



Trail Connections

The Quarterly Newsletter Published by the Linn County Trails Association

Summer 2017



Southwest Cedar Rapids Development

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Contact the LCTA @
linncountyltrails./contact-us/



Upcoming Events

LCTA Board Meeting

Monday, September 11th, 6:00pm

Location: Water Administration Building
Steven J. Cook Memorial Conference Room
1111 Shaver Rd NE, Cedar Rapids, IA

LCTA Board Meeting

Monday, October 11th, 6:00pm

Location: Water Administration Building
Steven J. Cook Memorial Conference Room
1111 Shaver Rd NE, Cedar Rapids, IA

LCTA Board Meeting

Monday, November 13th, 6:00pm

Location: Water Administration Building
Steven J. Cook Memorial Conference Room
1111 Shaver Rd NE, Cedar Rapids, IA

All meetings are open to the public.

amazonsmile
You shop. Amazon gives.

If you plan to do any shopping on Amazon.com this year please support LCTA with Amazon Smile. It is a new program in which the Amazon Smile Foundation will donate 0.5% of the purchase price to LCTA.

To start, enter in the URL <http://smile.amazon.com> into your browser, and search for "Linn County Trails Association". By participating in this program, you can easily support LCTA while getting your online shopping done. Thanks for your continued support!

*Trail Connections is the quarterly publication of the
Linn County Trails Association.*

*It is published January, April, July and October
Articles may be submitted as an MS Word or text file.
Typed, printed or clearly handwritten articles are also accepted. Photos can be prints or can be submitted digitally and saved with a resolution of ideally 300 dpi and a size of 6x8 inches. The deadline for each issue is the first day of the month prior to publication. Please send pictures, stories, and ideas to Brad Mullin:
mullinb1427@yahoo.com*

Current Metro Area Trails

Open For Use: Summer 2017



Separated Trails	Miles	Surface	Remarks
Bowling Street Trail	1.8	Asphalt	From 50th Street SW to Wilson Avenue
Boyson Trail	2.4	Crushed Limestone	Follows Indian Creek, Marion
Cedar River Trail	13	Asphalt	Cedar Rapids and Hiawatha (ADT)
Cedar Valley Nature Trail	20.5	Asphalt/Crushed Limestone	All sections open in Linn County
CEMAR Trail	0.6	Asphalt	From 20th to 29th St. NE
Central City-Wapsi Nature Trail	1.3	Concrete	Central City connecting to Pinicon Ridge Park
CRT Lake Loop	1.6	Asphalt	Around Cedar Lake
Ellis Trail	3.6	Asphalt/Concrete	From Edgewood Rd. NW to Downtown CR
Fairfax Trail	.3	Concrete	Fairfax with bridge over Prairie Creek
Grant Wood Trail	8.5	Natural	Through Eastern Linn County in 3 segments
Hoover Nature Trail	2.7	Asphalt	76th Ave. SW to Ely Park (ADT)
Kirkwood Connector Trail	1.2	Concrete	From Ely Rd. to Kirkwood Campus
Krumholtz Trail	.75	Crushed Limestone	Marion: Thomas Park to Highway 100
Lindale Trail	1	Asphalt	From Lindale Dr. West to C Ave.
Robins Trail	0.7	Asphalt	Along Main St, Robins. Connects to CVNT
Sac and Fox Trail	7.1	Crushed Limestone	All sections open.
Park Trails	Miles	Surface	Remarks
Beverly Park Trail System	5	Natural	SW CR: Singletrack Mountain Bike trails
Cedar Greenbelt Trail	4.7	Natural	Near Indian Creek Nature Center/Sac and Fox Trail
Cherokee Park Trail	1	Crushed Limestone	West Side: Edgewood to Wiley Blvd.
Cherry Hill Park Trail	0.8	Crushed Limestone	NW Cedar Rapids: Cherry Hill Park
David Spicer Memorial Trail	0.4	Crushed Limestone	NW Cedar Rapids: Jackson Elementary School
Fay Clark Memorial Trail	0.7	Asphalt	Hiawatha: Fay Clark Memorial Park
Fross Park	1.2	Crushed Limestone	NW Center Point
Huston Park Trail	0.11	Asphalt	SE Cedar Rapids
Lowe Park Trail	0.5	Asphalt	Marion: N. 10th St to 35th Ave
Matsell Bridge Natural Area Trail System	8.4	Natural	NE Linn County, near Viola
Morgan Creek Trail System	3.8	Natural	NW Cedar Rapids
Nixon Trail	0.75	Crushed Limestone	NE Cedar Rapids: Around Nixon School
Noelridge Park Trail	0.8	Crushed Limestone	NE Cedar Rapids: Noelridge Park
Pinicon Ridge Park Trail System	12	Asphalt/Natural	Five park trails connecting to Central City
Prairie Park Fishery Trail	2	Asphalt	SE Cedar Rapids: Prairie Park Fishery
Reed Park Trail	0.25	Crushed Limestone	SW Cedar Rapids near Taylor Elementary School
Squaw Creek Park Trail System	4	Natural	Located within Squaw Creek Park plus 1 mile singletrack mountain bike trail
Thomas Park Singletrack	2	Natural	Singletrack mountain bike trail
Van Buren Park Trail	0.5	Crushed Limestone	SW Cedar Rapids near Van Buren Elementary School
Wickiup Hill Outdoor Learning Center Trail System	5	Natural	5 mile network near Toddville

ADT=American Discovery Trail, NRT= National Recreational Trail

LCTA President's Message:

Summer is a perfect time to enjoy the trails. Put on some sun screen, grab a bottle of water, lace up your walking, hiking or biking shoes, and go drink in some nature. Linn County has 67 miles of separated trails and 53 miles of park trails just waiting for you. No matter the type of trail (natural, crushed limestone or asphalt) and no matter how you enjoy the trails, you will feel great about yourself and your community when you take time for a walk, run or ride. More separated trails and bike lanes are being designed and constructed by almost every jurisdiction in Linn County, including Cedar Rapids, Marion, Hiawatha and Linn County itself, but there are plenty to enjoy even now!



The Linn County Trails Association (LCTA) is proud of its longstanding role in promoting and funding trails. In fact, the LCTA was organized specifically to support and aid in the development of recreational trails in Linn County. We are a non-profit organization (501c(3)), with 23 voluntary members on our Board of Directors. We have no paid staff, so 99% of your contributions go toward trail development.

The LCTA helps entities like Cedar Rapids, Marion, Hiawatha and Linn County identify, prioritize and maintain recreational trails. We also raise funds to help those, and other, entities construct and maintain trails. Within the last two years, the LCTA has raised and donated \$100,000 to Linn County as local funds for the extension of the Cedar Valley Nature Trails (CVNT) to Center Point, \$50,000 to Marion as local funds to help with the future paving of a trail from Highway 13 to 35th Street, and \$10,000 to Hiawatha for mechanized traffic signals on the CVNT at Boyson Road and Tower Terrace Road.

We welcome your involvement, your membership and your contributions. Feel free to attend one of our monthly Board meetings. The meetings are held at the Cedar Rapids Water Administration Building on Shaver Road NE, at 6:00 p.m. on the second Monday of each month.



Happy Trails!

Tom Pepper

2017 Linn County Mayors' Ride

Come and celebrate the City of Cedar Rapids Bronze level designation as a Bicycle Friendly Community by the American League of Bicyclists. The ride is Labor Day, Monday September 4th . Plans include the same route as last year with a 9:00 am start at Ellis Park. In addition, volunteers for the ride are needed for various duties that day.

In 2010, Cedar Rapids Mayor Ron Corbett proclaimed September as "Bicycle Safety & Driver Alertness Month" in Cedar Rapids. All residents are encouraged to identify and learn the various aspects of bicycle and motor vehicle safety as it relates to sharing our public roads in an effort to make Cedar Rapids' streets some of the safest in the state. The Mayors' Ride is a great opportunity to practice safe riding and trail use. Your participation is important in illustrating the support for trails and bicycle amenities throughout Linn County.



Attending trail meetings is one of the easiest—and most effective—ways to support trails in Linn County. Trails primarily get built in our community because someone attended a public meeting and said, “I think it would be great if there was a trail right... here.”

Here are a few key meetings where trails are top of mind:

Linn County of Trails Association:

- Linn County Trails Association board meetings are held on the second Monday of every month (excepting July and December). As a member of the LCTA you should especially consider joining our monthly meetings, which are open to the public.

Meetings are held at 6 PM just off the trail near Cedar Lake at the Cedar Rapids Water Administration Building, 1111 Shaver Road NE.

Representatives from Cedar Rapids, Marion, Linn County Conservation, the Corridor Metropolitan Planning Organization, and other entities like the Linn Area Mountain Bike Association (LAMBA) frequently attend to share planning and construction updates and exciting developments. The jurisdictions also seek input from LCTA’s members on priority trails and ways to better connect our existing system.

Grant Wood Trails:

- Grant Wood Trails meetings are organized by the Corridor MPO and held at 6 PM on the first Tuesday of every month in the basement conference room of the Jean Oxley Public Service Center, 935 2nd St. SW in Cedar Rapids. Meeting-goers regularly review the progress of MPO-funded projects, trail priorities, and consider various longer-term planning topics.

BikeCR:

- BikeCR meetings are held by Cedar Rapids’ Bicycle Advisory Committee (BAC) at 8:30 AM on the 3rd Wednesday of every month at the City Services Center (500 15th Avenue SW).

Those present include City of Cedar Rapids traffic engineering and police department bike patrol staff, bike shop owners and managers, bike club members, and a local League of American Bicyclists Cycling instructor. The committee’s goal is for the City of Cedar Rapids to improve its Bicycle Friendly Community status.

Marion’s Bicycle and Pedestrian Advisory Committee

- Marion’s Bicycle and Pedestrian Advisory Committee (BPAC) meets as needed on the last Tuesday of every month at 4 PM in Council Chambers B (room 136) at City Hall (1225 6th Avenue). BPAC was established to advise the City of Marion on implementing its Master Trails Plan through various performance measures.

Local Government Meetings:

- Your attendance at government and council meetings across Linn County is key to trail development when trail concerns are placed on their agendas. Our representatives are eager to hear from trail supporters — attending these meetings can make a real difference when it comes to deciding when trail projects should be given a green light!

LCTA will spread the word when your attendance at these key meetings is most needed. When an agenda item is especially important, we'll send an email to our mailing list (sign up on our website!), post notices on social media (like us on Facebook!), and list it on our website (linncountytrails.org).

When you know you can attend, please try to sign up to speak during the public comment period and let your representatives hear what you think. They especially enjoy hearing positive, constructive comments on how to improve our community with trails. If you can not attend a specific meeting, a letter or email message expressing support to your representative helps, too.

Whether you attend one—or all—of these meetings, being an advocate for trails requires being informed, aware, and often present in the trail-development process.

We hope to see you there!

In Memoriam: Keith Fletcher

The Linn County Trails Association's motto is "Make Trails Happen". Long-time LCTA board member, Keith Fletcher did make a trail "happen." Beginning in the early years of the association, Keith seized the opportunity to advocate for trail development in the abandoned Old Milwaukee Railroad right-of-way east of Marion. He spent countless of hours of researching abstracts and titles, attending meetings with government agencies and apprehensive neighbors, engaging in complex purchase negotiations, recruiting volunteer workers and soliciting donations. In the end, Keith's work created the current Grant Wood Trail east of Highway 13 to Springville Rd.



Keith Fletcher, was named Trail Volunteer of the Year for 2001 in the State of Iowa, by the American Hiking Society. The AHS, which promotes trail development nationwide, selected Keith for his tireless work with the Grant Wood Trail. Keith embodied the spirit of the Linn County Trails Association and will be missed.



Keith, pictured with Duane Coonrod, arranged for the Coonrod company to donate their services placing a flat-car bridge for the trail over Simmons Creek.

The Importance of MOVEment

- Diane Handler

You've heard it all... Exercise 30 minutes a day. Park farther from the door. Walk up steps, Bike to work. Just do it. But how hard is that?

Well considering that two out of every three Americans are overweight or obese, it appears to be pretty hard. It is not just obesity that is at issue, but the heart and vascular disease incidence is on the rise and according to the American Heart Association, costs for care will be \$1.1 trillion dollars by 2035. (current costs are \$318 billion)

As a community, projects from Blue Zone to Meet me at the Market outline ways to be healthy. The primary goal is to eat better and just MOVE. As a community we know that one of the best ways to get people moving is to provide facilities, like TRAILS, so folks have a safe, traffic free place to MOVE.



So let's look at why we know that movement and even something as inexpensive and convenient as walking is important:

Movement:

- Lowers risk of heart disease and stroke
- Controls high blood pressure
- Improves blood cholesterol levels
- Decreases risk for type 2 diabetes
- Maintains a desirable body weight
- Prevents bone loss
- Increases muscle strength
- Enhances the immune system
- Gives more energy
- Reduces stress
- Eases anxiety and depression

I think you know where we are going with this. If we added more funds for healthy facilities like trails to get people MOVING we would need fewer funds for healthcare now and in 2035. LCTA is your local association that is promoting trail development. So volunteer, donate and take a friend, neighbor, relative for a walk or ride on the trail. Let's get MOVING and create a healthier, happier country!

"Northtowne Gives" Program

Northtowne Fitness and Cyclery has announced a program which the business will donate a small portion of any purchase back to the Linn County Trail Association. As a customer, just mention that you are a LCTA supporter at the cash register. At the end of the year, Northtowne will present a check with the funds accumulated. The program is a great way to support local businesses and trail development.



Solid Waste Agency “Site 1” Trail System

In the beginning of 2017, the City of Cedar Rapids and the Linn County Solid Waste Agency commenced a project to repurpose the county’s initial landfill. In 1965, the Otis Quarry began its transformation into the current 208 ft tall formation as it exists today. With the closure of the landfill site in 2013, the city of Cedar Rapids and the Solid Waste Agency began the process of repurposing the area as a “passive recreational” site. The focus of the plan would establish the summit as a destination for those visited the area.



*Construction of the “Site 1” overlook during the summer of 2017
(above)*

In the spring of 2017, work began on a project to create an overlook, four levels of terraced seating a stone walkway. The \$509,000 is scheduled for completion in October 2017. The Solid Waste Agency received grant money to construct a new of trails leading to the new overlook. Currently, the \$185,000 trail project is in its design phase. Initial ideas include a series of crushed limestone trails as well as intermediate mountain bike trails leading to the overlook at the summit.

With elevation of the summit at 948 feet, the top of the landfill is the highest point of all of Linn County.



Over time the landfill will lose 30 feet of height do to settling.

Solid Waste Agency "Site 1" Trail System

The "Site 1" trail project will connect to other projects in development. The Flood Control System project in the Czech Village will include the established of a new levee and greenway between A and C streets SW. Trails in the new greenway development and atop the new levee will connect to the "Site 1" network.



On the east side of the landfill, conceptual plans will create a unique "landing" as an attraction. The landing may serve as trailhead and connect to a proposed bridge over the Cedar River. Connect CR has proposed as an estimated \$5.3 million cable-stayed, twin deck suspension bridge over the river. The cable bridge would be 600 feet long, 10 feet wide, and would include a tower in the middle standing 125 feet high. Currently, the bridge is referred to as the Sleeping Giant Bridge.

The group's intention to create a destination in itself and provide an alternative to crossing Cedar River. In June 2017, the City of Cedar Rapids committed to a \$5 million dollar pledge for the overall project that will revitalize the Cedar Lake area, construct the new bridge and connect the two projects with a route through the downtown area. The group is raising funds for the projects.

Learn more about Connect CR at
<http://connectcr.org/>

The proposed Sleeping Giant Bridge's center support may be designed to replicate the 1909-built smokestack that existed within the T.M. Sinclair & Co. slaughterhouse. The new design would include LED lights and symbolize Cedar Rapids' industrial heritage.



With construction in the area, trail users will encounter equipment near or around the trail. Periodic trail closures are predicted in the future as well. Please use caution when using the trail in the area around Czech Village and the Landfill.



A Lego model of the Sleeping Giant Bridge on display in Cedar Rapids at Lindale Mall's Lego Maker Exhibit in July 2017.



Photo courtesy of the Southside Investment Board.

LCTA SUPPORT FORM- WHY JOIN US?

1. Your support will count you among the hundreds of enthusiastic trail supporters and advocates who make up LCTA.
2. By joining LCTA, you will play an important role in building a network of connected trails within Linn County.
3. We are an all-volunteer organization, so most of the money we raise is used to advocate, build, or improve trails.
4. With your contribution, you'll stay even more connected by receiving our quarterly newsletter, including: upcoming events, volunteer opportunities, issues related to trail development and trail vacations.



Learn more about LCTA by visiting our website at www.linncountytrails.org

Information required (Please print the information CLEARLY):

Name(s) _____

Address _____

City/State/Zip _____

Email Address _____

* Your email address will not be shared, and will be used only for supporter administration. To receive updates on trail related activities and events, join the LCTA email distribution list on the LCTA website. All donations to the LCTA are tax deductible.

TRAILBLAZER ☐ \$100

TRAIL PARTNERS (FAMILY) ☐ \$35

TRAIL SCOUT ☐ \$20

Contribute online at www.linncounttrails.org

or

Mail donations to:
Linn County Trails Association
PO Box 2681
Cedar Rapids, IA 52406

*Please consider an additional donation for NEW TRAIL DEVELOPMENT of \$_____

***Please check your mailing label for your
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***If you renew without our sending you a
reminder, it saves us time & money.***

***So PLEASE - Renew in a timely manner. All donations are
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THANK YOU FOR YOUR SUPPORT!

If you are not already a supporter, please consider helping us.

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