



National Recreation Trails

NRT NEWS

SPRING 2002

News and resources for National Recreation Trails managers

Trails, health, and dollars: make the connection

A good place to start is to contact your state's health department to see what programs are being funded and encouraged.

There is a nationwide campaign to increase physical activity among Americans. According to the Centers for Disease Control and Prevention, "more than 60% of American adults do not get enough physical activity to provide health benefits." **Do your trails provide a safe, attractive place for exercise?**

Nationally, there is increased funding for promotion of physical activity, such as the U. S. Department of Health and Human Services 2003 proposal for a \$20 million **Healthy Communities Innovation Initiative**. In addition, 12 states are receiving CDC funding for Physical Activity and Nutrition Programs.

One state funding example is the **South Carolina Division of Cardiovascular Health**, which offers mini-grants for projects that address physical activity, among other efforts. A number of the projects involve creating walking and bicycling trails, as well as other programs that encourage walking and bicycling.

The Texas Department of Health is promoting the **Texas Trail Registry** to encourage physical activity and healthy lifestyles: www.tdh.state.tx.us/trails.

Active for Life is a four-year initiative supported by the Robert Wood Johnson Foundation that seeks to increase the number of American adults age 50 and older who engage in regular physical activity.

A bill currently in the California Senate would add four dollars to traffic tickets to help fund **\$10 million in "information and technical assistance"** needed for local communities to increase levels of physical activity," according to Senate Bill 1555.

National Trails Day theme is "Hike for Health"

Saturday, June 1, 2002, is National Trails Day. The message is "when you work for trails you are not only helping the environment, you are improving your community's health."

The **Piney River National Recreation Trail** is hosting one of several "Hike for Health" events sponsored by the Cumberland Trail Conference and Tennessee Trails Association. These easy and scenic guided hikes will raise funds for the 283-mile Cumberland Trail State Park from Chattanooga to Cumberland Gap. Registration for the National Trails Day events is available on the Cumberland Trail website: www.cumberlandtrail.org. For information on National Trails Day events in your state, or for help with organizing an event, visit www.americanhiking.org or call (301) 565-6704 ext. 212.

Princeville Heritage Trail

links all major historic and cultural sites in Princeville, North Carolina, the oldest U. S. town chartered by freed slaves. The three-mile fully accessible trail is located on the crest of the Princeville dike, offering scenic views of the Tar River and the Town of Princeville. The project is the first phase of a continuous citywide trail system that was begun as part of community redevelopment after disastrous floods in 1999.



Caring for America's...

Improving the accessibility of your recreation trails

Accessible trails aren't just for people in wheelchairs. Many will benefit from simple improvements to your trails. The movement for health and fitness is encouraging people who don't think of themselves as trail users to get acquainted with places to walk, jog, or bicycle. For a variety of articles and resources on trail accessibility, see the "Library & Resources" area at www.AmericanTrails.org.

Access also means making it easier to get on the trail. Trail managers emphasize these key elements:

- Clear trailhead signs and maps showing the route visually
- Road signs to the trailhead or park
- Printed maps and brochures available to visitors
- Easy to navigate websites, and front desk personnel who can provide information or suggest trails

A good resource to learn more about the functioning of trails is the **Universal Trail Assessment Process**.

Developed by Beneficial Designs, this process involves simple tools to measure accurately the basics of trail accessibility: the slope (steepness), cross slope, width, height of obstacles, and surface stability. Several training sessions are being offered in 2002; click on **Calendar** at www.AmericanTrails.org.

FHWA book reviews trail design for accessibility

Two Federal Highway Administration books are excellent resources for improving the accessibility of trails. Part I of *Designing Sidewalks and Trails for Access* is available on the FHWA Website at www.fhwa.dot.gov/environment/bikeped/access-1.htm. Part II, *Best Practices Design Guide*, can be ordered from FHWA on the same site.

The two books provide a wealth of detailed information of value to trail managers. They clearly illustrate all of the physical parameters which affect accessibility, along with the trail design elements and facilities which should be considered for improvement.

2002 NRT nominations cover wide range of trails

On National Trails Day, June 1, 2002, a new group of trails and greenways will be given official designation as National Recreation Trails by the Secretaries of the U. S. Department of the Interior and the U. S. Department of Agriculture.

Nominations received this year include:

- California:* • **Sacramento River Trail and Sacramento Rail-Trail** (Greenway; Urban trail/bikeway; Rail-trail)
• **Lake Almanor Trail** (USFS Trail; Backcountry) – • **Eagle Lake Trail** (USFS Trail; Backcountry)
- Colorado:* • **Mineral Belt Trail** (Greenway; Rail-trail) – • **Poudre River Trail Corridor** (Greenway; Urban trail)
- Connecticut:* • **Air Line State Park Trail** (Greenway; Rail-trail)
- Florida:* • **General James A. Van Fleet State Trail** (Rail-trail; Backcountry) – • **Suncoast Trail** (urban trail)
- Georgia:* • **Silver Comet Trail** (Rail-trail)
- Illinois:* • **Lower Cache River Trail** (Water trail)
- Indiana:* • **Monon Rail-Trail** (Greenway) – • **Pleasant Run** (Greenway) – • **Central Canal Towpath** (Canal trail)
• **White River "Wapahani"** (Greenway; Water trail)
- Maryland:* • **Baltimore and Annapolis Trail Park** (Greenway; Rail-trail; Urban trail/bikeway)
- Minnesota:* • **Gateway State Trail** (Rail-trail) – • **North Fork Crow River Trail** (Backcountry; Snow trail)
- North Dakota:* • **Hay Creek Trail** (Greenway; Urban trail) – • **Maah Daah Hey Trail** (USFS Trail; Backcountry)
- Oregon:* • **Historic Columbia River Highway State Trail** (Urban trail/bikeway; Road-to-trail)
- Pennsylvania:* • **Schuylkill River Water Trail** (Water Trail)
- South Carolina:* • **Port Royal Sound Adventure Trail** (Greenway; water trail) – • **TNT Motorsports Park** (OHV park)
- South Dakota:* • **Lewis & Clark Bicentennial Trail** (Rail-trail; Backcountry; Urban trail/bikeway; Snow trail)
- Virginia:* • **New River Trail** (Greenway; Rail-trail) – • **The Rivanna Trail** (Greenway; Birding and Wildlife Trail)
- Washington:* • **John Wayne Pioneer Trail** (Rail-trail; Backcountry) – • **Pacific Northwest Trail** (Backcountry)
- West Virginia:* • **Hatfield-McCoy Recreation Area** (Backcountry; ATV use allowed)
- Wisconsin:* • **Lake Wobegon Trail** (Rail-trail; Urban trail/bikeway; Snow trail)

NRT NEWS is the publication for managers and supporters of National Recreation Trails, published by American Trails in partnership with the National Park Service, Rivers, Trails & Conservation Assistance Program. If you have an interesting story about your NRT, good photos to share, or volunteers to praise, please let us know. Thanks! —Stuart Macdonald, NRT NEWS editor.

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...Community of Trails

American Trails Website Contest highlights NRTs

American Trails launched the first-ever contest to seek out the best Websites in the cyberworld of trails and greenways. We looked for sites that really make trails come alive, and provide effective information delivery, support volunteers, and engage the public. We also wanted to show how National Recreation Trails are being publicized on the internet. See below for two of our contest winners. Links to all the Websites nominated for the contest as well as the winners are at www.AmericanTrails.org.

Feaster Trail promotes NRT designation on the Web

We gave American Trails Website Contest recognition to the Feaster Trail Website of the City of Arkadelphia Parks and Recreation Department. The city started the Feaster Trail System in 1980 and completed it in 2001. The Website includes nice photos, a detailed map, and other information for visitors. We're also pleased to see the NRT logo and a link to the NRT website included on the home page. Visit the Feaster Trail website at www.cityofarkadelphia.com/Departments/Parks/Feaster/feaster.html.

Feature your trail on the NRT Website

If you don't have a website for your National Recreation Trail, we'd be happy to feature your trail on the NRT Website. We have started adding a page for each state in the US to highlight interesting NRTs as well as those newly designated.

We can include the trail name, contact information, and a brief description plus a photo. If you have lots of good information, a couple of choice photos, a map, etc., we can set up your very own trail page.

Contact Stuart Macdonald, NRT Website Publisher, at mactrail@aol.com and see your trail information at www.AmericanTrails.org/NationalRecreationTrails.

Bed & Breakfast Website promotes NRT tourism

"Bikes, Beds and Breakfast" is the name of another award winner in the American Trails Website Contest. Selected for the category of Travel and Tourism for Trails. This website covers Great Allegheny Passage (GAP) and Washington and Old Dominion NRTs, as well as the C & O Canal and Mt. Vernon Trails.

The Website provides a Bike Trail Planner listing details of Bed & Breakfasts and inns catering to travelers on the trails. Innkeepers can help visitors plan a trip using their accommodations as one of several stops on a biking or hiking vacation. Each B & B and inn is listed by mile number on the trail. Directions are provided from the trail to the B & B along with shuttle services that are offered to guests. For the GAP trail, 27 accommodations are listed, and six for the W & OD.

"Bikes, Beds and Breakfast" is sponsored by Pam & Don McMurray, owners of the Norris House Inn in Leesburg, VA. Visit the Website at www.norrishouse.com. For more on the Great Allegheny Passage Trail, see the Fall 2001 issue of NRT NEWS or www.atatrail.org. Washington and Old Dominion's Website is at www.wodfriends.org.



NRT logo available for use on Websites

If you would like to add a National Recreation Trail logo to your trail's Website, you are welcome to copy it from the NRT website. It's available in colorful red, white, and blue but is only for the use with designated NRTs or to promote the NRT Program.

To copy the logo while you are browsing the NRT website, simply move your cursor over the logo, hold down the mouse button, and select "Save this image as...". Be sure to link the logo or the words "National Recreation Trail" in your text to our Website internet address at <http://www.AmericanTrails.org/NationalRecreationTrails>. Need help? Contact Stuart Macdonald, NRT Website Publisher, at mactrail@aol.com.



Does your NRT have a website?

We are seeking internet addresses for all National Recreation Trails that have a Website or a Web page that is part of someone else's site. Check the trails page for your state at www.AmericanTrails.org (click on "America's Trails state by state"). If we don't have a link to your site, please send the address and site name to mactrail@aol.com.

National Trails Symposium brings world of trails to you

The 16th National Trails Symposium will be held November 10-13, 2002, at Disney's Coronado Springs Resort near Orlando, Florida. Learn from local trails and greenway activists as well as experts from across America and other countries. Mobile workshops and seminars will provide a variety of technical training opportunities.

For more information visit www.AmericanTrails.org and click on "National Trails Symposium."

Recognize your volunteers

The National Trails Awards Program is one way American Trails recognizes the many people who are working to create a national system of trails for all

Americans. Of special interest to NRT Managers are the Trail Advocacy Award and Trail Worker Award, since so many volunteers and citizen activists are involved in supporting our trails. **An award for all 50 states for both categories will be given** at the National Trails Symposium in November. The deadline for submitting nominations is September 15, 2002. For previous award winners, nomination forms, and procedures see www.AmericanTrails.org. Click on "National Trails Symposium" then on "National Trails Awards."

Update your NRT records

We are continuing to update our records of National Recreation Trails. Take a look at the on-line NRT database to see if your NRT is missing information or needs to be updated. The update form and database are at www.AmericanTrails.org/NationalRecreationTrails.

For more info on the National Recreation Trails Program

Current NRT program information can be found at: www.AmericanTrails.org/NationalRecreationTrails
American Trails serves as the lead nonprofit in collaboration with the National Park Service and partner groups.

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