



HURONIA TRAILS AND GREENWAYS

American Trails Conference

Oct 21-24, 2004
Austin, Texas

Conference Report

Compiled by Frieda Baldwin, with contributions from Cory Kulczycki

American Trails

The mission of the host organization, American Trails, is to pursue a national infrastructure of trails and greenways that serves a full range of activities. Through education, partnerships, and timely information resources, American Trails promotes the creation, conservation and broad enjoyment of quality trails and greenways that offer places of solace, health, fitness, recreation and transportation for all Americans.

American Trails envisions:

Trails and Greenways that are a Part of Everyday Life -- a quality system accessible to all people including a broad range of abilities, economic and cultural backgrounds within 15 minutes of every American home or workplace.

A Diverse Trail and Greenway System -- serving urban areas as well as wild and rural landscapes.

An Interconnected National System of Trails and Greenways -- used regularly by Americans and foreign visitors.

Myriad Trails and Greenways Uses -- with a full range of activities both non-motorized and motorized.

Quality Trail and Greenway Experiences -- that enables the appreciation of natural beauty, cultural and historic connections, and brings people back in touch with special places in the outdoors.

Trails and Greenways that Promote the Conservation of Resources -- with a system that optimizes wildlife preservation and land and water stewardship.

Trails and Greenways that Promote Economic Development -- enhancing property values, business opportunities, tourism and marketability of communities.

A Trail and Greenway System that is Durable -- affordable to maintain with a sustainable commitment of resources.

For more information on American Trails, check www.americantrails.org

KEYNOTE SPEAKERS

Mayor Will Wynn, City of Austin, Texas

Austin is known as the “City within a Park”, and includes 100 miles of trails and 15 nature preserves.

The City won a gold medal early October 2004 as the “Best Parks and Recreation Department in the USA”.

The Mayor promotes the “Austin in Motion” program, organized by the Mayor’s Fitness Council (made up of nutritionists, public health, seniors groups, sports leagues, etc.) to deal with the epidemic of obesity, disease, etc. The Mayor put out a challenge for the City of Austin to become the “most Fit City in the USA in 2 years”. The City wants to give its residents access to trails to walk or bike, within 5 minutes from their home. They are doing this by patching connections between various trails, and by repairing sidewalks and building new ones.

Melissa Johnson, President's Council on Physical Fitness and Sports

400,000 Americans die every year because of poor diet and sedentary lifestyle. 2/3 of all Americans are overweight. The Sedentary Death Syndrome is a condition resulting from physical inactivity or a sedentary lifestyle, which can lead to cardiac disease, cancer, type II diabetes, etc.

Adults need to walk a minimum of 30 minutes/day 5 or more days per week. Thirty minutes of brisk walking leads to better health.

Children too have become too sedentary, and may be the first generation not to outlive their parents. Type II diabetes is now showing up in younger ages. Kids watch too much TV and don't get enough physical activity in school.

To address this, the "President's Challenge" (www.presidentschallenge.org) was initiated. Americans are encouraged to do 60 minutes of physical activity per day. They can choose from 100 activities (hike, bike, row, fish, snowshoe, etc.) and earn points, be eligible for the President's Active Lifestyle Award and/or become a President's Champion.

Other new programs include:

- "Coke Step with It" program
- You can! Steps to a Healthier Aging (to get seniors more active)
- I can do it! You can do it! (activities for the disabled)
- National Trails Day
- Healthier Feds Challenge (to get federal govt. staff more active)

Kathleen Clarke, Director, US Dept. of the Interior, Bureau of Land Management

Americans have approx. 5 hours of leisure time every day. Most of it is spent watching TV, and only approx. 20 minutes on physical activity.

We have to engage the population to engage in physical activity. Outdoor activities bring our lives back together, back in touch with families and with the land. We must promote an ethic of citizen stewardship of our public lands and become advocates for conservation.

TRAILS AND HEALTH

Physical Activity as endorsed by the Centre for Disease Control

By Tammy Vehige, M.Ed, CHES , Physical Activity and Health Branch, Division of Nutrition and Physical Activity

Centers for Disease Control and Prevention

Active Community Environments must have:

- Predominant features include sidewalks, bikeways, trails, parks and other recreational facilities
- Places that support and promote physical activity for people of all ages and abilities
- Close to where people live and work and are easily accessible

Estimated Annual Cost Attributed to Obesity in the U.S.

- Direct health care costs: USD **\$93 billion (2002\$)**
- Obesity USD \$732 more per person
- Medicare spends USD \$1,486 per person*
- Medicaid spends USD \$864 per person*

avg. per obese person

Source: Finkelstein, Fiebelkorn and Wang. *Health Affairs*, May, 2003.

Environmental and Policy Approaches to encourage physical activity

- Create or enhance access
- Urban planning – zoning, land use
- Transportation and infrastructure

Interventions involve efforts of coalitions, agencies, and communities

- Attempts to change the local environment to create opportunities for physical activity
- Changes include:
 - Creating walking trails
 - Providing access to existing nearby facilities
- Training & incentives: many of these programs train participants to use equipment and offer health behavior education

Example of Creation of Enhanced Access to Places for Physical Activity: Bootheel Heart Health Project

- Focus to reduce heart disease by increasing physical activity
- Medically underserved, rural area that has high rates of poverty and low educational levels
- 17 “sub” coalitions were developed over a period of 5 years
- Coalitions based interventions on the needs identified by the communities
- Interventions included:
 - Construction of a walking and fitness trail
 - Walking clubs
 - Education programs

Results:

- Reported weight loss or decreases in body fat among program participants.
- Interventions were effective among men and women in various settings.
- If appropriately adapted to the target populations, these interventions should be applicable to diverse settings and groups.

Form Partnerships with Health Community. But Where do You Find them?

- Epidemiology and Health Promotion Section
- Preventive Health and Safety Division
- Bureau of Health Promotion & Chronic Disease
- Division of Adult and Child Health
- Nutrition and Physical Activity Unit
- Chronic Disease Prevention and Risk Reduction Unit
- Office on the Prevention and Management of Overweight and Obesity
- Arthritis Program
- Diabetes, Nutrition and Physical Activity Section
- Governor’s Council on Physical Fitness and Sports

Most State/Provinces have Local or County Health Departments!

The CDC established an information sharing website:

www.cdc.gov/apps/nccd.cdc.gov/dnpaprog on which it provides information about physical activity programs involving state departments of health. Use this site to research programs, gather ideas, and share information.

Other websites:

Active Community Environments (ACEs)
<http://www.cdc.gov/nccdphp/dnpa/aces.htm>

Active Living by Design
<http://www.activelivingbydesign.org>

I Walk
<http://www.iwalktoschool.org/>

Division of Nutrition and Physical Activity
<http://www.cdc.gov/nccdphp/dnpa/>

The Guide to Community Preventive Services
<http://www.thecommunityguide.org>

FUNDRAISING FOR TRAILS

Funding from Doctors Building Trails

Presented by Cardiologist Rob Lambert and Terry Austin, Trail Coordinator for the City of Little Rock

Dr. Lambert has a keen interest in preventing and treating heart and vascular disease, because of the fact that 60% of Arkansas residents are overweight, and physicians can do something about that. To achieve an overall health improvement, trails and exercise areas need to be built, and advertised. He therefore founded a partnership with 23 other cardiologists from the Little Rock area, to build the Medical Mile Project, in downtown Little Rock. The goal was to raise USD\$ 350,000, but they surpassed their goal, and collected donations from hospitals, physicians, insurance companies, drug companies and even dental offices in the amount of USD\$630,000. Sponsorships were sold by the foot, brick, tree, bench, etc. The success of the campaign was attributed to the fact that they were able to capitalize on the medical community's desire for marketing and community recognition, i.e. no reputable physician wanted to be left out, but wanted to see their name recognized on a plaque along the Medical Mile.

Steps:

1. Identify a trail champion with medical background.
2. Offer partnership between community group and medical association
3. Individual practitioners will want to donate as they feel honoured and don't want to be left out from the recognition program.

The Medical Mile is a 1 mile section of the Arkansas River Trail (ART) along the Arkansas River. The ART is the spine for a spiderwork of trails in the area and connects downtown Little Rock with other trails.

Terry Austin explained that the Medical Mile project was funded along the Triple Bottom Theory, which is a model developed by Warren Buffet, as part of his Forum for Corporate Conscience. The Forum teaches corporate executives to not just look at the financial bottom line but to also look at other factors that do influence the bottom line, such as the economy, the environment, and the health of the community.

The health partnership that was formed includes oral health, diabetic association, nutrition association, cardiovascular taskforce, children's hospital, university medical centres, etc. The environment alliance includes parks and recreation, conversation authority, forest services, etc.

The process followed for the Medical Mile Project consisted of:

1. Medical community identified a desire to participate in a community project with a tangible opportunity to influence health of the population
2. Selected a project location in an area with high visibility, population concentration, and economic and environmental resources
3. Initiated fundraising program:
 1. Created print media (brochures and support materials)
 2. Identified saleable opportunities or sponsorship levels (i.e. foot for \$60, brick for \$200-499, tree \$500-999, bench for \$5000-9999, kiosk \$25,000+, etc)
 3. Developed a newsworthy kickoff announcement

Problems and pitfalls

- Balance expectations: government moves at snail's pace whereas medical community and private business moves fast/acts quickly
- Maintain enthusiasm
- Control the pace: presentations, design work, fundraising, and organization require planning and careful/ongoing communication

An effective tool in guiding the work is the concept of Inspire, Invite, Compete, Create, Thank and Celebrate.

Successes:

- Since Feb/04 raised \$630,000 in private medical community pledges
- Awarded \$113,000 grant from State (out of tobacco settlements)
- Nominated for US Dept. of Health and Human Services "Innovation in Prevention" Award (8 awards are given out annually)
- TV station created first PSA linking Arkansas River Trail with better health.

The likelihood of success for a project like this increases if you hire or acquire a dedicated advocate/facilitator, as it reduces the timeframe from 10 years to a 3 year plan.

It is also important to keep the trail free from user fees to encourage participants of all levels of the community to put on their shoes and go exercise.

For more info, see www.rivertrail.org

Trail Funding and Government issues

Presented by Mary Margaret Sloan, President, American Hiking Association

Government funding is being limited, and projects are being off-loaded onto volunteers. Check <http://www.volunteer.gov/gov/> = one-stop portal for public sector volunteer positions that fit the volunteer's skills and interests

There are 2 Congressional issues:

- fee demo program: which is supposed to be temporary, but has been ongoing for 8 years. There is no consistency amongst agencies, there are liability concerns, and the program is due to end next year, unless extended (i.e. re-authorized)
- land acquisition fund: zero dollars

What can we do?

- Use next congress/administration to indicate why land issues are important to us
- Speak about proper role of volunteers (should not replace role of government staff/funding!)
- Make connection between health and recreation and use as key leverage to request appropriate funding

Rails-To-Trails Conservancy's 2 Cents Initiative

Presented by Marianne Fowler, Sr. Vice President of Programs, Rails to Trails Conservancy

See <http://www.railtrails.org/whatwedo/policy/2cents.pdf>

RTC launched its "Our Two Cents: Six Programs That Fit the Bill" campaign to raise a combined USD\$5.8 billion – or 2 cents to the dollar, for the following programs:

- The popular Transportation Enhancements (TE) program that funds community-based trail, bicycle and pedestrian projects.
- The critical new Safe Routes to School program designed to make it safer for children to walk and bicycle to school.
- Recreational Trails Program, which devotes a portion of federal gas taxes attributable to off-road recreation to trails.
- The new Non-motorized Transportation Pilot Program that will assist several cities to complete seamless transportation networks (trails, bike lanes, sidewalks, mass transit, etc.).
- The new Fair Share for Safety provision that will allocate safety spending within each state to remedy fatalities by transportation mode (not only programs designed to prevent auto fatalities but also programs for other uses of transportation).
- High Priority Projects: bicycle, pedestrian and trails projects in communities identified by members of Congress as being of critical

For more information, see <http://www.railtrails.org/whatwedo/policy/tea21.asp>

City Bike Tax Fund

Under the City Bicycle Tax Fund, a \$4 flat fee was charged on every bicycle purchased. This generated USD\$335,000, and has to be spent on bicycle projects. The tax was approved by voters to fund construction of bikeways, promotion of use of bicycles as transportation and to

ensure that funding for bike facilities are consistent with the City's philosophy of "user pay". Funding has helped build the Rock Island Trail in the City of Colorado.

Metro Austin Trails and Greenways

A not-for-profit, membership based trails organization. Adopted a Vision Plan and partnered with public agencies, private corporations and other not for profits to develop trails in the Metro Austin (Texas) area. They applied for ISTEAs grants, STP-4C grants, and BGAP grants, and also raised funds through bond elections (election ballot question to get residents' approval to raise tax for a specific project). As a result they built over 100 miles of bike trails, 50 miles of bike/hike trails, all transit buses have been equipped with bike racks and they spent USD \$50 million on greenway and parkland acquisition. They are also proposing a 60 mile rail-with-trail along a commuter train from Austin to Leander. For more info contact jeboyt@ddg.com
<http://www.austrails.org/>

TRAILS EDUCATION

National Trails Training Partnership (NTTP)

Presented by Steve Elkinton, National Trails System

NTTP is a forum of diverse agencies who work together on the development of a full range of coordinated training opportunities and resource information for agency staff and partners to responsibly manage all types of trails through America. Trail management includes: planning, protection, design, enhancements, construction, interpretation, preservation and maintenance. See <http://www.americantrails.org/nttp/default.htm>

Goals of NTTP include:

- Identifying existing trail training programs available around the country through organizations, agencies, universities, and businesses.
- Exploring ways to enhance cooperation on training efforts
- Studying target audiences, delivery methods, and special needs
- Identifying needs and gaps in existing trail training
- Developing necessary agreements to promote and accomplish training
- Developing a web site for trail training partners (www.NTTP.net)
- Creating individual state pages in the Web site to highlight training providers and resources in all 50 States.
- Publicizing model [statewide programs](#) for trails training cooperation
- Developing an informational event, such as a satellite broadcast

Also read Steve's article on trail advocacy and the multi-objective values and benefits of trails and the rights-of-ways on <http://www.americantrails.org/resources/advocacy/Elkinton04.html>, in which Steve is looking beyond the 21st century.

Note also that a Rails-to-Trails Best Practices Guide will be coming out later this year.

Improving training for trails at national and state levels (*)

Speaker: S. MacDonald, American Trails

The National Trails Training Partnership (NTTP)

- first trying to find what everyone is doing
- second organize information for dissemination
- the ultimate goal is to share and develop a comprehensive resource on training
- create a trail training curriculum
 - o taught to individuals/ groups
 - o teacher training

American Trails

- building a clearinghouse and calendar
- helping people acknowledge others training methods
- encourage acknowledgement and use of professionals and experts
- creation of a bibliography

Speaker: C. Douwes, Trails and Enhancements Program Manager, Federal Highway Administration, Department of Transportation:

Why training?

- It began with the Bureau of Land Management interested in more training
- Then there was the Who to include?
- Then there was the creation of a "memorandum of understanding"
 - o Included the non-profit organizations signing on
 - o Federal Highway Administration needed a federal process to approve their participation
- took 5 years
- USDA Forest Service (green handout sheet)
- Federal Hwy tries to deliver information as its form of participation (see www.fhwa.dot.gov/environment/trailpub.htm)

The Recreational Trails Program

- funding for projects
- funding to states for BLM courses

BLM course → interagency course

- federal departments pay for each person to attend
- teachers from other agencies, etc.

Speaker: Pam Parker, Executive Director, Colorado Outdoor Training Initiative

Colorado Outdoor Training Initiative (COTI)

- information package about what they have learnt about developing a program
- any person or organization can join COTI
- there is no fee for joining, training is also open to the public
- COTI currently offer 3 course options:
 1. training to be a crew leader
 2. general training in skills (aimed more at volunteers)
 3. riparian training

- COTI wants to train volunteers to create a skilled base of individuals for other trail organizations
- COTI wrote manuals from other organizations into a lesson plan manual to get congruency
 - o Training to teachers to teach it the same way consistently
- The manual will be ready in December 2004.

See <http://www.americantrails.org/nhttp/COTInhttp.html>

Trails Unlimited

Trails Unlimited has developed a series of Training Modules with detailed manuals, exercises and field applications and has team members and equipment ready to provide new trail construction, maintenance or reconstruction services. Trails Unlimited also provides a complete suite of services covering the life of a trail from initial concept through maturity. Not only do they provide Consulting, Construction and Maintenance services, but also offer Training, which can be taught as a formal lecture/hands-on lab course or on-the-job during a planned project. Trails Unlimited is part of the US Dept. of Agriculture, Forest Service. See www.trailsunlimited.com

Trail Research: What do we have, where is it, what's missing? (*)

Presented by John Pugh and Roger Moore, North Carolina State University

What we have:

- University of Minnesota's Trails Database <http://forestry.lib.umn.edu/bib/trls.phtml> contains publications relating to the planning, design, construction, and maintenance of all types of trails. Search by keyword, author, title, etc.
- Academic research database: CAB abstracts
- Trails and Greenways Clearing House - Trail list server (digest function) trailsandgreenways-subscribe@yahoogroups.com
- NRPA – list server → need to be a member to use it
- Recommendation to search the internet for more information/ studies
- USFS Missoula Technology & Development Centre
- Rails-to-Trails Conservancy has funding for links/databases

Issues to study:

- trail features for safety, law, influence and behaviour
- trail distance needed for a community
- compilation of data to indicate travel distances and attracting characteristics
- wildlife impacts and measures
- what is a safe trail? And when is a trail safer than a road side trail or lane?
- economic benefits of trail construction
- cost benefit of trails vs. other recreational facilities (how much is spent per user)
- synergy of trail networks
- what does increasing access actually mean?
- how do you define the "catchment" area of a trail? What is a trail's service area?
- consumer tastes?

TRAIL BUILDING

Trail building manual

USDA Forest Service Trail construction and maintenance handbook: download from <http://www.nohvcc.org/noflash/nav/newsindex.htm>

Trail planning, design and development Manual (Minnesota Department of Natural Resources)

The manual is scheduled to be completed in March/April 2005, and will include training on:

- Planning and Design:
 - Planning sustainable trails
 - Principles of trail design
 - Principles of ecological sustainability
- Trail Classifications and Service Levels
 - Recreation value of trails
 - Jurisdictions
 - Classifications
- Technical Design Standards
 - Paved (hard surface) trails
 - Natural (soft) trails
 - Winter use trails
 - Bikeways
 - Sustainable ecological/natural resource practices

For info contact Minnesota Dept. of Natural Resources, 651-296-8397

American Youth Works

American YouthWorks Environmental Corps/Americorps program helps at-risk youth become vital community assets through service learning projects building trails, restoring habitats, and improving and enhancing water quality, public spaces and neighbourhoods. The youths (ages 17-25) earn a stipend for their work and a college scholarship once they complete the program. Through hard work, great projects and environmental education, this nonprofit is transforming lives and communities. Specialized in non-mechanized trail building the Youthworks Corps is available to build professional level trails for a fee on public lands. <http://www.aie.org/ayw.html>

Mechanized Trail Construction

Presented by Tony Boone, Arrowhead Trails Inc, Gerry Wilbour, Northwest Trails Inc. and Troy Duffin, Alpine Trails LLC.

All belong to the Professional Trail Builders Association (PTBA). Combined their 3 companies did USD\$900,000 worth of business in the past year.

They can build trails with less money and more efficiently, than building trails by hand and with volunteer labour. They use machinery that is 36" – 48" wide. Trails built 48" wide allows for ATV access for rescue, maintenance, etc.

Pros and cons of mechanized trail building:

- Pros:
 - Construction speed of small earthmovers
 - Consistent trail treadway
 - Easily removes large obstacles (rocks, trees)
 - Creates smooth back slopes and fine tunes outslopes
 - Reduces number of required volunteers (can be used elsewhere)

Cheaper construction and maintenance per linear foot

- Cons: Machinery is expensive
Vehicles need to be licenced, have insurance, and permits
More effort to transport the equipment
Requires trained operators and safety gear
Mechanized tools impact on the environment when using unskilled labour
Reduces the amount of volunteer participation (volunteer have less pride in project)

How to decide whether to use mechanized equipment:

- Is the environment suitable?
Do you have skilled labour to operate equipment?
Do you have money?

Guide to machines:

- SWECO 480 Trail Dozer – 48” wider or less – cost USD\$53,000
Mini-Excavators (to remove rocks, trees, etc.) – approx. \$25,000 – 30,000
Crawler Carriers (to transport stuff)
Ditchswitch (like a bobcat) – can use multiple attachments, can work behind
Harrows
Power wheelbarrows
ATV's
Stump Gringer

Roads-to-Trails: A Growing Phenomenon...Turning Grey Infrastructure into Green Infrastructure (*)

Speaker: Hugh Morris (Rails-to-Trails Conservancy)

- If you search “road to trails” the only thing that comes up is a guide book on the logging roads that have been converted to trails in Northwest Washington.
- There are some part-time paved road conversions to trails:
 - o Central Park, N.Y.: during the day the road is closed to motor vehicles - there is a movement to have the road close permanently
 - o Rock Creek Park, D.C.
- Part- Space paved road converted to trails:
 - o Roanoke, N.Y. - Robert Moses Parkway: Hwy was not busy so part of the hwy was closed to traffic and made into a trail
- Full Conversion of paved road to trail:
 - o Columbia River
 - o Friendship Trail, Florida: an old bridge near the Florida Keys, runs from Tampa to St. Pete, the cities took ownership of the roadway
 - o Old Spanish Trail, Florida: old brick road that was build in 1921
 - o Chain of Rocks Bridge, IL.: part of the Route 66 is now part of the greenway development
 - o Spokane River
 - o Gitchi-Gami State Trail, MN : Department of Transportation rebuilt the hwy in a new location because the original ran too close to the lakes. Now the old highway has been converted into a trail
 - o Route 1, Florida
- Lessons:

- Roads and bridges become obsolete because of speed, volume of traffic, weight of vehicles and curves
- The above points result in 11 part time closures, 6 part time space closures, 32 full closures (25 roads & 7 bridges)
- none in the states of: IA, ME, NM, WY

Note: Roads in Nova Scotia not used: trying to use the rails-to-trails policy as a guide (www.novascotiatrails.com)

TRAILS AND OFF HIGHWAY VEHICLES (OHV's)

Lots of information on this issues is available on the website of the **National Off-Highway Vehicle Conservation Council** www.nohvcc.org.

The National Off-Highway Vehicle Conservation Council (NOHVCC) is a publicly supported, educational foundation organized for the sole purpose of promoting safe, responsible, family oriented off-highway recreational experiences. It is a forum for organizations and supporters of OHV recreation, including OHV manufacturers, related businesses, affiliated foundations, OHV dealers, clubs and enthusiasts, to become partners in creating a positive future for the sport.

Creating an OHV Park or Trails Network - User Needs Assessment and Improved Management

Presented by Mary Hughes Frye and John Favro, USDA Forest Service, and Robin Fehlau and Anna Atkinson, Bureau of Land Management

Key Steps to a successful OHV Network or Park:

1. Compile existing information
 - i. What is the area capability?
 - ii. What are the management restrictions?
 - iii. Accessibility issues?
 - iv. What can resources handle?
 - v. What can the area provide? (level of difficulty and terrain)
 - vi. What destinations do you have?
 - vii. Do you have historical sites and are there restrictions?
 - viii. Scenic vistas?
 - ix. What facilities (shade, trailheads, restrooms, water, loading ramps, etc.)?
2. Develop Planning Questions and define User Community
 - i. Type of use (what type of vehicles?)
 - ii. User demographics (ages, genders)
 - iii. Desired experience (Where do they want to travel?)
 - iv. Context – niche
 - v. Define user community (what type of use and skill level? What groups are riding in the area? Need for competitive rides?)
3. Identify Outreach Methods
 - i. Media and meetings

- ii. User interviews
- 4. Synthesize: user profile and desired opportunities

Most common riders

- Families, ages 5 – 85
- Start/stop at the same staging area
- Rides are 1 day or less
- 20-100 miles

Why do they want to ride?

- Spend time with family and friends
- Challenge
- Adventure and excitement
- View wildlife
- Access to fishing and hunting
- See plants and flowers, photography, bird watching

Trail width:

- Hikers, motorcycles, equestrians like single tracks
- ATV's need min. 48" track

What info to provide?

- GPS info, maps, kiosk, signs, information boards, interpretive signs

Bureau of Land Management currently has 600,000 miles of trails currently under its jurisdiction. They developed a **National Management Strategy for Motorized OHV use on Public Lands**, which covers such topics as:

- Inventory
- Planning
- Partnerships (also with media to encourage people to stay on existing trails/roads)
- Signage (standardized)
- Maintenance (incl. trail stabilization projects)\
- Information (brochures re. where to go)
- Education: Adventure Trail (a kids education program set up in a mobile trailer which visits schools, etc.)
- Regulations and law enforcement
 - Don't Drink and Drive
 - Don't let this be your last ride!
 - 800-GETMADD (partnership with MADD)
- Management and Monitoring (trail rangers who patrol for public contact and trail monitoring)
- Challenges:
 - Increase in popularity
 - Technology changes
 - Diverse needs of users
 - Form data standards for trail inventory

Case study: Bureau of Land Management, Utah

- Formed a National Resource Coordinating Council: formal partnership between govt. agencies.

- Signed a Memorandum of Understanding and established a vision, goals and priorities

Set up a steering committee and subgroups (communication team, technical team)
Inventoried “hot spots” (problem areas)
Developed a signing protocol for routes (name/number) and for vehicle restrictions
Established local groups who coordinate efforts to deal with “hot spots” in their area, put trail network in place and repair damage
Developed a logo: Protect Your Privilege – Stay on the Trail
Highlit riding opportunities (one day rides, etc.) and made info available in stores and on website
Promote ethical OHV behaviour:
 “On the Right Trail” curriculum for NOHVCC
 Safety, etiquette and ethics
 Take training programs to schools
 Program has been adopted by 4H
Future plans:
 Increase media campaign
 Need coordinated website
 Implement education curriculum
 Travelling trailers
 Educate law enforcement to make sure fines “stick”
 Develop strategy for partners/dealers
 - where to go
 - partnerships
 - funding
 Refocus on “hot spots”

See www.ut.blm.gov/ohv/ohvinfo.html

Where are ATV's allowed on public roads?

Decision varies by state/local municipality. Check with American Motorcycle Association for info on which states allow ATV's on public roads.

Also, look into decommissioned roads, which can be redesignated as recreational trails, esp. for OHV's.

Managing degraded off-highway vehicle trails in wet, unstable and sensitive environments handbook.

Available from the Federal Highway Administration www.fhwa.dot.gov/environment/trailpub.htm.
Electronic copies may also be available at this site.

Trail Act (HR 3247)

This new act passed the US House on September 28, 2004 and addresses trail responsibility and accountability for the improvement of Public Lands. It provides consistent enforcement of land use, protection and management regulations by the various US agencies. Currently, these agencies impose different penalties on recreational users who damage public lands. **The bill increases penalties on individuals who willfully cause damage to designated trails.** Fines collected are to be used for trail awareness programs and to cover the cost of any improvement, protection or rehabilitation of public lands as a result of the offense that led to the fine.

Sound Regulations

The California Off-Highway Vehicle Noise Regulation: limits reduced from 101 dbA to 96dbA. Came into effect Jan 1/03. Government agencies are conducting sound tests on public lands where OHV's are used. See www.ohv.parks.ca.gov

Also, the American Motorcyclist Association promotes Voluntary Sound Management through reasonable self-regulation. See www.amadirectlink.com

Forest road/trail inventory, forest reclassification & motor route designation

The DNR is conducting a forest-by-forest review of Minnesota State Forests currently classified for off-highway vehicle (OHV) use as "managed," with an eye towards reclassifying these as either "limited" or "closed." DNR is examining forest access for both motorized and nonmotorized recreation and making recommendations for designating and decommissioning OHV trail miles.

This forest designation process will run from fall 2003 through December 2006. It involves inventorying roads and trails in state forests (to be completed by October 2004), then designating trails for motorized or nonmotorized use and reclassifying the forest as "limited" or "closed" (to be completed by December 2006, but extended to 2008, if necessary). See www.dnr.state.mn.us/ohv.

Tread Lightly! Responsible guides to...

Tread Lightly publishes a series of booklets on responsible ATVing, snowmobiling, mountain biking, four wheeling, trail biking, etc.

See www.treadlightly.org

TRAILS AND THE ENVIRONMENT

Commuting trails (as alternative transportation links)

Presented by Hugh Morris, Researcher, Rails-to-Trails Conservancy

Survey results indicated that people are willing to drive/walk a certain distance to use a trail:

- from 0.5 mile from trail: approx. 3.3% of commuters are willing to use trail to commute
- from a secondary ring: approx. 2.25 %
- from the rest of the county: approx. 0.68%

The area from which people are traveling to use a trail, is called the "user-shed".

Factors that have an impact on number of bike-to-work trips along trails include:

- Lack of connectivity (across river, busy intersection, railway crossing, etc.)
- Proximity to downtown
- Availability of good on-road bike lanes

Successful commuting trails depend on:

- Number of people living within proximity distance to trail
- Mix land uses around the trail
- Number of access points
- Length of the facility
- Trail system/network vs. single facility
- Trail surface, signs, site lines, maintenance
- Facilities at destination to secure bike racks and change attire

Adding signage along the trail, indicating where other facilities are, such as pool, school, shopping, etc. plants a seed to use the trail for future trips.

Creating workable and bikeable land use environments

Presented by Felicia Leonard, City of Clearwater, FL

Patterns

- Suburban Sprawl

 - Standard American pattern of growth

 - Replaced traditional neighborhoods after WWII

- Five elements of Sprawl

 - Housing Subdivisions

 - Shopping Centers-Big Box Retail

 - Office Parks

 - Civic Buildings

 - Roadways

Why don't we walk and bike more?

- Lack of Bicycle and Pedestrian Facilities

- Longer than desired trip lengths

Average trip lengths

- Bicycling: 3.9 miles and 38.6% are less than 1 mile

- Walking: 1.2 miles and 26.9% are less than .25 miles

Sprawl Solutions

- New Urbanism

- Smart Growth

- Livable Communities

Elements of Smart Growth

- Range of Housing Opportunities

- Walkability

- Mixed Land Uses

- Transportation Alternatives

- Sense of Place

- Open Space, Natural Beauty

Solution: Transit Oriented Development

A mixed-use community that encourages people to live near transit services and to decrease their dependence on driving

How do we link transportation and land use?

- Decision-Makers

 - Land Use Decisions - Local Jurisdictions

 - County

 - City

 - Transportation Decisions

 - Regional

 - Metropolitan Transportation Organizations

San Mateo's Program

Goal: Promote, support, and facilitate Transit Oriented Development projects throughout the County in order to provide a better relationship between land use and transportation

San Mateo's Objectives

Provide a financial incentive (\$2,000 per bedroom) to local jurisdictions when their approved development is:

- 1/3 mile from a transit station
- 40 units or more per acre

Funding source:

A portion of their State Transportation Improvement Program (STIP) is allocated

Successes:

- First Year: 1147 bedrooms, \$2,253,000
- Second Year 2407 bedrooms, \$2,960,000

For more info...

Felicia Leonard, AICP, City of Clearwater 727-562-4852

Rich Napier, San Mateo City/County Association of Governments 650-699-1420

Also, check the The "Quality Level Surface Handbook", which is downloadable from the Florida DOT website <http://www.dot.state.fl.us/planning/systems/sm/los/pdfs/QLOSsumrev.pdf>, and provides techniques for a multimodal approach for automobile, bicycle, pedestrian and bus transportation.

TRAILS AND ECOTOURISM

Presented by Larry Pressler, City of McAllen, TX

The Rio Grande Valley is in the middle of a trail building boom, fueled by interest in ecotourism and the need for low cost recreational facilities in an economically needy area. One of the major attractions to the area is the World Birding, operated by the Texas Parks & Wildlife, U.S. Fish & Wildlife Services, and 9 communities. The WBC is a network of nine sites along 120 miles of river road from South Padre Island west to Roma, with habitats ranging from dry chaparral brush and verdant riverside thickets to freshwater marshes and coastal wetlands. Over 10,000 acres will be opened up, many for the first time, and all prime for viewing. The mission of the WBC is to protect native habitat while increasing the understanding and appreciation of the birds and wildlife. The project is a global model for conservation and ecotourism development. See

<http://www.worldbirdingcenter.org/worldbirdingcenter/sites/mission/index.phtml>

Ecotourism is a solution where local people benefit from tourism revenue and birds/wildlife benefit from protected lands. Tourists are spending millions of dollars each year for the chance to see the birds. The WCB's goal is to grow tourism and grow the number of acres protected in the Rio Grande Valley.

Another ecotourism project associated with trails is the Suwannee River Wilderness Trail, which is a partnership effort to enhance local economies and preserve the character of the historic Suwannee River Basin through an extensive system of trails.

TRAILS AND BLUEWAY TRAILS

From Paper to Paddle: The A-Z's of Developing Blueway Trails (*)

Speakers: J. Lindsey, L. Sparks, T. Mathews

- 3 main reasons why people come to Florida
 - 1. Abundant wildlife
 - 2. Remote and rugged landscapes

- 3. Opportunities for solitude and exploration
- 17 million people in the USA paddle (canoe or kayak)
- There is a noticeable increase by approximately 150% since the 1980's in the number of bird watchers
- 2 questions to ask communities when beginning the trail planning, design & development process:
 1. What is your intent?
 2. Who are you serving?
- Want trails to be a learning experience
- Try to incorporate side trips (hiking or alternate paddling into groves, fiords, etc.)
- The purpose of close campsites is for safety but also to allow for more learning and wildlife viewing
- Need to consider the tides and currents
 - o can affect in you create a "loop" or a "there & back" trail, e.g. of the Apalachicola Paddling Trail System – in low tide a user can not reach the water from the trailhead
 - o the Apalachicola Paddling Trail system also goes through small towns and has a partnership with the trail company/organization that gives links on its home page to the tourism & chamber of commerce of each town. No company is then favoured or forgotten
 - o the Apalachicola Paddling Trail system also suggests using bicycles for transportation, has provided bicycle racks.
- In planning of a trail "think like an outsider"
- Paddlers startle birds more easily than motor boats
- Seasonal changes to the water, etc. need to be monitored and considered
- Linking paddling trail to a hiking trail is a popular choice of the visitors in Florida
- Law enforcement on the trail for the Blueway Trails – local law enforcement will check the trail area while they are out on patrol in vehicles or boats.

TRAILS AND ART

Rivers and Trails, National Parks Service

Presented by Charles Tracy (director, Art and Community Landscapes)

This program provides funding assistance for community based conservation of rivers, open spaces and for the development of trails, because art connects communities with their landscapes, and art can be a catalyst for conservation, recreation development and stewardship. In local initiatives across the country, the National Parks Service's Rivers and Trails staff have joined with all kinds of artists – dancers, folksingers, painters, puppeteers, sculptors, storytellers and others – to inspire citizens to greater involvement in protecting and enhancing the rivers, trails and greenways in their community. Almost without exception, this increase in citizen participation has led to more media attention, greater public support and increased funding for tangible improvements to the landscapes we treasure in our communities.

Case studies:

1. The Bronx River Golden Ball program in New York made people more aware of the existence of the Bronx River. A coalition of 30 community groups organized the Golden Ball event, which consisted of a golden ball (and its keepers in boats) floating down the river, and visiting several communities along its shoreline, where events took place (dance groups, music, organized walk event, etc.). The river connects communities

along the river, and their residents were made aware of enhanced public access to the river. The events were a powerful catalyst for increased funding.

2. The Powder River Linear Park program in Baker City (Oregon) consisted of a community design workshop to develop a community vision for Baker City's new linear park along the Powder River by identifying public art projects, interpretive themes for each section of the river.
3. The Quinabaug River Valley (CT) program was a program whereby a folksinger worked with fourth graders in 3 communities along the river, to write, perform and produce a CD of songs based on oral histories of long-time valley residents. The "Songs of the Heritage Corridor" reconnect valley residents with the land and have contributed to ongoing efforts by the National Parks Service and the local Heritage Corridor committee to create recreational trails and river greenways connecting the valley communities.
4. The Yellowstone River Valley program in Billings, Montana consisted of a traveling exhibit, put together by local artist, writers, photographers and school children, to bring better awareness of the significant cultural and natural resources in the Yellowstone River Valley. The exhibit consists of contemporary and historic photographs, hands-on activities, sounds and writings, as well as traditional art by blacksmiths, saddlemakers, fly-tyers, etc.
5. The Coastal Trails Rover project in Essex County (MA) consisted of giving local residents digital cameras, with which they took trail photos, people, places of interest, etc. The photos were then downloaded, printed and posted on a sculpture, depicting life in their community.

Why Art on the Trail?

Presented by Evan Haynes, Sculptor, Northern Forest Artists Residency

It creates an experience of place, heightens senses. Art can be a noun, a verb, and a tool. It can include object making, trail furniture, etc.

The scope of an art project can be long term (residency) or project related.

Work with local college or university arts dept, state and local arts councils

Examples:

- dam warnings on a river: can have practical warning messages, or poetic messages
- postcards from the trail: pictures of local residents and of the trail, with a trail map on the back
- partner with local historic society, give people 2 weeks to take snapshots of community for archiving

National Endowment of the Arts

Presented by Liesel Fennel, New England Foundation of the Arts

As part of your trail planning, include art in the funding applications. Below are steps for a successful artist(s) selection:

- Make contact with artists or arts organizations, i.e. your local arts agency, local arts and cultural councils, Public Arts Slide Registries (source for finding artists)
- Find out what arts activities are already going on in your community
- Invite artist onto trail committee to serve as an advisor
- Hold artist advisory meeting
- Decide what kind of art you would like to see along your trail (visual, performing, literary, temporary, permanent?)

Artist Selection Process

Put out a Call to Artists:

- Description of the trail project
- Art goals
- Criteria for selection
- Timeline for implementation
- Budget: artist fee, art materials, and other expenses
- Geographic scope: open to artists locally, nationally, internationally?

Artists should respond by showing background work:

- Slides, video, writing example, color copies, portfolios
- Resume incl. exhibitions, awards, education
- Indicate why artist wants to work on this trail project and with your community

Arts council may have mailing list, e-mail addresses of artists, or be able to post the Call to Artists on their website.

Establish an artist selection panel

- All stakeholders
- Should receive copies of application packages for advance review
- Review the artists' applications
- Recommend shortlist of semi-finalists

Proposal planning process

- Semi-finalists receive planning grant in preparation of project. Should be \$500 minimum and must be paid!
- Semi-finalists present final proposal
- Finalist is selected and awarded grant
- Publicize proposed project and finalist
- Gather community support for the project

Funding for project

- Regional, state, local arts councils
- Private and community foundations
- Corporate sponsorships and contributions
- In kind donations (art materials and labour)

Tip: plan in advance to integrate art component within trail implementation grant applications!

TRAIL AWARDS

The American Trails presented the following awards. See www.americantrails.org for the names of the 2004 winners.

STATE TRAIL ADVOCATE AWARDS: *Nominee must have demonstrated successful efforts to influence public policy relating to trail planning, trail protection, trail development or maintenance.*

STATE TRAIL WORKER AWARD WINNERS: *Nominee must have made outstanding contributions and provided consistent support for trail planning, development, or maintenance. This award is intended to recognize the commitment and efforts of a private or public sector individual in working for enhanced trail recreation in their local area or state.*

OUTSTANDING TRAIL SHARING AWARD: *for demonstrating successful trail sharing strategies*

PLANNING/DESIGN AWARD: *for demonstrating problem solving skills through using both innovative methods on trail project, and public participation and agency involvement to enhance recreational trails opportunities.*

TRAILS PUBLIC SERVICE AWARD: *for agency staff or an elected official who has demonstrated consistent and significant support for trail planning, design and implementation*

PARTNERSHIP AWARD: *for forming partnerships with citizens, organizations and agencies benefitting trail planning, design and implementation.*

TRAILS for HEALTH AWARD: *recognizes a commitment to long term change through community design, trail planning, heightened awareness of active community environments, physical activity promotion and increased trail use*

LIFETIME SERVICE AWARD: *for an individual who demonstrated longstanding, significant, and exemplary service to trail planning, implementation and recreation.*

OUTSTANDING MEDIA AWARD: *for significant and sustained efforts to provide positive public exposure and education in the field of trail awareness and promotion*

TRAILS AND THE ARTS AWARD: *for outstanding public arts projects, interpretive signs and other trail related projects*

CORPORATE AWARD: *for a business or corporation that has demonstrated significant, sustained and exemplary service to trail design, planning and implementation.*

STATE-of-the-ART TECHNOLOGY AWARD: *for use of multiple technologies to increase efficiency in trail design, development, or maintenance.*

TRAIL PRODUCTS OF INTEREST

LifeTrail by Playworld Systems

A new approach to fitness for Active Older Adults. This program helps older adults maintain their maximum level of wellness and independence.

The Lifetrail is comprised of a series of 10 outdoor Wellness Stations, on which users do strengthening, flexibility and balance exercises. Stations can be installed along existing pathways, or in outdoor settings to provide a variety of exercise options prior to, during or after a normal walking routine. www.playworldsystems.com/lifetrail

Zero Runoff or Pervious Concrete for paved trails by Soney Creek Materials LLC

As durable as standard solid concrete, but 15% to 18% void rates, 4" per minute average permeability.

4000 psi compressive and 500 psi flexural beam strengths at 28 days.

Environmentally friendly with 20% fly ash as a part of the design mix.

Cooler than asphalt and concrete.

Ease of installation, use of standard concrete tools. No compacting or rolling of surface.

Less noisy when walked or played on than regular concrete and asphalt.

Available in many colours and textures.

Cost to put down USD \$5-6/sq ft, but with screed box equipment only \$2.65/sq. ft. (4" thick)

www.stoneycreekmaterials.com

Recreation Bridges by Wheeler

Steel and timber bridges, as well as retaining walls, sound walls, culverts, storage buildings

www.wheeler-co.com

Pedestrian Bridges by Redd Team Mfg.

Aluminium bridges for trails, wetlands and marine

www.reddteam.com

Self composting toilets

As seen at the Westcave Preserve and Hamilton Pool, near Austin, TX.

Recycling toilet uses no chemicals or water. Composting is started with bark chips

If low usage, does not need to be stirred. In high usage, stir once a week.

Do not throw bottles, plastic, cigarettes, cans in toilet.

Most noticeable feature: **there is no odour!!!**

Made by Clivus Multrum Inc.

For info contact Travis County www.co.travis.tx.us/tnr/bccp or call 512-854-9383

Concrete Restrooms

By CXT Precast Products www.cxtinc.com

Recreation Marking Systems by Rhino

Multi-use trail marking posts and decals, as well as soil markers, curb markers and pavement markers.

www.repnetinc.com

Scoopy Doo K9 Waste Removal Units

Dispensers, disposal cans, and bags for dog waste.

Ideal for municipal parks, trails, gated communities, camp grounds, hotels.

See <http://scoopydoo.netfirms.com/scoopy1f.htm>

All weather writing paper

By J.J. Darling Corporation

Notebooks, paper, pens that will work in a downpour!

www.riteintherain.com

INTERESTING QUOTES

“Trails allow one community to tell its story to other communities”

“Trails are an inviting path to fitness” (Pam Norton, Secretary of the Dept. of the Interior)

“Memories are what people take home from their visits to wilderness areas. Trails lead to wonderful memories.”

“The scenery on trails is better than at your local gym!” (Fran P. Mainella, Director, US National Parks Service)

“ There is no better place to talk to your kid about his/her little league game, or math test, or other experience, than in the outdoors”.

ANNIVERSARIES

100 years – US Fish and Wildlife Service (in 2003)

100 years – USDA Forest Service (in 2005)

40 years – Wilderness Act

35 years – National Trails System Act (since 1968 under Pres. Lyndon B. Johnson)

15 years – Tread Lightly!

1 year – Take Pledge in America (to celebrate volunteerism)

2004 CANADIAN CONFERENCE ATTENDEES

The conference was attended by 700 delegates, mostly Americans, but also the following from Canada:

Terry Norman, Canadian Trail Federation and Nova Scotia Trails Federation, Halifax, Nova Scotia

Tim Peterson, Parliamentary Assistant to the Minister of Tourism and Recreation, Province of Ontario

Laura Dowsley, Legislative Assistant to the Parliamentary Assistant, Ontario Ministry of Tourism and Recreation

Carol Oitment, Policy Advisor, Sport and Recreation Branch, Ontario Ministry of Tourism and Recreation

Peter Dunbar, Director, Leisure Services, Town of Collingwood, Ontario

Rad Whitehead, Trails Committee, Town of Collingwood, Ontario

Cory Kulczycki, Lecturer, Department of Recreation & Leisure Studies, Brock University, St., Ontario

Patti Longmuir, Consultant, PEL Consulting, Toronto, Ontario

Dawn M. Neil, Eastern Trails Project Manager, Halifax Regional Development Agency, Nova Scotia

Don Ambler, Western Trails Project Manager, Halifax Regional Development Agency, Nova Scotia

Paul Euloth, Trail Coordinator, Halifax Regional Municipality, Nova Scotia

Frieda Baldwin, Huronia Trails and Greenways, Cookstown, Ontario

2006 NATIONAL TRAILS SYMPOSIUM

In the Quad Cities (Davenport, Bettendorf, Moline and Rock Island) in Illinois – October 2006
Exact date TBD.

*Respectfully submitted by Frieda Baldwin
info@simcoecountytrails.net
November 24, 2004*

() With thanks for the contributions from Cory Kulczycki, Lecturer, Department of Recreation & Leisure Studies, Brock University St. Catharines, Ontario, Canada*