The only ‘they’ there is

Looming large in our collective memories are these rich and passed-on trail narratives: Trail of Tears of the Cherokee Nation, Santa Fe Trail serving as the first for wagon trains in the westward expansion, Oregon’s Trail and the journey west from Missouri to the Willamette Valley, and the “Dirty Plate Trail” later known as the pathway from the great American Dust Bowl. They still inspire us.

The longer the trail, the more extended and pronounced the challenges. In our twenty-one-year history, plus the four years of effort done in quiet diligence by Dr. Douglas Tait and Fred Hart of Buckley, Washington - we’ve completed 20 miles of the dream. And as I write there seems to be a trail head of sorts creating a juggernaut with three distinctive routes in the middle of me: the Foothills Trail to-date (20 miles), the Foothills Trail not-yet complete (30 miles), ‘Continental Divide’ Trail to vital resources needed to finish what we started in 1983(!). All three routes are trails I walk almost daily with a consistent reminder that we’re not too far removed from the folks who journeyed before us. We’ve definitely launched ourselves on a defining journey; newfound joys have come in friendships stronger than reason and beyond mere knowing. Unforeseen tri-als have marked our path, some have traveled as far as they could prior to our journey’s end, others are here for the end-run and the newfound resolve we’ve gathered through our focused effort to gently remind the Pierce County community: trails are for everyone.

The doubling of our membership will have in it some who will no doubt keep our cause alive past the last mile and onto another. We’ve garnered inspiration from them.

Preparation meets opportunity and we grew twice our previous size in membership and the rest is history, as the phrase goes. But, who are all the new members we gained? Will they get involved on the level of our coalition’s need and bring vital resources and assistance? The answer for me comes in the statement of a legendary volunteer, Leo Cronin. What really lingers are his thoughts on volunteering:

“We have to understand that in these times of reduced budgets in our governmental bodies, a greater responsibility falls upon all of us to play a role in protecting the resource. Someone else is not often available to do it. That’s why you need to do some introspection when you’re tempted to ask the question - why don’t they do something about it? You are the only ‘they’ there is.”

This same extraordinary volunteer spirit is alive in our trails coalition. It is my pleasure to inform you that we have been selected to receive the 2008 Group of the Year Award at the 30th Annual Volunteer Brunch at the Landmark Convention Center on March 22 - in recognition of your outstanding volunteer efforts on Pierce County’s behalf. “You are being recognized for your special dedication and commitment to make our community a better place to live, through your exceptional volunteer efforts,” wrote Pierce County Executive John W. Ladenburg. Your willingness to serve Pierce County by sharing your time and talent is deeply appreciated!
Over the last couple of months I have attempted to drag some of my friends out to see the historic coke ovens south of Carbonado. Well, I got Don Partington to go on Saturday, Feb. 16. We looked at aerial photos and started hiking up what appeared to be a road that went right to the ovens. After walking a ways, we came to a wye in the road - left or right? We chose left. Wrong. We climbed and huffed and puffed up a steep hill to find the same road we would have been on if we had gone right. Following it to the northwest, we passed a “No Trespassing” sign, which we were sure did not apply to us. About 100 yards further on we came into the yard of a Carbonado home owner. When we admitted, “We’re lost!” the man told us where to go (in a very nice way) and pointed us back on the same road we had come up. He did not know anything about coke ovens in that area, and he had lived there all his life. So what does HE know. I saw it on a County map and my government knows ALL. But we showed him the aerial photo, and he said the building is what the locals call the “stone house” although it is really made out of concrete. It apparently had something to do with a coal mine a couple hundred feet away that he said went straight down 300 feet. It was supposed to be capped, but we could not find it.

We followed the road back, crossed a large gully, and Don remarked, “That sure is a large culvert.” In another 50 feet we discovered a road leading to the “stone house.” The aerial photo showed the road going between the coke ovens, so I walked back 50 feet and looked at the gully. Suddenly it dawned on me (pun intended) that the aerials were not showing coke ovens at all but a straight gully that the loggers did not want to drag the trees out of. I felt pretty foolish that a gully turned out to be my “historic coke ovens,” but Don and I had a great adventure on the land the County purchased from Plum Creek about a year ago. We may have missed finding the historic coke ovens, but we did discover a couple of stripped cars. Anyone want to help me look for the coal mine?

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**Letter to the Editor**

Hi there. My name is Linda, and you [Joanie Harrelson, Courtesy Patrol] gave me the most awesome neon green and bright blue bike for my little grandson. I am just writing to let you know that he just LOVES it. He was so darned excited when he saw it. My daughter took some pictures of him with it and I’ll try to remember to send you some when she develops them. Thanks again for the bike and for making a little six year old’s Christmas just wonderful. Bless you and your organization and all you do for the kids.

**LINDA DIPLEY**
COMMUNITY MEMBER
Sunshine, Vitamin D may help prevent disease

THE SUNSHINE VITAMIN and You!

Exciting news is evolving from recent research about vitamin D's role in disease prevention. Historically, Vitamin D was added to milk and other foods to prevent rickets in children, a disease where softening of the bones occurs. Now, researchers are seeing a possible link to prevention of diseases such as colon cancer, breast cancer, and multiple sclerosis.

Dietary amounts tested in the research were higher than the current recommendation of 200 International Units (IU) per day for most Americans. Some believe this recommendation should be increased, but for now remains 200 IU for up to age 50, 400 IU for ages 51-70, and 600 IU for 71 and older. The maximum upper limit for daily intake is 2000 IU.

How do we get Vitamin D? There are three possible ways: 1. Sunshine. 2. Diet. 3. Dietary supplements.

Sunshine. Living in the Puget Sound area, we know that the sun shines its face very little in the winter months. Chances of getting enough UV rays for vitamin D production in our skin are low. The chances are even slimmer for those with darker skin. Doctors say we need at least 10-15 minutes of sun light on our hands and face without sunscreen at least two times per week to get enough vitamin D. Sunscreen is recommended with any further sun exposure. Some weeks it is nearly impossible to get this much sunshine which means we need other sources.

Diet. Thankfully, the Puget Sound has plenty of the best dietary source...salmon. Salmon and mackerel are some of the best natural sources of vitamin D. You'll get a whopping 530 IU for only 3 ounces of fish. Other common foods that have been fortified are cow's milk or soy milk which contain about 100 IU per cup. Two to three cups of milk per day will meet the needs of most people under 50 years old. This still leaves room for improvement for those of us older than 50.

Supplements. Though it is possible to meet our needs through diet and sunshine combined, some may benefit from a supplemental form of vitamin D. While this is an option, one must discuss this with their healthcare provider to ensure proper intake. Exceeding the upper limit of 2,000 IU per day can cause serious side effects.

While more research is needed to assess the benefits of using vitamin D for preventing diseases such as cancer, we can do our part now to meet the minimum requirements. Be sure to drink your milk and eat salmon on a regular basis along with getting outside to steal a few rays of sunshine every week!

First annual Ride or Walk Big Wheels free ride

Ride or walk with the Big Wheels.

This is the first annual Ride or Walk with the Big Wheels Free Ride. Come celebrate the Scott Pierson Trail, the Highland Hills Business District, the Narrows Bridge Path, the Cushman Trail and the CarLESS Commute. You can join elected Officials and Government Officers (the Big Wheels) on a great informal celebration of Tacoma and Pierce County’s new commuter and recreational bike path route running from the middle of Tacoma to Gig Harbor. This free, informal, unorganized event is right in the middle of the 17th Annual CarLESS Commute. CarLESS Commute is a two-week program that promotes walking, bicycling, riding the bus, commuter train, sharing the ride with someone else like carpooling or vanpooling, or trying an alternative work option like telecommuting. Participants are encouraged to burn calories, not carbon. If you can, you should try to walk, bicycle, take the bus, or carpool to this event. A firm date has not been chosen yet, but we are presently looking at May 29 or June 14. Stay tuned.

Continued on page 4
Government Affairs Report
by Bob Myrick
TACOMA WHEELMEN GOVERNMENT AFFAIRS

At the beginning of our February 5th meeting, I mentioned my keen interest cycling on the C&O Canal in September. When I called Adventure Cycling, they had 18 spots left out of 50. Any interest out there?

Carla Gramlich and Carol Davis put up a really nice exhibit at the UW Sustainability Conference, and John Ernest Berry III manned the booth all day, helped by Steve Brown and others. I heard the response to our club was really good as the folks seemed to appreciate the importance of biking and walking in coming years. Diane Wiatr from Tacoma Planning and Commute Trip Reduction attended the meeting to talk about activities during Bike to Work Week from May 12 to 16. Diane is hoping to invite the Big Wheels of Tacoma (elected officials) and people like us to a five mile or so ride through downtown. Part of the ride is to show the officials places that could bear some improvement and show some places that are just dandy. She may need to find some loaner bikes for some of the officials. I have walked and inspected parts of the proposed ride. TWBC hopes to put on an informal ride that would be somewhat similar, but it would occur near the 17th Annual CarLESS Commute which runs from June 2 to 15. Due to a lot of conflicts, we are presently looking at May 29 or June 14. This ride would feature the Scott Pierson Trail, the Narrows crossing and the Cushman Trail. We would hope to advertise for free in the Tribune and get other elected officials and the general public to show up.

Carla attended an all day Downtown Transportation Study and represented biking and cycling interests. Diane has obtained a $300,000 grant to study the long term transportation mix and needs downtown. It sounds like a lot of money, but it would only buy 10 spots in a structured parking garage. On a related Tacoma matter, Dana Brown has presented us with draft plans to improve our route coming from the Skyline Bridge down to Jackson Avenue. It is a one or two block shortcut to the Narrows Bike Path.

TWBC was well represented at the annual Alternative Transportation Advocacy Day in Olympia. John Berry, Ralph Wessels, Jill Priest, myself and several others from Tacoma spent the day learning of the issues and then visiting our State elected officials.

Longer term, look for the Livable Communities Fair coming on May 17. We will again have a booth, possibly shared with the Foothills Rails-to-Trails Coalition.

The better weather is coming, so please, please cycle more and worry less. It is time to plan your summer cycling vacation. I hope to see you on the road in April. I will be the one with a tan line, from New Zealand.

Our next meeting will be at 6pm on Tuesday, March 18, at Bertolino’s Coffee Bar on Union Avenue by the Target Store. On April Fools Day, we will meet at the Taqueria Guadalajara in the Stadium District at First and Tacoma Avenue at 6pm. No really, we

Carlton M. Paul
TACOMA WHEELMEN SEASONAL COACHES

CONTINUED FROM PAGE 3

“Do not follow where the path may lead. Go instead where there is no path and leave a trail.”
- Ralph Waldo Emerson
Evaporation – Condensation – Precipitation – Accumulation, my daughter shouted excitedly when she came home from school yesterday. “Mommy, do you know the water cycle?”

“Well I certainly know about precipitation and accumulation,” I replied to my relation with great frustration as I looked at the excess hydration of my paddocks. About this time Linda Clark called to see if I had time to write this month's trail article. “Time? No!” I yawned. “I am thinking about carbo loading and hibernation.”

“I am thinking about carbo loading and hibernation.” “Carbohydrate loading is for athletes, and humans don't hibernate,” explained Linda. I looked down at my expanding midsection and out at my chubby pony and realized it had been a while since either of us had any recreation.

So mustering a bit of inspiration, I loaded up the trailer and drove off to Buckley. I knew several work parties had been doing preparation of the trail between Buckley and South Prairie, so I thought I would go check it out. The parking lot off SR 410 at the south end of Buckley was pretty quiet. ‘Definitely enough room to turn my little trailer around in, but a larger rig might need to back out if there were a lot of cars.

I saw a skinny, carbo loaded runner dash by who gave a big wave and seemed pretty happy. Must be the carbs no doubt! It was sprinkling, but not raining as hard as earlier in the week, so I headed south down the dirt path next to the paved trail. Most of the dirt path was wide enough for a horse, but occasionally sloped away from the pavement so that I had to ride on asphalt. I think it could be improved in the drier months with a little help, dirt and innovation by Pierce County maintenance.

About a mile later the pavement ends and there is a large sign that states “Trail Open. Use at Your Own Risk.” I noticed there would be plenty of parking for one or two trailers and thought next time I may park here. The trail is beautiful and makes its way through a cut, under SR 162, and traverses a mile or more of hillside before reaching South Prairie Creek. After installation of the new bridge this summer completing the “Bow Tie,” it will arrive at the north end of South Prairie.

Unfortunately it was pretty muddy and very deep in sections. But with great anticipation I look forward to drier months ahead and riding this section again. It's not very long, but very beautiful, and I believe the footing will get better as things start to dry out. As I rode back I noticed some pussy willows and lots of little birds fluttering about and had a great sense of appreciation for my horse and a place to ride. Then the sun actually broke from the clouds, and by the time I reached the trail head I was filled with elation!

My equestrian water cycle: Frustration - Hibernation - Inspiration - Anticipation – Recreation - Appreciation - Elation!

My equestrian friends, I have found the Pierce County maintenance crew to be absolutely wonderful. But they do need input from us and other dirt trail users as to what we need. So please get involved. There is no better time than now. Both PC Parks and the Coalition have been supportive and responsive to our needs, but we don't want people to assume that equestrians don't want or need these trails because we don't show up at meetings or get involved. Luckily for us, Linda Clark is on the board of the Coalition, but she really does need other equestrians to get involved. Pierce County plans to pave the middle section of the trail between So. Prairie and Buckley this year. I believe the pavement will make it more accessible for everyone, but we need equestrians and other dirt trail users to make sure there will be a usable dirt path. You can attend a meeting, join a work crew, help with Courtesvry Patrol or even write an article! It's fun! Please help! Contact Linda for more information at 360-897-6163 or email clasvrydr@aol.com.
Meet your board member: John Selby

by Dixie Gatchel
Coalition Member

John S. Selby became the editor of the Trail Line News when he joined the Foothills Trail Coalition in 1999. An addicted runner and trail advocate, he founded the annual Rainier to Ruston Rail-Trail Relay and Ultra (R2R) on National Trails Day in 2003 and became a Coalition board member in 2007.

Raised in Port Angeles, John says his love for trails began in the Olympic National Park, where he worked four college summers on trail crews. Between those summers he earned a BS in Mechanical Engineering at the University of Washington. After graduation, John worked for three years at the Applied Physics Laboratory, University of Washington on underwater ordinance for the U.S. Navy while attending graduate school where he met and married the love of his life, Dottie, 40 years ago. Together they joined the Peace Corps and spent two years in Tunis, Tunisia, where John worked for the national gas and electric company and became a Francophile, gourment, and oenophile.

After returning home in 1972, John earned an MS in Mechanical Engineering at the University of Washington, before beginning a 30-year career with the Weyerhaeuser Company in R&D, developing processes and products in silviculture, timber harvesting and handling, lumber, pulp, lyocell, and paper recycling. He is the inventor or co-inventor on five patents. His work brought Dottie and him to Aberdeen, WA; Klamath Falls, OR; Idabel, OK; and finally in 1979 to Edgewood. Along the way they had a son, Ian, who is apprenticing to become a luthier as a second carrier, and a daughter, Theresa, a graphic designer for the Business Times of San Francisco.

John explains his love for running as follows: “I began running for pleasure and fitness in 1972 after being inspired by Dr. Kenneth Cooper’s book Aerobics, and I’ve been running regularly now about 1000 miles a year for 35 years. I am a 15-year veteran of the Hood to Coast Relay, a 200-mile course with 1000 teams of 12 runners each. Becoming a member of the Foothills Trail Coalition was a natural fit with my early love of working on trails, and founding the R2R to draw attention to our trail was a natural fit with my love of running and relays like the HTC. In 2001 I discovered orienteering, a challenging blend of trails and running, and have completed 24 events to date. Since retiring from Weyerhaeuser in 2003, I have enjoyed spending more of my time working and running on trails. I am proud to be a part of the Foothills Rails-to-Trails Coalition and its mission.”

There’s something wrong with a society that drives a car to workout in a gym.”
- Bill Nye, The Science Guy
Burning calories, not carbon

by Dixie Gatchell
Coalition Member

“frozen shoulder” and an acute case of inertia, plus some lousy weather, did me in this winter. To my dismay, I totter on the brink of overweight and obesity. I weigh FIVE pounds more than I did in November, and I know exactly why. Snazzy, my cute little red bicycle, has been sitting in my kitchen all winter. So, here and now, I renew my pledge to hit the trail on a regular basis and burn some calories. What say you? Are you keeping your pledge to burn calories not carbon? Are you willing to share your experiences, good and bad, for publication on our Foothills web site? If so, I hereby anoint you a charter member of our AT (Active Transportation) Advocate Team. Input from AT Advocates will appear in “Dixie’s Trail Reports” on the Coalition’s new web site, which is looking good thanks to the technical skill and caring spirit of new member, Tim Duggan. Bravo, Tim! It’s still a work in progress, but check it out at www.piercecountytrails.org.

AT is alive and flourishing throughout Pierce County more than six months after the launching of the program to Burn Calories not Carbon. The Rails-to-Trails Conservancy’s 2010 Campaign for AT builds on the success of the Non-motorized Transportation Pilot Program in SAFETEA-LU. The goal is the empowering of dozens of communities to compete for $50 million in federal funds to make focused investments in infrastructure and programs to shift from automobile trips to walking and biking. The campaign aims to double the federal investment in active transportation in the next reauthorization. AT Advocates must alert our trail communities to the campaign and encourage them to go after the $50 million. Right? Right!

The public and private collective energy fueling momentum for Active Transportation both amazes and inspires me. Good things are happening. I returned home from Portland following my AT Advocate training last August all fired up to move mountains and sort of waiting for directions from on high. I soon learned that creating a walker- and biker-friendly infrastructure is a reachable goal, but change happens only if we, as individuals, initiate the action from the grassroots. Fortunately, our Foothills Rails-to-Trails Coalition is a tried and true veteran of over 20 years in successful promotion of Active Transportation. Another prime source offering great information for campaign advocates is the Rails-to-Trails Conservancy web site at http://www.railstotrails.org. Our friend and Tacoma Wheelman Bob Myrick is a brilliant and tireless activist for Active Transportation legislation and knows all and tells all about what is going on in the trail world.

Saving the planet comes down to you and me, baby. We the people, in small, persistent steps, can move mountains. Our cumulative effort as individuals can make good things happen. For example, as an individual in the category of “putting my money where my mouth is,” I presented a resolution in support of Active Transportation at my political party caucus in February for consideration as a plank in the party platform. Eleven of my friends will walk along with me in the big Rainier to Ruston Relay on National Trails Day, June 7. We’ll begin weekly walks in March to get in shape. My speech on AT was applauded by supportive friends at my Morning Dews Toastmaster meeting. I walk or ride my bike to the library or shopping whenever feasible. My little red station wagon survives on $20-22 worth of gas per month. But there’s so much left to do. What say you, AT Advocates?
FOOTHILLS TRAIL RACING SERIES 2008

FOOTHILLS DASH
MARCH 15 - 5K & 10K RUN, WALK
www.piercecounty.wa.org/parks
SPONSORED BY
PIERCE COUNTY PARKS AND RECREATION DEPARTMENT
WENDY GARRISON, RACE DIRECTOR

RAINIER TO RUSTON
RELAY & ULTRA MARATHON
JUNE 7 - NATIONAL TRAILS DAY!
RUN - WALK - BIKE
www.rainiertoruston.com

RUN WITH THE SALMON
SEPTEMBER 27 - 5K & 10K RUN, WALK
www.piercecountytrails.org

PUMPKIN DASH AND FESTIVAL
OCTOBER 25-26 - 5K & 10K RUN, WALK
www.piercecountytrails.org

MARKUS DENNIS, EVENT COORDINATOR
www.piercecountytrails.org 253.381.1358
The lower Burnett Road Bridge will pass over Lower Burnett Road and South Prairie Creek in the same location as the former Burlington-Northern Railroad and will be a 5 span glue laminated wooden arch structure. The bridge length is approximately 389 feet and the superstructure is being fabricated by Western Wood Structures, Inc. The bridge foundation will be via a separate contract currently being bid. After completion of the foundation, the superstructure will be installed in late 2008. Western Wood Structures will need ten weeks to install the bridge on site.

Bob Myrick, President of the Mount Tahoma Trails Association, (Skeeter), Markus Dennis, President of the Foothills Trail Coalition, at the second annual ‘Taste of Tahoma’ - Copper Creek Cabin, Ashford, Washington; February 2, 2008.
Networking for trails

Milton Interurban

As described in the Dec. newsletter, paving has been completed between Porter Way and the trail head at the 70th Ave. E. overpass of I-5. Construction on the Milton section of the Interurban Trail is continuing as weather permits. Vandalism has been a problem with expensive damage to construction equipment left overnight and with boards broken on the fence sections being put in place. Residents along the trail between Kent and Porter Way continue to request a higher fence and police patrols, things the City of Milton has been unable or unwilling to provide. Stay tuned for a completion date and dedication ceremony.

[On Feb. 14 the editor ran the Milton Interurban and found that no paving has been done yet between Porter Way and S. 380th Street, although the whole length is covered with fine crushed rock and appears ready for paving. Crews were busy putting up fencing. Indeed, it is very unfortunate that hundreds of yards of unnecessary fencing have been built. Protecting people from a cliff is necessary in my view, but most of these fences separate the trail from hillsides. In some places fences were built on both sides of the trail, giving a claustrophobic feeling much like driving SR 162 to Orting between the fences of what I call “Lahar Estates.” I hope the City of Milton doesn’t issue building permits to bulldoze off the ridgelines above the trail and plant unsightly lines of homes like along the rim of the once beautiful Puyallup Valley. While money is wasted on unnecessary fencing, money is not spent on reasonable improvements like burying above-ground sewer pipes or providing the privacy of a high board fence requested by the neighboring land owners mentioned above. It is exactly this kind of treatment that causes some citizens to oppose the development of public trails. The lesson we should take away from this is for trail advocates to get involved early in the planning process and stay engaged through the development to avoid these kinds of problems.] The Bracketed text above was written by John Selby

South Prairie to Buckley

On Feb. 13, the News Tribune published bid specifications in the legal section of the paper for the Foothills Trail link between South Prairie and Buckley. Progress is being made! Sam Colorossi

Tacoma Trails

An open house on the Historic Water Ditch Trail has been tentatively scheduled for March 13th at the South Park Community Center in the auditorium. Over 1,000 people will be invited to the meeting which will be held from 4 to 6 PM. The goal of the open house will be to show the City’s preferred trail alignment and to gather comments and concerns from residents, owners and trail users.

- Dana Brown
Call for Presentations

Mark your calendars for American Trails 19th National Trails Symposium in Little Rock, Arkansas, November 15-18, 2008. The theme for the 2008 Symposium is Innovative Trails: Transforming the American Way of Life. To help us develop an exciting and motivating program for the Symposium, we invite you to submit ideas for presentations in support of the Symposium’s theme. We expect to offer 40 concurrent sessions, each lasting 75 minutes. The deadline for submitting proposals is April 18, 2008.

American Trails brings the worldwide trails community together for an inspirational and educational conference. The Symposium addresses both non-motorized and motorized issues and our vision for trails and greenways nationwide. Dozens of speakers and keynote presenters from across America cover the top topics and state-of-the-art technology.

Find details at http://www.americantrails.org or contact American Trails by phone at (530) 547-2060 or email at symposium@americantrails.org.

Grant Writing Workshop, March 27-28

The City of University Place Parks & Recreation and Grant Writing USA invite you to attend a grant writing workshop in University Place. The workshop is applicable to city, county and state agencies as well as nonprofit organizations, K-12, colleges and universities.

Grant Writing USA has helped thousands of government agencies, nonprofit organizations and educational institutions achieve grants success. We can do the same for you.

For details, contact Cathy Rittenhouse, 800.814.8191, cathy@grantwritingusa.com.

Rod Helm
President, Grant Writing USA

New Trail Line News Designer

Beginning last issue, Matt Anderson took Susan Garmire’s place designing The Trail Line News. Garmire’s 20 years of outstanding service was acknowledged last December with a plaque presented to her by Board President Markus Dennis.

Matt is the Editor of Puyallup High School’s newspaper, The Viking Vanguard, and was recently chosen as a guest columnist for The News Tribune (of Tacoma). This issue, he also completed a redesign of The Trail Line News.

Anderson currently works at Sears, in the South Hill Mall, as an electronics sales associate.

Matt may be contacted at thevikingvanguard@gmail.com or you can call him at (253) 841-8711 X6216.

Parks, Trails and Habitat Conservation

Volunteer Applications are due April 30. More than a 100 volunteers are needed to evaluate and rank grant applications for the Washington Wildlife and Recreation Program, which funds a broad range of land conservation, park acquisition and development, and construction of outdoor recreation facilities. Volunteers serve 1 year and generally attend several weekday meetings. Volunteers should represent academics, government (cities, counties, districts and federal agencies), Native American tribes, non-profit organizations, and citizens with interests in outdoor recreation projects - local parks, trails, water access or habitat projects – critical habitat, natural areas, riparian protection or urban wildlife habitat.

See details at http://www.rco.wa.gov/rcfb/temp/announce_adv_cmte.htm


Telephone – Lorinda Anderson at 360-902-3009

E-mail – Lorinda.Anderson@rco.wa.gov

Susan Zemek
Communications Manager
Recreation and Conservation Office
Olympia WA

Park Board Vacancies

Vacancies currently exist on several local park boards or advisory boards. Foothills Coalition members are encouraged to apply for these positions as they have very strong influence on public trail development and enhance the effectiveness of trail advocates. Depending on their rules, it is not even always necessary to live in the local community.

Get involved; be the squeaky wheel; make it happen!

The City of Fife currently has two vacancies on our Parks & Recreation Citizens Advisory Board. The applicant need only be a city resident or have involvement with the city through a community organization.

- Kurt W. Reuter
Parks, Recreation & Community Services Director
City of Fife
253.896.8641

The Pierce County Parks and Recreation Citizens’ Advisory Board currently has three vacancies. This nine-member board meets monthly to advise the Parks & Recreation Department concerning its general operations, capital projects, as well as the needs and interest of the citizens of the community.

Please contact Parks and Recreation at (253) 798-4177 for more information.
How time flies when you’re having fun! This popular event started on National Trails Day in 2003 with just two teams of 7 runners (1 alternate) and 6 walkers. There were 13 legs then, including one leg for the walking members of each team. All were friends and family; most runners were past teammates from my many adventures in the famous 200-mile Hood to Coast Relay. We had leg maps for the two teams, but the other team was afraid of getting lost (beaten?!), so we agreed to run the course in pairs cooperatively. We just did it - no advertising, no permits, no registration, just a fun run/walk with friends. The second year we did it again, with three teams running competitively that time—my brother Jeff’s, my daughter Theresa’s, and mine. The following year we went public, and the event became known as the Rainier to Ruston Rail-Trail Relay and Ultra. Last year 250 participants and nearly 100 volunteers celebrated National Trails Day by ringing the bells during the R2R.

This year we hope to attract many more walkers as well as runners. To that end we have enlisted Professor Amy Young and her two communications classes at Pacific Lutheran University to improve our public relations program. They will produce posters, a radio ad on KPLU, and an analysis of marketing effectiveness. Another change will help the formation of older teams. Last year I was on the only running relay team of Super Masters, 60+ years old. This year team members must only average 60+, so you can have a 40-year old on your team if you also have an 80-year old! Another change to help team formation is an online database on the R2R website of walkers and runners who want to join a team. This competitor pool will allow singles to contact others to form a team or team captains to pick up a needed teammate.

2008 will also be the first year of the Foothills Trail Race Series – best three of four races on the trail: Foothills Dash on March 15, Rainier to Ruston (required) on June 7, South Prairie Salmon Run on Sept. 27, and the Pumpkin Dash on Oct. 25. It’s free and fun!

Race Director, Markus Dennis, and I guarantee that the 2008 Rainier to Ruston Rail-Trail Relay and Ultra will again be “an adventure in your own backyard!”

See you on National Trails Day!

www.rainiertoruston.com
**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

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**Calendar of Events**

**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.

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.

**Courtesy Patrol Meetings**

Second Saturday of each month, at High Cedars Golf Course, 149th St.

Ct. E., Orting. Call Jerry Larson at 253-845-7219

**EVENTS**

**Foothills Dash**

March 15, 2008

8 AM at Ptarmigan Ridge Elementary School, 805 Old Pioneer 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.

**Volunteer Recognition Brunch**

Saturday, March 22, Please e-mail lspellm@co.pierce.wa.us
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