



## *President Markus Dennis' Message*

### **Trails for Future Generations**

The quote on the statue of the lone infantryman in Centralia's town square reads: "The Sentinel - It was their destiny - rather it was their duty - the highest is but a sentry at his post." This quote reminds me that our sense of duty often defines our destiny. For the last 20 years, the Foothills Coalition has dutifully sought to establish trails for future generations in Pierce County. And though much has been accomplished, the Coalition now views the linking of sections of trail in Buckley, South Prairie, Wilkeson and Puyallup as its final, challenging destiny.

During the past two months, we have received *over 150 new members* and with each passing week are adding even more people to our membership base. This is not only increasing the strength of our vast volunteer ranks but re-energizing the Coalition board as well. Our increased membership is bringing new ideas and dedication which are enabling the Coalition to take on tasks and issues which previously had to be set off to the side.

As in any footrace of consequence, the end result is often determined by the final push to the finish line and, with the growing membership and enthusiasm, that push is on. The sections of trail yet to be connected have been moved to the forefront of our legislative agenda, and we hope to see our mission of "a connected system of non-motorized trails and greenways from Mount Rainier to Puget Sound" realized.

Where will you be when the trail is finally completed? The Foothills Coalition board members hope that you will be actively involved, working along side other like-minded trail members to make this dream of a trail that stretches from a glacier on Mount Rainier to the pristine Puget Sound come true.

On behalf of the entire Foothills Board, I want to thank you for joining us on this most exciting journey to blaze a *trail*, navigate *trials*, and celebrate *triumphs*!

On the trail,

### ***Making the case for active transportation***

Attention people of the planet! Energize your lives! Burn calories not carbon!

That's the inspiring message I brought home from the three-day Rails-to-Trails Conservancy Trail Link 2007 conference in August. Eager to "walk the walk," Ernie Bay, Ken Woolery, Marty and Bill Humphreys and I rode the rails via AmTrak down to Portland to attend. Because of other pressing duties, Foothills Board Members Pat Johnson and Tom Enlow "burned carbon" via I-5. Pierce County was well represented with Parks and Recreation honchos Kathy Kravit-Smith and Grant Griffin rounding out our team.

It was wonderfully fulfilling to share ideas and expertise with trail lovers from all over the United States, Canada and even New Zealand. It is exciting to be in on the ground floor at the launching of the RTC 2010 Campaign for Active Transportation. This compelling national movement changes the way Americans view healthy transportation. Active Transportation helps create healthier people, a healthier economy, healthier communities and ultimately a healthier planet.

Ron Sims, King County Exec and passionate trail advocate, electrified us with an eloquent and engaging look at how trail systems help build vital communities and why community-based leadership will drive the active transportation movement. Ron also amused and inspired us with his real-life battle with obesity and how he shed fat for fitness. How did Ron do it? One day he took a good long look at himself in the mirror and realized he had put on more than a little weight here and there. Ron was shocked when a visit to his doctor and a Body Mass Index test confirmed that he was not just overweight – he was obese. He hurried home, drug his old beat-up two-wheeler out of the garage, and has been cycling regularly ever since. Success! Today Ron is not only trim, he's handsome!

Speaking for myself, I lost 30 pounds in five years, without dieting, by cycling out on our courtesy patrols. Richard, a new member of our Courtesy Patrol, once weighed 300 pounds. Now he's out wheeling along the Foothills Trail as many as five days a week, happy as a kid. A pretty young lady at the Saturday Orting Farmers' Market told me that she had lost 45 pounds in six months just by bicycling out along the Foothills Trail.

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## King County Starbucks regional trail maps

Several weeks ago, I stopped in the Enumclaw Starbucks and discovered a stack of the new Regional Trail Map featuring 15 King County trails. King County now has 175 miles of regional trails available to the public. In 2005 Starbucks invested \$250,000 to provide way-finding kiosks throughout the regional trail system. The new trail maps fold to post card size and provide a great way to study the trail system and decide where to walk or ride.

More information is available at [www.metrokc.gov/parks/trails](http://www.metrokc.gov/parks/trails).

Check for a trail map the next time you visit a King County Starbucks.--*Bob Myrick*

Please check the mailing label for the date of your last membership renewal to see if your membership has lapsed. If so, please use the handy membership form on the back page of this newsletter.

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**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.**

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## Active transportation (continued)...

Ready to face the truth, friends? Plug "Body Mass Calculator" into your search engine for a quick analysis of your height and weight. I did, and discovered that I am not just pleasingly plump as I had assumed – I'm overweight! But I know how to overcome – hit the trail more often on Snazzy, my sweet red wheels.

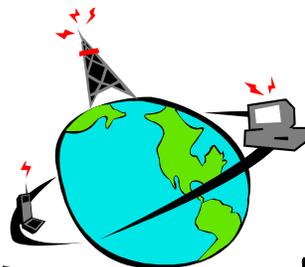
I'm on the bandwagon for Active Transportation *big time*, and will do my small part to make it happen. I attended all the sessions on making the case for Active Transportation. I am preparing a series of stump and elevator speeches for Toastmasters and the new Foothills Speakers Bureau to "make the case" for AT. Be prepared, friends! Once I am ready for prime time, I will pepper you with everything I know about Active Transportation whenever and wherever I catch you. Hopefully, you'll be aroused to action by my cogent and convincing case for AT. Please help us in this campaign to persuade policy makers at all levels of government to allot trails their fair share of transportation dollars. It's a cause worth fighting for! People-powered energy (walking and biking) is the most common type of transportation. At a time when nearly half of all trips we take are three miles or less, and most of them by automobile at almost \$3 a gallon, it's both practical and wise to make walking and biking mainstream transportation options.

Remember our call to arms: "Burn Calories not Carbon!"--*Dixie Gatchel*



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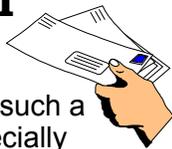
## How to reach the Foothills Rails-to-Trails Coalition



We want to hear from you!

Web page:  
<http://piercecounitytrails.org/>  
Address:  
P.O. Box 192, Puyallup, WA  
98371-0021  
Message phone:  
253-841-2570  
E-mail address:  
[foothills@piercecounitytrails.org](mailto:foothills@piercecounitytrails.org)

## In the Mail



Thank you for such a beautiful trail. I especially love it in the trees away from traffic... a lovely respite from noise.

A biker, *Pam J.*

I purchased a brick for my spouse, Henry Lee Collier, in 2006. I have been very busy at the Orting Soldiers Home with council meetings, table pool, golfing and fishing with residents for company. I have had a chance to get away on my bicycle only once this year. Please stop by at the Orting Soldiers Home! Say howdy and stop in at the new snack bar in Chilson Hall Monday thru Friday. In God's Love, *Gully Collier*

## INTRODUCING



**The official logo of the  
Courtesy Patrol**

Jerry Larson  
(253) 845-7219

Captain2wheeler@gmail.com

I was out in Puyallup in May and had the chance to bicycle on the trail from Orting to near South Prairie early one morning. My father walked in the Orting area as I rode, and we both thought the trail was in great shape. Thanks for all the good work! --*John Sacklin*

## Trail maintenance crews expanding

Coalition work parties have been opening and maintaining two major undeveloped sections of the trail--Gale Canyon between Wilkeson and South Prairie and the "Upper Bow Tie" between Buckley and South Prairie.

Both of these sections are very pretty and both have somewhat limited access. Gale Canyon is a three-mile walk each way. It is accessed from the 156th St. Ct. East, near Johns Rd., NW of Wilkeson. There are a couple places that are muddy, so you'll want to wear shoes that are OK if they get wet. You may also want to protect your legs from the nettles which overhang the path in places.

The "bow tie" refers to the layout of the original track viewed from the air. In order for the trains to get up from the valley floor in South Prairie to the plateau in Buckley, the track did a couple long sweeping switchbacks that almost doubled back on themselves. From a bird's eye view, these two sweeping turns look like a bow tie. The Upper Bow Tie can best be reached from the end of the paved trail in Buckley at "Fitzers Mill" off SR-165. Here again there are a couple places that are muddy, so plan on wearing sturdy hiking boots. The Lower Bow Tie is blocked by the absence of two bridges. Pierce County Parks is in the process of building these bridges, and they are scheduled to be completed in a year.

Recent land acquisition is allowing us to clear trail that hasn't been walked in 20 years! Come out and join us some Saturday morning for a few hours of bush whacking.

To get on the email list for work parties, send me a note at [cedarfamly@comcast.net](mailto:cedarfamly@comcast.net). --*Don Partington*

## Courtesy Patrol clarifies mission

As the Courtesy Patrol has evolved, it has become important to know what we are *not*, as well as what we *are*.

The CP is not an enforcer of trail rules and regulations, and we do not issue citations.

Rather, the mission of CP is to prevent problems on the Foothills Trail by conveying information to trail users.

However, when

problems do develop, CP members are trained to take appropriate action to resolve them. As the name implies, we are a patrol, but courtesy always comes first.

In addition to the wealth of information protected by our helmets, Courtesy Patrollers always carry three useful documents in our bright yellow vests: 1) Pierce County rules and regulations, 2) an emergency phone list, and 3) the latest map of the Foothills Trail, denoting mileages of sections completed and under development as well as the locations of trail heads with restrooms.

As we learned in our last CP certification course from William "Mac" McGowan, "CP visibility on the trail is our best defense against problems occurring." One thing for sure--we Courtesy Patrollers are definitely becoming more visible with our bright yellow identifying vests and our increasing numbers. --*Jerry Larson Chairman*



# 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  
at Charlie's Restaurant**  
Every Wednesday at noon at  
Charlie's Restaurant,  
113 East Main, Puyallup.  
All are welcome.

## EVENTS

**2nd Annual South Prairie  
Salmon Run, Sept. 29**  
www.townofsouth  
prairie.com or  
phone 360-897-8878

**Orting Pumpkin Festival**  
October 13-14  
Orting City Park  
Volunteers are needed.  
Contact Gary Johnson at  
Garyj296@msn.com



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

Looking for a good bike ride?  
Tacoma Wheelmen  
www.twbc.org/



## Edgewood Interurban

A Request for Qualifications has been posted on the City of Edgewood website. It is addressed to professional design and engineering consultants who are interested in doing the design of Phase 1 of the City's segment of the Interurban Trail and of the Jovita Crossroads Park and trailhead at 114th Avenue East. Phase 1 will be 0.83 miles long, extending from Military Road to 114th Avenue East. A small portion from Military Road to the King/Pierce boundary line is in Milton, which is cooperating with Edgewood. The 1.44-acre park is expected to include a parking lot, restrooms, pathway and picnic shelter. Equestrian use on the Phase 1 portion of the trail will be considered.

The deadline for submittals is August 17 and selection by city council is planned for September 25. Execution of the agreement with the chosen consultant is expected by the end of October. Then designing should begin.

--Diane Kerlin

## Fennel Creek

We wish to send a heartfelt **thank you** to Bonney Lake Mayor Neil Johnson and the entire Bonney Lake City Council who unanimously passed Ordinance No. D07-163 adopting the Fennel Creek Trail Plan as part of the Bonney Lake Comprehensive Plan on August 14. Thank you

Steve Ladd for your leadership in developing the Fennel Creek Trail Plan and Gary Leaf for your tireless efforts as community services director to procure properties, make presentations, facilitate grant writing and be our lead for the Fennel Creek Trail Committee. We are one step closer to enjoying walks along unique Fennel Creek--our historic and hometown watershed and habitat corridor which helps define the "beautiful" in Bonney Lake.

The Bonney Lake Council approved the Fennel Creek Trail Plan! Celebrate!--Marian Betzer

## Milton Interurban

The Pivetta Brothers Construction Company has been awarded the contract for trail construction. The contract for staking of the trail center line has been awarded to W & H Pacific, the firm who completed the trail plan after Entranco went bankrupt. There has also been a contract awarded to a firm to oversee the project, a requirement of the \$725K federal government funds involved. Besides the paving, construction plans call for a retaining wall near the 380th Street access to support a raised trail to reduce the grade, handrails at points where there is a sharp dropoff into the canyon, a storm water retention pond, and a fence along residential property lines in the Porter to Kent Street section where yards are immediately adjacent to the trail. A pre-construction conference was scheduled for the week of August 9, but a contractor protest has already delayed by a month and a half the start of this 90-day

*continued on next page*

**Helmets R Us**

<http://helmetsrus.net>

## Networking (con't)

project, so it may not be completed this fall as planned.

After this first phase of trail construction is completed, the Director of Public Works for the City of Milton plans to apply for a gap grant for the second phase - connecting to Edgewood's Interurban Trail at Military Road. She is considering a pedestrian overpass to cross Enchanted Parkway rather than a tunnel. The costs are not that different, but an overpass avoids the risk of damaging the roadway surface and doesn't have the potential public safety concerns of a tunnel.

--Milton Loflin and John Selby

## Puyallup Riverwalk

The meeting of the trails is coming closer. Property negotiations have been satisfied for the development of the connecting segment of the Puyallup Riverwalk with the Foothills Trail, and construction should take place in spring of 2008. This link will start immediately west of the Sumner Bridge and continue upstream along the Puyallup River levee for several hundred feet before turning southward across the tulip fields to link with the Meeker Trailhead of the Foothills Trail.

--Ernie Bay



## Sumner

On August 10, Sumner completed paving the new trail ramp up to the Puyallup River bridge on the west side of East Main Ave. Trail users can now enter the Sumner trail from State Street under the SR-410

freeway, pass around the wastewater treatment plant at the confluence of the Puyallup and White rivers, and go up the new ramp onto the bridge, where they can cross over to gain the Puyallup Riverwalk (and soon, the Foothills Trail) on the south side of the river.

--William J. Shoemaker, P.E.,  
Sumner Public Works Director

## Wilkeson

Wilkeson was happy to host the July Foothills Rails-to-Trails Coalition meeting here in town. The meeting was well attended and everyone had an opportunity to meet Mayor Janet Kepka who is a wonderful trail supporter. The Wilkeson trail was looking very good, having just been mowed by Pierce County. I am glad to say we see the trail being used by more and more people and can't wait to get connected to Buckley and South Prairie. Wilkeson has already started planning our centennial for 2009 and the trail will be highlighted in the celebration.

--Becky Gilbert

## Adventures in Wilkeson

On July 26 I spent the day in the Wilkeson area enjoying the local trails available to mountain bikers, hikers, runners and horsemen. The Pick and Shovel Restaurant provided a great breakfast at 9 a.m. and I was entertained by the owner who also runs a mortgage brokerage firm in Sumner. She suggested our Foothills Coalition could have a banquet style breakfast up there if they didn't mind eating in the bar room.

It was a really nice day so I started by riding up towards Carbonado on the paved trail which soon changed to dirt. I continued to where there are three big logs stacked across the trail

and a "no trespassing" sign with a "tank trap" ditch on the other side. I knew the county owned half the right-of-way through there, so I pressed on, eventually working my way through about 12 blow-down trees and their branches. Arriving near the Carbonado cemetery, I stepped over an old barbed wire fence, walked past the new Coalition-donated flag pole, and crossed the road to Carbonado's portion of the trail. After passing thru Carbonado, I rode up the highway less than a mile and got back on the abandoned rail corridor. This section of trail up to the one-lane "High Bridge" is my favorite piece. I continued past the bridge until I encountered serious mud holes, then decided to ride back, since I was only wearing biking sandals. With real biking shoes, I could have continued to the Manley-Moore bridge at Fairfax.

After I got back to Carbonado, I took the fast way down the highway to Wilkeson, then decided to ride downstream towards Lower Burnett. I entered Gale Creek Canyon from John's Road and found the Syco Riders had done a really great job mowing and clearing the right-of-way. About half way down, however, I encountered some jungle and nettles where they planned to finish the job later (which they did). I passed over the bridge above Cascade Junction, entered Lower Burnett Road, and took the highway back up to Wilkeson.

By the time I reached Wilkeson, I was hungry again, so I had lunch at the Pick and Shovel and saved my energy bars for another time. After a fine lunch, I decided to explore the Wilkeson-Spiketon Road that leads to Buckley. The Tacoma Wheelmen used to do a loop ride from Buckley to Wilkeson using this route. The ride was typically in late August so a cyclist could wade

*continued on next page*

## Adventure (con't)

through a branch of South Prairie Creek just south of Buckley. It would really be great to have a pedestrian bridge re-established across the creek. The Wilkeson-Spiketon Road was a good mountain bike ride as it deteriorated the closer I got to the creek. I also saw several trails leading into the forested land on both sides of the road that begged for further exploration.

In summary, it is easy to spend a full day riding and exploring the scenic roads and trails in the Wilkeson area. I wish the county would hurry up and complete their purchases below the Carbonado cemetery. It would be great to be able to run the Rainier to Ruston race down that trail next year. And a bridge across South Prairie creek on the Wilkeson-Spiketon Road would allow a great loop ride using our Foothills Trail. --Bob Myrick

## Membership expands

After eight weekends staffing the Coalition booth in Orting Park around the 4th of July, it was clear that the tide of public opinion has changed from much negative to 100 % positive with our signing of over 150 new members and the sale of 15 bicycle helmets. Success was complete when a last hold out, once expressing objection to the trail and the freedom of going without wearing a helmet, left the booth as a new member of the Foothills Trail Coalition and wearing his new red helmet!

We have yet to experience complete fruition of our trail founders' vision and efforts of Doug Tate, Ernie Bay and Jan Wolcott, but their dream is being fulfilled. As Goethe once wrote: "Whatever you can do or dream you can, begin it. Boldness has genius, power and magic in it!" --Jerry Larson

## Fuel, Hydrate, and Recover

We wear bicycle helmets to keep our heads safe and running shoes to protect our feet. What are we doing to protect our insides from poor nutrition? Good eating and hydration practices can be just as important at wearing protective equipment. Follow these three tips for good trail nutrition and you will be on your way to a healthier, fitter you!

1. *Fuel your body.* Our bodies need energy from food just like our cars need gas to run. Eating regular well balanced meals every day is the first step to keeping the human gas tank full. However, exercise depletes the body of that fuel faster. To prevent feeling like you've run out of gas while out on the trail, try eating at least 100 calories per hour. Anything high in simple carbohydrates and easy to digest will work. Some examples are: 1 gel packet, a couple fig cookies, a handful of gummy bears.

2. *Don't wait until you feel thirsty to drink.* During exercise, our thirst is naturally diminished. In order to stay hydrated and feel good longer during an excursion, plan on sipping fluids every 15-20 minutes. For convenience, you may try using a hand-held water bottle or hydration back pack. Water or your sports drink of choice will do.

3. *Recover with nutrition.* What we eat after exercise is just as important as what we eat during. Following a bout of exercise lasting longer than an hour, we have a window of opportunity lasting about 30minutes to replenish vital nutrients. Failing to take advantage of this opportunity may result in excessively sore muscles and prolonged recovery time. The key is to eat a combination of carbohydrate and protein. Try these examples: fruit yogurt, turkey sandwich, peanut butter crackers, or beans and rice.

The next time you snap on the bike helmet or tie the running shoes, also remember your nutrition plan to fuel, hydrate and recover!

Angie Tague — RD, CSSD, LD

### Foothills Trail Coalition Board

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	Ken Woolery	253-863-4773	klwool@comcast.net



## The hitching post

When I heard on the national news that the Northwest had the best weather in the country, I set aside my work for the day, saddled up my horse and my daughter's pony, and we rode the Foothills Trail from Orting to South Prairie. This truly is the most beautiful section of the trail. The Carbon River is visible from most of the trail past Orting to Crocker. We always enjoy the animals observed along the way--eagles, hawks, goldfinch, calves, long horns, buffalo, llamas and even emus.

We were both so excited to see the many improvements for equestrians during our ride. Blackberry bushes have been mowed back, holes have been filled, and wherever possible the path has been widened.

We marveled at the incredible view from the trestle that spans the Carbon River. From there heading northeast we enjoyed a nice gallop on one particularly wide and grassy stretch. After a smaller bridge we passed a cooler and quieter section of trail. The shade felt like a nice break from the hot sun. We were so thrilled to see Pierce County Parks clearing and widening the dirt path. We could see sections of South Prairie Creek through the trees and found it interesting to notice how the creek had changed its path during last winter's storms. From there we

had a trotting race. At first I let my daughter's 10hh pony enjoy a few steps of victory, but shortly I became competitive and tried to catch her. To my surprise, I couldn't reach her. She was all smiles and giggles, and to this day reminds me of her pony's superior gait.

We were so impressed when a few cyclists overtook us. They gave us verbal clues to their whereabouts and our horses were unflustered. Thank you to all the cyclists that are so kind and courteous! We repay the favor by staying off the pavement as much as possible and kicking off any manure that may land on the bike path.

Before reaching South Prairie my daughter and I enjoyed a few more trotting races and a good gallop. Then we rode up to the latte stand and ordered real ice cream milkshakes. The horses enjoyed a few nibbles on the grass, and we headed for home. I called Linda Clark to tell her about our great day and how much the trail had been improved since last year. I was surprised to learn Linda has relentlessly served as the equestrian voice for the foothills trail for over 15 years. Often she is the only equestrian to attend the meetings, meet with Pierce County personnel, write educational materials and make suggestions to constantly improve trail use and access for equestrians. We owe her a huge debt of gratitude! Linda has

inspired me to become more involved with the Foothills Trail Coalition. She suggested I attend a few Coalition meetings, and I must say I was so impressed with the group's genuine concern and responsiveness to their fellow trail users. Most of these people have never been on a horse, but they took a great deal of time to listen to our concerns and make the trail safer and more enjoyable to all users, including us equestrians.

So please, please get involved. Help make this a great trail for current and future equestrians. There are many projects you can help with. Currently we are working on signage for horse trailer parking, getting mounting blocks placed before and after bridges, updating the educational materials for equestrians, and suggesting future equestrian path design for the newest sections of trail. We really need more equestrians involved. Some cities are considering eliminating equestrians from their sections of trail. Please don't let this happen. Your opinions really do count, but you need to take action to be heard. Please contact Linda at [clasyrydr@aol.com](mailto:clasyrydr@aol.com) or 360-897-6163 to find out how you can help. Remember to thank her for all the work she has done! Happy Trails! --*Jeanette Fohn*, [jeanettefohn@msn.com](mailto:jeanettefohn@msn.com)

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## Bicycle Recycle



If you have an unused bicycle and want to donate it to a great cause please contact us.

The bikes will be donated to families who could not otherwise afford them.

Jerry Larson (253) 845-7219

Eric Wilbur (253) 306-5208

## Weyerhaeuser employees needed to W.A.V.E.

The Weyerhaeuser Foundation has been very supportive of the Foothills Trail for many years, and the Coalition has been the recipient of valuable grants through their 'Making W.A.V.E.S' volunteer program. W.A.V.E. stands for *Weyerhaeuser Active Volunteer Employees*.

With all the different volunteer activities related to the Foothills Trail, this year's grant was submitted with an estimated 6,000 volunteer hours. This is the equivalent of three people

working full time for a year! We have also estimated that over 100 different volunteers are lending a hand for efforts including work parties, Courtesy Patrol, the Fair booth, events like R2R, and other activities. Did I mention meetings?

Help! In order to qualify for the Weyerhaeuser grant we need to include current Weyerhaeuser employees. Past employees and retirees count for total hours, but we need a minimum of five current employees to qualify for the grant.

So, if you know any Weyerhaeuser employees that have volunteered in 2007, please let me know their names so I can include them in our application. And if you know any Weyerhaeuser employees, let them know about the grant opportunity, and maybe they would be willing to help on a work party, the Fair booth or even Just attended the Monthly meeting.

--Steve Brown,  
steve.brown2@weyerhaeuser.com  
or 253-924-7235



## Volunteer Opportunity

The Foothills Trail Coalition is seeking someone to rebuild and maintain our website. If you are interested in applying, please contact President, Markus Dennis at [greenwaycorps@aol.com](mailto:greenwaycorps@aol.com).

In addition, after 21 years (84 issues!), Sarah Garmire is stepping down as the newsletter designer. If you know Publisher, can up- and down-load on email and can write a headline, please consider stepping forward to take on this quarterly task. Edited articles arrive on email, thanks to John Selby.

"I've enjoyed working with all the editors through the years including Diane Kerlin, Carla Gramlich and John. It's been interesting to watch the Trail grow," said Garmire.

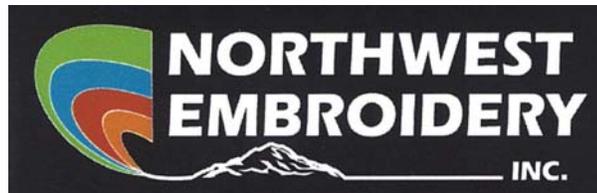
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