Milton opens trail; prepares next steps

On April 22 the City of Milton held an opening ceremony for the 2.5-mile section of the Interurban Trail recently developed and paved by the city.

A gathering of about 75 people included city officials and trail enthusiasts from around the region.

Speakers outlined the history of the trail and the steps taken to finally get it to the stage it is in today.

Diane Kerlin was recognized for her diligent efforts to secure funding and community support for the project. Since the official opening of the trail, it has been praised by an editorial in the News Tribune, by an article in the Milton-Edgewood Signal, and by a citizen at a recent city council meeting.

Though no official tally has been made, my own visits to the trail suggest a marked increase in usage, at least ten fold over when it was just packed gravel with little identification.

Next steps include completion of the eastern section in Milton, crossing Enchanted Parkway and Military Road, and linking to the Edgewood section down Jovita Canyon to the Interurban Trail in the valley and the developing White River Trail through Pacific to Sumner.

Options at the western terminus at the 70th Avenue overpass of I-5 include a connection to the BPA Trail extended southward from Federal Way and a link to the proposed Puyallup River Trail coming out of Tacoma.

I have also heard a rumor that the Friends of the Hylebos have a commitment from WSDOT to put a trail along Hylebos Creek north of Pacific Highway if and when the extension of SR167 takes place.

CONTINUED ON PAGE 4
Bay named President Emeritus

BY DEXIE GATCHEL
COALITION MEMBER

Just call him President Emeritus Ernie Bay!

That richly-deserved honor was bestowed upon Dr. Ernie Bay, long time Foothills Coalition president, at a recent board meeting in Puyallup.

Ernie’s love affair with trails began over 35 years ago, when he wrote to the Mohawk Wheelman newspaper suggesting that a defunct rail line be converted to a public trail. His letter got the wheels moving for what turned out to be a smooth ride.

Within just three years, the first leg was completed for the Mohawk-Hudson Bikeway, a trail connecting Albany and Schenectady Counties in New York’s Capital district.

Thankfully, Ernie’s love for trails continued, and his brilliant activism, persuasiveness and persistence has provided a large part of the impetus for, not only the Foothills Trail, but also the Puyallup Riverwalk.

You’ll often find Ernie in his yellow Courtesy Patrol vest, riding his bicycle all over Puyallup and out on the trails, helping trail users. As a gregarious and unselfish people-person, Ernie is an advocate for trails without peer.

He is currently president of ForeverGreen. I love this quote, attributed to Ernie:

“I’ve always said, you take a railroad, take off the tracks, and make a trail. What could be easier? Practically anything, it turns out.”

Well, Ernie, you just keep sharing and cycling, and our network of urban trails will continue to flourish. You have made the trail cause easier for the rest of us. We can do it!

Foothills Trail Coalition Board

President......................................................John Downs
(360) 897-2617, foothillstrail@gmail.com

Vice President...........................................Pat Johnson
(360) 829-2068, pat.johnson@ssx.net

Executive Director.................................Markus Dennis
(253) 381-1358, greenwaycorps@aol.com

Treasurer......................................................Tom Enlow
(253) 761-9258, tom@enlow.org

Secretary....................................................Peggy Levesque
(360) 897-8253, pplevesque@comcast.net

Past President..............................................Markus Dennis
(253) 381-1358, greenwaycorps@aol.com

Board Members...........................................
Ernie Bay
(253) 848-7718, BUGTRAIL@aol.com

Don Partington
(253) 863-4773, klwood@comcast.net

Jan Wolcott
(253) 826-2466, jwolcott@comcast.net

Bill Harmon
(253) 457-1547, charmon@aventure.com

Ken Woolery
(360) 897-8253, foothillstrail@gmail.com

Don Partington
(253) 863-5307, cedarfamily@comcast.net

Ed F Davis
(253) 948-7333, edyneywilson@comcast.net

Jerry Larson
(253) 845-7219, capture2wheeler@gmail.com

Bill Harmon
(253) 475-1547, charmon@aventure.com

John Selby
(253) 841-1767, johnndottieselby@att.net

Jan Wolcott
(253) 826-2466, jwolcott@comcast.net

John Selby
(253) 841-1767, johnndottieselby@att.net

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

Editing:
The Trail Line News is edited by John Selby. (253) 841-1767, johnndottieselby@att.net.

Printing:
The Trail Line News is published quarterly at L&L Printing and Graphics. L&L can be reached at (253) 848-5546. Fax: (253) 848-5547.

Layout:
The Trail Line News is designed by Danny Serna, Fylicia Krehbiel, and Alex Cross of the Puyallup High School student newspaper The Viking Vanguard. This is their first issue laying out the Trail Line News after assuming the responsibility from outgoing Editor-in-Chief Matt Anderson. Anderson was responsible for the redesign of Trail Line News.
Hearing held on trails tax proposal

BY JAYME GORDON PLEASANTS
EXECUTIVE DIRECTOR, FOREVER GREEN

In February, ForeverGreen President Dr. Ernie Bay, Vice President Dr. Jane Moore, and Past President Barbara Skinner attended a Senate committee hearing in Olympia on legislation to fund a regional trail system in Pierce County.

The proposed sales tax legislation would provide on-going, dedicated funding to build and maintain a trail system that would connect all of Pierce County's communities.

It would add over 80 miles of trail to the existing sections of trail between Gig Harbor and Tacoma and between Buckley and Puyallup. No one spoke in opposition to the Senate bill.

The purpose of the hearing was to build support and create an opportunity for any opposition to come out so adjustments can be made in the bill's language.

During the summer and fall, we will continue to meet with legislators and city council members around the county to discuss changes in the bill. We intend to modify the bill and reintroduce it in the next session.

Government Report

BY BOB MYRICK
TACOMA WHEELMAN & COALITION MEMBER

Pierce County Councilwoman Barbara Gelman wisely introduced an amendment to continue design and study of the proposal to rebuild the Sprinker Ice Rink building since Parks doesn't have the cash flow to support the $28 million bond issue.

At the Council meeting, I stated that Parks has a planning document outlining up to $330 million in possible projects which is way too much for them to finance and suggested they trim the list down to about $100 million about one third for trails, one third for Sprinker and one third for other improvements.

A $100 million bond issue would require additional cash flow of just over $6 million each year to add to the almost $2 million available now.

Parks and the County Administration have lost some supporters due to spending monies intended for park development on administration and some operating and maintenance expenses. To be fair to Parks, most of this supports projects already built with the capital improvement cash flow.

That is consistent with the original basis of creating special taxes to build parks and then operate and maintain them. Only fully funding the front office and a recent $100 thousand operation and maintenance expense is questionable in my mind. In other words, Parks needs our help to find a reliable additional cash flow of about $6 million per year.

Not coincidentally, Forever Green is considering a proposal for a small increase in our sales taxes that could raise $9 to 12 million a year for trails development, operation and maintenance. Getting such a tax proposal on the ballot could take a while.

My highest priority is to get the Foothills Trail properly connected to the Puyallup Riverwalk and to Shaw Road out by our Meeker Trailhead. I am also concerned about the possible delay of City Water Ditch Trail construction due to low cash balances in the Tacoma Public Works accounts.

The next meeting after June will be on Tuesday, September 2, at 6:30pm at the Taqueria Guadalajara.

Ride more, worry less.
and the other is in England, serving in the Air Force. Between the two of them we have one grandchild.

I look forward to more grandchildren and serving the Foothills Trail Coalition for the next year or two.

Numerous events and challenges face the Coalition, Pierce County Parks and the Foothills Trail this year. In April the county opened the bids for construction of the bridge across Lower Burnett Road and South Prairie Creek.

Currently, they have evaluated the bids and awarded the contract so construction can start this summer! Great news and our thanks to Pierce County Parks and Recreation for all the hard work they have done to expedite this project.

Pierce County Parks and Recreation is being challenged by the erosion of funds available in their budget for construction or repair of park facilities.

This issue will not get better in the near future. Stay tuned for more information on this subject.

Lastly, at the February board meeting Dr. Ernie Bay was honored with the title of President Emeritus of the Coalition.

This honor is well deserved, and our hats go off to Ernie for all his activism in the trail community.

**Outgoing editor seeks replacement**

*By John Selby*

*Editor & Board Member*

With the publication of the next issue of the Trail Line News, I will have been editor for 10 years.

I have really enjoyed doing it and still do, but after 10 years I think it’s time for a change and fresh ideas.

It’s not that difficult of a job. The editor is not a reporter; the job consists of soliciting drafts from our membership and editing them for clarity, spelling, punctuation, and appropriate content for our 1200 readers, then working with our layout person and our newsletter review committee (Markus Dennis, John Downs, Bill Harmon, Russ Matthew, and Bob Rowan) to do a final check before sending it off for printing. It typically takes me about 8 to 16 hours over a two week period every quarter. It’s fun and very rewarding.

Are you interested?

Do you know someone who might be? Call me at 253-841-1767 to learn more.

---

**Sleep may reduce weight gain**

*By Angie Tague*

*RD, CSD, LD*

Have you ever felt slightly more hungry after a poor night’s sleep?

Ever wanted to break open a carton of Ben and Jerry’s ice cream to keep yourself awake?

Well, recent studies point toward more science to explain that craving.

We know that choosing a healthy diet and exercise are imperative for weight management, however sleep may play a greater role than we once thought.

The largest survey done on this topic to date is the National Health and Nutrition Examination Survey (NHANES) which looked at about 70,000 women over a sixteen-year timeframe from 1986 to 2002. It showed that women who slept less than 5 hours per night had a 32% increased risk of gaining 33 pounds, while those who slept an average of 6 hours per night only had 12% increased risk of gaining the same amount of weight. Those who slept 7 hours had the lowest risk of weight gain. In addition, those who slept the least had no difference in calorie intake than those who slept more.

A possible explanation for these results could be the relationship between certain hormones that affect appetite: leptin and grehlin. Leptin is produced in the fat cells and decreases appetite. Leptin = weight-friendly hormone. Grehlin, on the other hand, is made in the digestive tract and increases appetite, possibly causing us to eat more. Grehlin = non-weight-friendly hormone.

Researchers believe that abnormal sleep patterns may cause an increase in grehlin and decrease in leptin, causing unnecessary eating from increased appetite and subsequent weight gain.

A Stanford University study showed that those who usually sleep only 5 hours per night, had higher grehlin levels and lower leptin levels than those who slept 8 hours. Also, subjects who were overweight had generally shorter sleep patterns. Though this study showed that leptin and grehlin play a role in sleep deprivation and weight gain, more studies need to be done.

Whether hormones are major players in this process or not, we know that sleeping 7-8 hours per night is good for our overall health and quite possibly our weight. Anything less than 7 hours may cause unwanted trips to the ice-cream section of our freezer and unwanted weight gain.

---

**Heavy Lifter awards announced**

*By Jerry Larson*

*Chairmen of Courtesy Patrol*

Richard and Joanie Harrelson were recognized in January for their outstanding service to the Courtesy Patrol during the 3-month test period of the BicycleRecycle program. The test results were presented at the March FRTTC board meeting to demonstrate the feasibility and value of BicycleRecycle to the Foothills Trail and the community.

Winners for February were Ed Davis and Bill Harmon. Harmon was recognized for developing trail maps with trailhead distances which prove invaluable to the Courtesy Patrol for documenting volunteer times and distances and answering the trail users’ most frequently asked question, “How far is to _____?” Davis brings an invaluable source of experience as a career city planner with the quick, intuitive ability to home in on solutions and point out choices. Davis attends all Courtesy Patrol meetings and is a senior trail runner in special events supported by FRTTC.

Ernie Bay and Dixie Gatchel received the March award. Dr. Ernie Bay, recently elected FRTTC President Emeritus, was the founder of the Courtesy Patrol and has steadfastly supported its cause. Words cannot adequately cover his 18 years of contributions! Gatchel, a Courtesy Patrol member since 2002, was recognized for her service as communication aide to Courtesy Patrol Chair, Jerry Larson.

Ken Woolery and Jerry Larson were selected as the “Heavy Lifters” for the Month of April. Ken, long-time member and a Past President of the FRTTC, is a devout advocate of trails and a consistent supporter of all Foothills Coalition events. As a member of the Sumner Park Board, he is a passionate promoter of the Sumner trail system. Jerry, as a FRTTC

CONTINUED ON PAGE 5
Continued from Page 4

Board Member and chairman of the Courtesy Patrol, applies his considerable business skills, honed in his life career as owner of a trucking business, to administration, organization and innovation of the Courtesy Patrol. His Captain2Wheeler persona furthers the cause of safety on the trail, especially for children.

Buckley Mayor Pat Johnson and John Ernest Berry III were presented the Capt2Wheeler Heavy Lifter medals for May at the 2nd Annual FRTCC Courtesy Patrol graduation ceremony on May 10. Pat, who is also FRTTC Vice-President, was honored for her unwavering support of the Courtesy Patrol.

Helmet4Us
We received fifty helmets from Helmet4Us and fifty helmets from the Tacoma Wheelmen for the Courtesy Patrol’s bicycle helmet program. Sixty-one were donated and fitted to protect needy children and adults. Twenty-four donations were made to benefit the FRTTC cause. Safe Kid Coalition/Subway Safe Rider “Citations” were issued to 500 children who were encountered wearing bicycle safety helmets.

BicycleRecycle program
The BicycleRecycle 3-month test program concluded, and the business plan was presented to the FRTTC Board.

Capt2Wheeler
The persona of Capt2Wheeler was developed to promote the Courtesy Patrol with plaques for awards and laminated posters at trailheads. The Capt2Wheeler gold medal award program commenced, honoring the “Heavy Lifter” volunteer(s) of the month.

Helmet4Us
We received fifty helmets from Helmet4Us and fifty helmets from the Tacoma Wheelmen for the Courtesy Patrol’s bicycle helmet program. Sixty-one were donated and fitted to protect needy children and adults. Twenty-four donations were made to benefit the FRTTC cause. Safe Kid Coalition/Subway Safe Rider “Citations” were issued to 500 children who were encountered wearing bicycle safety helmets.

BicycleRecycle program
The BicycleRecycle 3-month test program concluded, and the business plan was presented to the FRTTC Board.

Capt2Wheeler
The persona of Capt2Wheeler was developed to promote the Courtesy Patrol with plaques for awards and laminated posters at trailheads. The Capt2Wheeler gold medal award program commenced, honoring the “Heavy Lifter” volunteer(s) of the month.

Helmet4Us
We received fifty helmets from Helmet4Us and fifty helmets from the Tacoma Wheelmen for the Courtesy Patrol’s bicycle helmet program. Sixty-one were donated and fitted to protect needy children and adults. Twenty-four donations were made to benefit the FRTTC cause. Safe Kid Coalition/Subway Safe Rider “Citations” were issued to 500 children who were encountered wearing bicycle safety helmets.

BicycleRecycle program
The BicycleRecycle 3-month test program concluded, and the business plan was presented to the FRTTC Board.

Capt2Wheeler
The persona of Capt2Wheeler was developed to promote the Courtesy Patrol with plaques for awards and laminated posters at trailheads. The Capt2Wheeler gold medal award program commenced, honoring the “Heavy Lifter” volunteer(s) of the month.
Ed Davis has been a member of the Foothills Rails-to-Trails Coalition since early 2003. He joined the board in May of 2005, bringing with him his skills as a professional city planner and his quick and boisterous sense of humor. Everyone knows Ed by his distinctive laugh - a loud, explosive cackle - which befits his appearance as the bearded sailor that he is.

Ed has 40 years of experience in the field of city planning and has served as Planning Director or Assistant Director for a number of major metropolitan areas (San Antonio, Las Vegas, Baton Rouge) and many Puget Sound cities, including the local cities of Pacific, Bonney Lake and Buckley. He provides our board with understanding and insight into the workings of local governments, together with fellow board members and mayors Pat Johnson of Buckley and Peggy Levesque of South Prairie.

Ed is one of our more hearty seniors as evidenced both by his aggressive leadership as team captain of his Super Masters (average age 60+) running team, the Ageless Warthogs, in this year’s fifty-mile Rainier to Ruston Relay on National Trails Day. This will be Ed’s fourth year of participation as a team captain in the R2R. He is an avid runner and has been running since the early 1970’s. In another couple of years, his running log will have totaled enough miles to have circled the globe at the equator.

He is also an active member in the Coalition’s Courtesy Patrol and assists occasionally in the Coalition’s work parties. Known for his solo sailing exploits, Ed is an adventuresome spirit. Soon after the R2R he will be departing on his 30-foot sailboat Odyssey to circumnavigate Vancouver Island for the third time. Ed, like our other seasoned members, really believes in living young. His is a good example to follow.
Networking for Trails:
Trails link communities, promote growth

City of Pacific Trails
by Ed F. Davis
Coalition Board Member

During the past several years the city has been adding trail linkages through conditions required in new developments, including subdivisions, Planned Residential Developments (PRDs), city facilities (a regional storm water pond property) and one industrial development. The trails include a quarter mile along the east side of SR 167, connecting to a trail linkage that was installed when UPS developed their distribution center in Pacific in 1999.

While this trail section does not yet connect up to the south end of the existing Interurban Trail due to wetland obstacles, the city will be opening bids this summer for an east-west trail connection between the south end of the Interurban Trail going east for almost a mile along the north side of 3rd Avenue to the City Park adjacent to the White River. This new trail will connect to paved trails within the City Park and to the existing gravel service road along the White River levee that has been used as a riverside trail for nearly a hundred years. The White River Trail will someday connect with the City of Sumner Trail along Stewart Road.

Another new east-west trail linkage from the southern end of the new north-south trail in the PSE power line corridor along the east side of SR 167, goes nearly half a mile eastward to Valentine Ave. As part of this new trail the developers were required to install a traffic calming device (a small round-about) at the crossing of Milwaukee Blvd. This may be a first for trail development - a trail-only roundabout crossing a street. It is a nicely landscaped roundabout with a small children’s park adjacent to it. There are a number of park developments along this east-west trail, including a half basketball court, a park shelter, and several children’s play areas with numerous park benches and picnic tables. All residences that have backyards adjacent to the new trails were required to have only four-foot high fences, so there will be neighborhood eyes on the trails.

In the future, when the housing slump is history, there will be a continuous trail connection circling the permanent, large, tree-dominated wetland area. New existing trails in the City of Pacific total approximately 3/4 mile. With the bid opening this summer for nearly a mile of trail, the city is working toward its goal of a connected trail network, thus implementing the adopted Summer/Pacific Trail Plan. The city’s internal network of trails will connect with trails to Algona & Auburn from the north, Sumner & Auburn from the southeast, Milton & Edgewood Interurban Trail from the west and Sumner to the south.

[Ed Davis served as the City of Pacific’s Community Development Director from 2000 - 2004, when the majority of the planning for the developments took place and from 2006 - 2007 as a planning consultant with the city of Pacific. - Editor]

Wilkeson Foothills Trail
by Becky Gillette
Board Member and Mayor of Wilkeson

We have some very good news to report from the Wilkeson area. We supported the May Day Metric bike event here on May 4, and we are looking forward to the Rainier to Ruston Relay and Ultra coming thorough our town on National Trails Day, June 7.

Walking Tour Maps
After about five years of working with the Carbon/White Rivers Community Forum, the cities and town of Wilkeson, Buckley, Enumclaw, So. Prairie and Orting have completed our historic walking tour maps. These maps feature the Foothills Trail along the old railroad lines as well as Mt. Rainier National Park. Each of our communities has highlighted the historic places in town and a walking guide is available.

Centennial
Wilkeson is looking forward to our Centennial in 2009 and will have a new monument dedicated to the coal mining industry. We also have planned a memorial garden on the trail which we will dedicate to the citizens of Wilkeson who have worked throughout the years to keep this town vital.

Stop by and see our new coffee roaster in the downtown area, get an historic map and enjoy the Foothills Trail. Wilkeson is continuing to be a happening place, thanks in part to the trail.

Cushman and Chambers Bay Trails
by Jayme Gordon Pleasants
Executive Director, ForeverGreen

In other trail funding news, the County Council provided funds in this year’s budget to build another section of the Cushman Trail and to extend the popular Chambers Bay Trail.

Puyallup-Fife-Tacoma Connector
by Jayme Gordon Pleasants
Executive Director, ForeverGreen

After several meetings to discuss the trail connection between Puyallup, Fife and Tacoma, the ForeverGreen Council has agreed to fund a feasibility study to determine the best route to join these cities together. The challenge is to find space for a trail in an area where the freeway, Puyallup River, several railroad lines, and tribal reservation land all converge in a narrow corridor near Tacoma. Fife recently completed a Park and Open Space Plan which included trail routes through many of the city’s neighborhoods. This document will provide a basis for determining the location of trail connections in Fife.

Puyallup Riverwalk
by Ernie Bay
President Emeritus

The Puyallup Riverwalk to Foothills Trail connection which was to have been constructed this summer has, unfortunately, once again been postponed due to unresolved city annexation issues and related property negotiations.

Depending upon the outcome of these matters, we are informed that the Puyallup Riverwalk may divert from the planned levee route to an alignment along 134th Avenue and connect at the current Foothills Trail terminus. Bridge safety features required by the Burlington Northern Santa Fe Railroad to guard against possible train-related debris falling upon trail users is also contributing to the delay. Construction is now expected to occur in 2009.
Networking for Trails: continued...

The City of Edgewood budgeted for Phase I trail design in 2008 for the Edgewood portion of the Interurban Trail and the adjacent trailhead park at 114th Ave. Construction is scheduled to begin in 2009 and finish in 2010 on the Phase I section from Military Road to 114th. Jay Rood of The Portico Group presented preliminary design ideas to the Edgewood Parks and Recreation Advisory Board at two meetings held in the last couple of months. On May 1st a community meeting was held to present the developing ideas to Edgewood citizens and the public. A group of Foothillers attended, and members of the City Council and the Park Board appreciated the good suggestions that Coalition members contributed. Equestrian use on the Phase I section is not currently planned, however it might be reconsidered, depending on public input. The City Council appears eager to open up the Phase II section of the trail east of 114th down Jovita canyon to allow public access as soon as possible.

A preliminary grant application for Phase I construction funding has been submitted to the Washington State Recreation and Conservation Office. This RCO grant of $1.2 million will require matching funds. The sunk cost of the design will help with that requirement, but much more is sought, including in-kind time and materials. Letters of support for the grant are also encouraged. They should be sent to cityhall@cityofedgewood.org or Edgewood City Hall, 2221 Meridian Ave East, Edgewood, WA 98371-1010.

“CONSTRUCTION IS SCHEDULED TO BEGIN IN 2009 AND FINISH IN 2010.”

DEANE KERLIN COALITION MEMBER

CarLess Commute continues to encourage

CarLess Commute encourages Pierce County citizens to help reduce traffic congestion, promotes improved air and water quality, and raises health consciousness.

It is a two-week campaign that encourages walking, bicycling, riding the bus or commuter train, sharing the ride with someone else by carpooling or vanpooling, or trying an alternative work option—like a compressed work week or telecommuting.

Participants are encouraged to burn calories instead of fossil fuel!

You can win prizes!
Participants are asked to track their commute and recreational miles. That’s right, you can participate in your down time by walking to the store, riding your bike to the park, taking the train or bus to a Mariner’s game, or carpooling to the movies.
These are just a few ideas to get you started carless commuting in your leisure time, too!
All who participate will be entered into a drawing to win a Mountain Bike from Bike Tech and several other fun prizes – even a Harbor Cruise from Argosy Cruises!

How do I participate?
It’s easy! You can find a participation form on the Pierce County Parks website at www.piercecountywa.org/carless.
Just print it out and FAX or mail it to the Parks office by July 3, 2008.
Anyone can participate so be sure to spread the word to everyone you know.
If you have any questions about CarLess Commute, feel free to send me an email at carlesscommuter@comcast.net, I’d love to hear from you.
Find a better way to commute!
Thank You:
In every organization, there are individuals who play a major role in its success. Supporters, you have our sincerest gratitude for your support.

Memberships and Donations
<$30

$30-$50

$51-$100
Dick & Kay Coulter, Guy, Dana, Kyle & Marland Guinn, John Hamil, Mat & Connie Reitzug, Scott Richardson, Donna Watson, Microsoft Giving Campaign

$100-$199

$200-$500
Stephen Brooks, John Mandy, Judy Pigott, John Sacklin, Buckley Kiwanis

$500-$2000
Garcia Ternes, Recreation Equipment, Inc (Matching), Tacoma Wheelmen Bicycle Club, Weyerhaeuser Company Foundation

$10,000+
Randy Lindblad

Calendar of Events

CarLESS Commute:
June 2-15
See article in this issue.

Engle’s Backyard Potluck Picnic: June 26
See notice in this issue.

TrailsFest:
July 19
See notice in this issue.

South Prairie Salmon Run:
Sept. 27
See www.townofsouthprairie.com./

Wash. State Trails Conference:
Oct. 3-4
See http://washingtonstatetrailcoalition.org/.

Orting Pumpkin Festival:
Oct. 11
See events at http://www.piercecountytrails.org/.

National Trails Symposium:
Nov. 15-18
See http://www.americantrails.org/quad/.
Active Transport gains ground

by Dixie Gatchel
Coalition Member

Getting down to the nuts and bolts of creating a strategic plan to claim one of the $50 million Federal Transportation Enhancement grants to improve bicycling and walking facilities and programs in our own Pierce County was starting to look like pie in the sky to me last month. Where to start? It was a no-brainer! I sought advice from three of my veteran trail-battle buddies — Ernie Bay, Bob Myrick, and Chuck Morrison. Good move, Old Girl. Now I’m confident that the prize is within our grasp if we all join forces in the Rails-to-Trails Conservancy’s Active Transportation grassroots campaign 2010 to “Burn calories, not carbon.”

Pilot programs are currently underway for a network of non-motorized transportation infrastructure facilities in Marin County, CA; Sheboygan County, Wisconsin; Columbia, Missouri; and Minneapolis Minn. Spokane, WA is control city for comparison. I studied the web sites for all four participants and learned that the core themes of the pilot programs include: safe access, public health, connections to public transit and other transportation modes as part of an overall system, working with land use policy and transportation planning processes, leveraging resources and raising public awareness. Most importantly, this grant is all about decreasing dependence on motorized vehicles for short trips. Think of bicycling and walking not as recreation, but as modes of transportation and commuting. Think of trails as links to jobs, schools, shopping, public transit and other transportation facilities. A written non-motorized transportation plan must be in place to be eligible for the grant.

Fortunately, Pierce County Public Works & Utilities has an excellent, comprehensive, non-motorized transportation plan with many projects underway or planned.

As the lowest little old grassroots blade, here’s what I plan to do myself:

1. Seek backing for the campaign from the FRTTC Board of Directors;
2. Draft a letter mobilizing support from FRTTC President John Downs to other organizations such as Tacoma Wheelmen and ForeverGreen;
3. Collaborate with Ernie Bay on writing an op-ed article designed to raise public awareness about Active Transportation and get it published in the News Tribune;
4. Draft letters (one for the FRTTC and one for myself) to Senators Murray and Cantwell and Legislators from Pierce County, Smith, Dicks, and Reichert, to make certain they extend and increase Transportation Enhancement funds;
5. Contact state, county and city/town councils and boards to encourage them to start their own campaigns for the $50 million Active Transportation grant.

That’ll get me started. What about you, Fellow Trail Lovers? Please pass your ideas and action plans to me at gatcheldb@msn.com. With the help of Coalition webmaster, Tim Duggan, we will start a dialogue on the Foothills website at www.piercecountytrails.org. Other helpful information is available at www.railtrails.org.

Wake up Pierce County communities! Start thinking about what we could do with $50 million to build a seamless system of interconnected, non-motorized trails to make bicycling and walking viable modes of transportation.

Burn Calories – Not Carbon! Happy Trails and Peace out Y’all

Coalition approves BicycleRecycle plans

by Jerry Larson
Chair of Courtesy Patrol

The BicycleRecycle business plan, presented by Jerry Larson, chair of the Courtesy Patrol, was unanimously approved by the Board of Directors on March 27, contingent upon the approval by an attorney of the hold harmless release. The board’s acceptance followed a test program of 90 days, conducted during 2007.

Larson credited the unique idea to Tom Penya and Eric Wilber. Richard Harrelson ran with the program and has awarded over 50 bicycles to worthy recipients and has another 25 bicycles being processed. The program was enhanced to include Kelly Donovan’s inspiration to utilize teenagers in the “Earn a Bike” portion of the BicycleRecycle program, allowing kids to earn a bicycle by helping repair it.

BicycleRecycle receives bicycles for refurbishment, including all makes, models, styles and sizes, which require little or no expense other than “elbow grease” by Courtesy Patrol volunteers to become “road worthy.”

Bicycles come from landfills, government agencies and private donations, mostly through word of mouth. Once they are ready for use, they are given to disadvantaged children and adults for free. Donations are accepted when offered.

The purpose of the BicycleRecycle program is to promote an active, healthy life style through exercise, reduce landfill waste and generate public good will for the Coalition and its mission. BicycleRecycle is a modest effort supporting other “green” and “healthy life style” movements as our nation faces escalating fossil fuel shortages and related environmental and economic costs of our “disposable society.” The timing of this project could not be more ideal.

But we’re not quite there yet. Can you help us satisfy the following requirements?
1. Acquire a secure storage facility to house up to 50 bicycles, 25 in for processing and 25 ready for donation. Preparation processing could be accomplished at the facility or at the refurbishing volunteer’s personal residence.
2. Find an attorney to approve the wording of a legal waiver document to stipulate acceptance of the bicycle in “as is” condition, holding FRTTC harmless from all legal liability. We also need a donor’s receipt for the Internal Revenue Service.

If you can help us, please call Jerry Larson at 253-845-7219. Thank you!
Notices:

**Picnic approaches**

Engles’ Backyard Potluck Picnic
When: Thursday, June 26, 6 - 9 p.m. (Summer Solstice Time)
What: Demonstrations and displays by Pierce County outdoor and environmental allies - Mountaineers, Audubon, Foothills Trail Coalition, Native Plant Society, Cascade Land Conservancy, Sierra Club, Citizens for a Healthy Bay, Carbon River Corridor, Chambers-Clover Watershed Council, Puget Creek Restoration Society, Student Conservation Association and about eight more.
Where: At the Engle Garden, 4011 Alameda Avenue, University Place south of Fircrest.
Featuring: The displays by our friends plus, licensed falconers with their live birds, native plants for sale, entertaining program, music and Earth-friendly ideas for kids of all ages. Children and grandchildren are most welcome. And don’t forget how great the food is at these events!
We furnish: Coffee, punch.
You bring: A hot or cold entree, plus a salad or dessert, plus your own table service, plus a ‘sit-upon,’ plus beer and wine if desired.
Signup: Unnecessary. Rain does not cancel.
Directions: 4011 Alameda Ave. is less than 1 mile south of Fircrest Golf Course.
Volunteers: I could use some strong trail builders to help set up tables, etc.
Contact: Helen Engle, 253-564-3112, hengle@iinet.com (e-mail preferred).

**Advisory board vacancies need you!**

The Citizens Advisory Board for the Conservation Futures Fund has several vacancies that need to be filled. Conservation Futures is a land preservation program for protection of threatened areas of open space, timber lands, wetland, habitat areas, agricultural and farm lands within the boundaries of Pierce County. Conservation Futures funds are used to acquire the land or the rights to future development of the land. Conservation Futures is administered by Pierce County Government. For more information go to: http://www.co.pierce.wa.us/pc/abts/ourorg/parks/cfutures.htm.

**Foothills Coalition requests help**

by John Selby, Board Member

The Coalition is embarking on a program to purchase land to complete the Foothills Trail. Over the last quarter, board members have come to realize that unless they become active in the acquisition of right-of-way property, it will be a long time before Pierce County will be able to do it. And by then it may be not only more expensive, but very difficult to purchase. Kathy Kravit-Smith, Director of P. C. Parks and Recreation acknowledges that the trail from Cascade Junction to the mountain is an “unfunded section.” Their budget has been squeezed to the point that they are struggling to fund the connection from South Prairie to Buckley.
That’s where your Coalition can help Pierce County. The board has authorized the purchase of right-of-way property with the expectation that it would eventually be transferred to the county for trail development. Here’s how you can help your Coalition. We need registered land surveyors who are willing to donate their time. Do you know someone we should contact? We need your fundraising suggestions for large amounts of money. Do you have a friend who knows a philanthropist who loves trails? We need to let property owners along the trail know that their property increases in value when trails are built nearby and that the Coalition wants to purchase property for the trail. Do you know someone who could make us a compelling brochure to hand out to property owners and potential sellers? Twenty miles in twenty years is too slow. The public expects better. The Foothills Trail Coalition is stepping up to the challenge. Join us in our vision. Together we can do it. Call President, John Downs, with your suggestions.

**Volunteering surges, hours reporting sags**

by Dixie Gatche, Coalition Member

Earl Mikkelson, FRTTC receiver and keeper of our volunteer hours, reports 7,260 hours donated in 2007. That number multiplied by $13 equals a sum of $9,438. That’s the good news. The bad news is that too few of us are reporting our volunteer hours, so the total could be much larger. The dollar value for volunteer hours, set by Washington State, increased to $14 in 2008, but your reporting is even more important, because the value of volunteer time may be used as matching funds for some grants. Earl summarizes the hours into the following categories: attendance at board meetings, luncheons at Charlie’s, Courtesy Patrol, Puyallup State Fair, work parties, record keeping, Rainier to Ruston, and outreach. Your monthly report may be completed on line or manually by means of the handy dandy form designed by FRTTC Board member Bill Harmon. Report your volunteer time; it really counts.

**R2R rewards students**

by John Selby, Assistant Race Director

The Rainier to Ruston Rail-Trail Relay and Ultra is held every year on National Trails Day, the first Saturday in June. As of this writing, members of the race committee - Markus Dennis, John Downs, Russ Matthews, Bill Harmon, Jerry Larson, Bob Rowan, Chuck Morrison and I – are mobilizing the volunteers and making preparations. By the time you read this, the sixth annual R2R will be history. Records will surely be broken again. The fastest high school team will have received $500 for their school. If you weren’t there, you can still find out what happened on our website at www.rainiertoruston.com.
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

Return Service Requested
Permit No. 764
TACOMA, WA
U.S. POSTAGE
PAID
NONPROFIT ORG