

IN THIS ISSUE

Page 3 Bike to Work Week
Page 4 Upcoming Events
Page 6 Out and About
Page 7 . . . Trails Just Keep Growing

Fox Cities Greenways – Spring 2008
www.foxcitiesgreenways.org

GREENWAYS ink

May is National Bike Month

“The advantages?

Exercise, no parking problems, gas prices, it's fun. An automobile is expensive. You have to find a place to park and it's not fun. So why not ride a bicycle? I recommend it.”

*~ Stephen G. Breyer
U.S. Supreme Court Justice*

To celebrate National Bike Month here in the Fox Cities, Bike to Work Week is back! Mark the dates, May 11th to May 17th, and check out the schedule on page 3. By making the decision to burn calories instead of gasoline, you're joining one of the fastest-growing movements in the country. Whether you are a first-time commuter or an experienced road warrior, the time for bicycling to work has never been better.

With gas prices predicted to reach as high as \$4.00 per gallon, bicycling is an easy and effective way to combat the incessant drain on your bank account posed by driving the short distance to and from work each day. In 2003, cars idling in traffic wasted 5 billion gallons of fuel! Furthermore, the average American spends 50 hours per year stuck in traffic. Wouldn't spending some of that time on a bicycle or walking a trail/sidewalk be more enjoyable? Bicycling benefits your physical and mental health by providing sustained, moderate aerobic exercise – as close to a magic health elixir as there has ever been. But don't take our word for it ...

“Significant health benefits can be obtained by including a moderate amount of physical activity on most, if not all, days of the week. Physical activity reduces the risk of premature mortality in general, and of coronary heart disease, hypertension, colon cancer, and diabetes mellitus in particular. Physical activity also improves mental health and is important for the health of muscles, bones, and joints.”

- Audrey F. Manley, M.D., M.P.H., Acting Surgeon General of the United States
(source: Center for Disease Control)

Additionally, bicycling is good for the environment. It produces no greenhouse gases that contribute to global warming, no carbon monoxide, no sulfur dioxide and no polycyclic aromatic hydrocarbons – in other words, bicycles don't stink. So there you have it. Bicycling and walking are good for your bank account, good for your health, and good for the planet. What are you waiting for? Let's get started!

GREENWAYS UPDATES

President's Letter

After the long winter, it is especially exciting this spring to get outside and rediscover nature along the trails. This issue of our newsletter will highlight some of the new trail segments you might want to explore for the first time. Each year, as more trails pop up in northeast Wisconsin, the potential to form a vast system of interconnected trails and greenways becomes more apparent. The Outagamie County Board's decision on March 25 to designate the yet-to-be-developed 23 mile Newton Blackmour Wildlife Trail as non-motorized, was a huge step toward reaching that goal. Thank you to the Outagamie County Board of Supervisors and to all trail advocates whose communication with community leaders helped to confirm the conclusion that ATV traffic on this trail would destroy its potential for healthy lifestyle activities and as a vital link in the northeast Wisconsin state trail network. Fox Cities Greenways, Inc. will continue to support this project as development plans progress and will strive to facilitate positive communication between trail neighbors and trail users. Please show your support for a healthy environment, healthy lifestyles, and community participation by attending some of the spring and summer events highlighted in this edition of the newsletter. The YMCA/Activate Fox Cities' sponsored visit by Mark Fenton on May 6-7, Bike to Work Week May 11-17, the Kevin Kendall Ride for Trails May 17, and Fox Cities Greenways, Inc.'s Green Market Days at the Appleton Downtown Farmer's Market on selected Saturdays this summer are all excellent opportunities to promote healthy communities and healthy lives. While you are there, pick up a copy of the new edition of the Trails of the Fox Cities map. We'll see you on the trail,

Vickie

2008 Greenways Board Members

| | | | |
|------------------------------|-------------------------------------|------------------|--|
| President | Vickie Milde, Menasha | At large: | Tiffany Biedermann, Neenah Alex Camacho, Appleton Marilyn Gardner, Appleton Sarah Higgins, Appleton Jan Heifner, Appleton Dave Johnson, Greenville Mike Kading, Neenah Patsy Kiesow, Neenah Tom Walsh, Appleton Val Wylie, Appleton Jeff Theisen, Appleton |
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| Newsletter Editor | Pat Spiegelberg, Pickett | | |
| Webmaster | William and Barbara Kelly, Appleton | | |
| Member Chair | Dick Kendall, Appleton | | |

Our Board meetings are held about 6 times a year and are open to the public. Contact any member for date and location of upcoming meetings. Board members can be reached at: www.foxcitiesgreenways.org

BIENNIAL PLANNERS' MEETING

Fox Cities Greenways, Inc. was pleased to host its biennial Planners' Meeting at the Town of Grand Chute Town Hall on April 10. In attendance were approximately 40 planners, park and recreation department officials, representatives from interested organizations, and citizens from Brown, Calumet, Outagamie, Waupaca, and Winnebago counties along with Onieda Nation representatives. A review of trail and greenway plans and progress from attendees was followed by discussion in groups seeking to coordinate trail mapping and create links to form a comprehensive trail network. Please go to our website www.foxcitiesgreenways.org for a summary of the meeting.

BIKE TO WORK WEEK SCHEDULE

The YMCA of the Fox Cities, all branches — Appleton, Neenah-Menasha, Fox West, and Heart of the Valley — are offering free showers for those biking to work on Bike to Work Day, Friday, May 16.

Sunday — May 11th

Bike to Worship

Bike to church with family and friends. Encourage others at your church to do the same.

Monday — May 12th

Trail Day

Take a ride on any of the local trails. We have quite a few in the area to choose from. Maps are available at <http://www.foxcitiesgreenways.org>

Tuesday — May 13th

Community Day

Call your local government center and see what's planned.

Wednesday — May 14th

Visit Your Neighbor Day

Use your bike to go see a friend or neighbor you haven't seen in awhile. Whether "awhile" is a day, month or year its always a good to visit your neighbors.

Thursday — May 15th

Bike to School/Bike Your Child to School

Remember riding to school when you were a kid? Why not help your kids to develop their own memories by helping them Bike to School. For those schools in the "Safe Routes to School Program" see if you can get your school to have the highest turnout.

Friday — May 16th

Bike to Work Day

Save the gas and enjoy the commute. Need help getting started? Check out the information available through the Fox Cities Greenways at <http://www.foxcitiesgreenways.org>

Saturday — May 17th

Family Day

Go for a ride with the family. Try the Kevin Kendall Ride for the Trails (always a good time) starting at Fritze Park. Take in a movie, go for picnic or use your bike to do something else special with your family.



Winter is over! Get out your bike. Take a hike. Use area trails. Talk with people. Be a friend; share a meal. Turn off your TV. Grow.

Upcoming Events

WALKING/HIKING

April 26 (Saturday) Sierra Club Hike the Ice Age Trail near Waupaca. We will hike a section of the Ice Age Trail in the vicinity of Hartman Creek State Park and learn about the influence the glaciers had on Wisconsin's landscape. We will look for early season wild flowers which should be emerging by this time. Plan to walk for about three hours, bring water and a lunch, and dress for the weather. Charlie Paine, 920-739-1900.

May 25 (Sunday) and June 1 (Sunday) 1:00pm. Walk or bike one of the Volkssporting routes in Neenah that Greenways members Nancy Brown-Koeller and Val Wylie put together. Your choice to take either a 3.3 mile or 6.5 mile walk or a 15 mile bike. All go past points of interest in Neenah such as the historical clock tower, the new riverfront park, the Kimberly Point light-house or (bike route only) the trestle trail. Learn what the American Volkssport Association (AVA) is and how you can find walking routes or events all around the U.S. Meet in Walgreen's parking lot at 500 S. Commercial in Neenah. Contact: Nancy at (920) 830-6625.

June 8 (Sunday) Sierra Club Introductory Navigation — North Kettle Moraine Hike. Presentation of simple, in-the-field approach to basic navigation with map & compass (+ GPS if you have one.) This will be a full day hike with time to observe sand hill cranes and late spring plants & flowers. Contact leader two weeks early to receive handouts. Ron Horn, 3165 Tree Lane, West Bend, WI 53095 (262)-675-6747 E-mail: robhorn7@yahoo.com

July 12 (Saturday) YMCA Bret Younger Memorial 10K Run/Walk. Appleton North High School, 5000 N. Ballard Rd., Appleton WI 54913. Admission required. 8am. A fun 10K run/walk for the entire family. Flat course through picturesque residential area of Appleton. Event also features a 2-mile walk and 1/2 mile kids run. T-shirts, goodie bags, refreshments for all participants! Prizes! For more information call 920-954-7658 or visit the website "<http://www.ymcafoxcities.org>".

April to December Volkssport Independent Seasonal Walks 11km with 5km option walking route beginning at the Express Convenience Center 521 S. Commercial St., Neenah hosted by the Hearty Sole Walkers. For more information see the Find Walking Clubs link at www.ava.org and choose Wisconsin, Fond du Lac, Events or call Russell Soles 920-922-3239.

BICYCLING

MAY 11-17 (Sunday - Saturday) Bike to Work Week. Daily suggestions for activities that integrate bicycling into our everyday lives. See page 3 of this newsletter for details.

BICYCLING Cont.

May 17 (Saturday) Kevin Kendall Ride for the Trails. Ride will be held rain or shine at Fritse Park at the west end of the Trestle Trail in the Town of Menasha. Registration and start: 9:00 – 9:30 a.m. T-shirts provided to the first 50 participants who register and who have collected \$15 or more. Make checks payable to Fox Cities Greenways. For more details and a registration brochure contact Dick Kendall at 920-731-4994 or dkendall@ppmausa.com and www.foxcitiesgreenways.org

July 12 (Saturday) Sierra Club Bike Along the Fox River. From the Thousand Islands Nature Center to Wrightstown, returning via the Fox River rail-trail. Charlie Paine 920-739-1900 Menasha.

July 27 (Sunday) Best Friends Gourmet Bike Tour. St. Mary's Central High School, 1050 Zephyr Drive, Neenah WI 54956. 22nd annual Best Friends Gourmet Bike Tour, sponsored by Gear N Up. Bike tour of Neenah's beautiful countryside offering rest stops and SAG wagons. Featuring a NEW family route that incorporates the Trestle Bridge, which can be as short as 4 miles or as long as 12 miles. Along with 26.5, 50 and 75 mile routes throughout Neenah's countryside. Upon completion of the tour, a gourmet picnic will be served. Admission required. Registration begins 7:30am; rides begin 9am; food service begins 11a.m. For more information call 920-729-5600 or visit the website www.bestfriendsnm.org

Paddling

May – October Various Paddling Outings sponsored by the Fox-Wolf Watershed Alliance. For more information see the 2008 Special Places Schedule link www.fwwa.org or call 920-886-8164.

July 26 (Saturday) 7th Annual Park-to-Park Paddle This year's trip is planned to follow the same route as 2007, starting at the Shattuck Park launch site at 8:30 a.m., paddling east into Lake Winnebago, then through Menasha in the Fox River and navigation canal, through the Menasha Lock, north through Little Lake Butte des Mort into the Fox River and ending at Lutz Park in Appleton. Variations to shorten this route are easily available with the Fritse Park facilities on the west shore of the lake, adjacent to the new Trestle Trail. For more information see the 2008 Special Places Schedule link www.fwwa.org. or call 920-886-8164.

Upcoming Events Cont.

MISCELLANEOUS EVENTS

May 18 (Sunday) Prairie Meadow/Arboretum Dedication. Heckrodt Wetland Reserve, 1305 Plank Rd. Menasha WI, 54952. 12 - 4PM. Join us as we dedicate the Heckrodt Wetland Reserve Prairie Meadow and Arboretum project. Tour the project and learn what happens from here. Meet our partners in prairie and habitat management, see live birds of prey, learn about invasive plant species, and play a game or two. Refreshments will be served. For More information call 920-720-9349 or visit the website www.heckrodtwetland.com

May 5 - 8 (Monday - Thursday) Mark Fenton visit to the

Fox Cities. Various events involving the nationally known advocate for walking and healthy lifestyles. Registration is required. For more information see article below.

June 8 (Sunday) High Cliff State Park Open House, High Cliff State Park, N7630 State Park Rd. Sherwood WI, 54169. Come to explore and play at High Cliff State Park for free! Admission is free to all Wisconsin State Parks on Sunday, June 3rd. No vehicle admission sticker is required. This would be a great time to visit High Cliff State Park to see how much it has to offer. Free family programs and activities will be offered during the day. Park is open 6AM-11PM. For more information call 920-989-1106.

National Pedestrian and Public Health Advocate to Visit the Fox Cities

Mark Fenton, an advocate for walking and a recognized expert on public health issues, is coming to the Fox Cities to inspire us to live healthier lives. Mark Fenton will be in the Fox Cities from May 5 to May 8. Mr. Fenton's visit is made possible by Activate Fox Cities, an initiative by community organizations, including the Appleton YMCA and others, to inspire real change in the lifestyles of those living in the Fox Cities.

Mark Fenton, a former Olympic race walker, is host of the former PBS television series America's Walking, a consultant to the University of North Carolina's Pedestrian and Bicycle Information Center, and an instructor in the walkable community workshop series of the Washington DC-based National Center for Bicycling and Walking.

Mark has become a vocal pedestrian advocate and recognized authority on public health issues and the need for community, environmental, and public-policy initiatives to encourage more walking and bicycling. He is an engineering consultant on the creation of more walkable settings, and serves on the board of the East Coast Greenway Association. He addresses groups on topics ranging from transportation and planning, to safety, advocacy, and public health.

A schedule of events for his visit is outlined below. Registration for most events is required. For more detailed information on registration and the events, contact Shellie (Michele) Stellrecht at the Appleton YMCA, 920-954-7621 or e-mail mstellrecht@ymcafoxcities.org

Monday, May 5, 2008 Mark Fenton arrival and tour of the Fox Cities with designated guides, including the school sites for Safe Routes to School

Tuesday, May 6, 2008

7:30 – 9:30 A.M. Conference Key Note at the Radisson Paper Valley Hotel "Fighting the Epidemic No One is Talking About" and "Downtown Walkability"

10:00 – 11:00 AM Press Conference

11:30 AM – 1:15 PM Appleton Rotary Presentation "Good News, Bad News, Hard News". This will be a shorter version of the morning presentation.

2:00 – 5:00 PM Education: "Healthy School Settings for Healthy, Safe Children" at Kimberly High School

7:00 – 8:30 PM Community Workshop "Lessons Learned Walking 50k a Day" at Neenah Parks and Recreation Department

Wednesday, May 7, 2008

7:30 – 9:30 AM Workplace and Physical Activity Promotion. "The Bottom Line on Health Care Costs — Six Things You Aren't Doing to Promote Physical Activity, but Should Be" at Appleton Papers Company

10:00 – 11:00 AM Presentation to Appleton Papers Employees

2:00 – 5:00 PM Health and Wellness Professionals. "Health Jeopardy: Creating Stickier Physical Activity Promotions and Settings." at Fox Valley Technical College

6:30 – 7:30 PM Family Walk at Fox Valley Technical College and Trail

Thursday, May 8, 2008

7:00 – 9:00 AM Leadership Team Wrap up and Planning Session at the Appleton YMCA

Out and About with Board Members

Greenways Board Member Attends National Bike Summit

Fox Cities Greenways is reaching out to join bike and trail advocates around the country in creating better places for people to walk, bike, and enjoy nature. In early March board member Pat Spiegelberg attended the National Bike Summit in Washington D.C.

The National Bike Summit, sponsored by the League of American Bicyclists (LAB) is a yearly conference that attempts to improve the opportunity for people everywhere to bike and participate in other forms of non-motorized transportation. The conference unites bicycle advocacy groups, the bicycle industry, community leaders, and government officials for this purpose. The rationale for its efforts is explained by Amanda Eichstaedt, LAB member:

“At a time when our nation, our cities, and individuals across the country are crying out for solutions to climate change, energy dependence, the obesity epidemic, air pollution, and congestion, bicycling and other forms of non-motorized transportation should be rising to the fore as a practical, viable, and welcome solution.”



Bike and Trail Advocates from 46 States at the Nat. Bike Summit.

Attended by over 500 representatives from 46 states, the Summit offered 14 workshops to educate attendees on non-motorized and transportation issues and train them to be effective advocates for improved facilities and legislation. Pat attended workshops that dealt with effective advocacy strategies, grass-root efforts to engage the community at large in bike/pedestrian issues, proper use of state transportation finances, and local financing strategies for growing non-motorized infrastructure. She believes these workshops “will help me to better serve as a bicycling and trail advocate.”

In addition to attending workshops, summit participants joined with others from their state and met with their senators and congressmen on Capitol Hill to urge legislators to take an active part in pedestrian and bicycling issues. The focus of this year’s Summit included four issues. The first was signing on to a congressional resolution that promotes a strategy to include bicycling in national, state, and local efforts to tackle the problems of climate change, obesity, oil dependence, and congestion. The second was to support the Complete Streets legislation that will shortly be introduced in both the House and the Senate. The third dealt with promoting mountain biking in National Parks, and the fourth was to urge participation in the Congressional Bike Caucus.

Unlike the frosty reception experienced by some summit attendees from other states, representatives from all eight Congressional Districts and both senators from Wisconsin were willing to arrange meetings with the Wisconsin group of summit participants. Says Pat, “I was proud to be a Wisconsinite and share with others from around the country what we who live here already know. Wisconsin is a great place to walk and bicycle and we have leaders who are willing to listen to us when we ask to make it even better.” Representative Petrie from our own corner of Wisconsin is one of the biggest advocates for bicycling on Capitol Hill; he is chairman of the 193 member Congressional Bike Caucus.

Pat says of the Summit, “It was a valuable learning experience that will help me to serve better as a bicycling and trail advocate and a great opportunity to share with like-minded people from Wisconsin what we do here at Fox Cities Greenways.” If you are interested in attending next year’s National Bike Summit in Washington D.C., visit the website of the League of American Bicyclists www.bikeleague.org.

Trails Just Keep Growing

The communities of the Fox Cities currently have a system of trails to be proud of, but that doesn't prevent our leaders and trail advocates from striving to make them even better. Work on several trails continues with plans for further development to begin in the near future. Recent updates alphabetized by location are detailed below. For the latest online version of the Fox Cities trail map see www.appleton.org/departments/recreation/trails or a printed copy can be picked up at the Appleton Public Library, Appleton Parks & Recreation Department, or the Fox Cities Convention & Visitors Bureau.

Appleton

Funding is available in the 2008 City of Appleton budget for the development of the trail between Lutz Park and Vulcan Heritage Park.

The City of Appleton continues to pursue funding for the development of an on-street bike lane program

The segment of Newberry Trail between Lawe Street and Telulah Park will be closed from approximately April 2008 through December 2009 due to the construction of the College Avenue bridge.



Calumet County

The 4 1/2 mile Fox River Trail extension from the Calumet/Brown County line to Ott Road (approximately one mile north of Hilbert) was opened in spring of 2007. The trail is used by hikers, bicyclists, and equestrians and intersects with the Friendship Trail in the community of Forest Junction. Parking is available on Holmes Rd. (just north of Highway 10) in Forest Junction and parking/restrooms are available in Greenleaf.

Construction of the Friendship Trail in Calumet County is planned to commence in late 2008 with a .4 mile section of trail between North Shore Road and Firelane 12. Engineering work is currently underway for a portion of this trail, which will eventually be a connection from Manitowoc to Stevens Point

The portion of the Friendship Trail which lies along North Shore Drive in the Town of Harrison has recently been upgraded with widened shoulders.

The Town of Harrison will begin construction of its Highline Trail this spring. The trail will follow the utility easement corridor under the powerlines between State Park Road and Handel Drive, with later extensions planned to both the east and west. The trail will initially be surfaced with limestone screenings (asphalt surfacing in 1-2 years) and will provide a connection to neighborhood park areas.

Kaukauna

The Konkapot Preserve Recreation Area is now completed. It includes a prairie area encircled by a network of pedestrian trails which are surfaced with recycled asphalt. It is a former landfill site near the intersection of the CE and Konkapot Creek trails, just east of Hwy. 55.

Menasha

The missing links along the W. American trail will be completed by mid-summer.

The Jacobson Road Trail from Irish Road to Clayton Avenue will be completed in 2008.

Neenah

Neenah is extending its S. Commercial Street trail from Old School Road to S. Park Avenue



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