Oops! Sorry to be late with this issue, but now that we are so close to Valentine’s day I want to take this opportunity to recognize the many special ladies who have played a significant role in the twenty-five year history of our Foothills Trail. Without them our trail would not be what it is today. The first lady of the trail was the late Marieles Tait, whose husband, Dr. Douglas Tait, inspired the Foothills Trail in 1983. I only met Marieles once, at the meeting where I first met her husband—it was she who at the end of the meeting strongly suggested to him that he enlist my involvement. It was a woman who jolted me and others into action with a letter to the editor scathing the idea of a trail and prophesying all manner of horrors that it would bring. She subsequently spent years and untold hundreds of thousands of dollars fighting the trail project, but at the same time she energized hundreds of trail supporters into a coalition that otherwise would likely not exist. Her unintended contribution to the trail’s success remains dubious at best. Were it not for her it is probable that the trail might have been finished years ago and cost millions less. The trail has had many heroines. Among them was Lakewood resident Mary Horn who with her husband Greg and their business partners were prepared to donate a lengthy section of railroad right-of-way adjacent to their Ski Park Farms development. Unfortunately an ownership dispute Continued on page three

Recognizing those who’ve made this possible

Current President, Markus Dennis, lobbies supporter, Gov. Gregoire
Foothills Trail Coalition Board

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.................................................................Ed Davis
............................................................Pat Johnson
............................................................Jerry Larson
........................................................Don Partington
............................................................John Selby
.............................................................Jan Wolcott
............................................................Ken Woolery

Mission:
The mission of the Foothills Rails-to-Trails Coalition is to assist Pierce County communities in the creation and maintenance of a connected system of non-motorized trails and greenways from Mt. Rainier to Puget Sound.

Printing:
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South Prairie salmon run

It was another glorious day on the Foothills Trail Saturday, September 29th, when the town of South Prairie hosted the second annual Salmon Run. Between 75 and 80 participants enjoyed running the 5K and 10K trail races and a family walk of about a mile. Once again Markus Dennis served as Race Director under the watchful and discerning eye of Mayor Peggy Levesque and other members of the town council. They were easy to spot because they were wearing those funny looking paper hats that looked like salmon. There were many winners of the race - too many to mention, but the big winner was the town of So. Prairie and its citizens who worked to bring this event into fruition. Peggy and Markus think we can double the size of the event next year; some of us think we could triple it!

Sometime in August the owners of the Trailside Connection, Captain Mike and his charming side kick Cheryl, mentioned they wanted to host a salmon bake for So. Prairie in appreciation of its citizens. It was a perfect match to propose the salmon bake with with the race. They agreed, and Mike procured and donated the salmon while the Coalition purchased the fixings to go with it. Donations were accepted for the Coalition, but there was no set price and no donation was required. About 115 people enjoyed the salmon bake which ended in mid afternoon.

until next year's event, happy running!

- John Downs

President’s Message Continued from page 1

by an outside party caused years of court delays. Other significant ladies included Mountaineer and environmentalist Helen Engle who designed our original trail logo, former Pierce County Councilwoman and later Sumner City Mayor Barbara Skinner who championed the trail through countless committees and public meetings where hers was often the critical vote, and the late Orting City Councilwoman Louise Wise who stood up to her male counterparts who were for the most part strong trail antagonists.

The following have helped insurmountably: the late Claudia Peters, Pierce County Trails Coordinator, for whom the trail was not just a job but a full time passion, Puyallup resident Jackie Holmes who with her late husband Slade volunteered heavy equipment and hours of trail building. Local environmental activist Mary Haire taught herself grant writing and secured tens of thousands of dollars for bridge materials and, with her husband Bill, personally purchased trail right-of-way parcels to expedite construction. Real Estate attorney Donna Roper Tait volunteered pro bono professional services to our Coalition and to Pierce County Parks for the Foothills Trail project.

Marie Soler of Soler Farms in South Prairie converted her husband August to the cause, and they contributed their section of the RR right-of-way which became known as the trail’s Soler Mile.

Octogenarian, lifelong volunteer and outdoor enthusiast Dixie Gatchel and her late husband Clay personified the trail’s popular Courtesy Patrol. Dixie is an inspiration to all and continues to serve the Foothills Trail with her many talents of personal diplomacy, leadership, writing, photography and public speaking. Thanks to Carla Gramlich, Mona Beck, Joan Miller and Diane Kerlin for their many contributions as past board members.

Today four women mayors, Cheryl Temple of Orting, Peggy Levesque of South Prairie, Pat Johnson of Buckley, and Janet Kepka of Wilkeson, are all staunch trail supporters.

I want to especially recognize my wife, Ellen, who was the ultimate trail widow for so many years as I spent hours and days in meetings, and hours more venting my trail frustrations at home. She shared my victories and consoled my disappointments.

Here’s to the ladies! Valentine hearts and flowers to all of these wonderful women and to the many others I have not mentioned.

As trail lovers we owe them all a world of thanks.

Ernie Bay
Past President

Calendar

Monthly Board Meetings
are open to all members and are generally held on 4th Thursdays from 7 to 9 p.m.
at the Puyallup Public Library, south entrance.
324 South Meridian Street
Monthly meetings may be rescheduled due to holiday conflicts. Check our web site for changes.

Weekly Meetings
are every Wednesday at noon at Charlie’s Restaurant, 113 East Main, Puyallup.
All are welcome.

EVENTS

Foothills Dash
March 15, 2008
8 AM at Ptarmigan Ridge Elementary School 805 Old Pio neer Way NW, Orting, WA
Wendy Garrison, 253-798-4176 pcparks@co.pierce.wa.us

Trail Work Parties
Saturdays as announced by email. Call Don Partington 253-863-5307 to get on the list.

Courtesy Patrol Meetings
253-845-7219
2nd Saturdays of month

Looking for a good bike ride?
Tacoma Wheelmen
www.twbc.org/
Puyallup River to Foothills link still ‘high priority’ with city

The government affairs committee met several times over the last quarter and is pleased to give the following report of our activities.

It is great to see the Bike/Ped Path open across the new Narrows Bridge. It is still our hope to put on a ride in the Spring that would go both ways across the bridge with elected officials invited to participate. A good time might be Bike to Work day in May or during the CarLESS Commute in June.

Beth Glynn and others at the Health Department have submitted a grant request to update the 1996 Tacoma Non-motorized Plan. I hope to get the Health Department, Metro Parks, Tacoma Wheelmen, City of Tacoma, Foothills Rails-to-Trails Coalition and others involved in working together on the CarLESS Commute in 2008—its 16th year. Just about everybody now recognizes the need for Healthy Living, Active Living and other methods to reduce our environmental impact and our traffic congestion problems. As Dixie Gatchell and the National Rails-to-Trails Conservancy say, “Burn calories, not carbon.”

Out on the Foothills Trail, yellow safety envelopes have been painted around Pierce County’s bollards. The plan is to remove the two outer bollards to a spot just off the pavement in most places, leaving a much safer path to travel. The other communities out there are moving in the same direction.

The missing link between the Puyallup River Walk and the Foothills Trail has been delayed due to some personnel moving on to other jobs, but the link remains a high priority with the City of Puyallup. Hopefully, the work will occur next spring, but we will see.

I’m still waiting to see construction start in Lower Burnett to build the big bridge abutments that will carry the bike path from So. Prairie to Buckley. The Coalition is trying to open up the dirt trail between Wilkeson and Carbonado by this spring. In Buckley, Mayor Pat Johnson is trying to get a commitment to provide the trail parallel to the flume that carries water to Lake Tapps from the White River. She is also working with King County to get Buckley and Enumclaw connected across the White River.

In Milton, I have seen the contractors working on the Interurban Trail. I am confident the paved trail through Milton should be available by spring time. Hopefully, we can get the trail extended through Edgewood and Fife in the near future. The Milton Interurban Trail has been a great place to walk the dog for an hour or so.

In Tacoma, I have been in contact with Diane Wiatr and Eric Anderson, the City Manager, regarding their desire to move forward on streetcar, bike travel, pedestrian travel and parking issues. Carla Gramlich continues to bird-dog this issue, and it seems like the City has a sincere desire to complete the bike lanes contemplated in their 1996 plan.

In Thurston County, I continue to receive positive reports on the Chehalis Western Trail and the much-improved bollard situation. Everyone says it is so much easier and enjoyable to use the trail. Some neighbors are concerned that cyclists have been darting out into the crossing traffic. Please be careful and remember that trails like this are far more dangerous than bike lanes due to these crossing situations.

Carla and I attended an open house for the Sounder Train moving up through the Nalley Valley. The proposed trail from South Tacoma Way to the University of Washington and the Thea Foss Waterway seems to be missing due to a large retaining wall that is apparently required to accommodate the train. Hopefully, the City is still pursuing the trail segment from the University down to the Thea Foss. This is a critical connection, because So. Tacoma Way is the northern end of the Water Ditch Trail which potentially extends down Flett and Chambers Creeks to the park and golf course on Puget Sound—Editor

The draft plan is also out for Point Defiance Park and should be commented on, particularly with regard to bike travel. County Councilmen Calvin Goings and Tim Farrell hosted a meeting at Snake Lake to receive input on the idea of having a Transfer of Development Rights program in Pierce County. Almost 150 people showed up to support this idea. Several people including us reminded them that obtaining our non-motorized trail rights-of-way in a more timely manner is an important issue. Ralph Wessels and I will have attended a meeting on the Statewide Non-motorized Plan by the time you get this newsletter.

Please remember that your help is needed in your local community. Right now, Lakewood is engaged in developing a non-motorized plan, and there has been very little input form the community.

- Bob Myrick
How to reach the Foothills Rails-to-Trails Coalition:

- **Webpage:** [http://piercecountytrails.org](http://piercecountytrails.org)
- **Address:** P.O. box 192, Puyallup, Wash. 98371
- **Message phone:** (253) 841-2570
- **E-Mail:** foothills@piercecountytrails.org

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E ric Wilbur, mountain biker extraordinaire, suggested a Bicycle Recycle program to the Courtesy Patrol: salvaging and restoring bikes and giving them away or selling them for a modest donation to the Coalition. Courtesy Patrol members Richard and Joanie Harrelson and Jim Halpin have volunteered to assist Tom Penya on bike restoration under Eric Wilbur. Several dozen bikes have already been received and many processed and delivered. Here’s the score so far:

- 20 bikes received from salvage
- 3 bikes and baby seat went to one family
- 1 bike donated from Federal Way, refurbished, and given to 6-year-old
- 1 salvaged French Racer used in Puyallup Library for showcasing FRTTC and Courtesy Patrol
- 3 bikes donated by FRTTC/CP members
- 6 bikes received by word-of-mouth referral

If you have a bicycle you would like to donate, please call Eric Wilbur, Bicycle Recycle Special Category Chairman, at 253-223-5226 or Jerry Larson (Cpt2Wheeler) at 253-845-7219.

**Puyallup Fair Bicycles Awarded:**
Ken Woolery, Past President 2005 and organizer of the Coalition booth at the Puyallup Fair, reported that “The bike raffle could not have turned out any better!” The 17-day booth issued tens of thousands of free raffle tickets to win a Schwinn SS Cruiser and a Redline trick bike. Both bicycles were donated by Bonney Lake Bicycle of Sumner.

The winners received their bikes at the Courtesy Patrol meeting at High Cedars on October 13, from Jim Stevenson representing Bonney Lake Bicycle. John E. Berry III, safety spokesman for the Courtesy Patrol, issued new helmets (donated by Helmets ‘r’ Us) and discussed the critical requirement to “always wear your helmet when riding.” Both winners were accompanied by their parents and siblings.

Morgan Urtasun, age 12, traveled all the way from Whidbey Island to attend the fair on opening day with his mother. His raffle ticket was one of the first to go into the container and the first to be drawn. He had planned to give the Schwinn Cruiser to his Mom, but upon seeing it decided he might loan it to her once in a while.

Olivia Schaper, age 6 of Bonney Lake, arrived at the clubhouse appearing quite bashful. However, upon her name being called, she strode to the rostrum with authority and struck a model’s pose during picture taking. She was last seen wearing her new red helmet and riding across the High Cedars parking lot on her brand new red bike.

**Capt2Wheeler Awards Presented:**

Mary Colquhoun and Mariella Arnold were recognized for their outstanding service to the FRTTC and the Courtesy Patrol. CP Chairman Jerry Larson presented them with the first of the Capt2Wheeler Awards for their efforts above and beyond the call of duty.

Mary is a walker and covers the trail from East Puyallup to South Prairie, plus the Puyallup River Walk, with eyes and ears for security, safety, and litter. She relates well with all trail users she meets.

Mariella is a walker, runner, and bike rider and performs the function of monthly coordinator for the Courtesy Patrol. She is often seen on the trail enjoying her sports as well as doing litter control and meeting trail users.

Award winners will nominate the next recipients, and the medals will pass from worthy contributor to worthy contributor on a monthly basis at the Courtesy Patrol meetings at High Cedars. Mary and Mariella nominated Bob Larson and Russ Matthews. Join me in congratulating Mary, Mariella, Bob, and Russ!

-Jerry Larson
Making the case for active transportation

Say it loud! Say it clear! Burn calories, not carbon!
The word on active transportation is spreading, friends. You can feel the beat and watch the groundswell. Caring citizens all over our beautiful State of Washington are signing on to the Rails-to-Trails Active Transportation Campaign 2010 in the grassroots movement to save not only ourselves, but also planet Earth.

Today, members of the Foothills Rails-to-Trails Coalition practice and promote active transportation with enthusiasm and effectiveness. Over three hundred eager trail users have joined the Foothills Trail Coalition over the past few months. Our eye-catching exhibit at the Puyallup Library during the month of October showcased the benefits of active transportation and won kudos from both visitors and library staff. Our BicycleRecycle program to distribute gently-used bicycles to trail users is phenomenally successful, thanks to the skills of some dedicated cyclists. Bikes donated to the Coalition are either given away as needed or exchanged for a small donation to help fund our Courtesy Patrol. Coalition outreach activities include a speakers’ bureau to “burn calories, not carbon,” we have a shot at lessening the severity of impact of the foreboding “perfect storm.”

What say you, friends? Are you ready to take the Rails-to-Trails Conservancy active transportation pledge to “burn calories, not carbon?” Complete information and tactical suggestions plus the pledge form are online at www.railstotrails.org. Please sign the RTC pledge to walk and bike more and drive less for healthier people, healthier communities, healthier economies, and ultimately a healthier planet. Please tell your elected representatives, loudly and clearly, that you want safe, people- and planet-friendly places to walk and bike, connected to seamless rail-trail transportation centers and amenities. The Active Transportation Campaign will empower at least 40 communities to each advocate for $50 million in the next federal transportation reauthorization, anticipated by 2010. My personal hope is that one of the great communities bordering a Pierce County rail-trail is selected.

Happy Trails and Peace out all.
- Dixie Gatchel

If people in general could be got into the woods, even for once, to hear the trees speak for themselves, all difficulties in the way of forest preservation would vanish.


What is Active Transportation?

AT = 🚴‍♂️ + 👟 + 🚇 + You

Burn Calories—Not Carbon
Weight management: The balancing act

Consider weight management as a balance scale. We burn calories (not carbon- ha) on one side of the scale with exercise and activities of daily living. The other side holds the amount of food we eat. If the food side is heavier, we gain weight. If the exercise side is heavier, we lose weight. When they are equal, our current weight stays the same. How do we keep the scale tipped in our favor? By making wise...

...daily lifestyle choices of eating fewer calories and exercising more. Here are some practical ways to improve your weight with dietary habits:

Choose to eat regular meals.

What happens when you skip a meal during the day? If you’re like most of us, you probably overeat at your next meal. Studies show that people who typically consume one or two meals per day end up consuming more calories than those who eat five or six times per day. Make a plan to eat a well-balanced meal at least 3 times per day with healthy snacks in between meals to prevent over eating.

Choose to eat more fiber.

The typical American eats only about 11 grams of fiber per day, only half of the recommended 25-35 grams per day. Fiber is not completely absorbed by the body, sparing us the extra calories. Not only does fiber spare calories, but it helps lower blood cholesterol and prevent some digestive diseases such as diverticulitis.

Think of eating fiber like brushing your teeth, making it part of your daily routine to keep your insides healthy and clean. Vegetables, fruits, and whole grains all contain fiber if eaten in their whole form. Make a goal for yourself to eat these foods at most meals to meet the daily fiber requirements and see an improvement in your waistline.

Choose to eat smaller portions of meat.

The typical American eats excessive meat, contributing to excess calories and fat. One ounce of medium fat meat is 75 calories and 5 grams of fat. A standard serving of meat is only 2-3 ounces, or about the size of a deck of poker cards. Most people only need 3 meat servings per day totaling about 6-9 ounces per day. How many times have you ordered the 12-ounce rib eye steak at the local steak house? Next time you’re tempted, think twice about how many calories and grams of fat you’ll consume.

Choose to control portion sizes of starchy foods.

Starchy foods include grains, breads, cereals, and starchy vegetables. The recommended requirement for the grains group is 6-11 servings per day. Depending on your calorie needs, you could start with the lower end of 6 servings spacing them out into 3 meals or two servings per meal. A serving consists of 1 piece of bread, 1/3 cup rice or pasta, or 1/2 cup cereal. Another way to control intake of these foods is to cover no more than 1/4 of your plate in starchy foods. Try to avoid the fast diets that encourage eliminating this food group because we need the benefits of carbohydrates for energy.

Choose fewer sugary beverages.

Another way to think about sodas, sweetened tea, and juices is liquid candy. They contain nothing but water and lots of refined sugar and the calories can add up very fast. For example, one of my patients used to drink an entire case of regular soda in addition to meals every day. After eliminating the soda she immediately started shedding pounds. Also consider sports drinks in this liquid candy category unless you’re using it for an extended period of exercise lasting longer than an hour. If you drink anything but water or low fat milk, ask yourself if you need the additional calories.

Choose to have three servings of low fat dairy per day.

Researchers have shown the benefits of weight loss in groups of people who consumed 3 servings per day verses those who did not. It also has been studied in Dietary Approaches to Stop Hypertension trial as being beneficial for lowering blood pressure, a condition that often goes along with being overweight.

Choose to eat according to the Plate Method.

The Plate Method sums up healthy eating habits if followed consistently. First of all ask yourself what the size the plate is. Is it the standard large dinner plate? If so, try eating off the salad plate to reduce your portion sizes. When serving your food, cover half of your plate with colorful non-starchy vegetables. Next fill one quarter of the plate with starchy foods, and the remaining quarter with low fat meat. Have a glass of low fat milk or water to drink. Eating this way at most meals will bring down your calorie intake and tip the balance scale closer to your weight goals!

-Angie Taque
Narrows bridge

On Saturday, Nov. 17, the Cushman Trail was connected to the Scott Pierson Trail across the new Tacoma Narrows Bridge. The state Department of Transportation announced that the toll-free bicycle-pedestrian lane will be opened Nov. 17 despite earlier projections that the 10-foot-wide extra lane might not open in 2007. The builder has been using it as a staging area while finishing the bridge's underside. Workers will still use the lane for staging; bikers and walkers will be asked to move carefully around equipment. On Saturday, the state also permanently closed both sidewalks of the old bridge to the general public. For detailed maps and more information on the bike lane: visit www.tacomanarrowsbridge.com.

- John Selby (Information compiled from The News Tribune)

Fife trails

The Fife City Council has earmarked money for a pedestrian bridge across the railroad tracks at 54th Avenue East. One of the Council's goals for 2008 is to also explore the possibility for an underpass. A pedestrian crossing at that location would allow the Rainier to Ruston route to stay in the challenging

Interurban trail

Construction on the major portion of the Milton Interurban Trail is underway. It was originally scheduled for completion before October in order to avoid the fall rains, but work didn't start until the fall rains arrived. At least the portion of the trail between Porter Way and the 70th Ave. overpass of I-5 has been paved. See photos. The trail is closed to public access during construction. Large piles of small, medium, and large gravel are present in the West Milton Park parking area waiting to be placed as underlayment in the areas not yet paved.

The overgrown section between Porter and Kent Street has been bulldozed and residents in that section adjacent to the trail have been to a city council meeting complaining about the City’s plan to put up only a six foot fence. They want an eight foot fence, regular police patrols, and strict enforcement of the dawn to dusk trail hours.

- Milton Loflin

Mt. Rainer

In September, the consulting firm Parametrix completed a feasibility study of the potential to develop a trail within the railroad right-of-way from Freighthouse Square in Tacoma to Elbe, a distance of approximately 45 miles. The railroad corridor is owned by the City of Tacoma and passes through the communities of Fredrickson, Graham, and Eatonville on the way to Elbe. The initial cost estimate for the trail is approximately $72 million. The trail study was conducted by the City of Tacoma (Tacoma Rail) under a joint agreement with Mount Rainier National Park as one component of a larger feasibility study exploring the potential for re-establishing passenger excursion rail service from Tacoma to the Upper Nisqually region near Mount Rainier National Park.

- Jayme Gordon Pleasant of ForeverGreen

Above: Pictures of the Milton Interurban trail.
Dear Trail Line News,

The following is a reprint of my letter to Eric Anderson, Tacoma’s City Manager.

I was in Nepal trekking when the News Tribune published your ideas about transportation in and about the city. Thank you so much for your efforts to reduce our reliance on the car and improve our own personal health, the health of the environment and to reduce congestion.

I hope you saw today’s article “Save your health, save the planet.” It says walking just a half hour a day and reducing red meat consumption can save the planet and our personal health. In Tacoma/Pierce County, we have been assisting Tacoma and the County Parks Department in putting on the CarLESS Commute program for almost 20 years now. The first year, King Cushman from Pierce Transit approached the Tacoma Wheelmen’s Bicycle Club and we started “Bikes in Buses.” His foresight eventually brought the bike racks on our buses and shamed Metro and Capital Transit into providing bike racks as well.

Now, we have the Health Department fully involved in Active Living programs and the Foothills Rails-to-Trails Coalition is excited about promoting Active Transportation - “Burn Calories, Not Carbon.” We look forward to continuing our work with Tacoma, the other governments in Pierce County and the other organizations devoted to improving personal and environmental health. Our mission is to promote bicycling for recreation, health and transportation. Walking and bicycling will surely play a large role as we begin to realize the need to provide a sustainable environment and transportation system.

- Bob Myrick

LETTER TO THE EDITOR
Effort to reduce car reliance commended

A huge thank you to Russ Matthews, Dixie Gatchel, Bill Harmon, and all the other photographers who took our pictures one sunny day in August! Linda Clark has been working with Pierce County Parks to let them know where mounting blocks would be helpful near bridges along the Foothills Trail. She is putting together a poster board with pictures of her and her horse standing before and after all the bridges between Orting and South Prairie. The mounting blocks will be conveniently placed so that equestrians can safely lead their horse across the bridges and remount on the other side.

We are also working on projects to get signage for horse trailer parking at trail heads, improve hitching posts, and produce an education brochure for equestrian trail users. This is the time for equestrians to get involved! It is very important, especially as the new sections of the trail are planned and developed between South Prairie and Buckley. Pierce County Parks personnel have been very supportive along with the entire Foothills Trail Coalition, but we must help educate them about our needs as equestrians. Linda Clark is our representative on the Coalition board, but she can not do it alone. Please, please get involved. Attend a meeting, help on a trail crew work party, or join the Courtesy Patrol. There are so many fun ways to get involved and there is no better time than now.

Please contact Linda for more information at 360-897-6163 or email clasyrvdr@aol.com.

- Jeanette Fohn

The Hitching Post

A huge thank you to Russ Matthews, Dixie Gatchel, Bill Harmon, and all the other photographers who took our pictures one sunny day in August! Linda Clark has been working with Pierce County Parks to let them know where mounting blocks would be helpful near bridges along the Foothills Trail. She is putting together a poster board with pictures of her and her horse standing before and after all the bridges between Orting and South Prairie. The mounting blocks will be conveniently placed so that equestrians can safely lead their horse across the bridges and remount on the other side.

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Please contact Linda for more information at 360-897-6163 or email clasyrvdr@aol.com.

- Jeanette Fohn
Rails to Trails Bulletin Board

Work Party Report

During the past quarter, your Coalition trail crew did a final sweep and clearing of the “Upper Carbon,” the section of the Foothills Trail upstream of Carbonado to Fairfax. We also cleared brush and brambles to open a short section of new trail below Fitzer’s Mill, extending the trail from Buckley toward South Prairie. And we scraped and cleaned bollards for the County to help expedite their painting project. See the article on Bollard Safety Update.

If you are interested in helping out on our Saturday work parties, call me at 253-863-5307.

- Don Partington

Orting Valley Fire Dept. Bike Team

The Orting Valley Fire Department, which makes up Pierce County Fire District 18 and the City of Orting Fire Department, started a Bike Team last month. Our team consist of two bikes. One is set up with basic life support (BLS) supplies and the other has advanced life support (ALS) supplies. The BLS bike is set up to treat head/neck injuries, broken bones, cuts and scrapes and other trauma related injuries. The ALS bike has an IV start kit containing medicine for our medics to administer in life threatening situations. It also comes with a defibrillator and oxygen kit.

--Lt. Jesse Mitchell

Port to buy Eastside rail corridor

In a tentative deal hailed as one of the most important land acquisitions in the region’s history, the Port of Seattle plans to buy a 42-mile Eastside rail corridor and lease the southern portion of it to King County for a hiking and biking trail. The county will build a trail from Renton to Woodinville, which will connect with the existing Burke-Gilman Trail. King County Councilmember Julia Patterson said that after a trail is built and linked to other trails, “We will have the most extensive regional trail system in the entire country.”

- Jeff Selby [Summarized from an article by Keith Ervin and Bob Young, Seattle Times, November 2, 2007.]
Our President Markus Dennis scored a coup when he persuaded Peggy Levesque to fill the board vacancy occurring when Sharon Hlavka, who did an outstanding job, was forced to resign her position due to a change in career and working hours. Peggy, the current Mayor of South Prairie, is well-known and much-liked among Foothillers. Her political know-how and long-time support for trails match the mission of the Coalition. Peggy also participates in trail events such as South Prairie’s own “Run with the Salmon.” The South Prairie team, “The Mayor’s Relayers,” was a happy and colorful addition to the 2007 Rainier to Ruston Rail-Trail Relay and Ultra sponsored by the Foothills Coalition.

Peggy and Lawrence, residents of South Prairie for 31 years, raised their family there. Daughter Jennifer lives in Canada with her Canadian husband Daryl. Their son Sam, a recent graduate of the University of Iceland, lives in Reykjavik, Iceland. Peggy says, “By raising our children in a small town, we tried to give them the benefit of a small town upbringing but with a world view by instilling an international point of view to our children. Perhaps we over did it a bit! Our other two daughters live in the USA, and I hope to keep them here! Daughter Alicia lives in Wallingford and works at the UW, commuting on the Burke-Gilman Trail. Our youngest daughter Valorie lives in Tacoma with her husband Jeff and their 10-day old baby Jack, my first grandchild.

When my children were young there was no place in town to safely and smoothly ride bikes. Walking was even a little dicey. We had very few sidewalks; the roads were gravel. It is my belief that pedestrians should be afforded safe places to walk. As a City Council Member, one of my priorities was getting sidewalks and the trail into town. (We just got a big grant today for more sidewalks!) And we have been pretty successful in that endeavor. I have been a trail supporter from the beginning. It was a long and difficult battle to get the trail into South Prairie, and I am eager to get the trail through the rest of the town. It is sad to have the dubious distinction of having South Prairie be the dead end of the Foothills Trail. I am looking forward to the day that the trail will meet up with the Buckley section and join us with Wilkeson and Carbonado. I support the vision of the Foothills Trail going from Mount Rainier to Puget Sound, from Glacier to Bay. My son wants to fly to the east coast from Iceland and then bicycle on trails home! So I am heartily in support of a cross-country trail network. I am very happy to be a part of the Foothills Rails-to-Trails Coalition and to work on getting the trail completed!”

Welcome to the board, Mayor Peggy Levesque. We Foothillers are very happy to have you on board.

- Dixie Gatchel
Membership makes a difference!
The work we are doing is made possible because of your membership and generous support. Memberships start at $20 single and $30 family. Credit cards accepted.

☐ $20 Single
☐ $30 Family
☐ $50 Pathfinder
☐ $100 Trail Builder
☐ $200 Corporate * 1 year ad in Trail Line news

Orting Kiosk Engraved Bricks

Number of brick(s) @ $100 per brick = $ ____________________
Name(s) to appear on Brick _______________________________________

Charge my ☐ VISA ☐ Mastercard
No: ___________________________ Exp: _______
Name: _________________________________________________________
Address: ________________________________________________________
City ______________________ Zip: _______________
Phone: ____________________ Signature: _______________________
Email: ______________________

Mark your categories, mail form and check to:
Foothills Rails-to-Trails Coalition
P.O. Box 192, Puyallup, WA 98371-0021

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