature enthusiasts enjoy our trails every year. The KTC manages and maintains about 200 miles of trails, about one-fifth of the total trail miles in the state. With the increasing cost of fuel and supplies, your membership contributions and Friend of the Trail donations have never been more important.

## **Second Quarter 2008 KTC Board Meeting**

The second quarter 2008 KTC board meeting will be held at 1:00 PM on April 6 in Salina at Martinelli's Little Italy. Check the Meetings page on the KTC website ([www.kansastrailscouncil.org](http://www.kansastrailscouncil.org)) for directions. The Board will meet for lunch at 12:00 in advance of the meeting. All KTC members are welcome, and encouraged, to attend the lunch and meeting.

## **Elk River Trail Coordinator Position Open**

The KTC Trail Coordinator position is now open for the Elk River Trail at Elk City Lake, northwest of Independence, KS. The Trail Coordinator is a volunteer position with the responsibility of monitoring trail conditions, organizing trail workdays and coordinating with land managers and trail user groups. If you are interested in volunteering to help maintain this epic Kansas trail, please contact the KTC by mail (PO Box 695, Topeka, KS 66601) or phone (785.221.1794) or email at: [goodwinmw@cox.net](mailto:goodwinmw@cox.net).