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Fox Cities Greenways – Summer 2007  
[www.focol.org/greenways](http://www.focol.org/greenways)

# GREENWAYS ink

## Bike to Work Week

Sunday, May 13 through  
Saturday, May 19th

The Fox Cities Greenways and many local businesses are working to get people out from behind the wheel of their cars and on to the wheels of their bikes. Please look over the schedule for Bike to Work week on page 6. Each day highlights a different aspect of integrating the bicycle into everyday life, with special emphasis on Bike to Work Day, May 18.

We all may remember how to ride a bicycle but we may need a reminder or a reason to actually use the bicycle. Here's one: Did you know that if you live within three miles of work or school, a bicycle is often the quickest and most efficient mode of travel?

There are other good reasons to use the bicycle more often.

- Improve Health and Fitness
- Avoid Traffic Congestion
- Park Close to the Door
- Help Your Community
- Keep the Air Cleaner
- Save Money

Trying bicycle commuting a few times and see if it fits your needs. There's a Bicycle Commuting Handbook on our website that can help you get started!

*“A vigorous five-mile walk will do more good for an unhappy but otherwise healthy adult than all the medicine and psychology in the world.”*

*~Paul Dudley White*

**May is**  
**National Bike Month**  
Official Website: [bikeleague.org](http://bikeleague.org)

# GREENWAYS UPDATES

## President's Letter

*Happy Spring! Earlier this spring, as I was enjoying some bonding time with our new grandson, it seemed to me that this letter needed to be about connections. My initial involvement with Fox Cities Greenways was spurred by my concern for the safety of our four young bike riders as they began connecting more independently with the community. Now that they are all adults, the same concerns are resurfacing for the next generation. Although safety and our bonds to each other are of utmost importance, we also derive much vitality from our connection to nature. Aren't we all energized by watching soaring eagles as we cross the Trestle Trail, or thrilled by the fresh green plants springing up alongside the trail? The 2007 edition of the Trails of the Fox Cities map, printed courtesy of the cities of Appleton, Menasha, Neenah, and Kaukauna, the towns of Menasha, Grand Chute, Greenville, and Clayton, Outagamie County Planning Department, and Fox Cities Greenways, Inc., represents more than asphalt and gravel. It represents families, friends, and neighbors connecting in healthful, invigorating recreational activities. It represents people of all ages connecting with the wonders of nature. It represents workers, students, and shoppers connecting to their destinations in new ways. It represents communities working together to improve the quality of life for all. I am excited about Fox Cities Greenways' involvement in the Safe Routes to School program, Bike to Work Week, Kevin Kendall Ride for Trails, Clean Air Ride, the new Volksmarch routes, Bike Racks on Buses, and bicycle hitching posts. We are working to continue progress in expansion of the Friendship Trail from Menasha to High Cliff and beyond, to continue development and signage of the Fox Cities Paper Trail, and to promote new connections to our water resources via a whitewater park and canoe trails. We are supporting trail construction and greenspace preservation throughout the Fox Cities and in an ever expanding radius. I am grateful for the support of our membership and honored to be president of this dynamic organization. I hope to see all of you out on the trails.*

*Vickie*

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## 2007 Greenways Board Members

|                               |                                 |                  |                           |
|-------------------------------|---------------------------------|------------------|---------------------------|
| <b>President</b>              | Vickie Milde, Menasha           | <b>At large:</b> | Marilyn Gardner, Appleton |
| <b>Program Vice President</b> | Marlys Fritzell, Appleton       |                  | Kathy Hannah, Appleton    |
| <b>Secretary</b>              | Peggy Cox, Appleton             |                  | Pat Kiesow, Neenah        |
| <b>Treasurer</b>              | Roger Orlandy, Appleton         |                  | Dan Kowalke, Appleton     |
| <b>Newsletter Editor</b>      | Nancy Brown-Koeller, Greenville |                  | Tom Lhost, Appleton       |
| <b>Webmaster</b>              | Jeff Theisen, Appleton          |                  | Ian Mevis, Appleton       |
| <b>Action Vice President</b>  | Dave Muench, Appleton           |                  | Pat Spiegelberg, Pickett  |
| <b>Member Chair</b>           | Dick Kendall, Appleton          |                  | Bob Szews, Menasha        |
|                               |                                 |                  | Tom Walsh, Appleton       |
|                               |                                 |                  | Val Wylie, Appleton       |

*Our Board meetings, held about 6 times a year, are open to the public. Contact any member for date and location of upcoming meetings. Board members can be reached at [greenway@focol.org](mailto:greenway@focol.org).*

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**Correction:** Some contributors were recognized in the last newsletter for their donation to the Trestle Trail. The correct designation should have been **Trails for the Future Fund**. Thank you again to Mary Couillard, Fox Cities Marathon, Romelle Herrman, Pat & Tom Schinabeck, John Sensenbrenner and Len Weis.

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Would you rather get Greenways Ink by e-mail?  
If this is your preference, drop us a note at [greenway@focol.org](mailto:greenway@focol.org).

# Events On or Near the Trails

## Sierra Club Hikes

**May 20 (Sunday) Hike the trails at Ledge View Nature Center south of Chilton.** Ledge View has one of the best-rounded centers for environmental education and recreation in the area, with several short to moderate length hiking trails that lead through forests and prairie. In the nature center we will learn how caves form and how the Ledge View caves are being excavated. Dress for the weather, and bring a lunch to eat after hiking for 2-3 hours. Contact Charlie Paine 920-739-1900.

**June 17 (Sunday) Geology Hike on the Niagara Escarpment.** Marcia Bjornerud, a geologist with Lawrence University, will lead us on an excursion to learn how Wisconsin's landscape was shaped by glaciers thousands of years ago. We will begin in the bed of Glacial Lake Oshkosh, then climb the Niagara Escarpment up onto the rolling landscape left by the last glacier to cover Wisconsin. We will walk a total of ca. 3/4 mile to see a very special glacial feature called an esker and use geologic logic to infer how it formed. Meet at 1:00pm at Mom's Diner at the junction of highway 10 and county PP in downtown Brillion. Dress for the weather, and bring your curiosity. The trip will end by 3:30 PM (maybe we could return to Mom's Place for a Father's Day slice of pie!) Contact Charlie Paine 920-739-1900

## National Trails Day Paddle

**June 16 (Saturday) Paddle on Fox River in Green Bay.** Meet 10am on the east side of the river, at the end of Lazzar St, 1 block north of HWY 172. The purpose of the event is to publicize the need for "water trails", with legal landings to dine, sup, and rest. We will paddle both directions on the river, stopping for refreshment where the participants desire. A historian will tell us about the use of the Fox River as a "water road" in times past. This is BYO boat and Personal Flotation Device. Dress for the weather. Contact Jerry Ladewig 920-336-6788 or jkayakl@new.rr.com

## Fox Wolf Watershed Alliance Paddles

**July 21 (Saturday) 6th Annual Park-to-Park Paddle:** This event has hundreds of people on 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, adjacent to the new Trestle Trail. Shuttle buses at the start, door prizes and paddling demonstrations above the lock and activities at Lutz Park following the paddle will be available this year.

**August 18 (Saturday) East River –** An East River launch area for this night paddle will be determined this spring with the take out planned at the Metro Launch near the mouth of the Lower Fox River in Green Bay. We will unload and pre-shuttle for this paddle at 4:30 p.m. and anticipate ending the trip in the dark, so night safety gear will be required.

**September 8 (Saturday) Fox River –** Meet at 8:30 a.m. in the Eureka area and preshuttle, then launch below Eureka, travel through the city of Omro and take out at the launch on the north side of the river on the east side of Omro.

Contact Darrell Toliver or Jeff Mazanec at fwpaddle@fwwa.org.

## Volkssporting Events

**What's Volkssporting?** (Gesundheit!) – see page 6

**June 2 (Saturday) UW-Green Bay Campus Walk, 6 or 10K, start time 8-11a.** Walks will be paved and gravel trails around the campus, arboretum and along the Bay. Contact Russell or Renee Soles, 920 922-3239

**June 3 (Sunday) Baird Creek Walk, 6 or 10K, start time 8-noon.** Walk will be on dirt paths, roadway and park paths. Baird Creek is part of Green Bay's heritage and has the city's oldest forest. Contact Russell or Renee Soles, 920 922-3239

**August 4 (Saturday) Greenbush Trail Walk, Kettle Moraine State Forest, 5 or 10 K, start 8-noon.** Walk will be on dirt trails. The Greenbush trail is a combination of 5 loop trails through the glacial "kettles" of the state forest. Contact Kathleen Paape, 920 979-3059

## Family Hikes at Bubolz Nature Preserve, Appleton

**June 21 (Thursday) Have you met Jack?** 7-9pm, \$1

**July 25 (Wednesday) Hootin' and Howling Hike** 7-9pm \$1 — Contact 731-6041



# TWO GREAT RIDES ON MAY 19, BOTH BENEFITING TRAILS. PICK ONE. YOU CAN'T GO WRONG!



A portion of the proceeds will be donated to Fox Cities Greenways in support of their promotion of safe greenways in the Fox Cities Communities.

The Fox Cities Triathlon Club presents...

24th Annual

## Clean Air Bike Tour

Saturday, May 19, 2007

9:30 AM— 2:00 PM

Calumet County Park ● Stockbridge, WI

The **Clean Air Bike Tour** is an at-your-own pace road ride through beautiful Calumet County. Riders may choose from 15 , 30 or 62 mile marked routes. All distances begin at the pavilion located inside Calumet County Park. Each participant will receive a detailed map of the course. Registration is between 9:00 and 10:00 AM. Please depart by 10:15 AM and return by 2:30PM.

All distances have rest stop support with water and food. All routes will end back at the pavilion where a pasta meal, dessert, soda or beer (21 and over with ID) will be your reward!

This bike tour is intended to promote awareness of Wisconsin's beautiful countryside through two-wheel, exhaust-free travel. All proceeds benefit the Fox Cities Triathlon Club and the Fox Cities Greenways initiatives.

**Friends-Exercise-Outdoor-Family-Fun-Good Food-Great Cause!**

### Registration Information

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Mail to: Peak Performance  
279 Altenhofen Drive  
Appleton WI 54913  
ATTN: Clean Air Tour

**\$15-** Individual: Pre-registered by May 5

**\$30-** Family: Pre-registered by May 5

*\$20 and \$40 after May 5, 2007*

Please make checks payable to the Fox Cities Triathlon Club.

I plan to ride (circle one):

15, 30, 62 miles

**Use of helmets by all riders is strictly enforced!**

**Rain or Shine: No refunds- Ride safely and at your own risk.**

**TWO GREAT RIDES ON MAY 19, BOTH BENEFITING TRAILS.  
PICK ONE. YOU CAN'T GO WRONG!**

# **3<sup>rd</sup> Annual Kevin Kendall Ride for Trails**

**Saturday, May 19, 2007**

Register and start between 9:00 — 9:45 a.m.  
Ride will take place rain or shine!

An event to raise funds to extend recreational trails and to improve biking safety in and around the Fox Cities.

This event is for bikers, roller bladers, joggers or walkers. Please wear a helmet and other safety gear appropriate for your sport. Choose from one of three suggested routes:

- Short, 8 miles;
- Intermediate, 18 miles or
- Thigh buster, 50 miles.

Maps will be available at the registration tables in Telulah Park in Appleton. All rides include the Newberry Trail and a chance to see how trails are connecting the Fox Cities for recreation and transportation.

- Families are asked to consider a \$25 donation. Individuals are asked to consider a minimum donation of \$10 to participate.
- Participants are also encouraged to have others sponsor them by contributing \$10, \$15, \$25, or some other amount to support this worthwhile effort.
- Registration checks are to be made payable to Fox Cities Greenways.
- T-shirts will be provided to the first 60 participants who have collected \$25 or more.



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## **Registration Information**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Your Contribution Amount: \_\_\_\_\_

Turn in registration fee/sponsorship money at the registration station at the start of the ride or send to Dick and Mary Kendall, 1742 N. Elinor Street, Appleton WI 54914. For more information contact Dick at (920) 731-4994 or chosnpath@aol.com.

# Out and About with Greenways Members

**Volkssporting** encourages physical activity by providing walking and biking routes throughout the U.S. and the world. Volkssporting and volksmarching began in Germany and are very popular activities in Europe. Literally, it's the "sport of the people". In some places there are routes and maps that are available at year-round, and at other places there are organized Events with a route for a specific day. Even at Events, you walk at your own pace and have several hours to complete each walk, allowing you the choice of strolling and browsing or getting a cardio workout. The American Volkssport Association's network of 350 walking clubs organize more than 3000 walking events per year in all 50 states, as well as occasional bikes, skis, and swims. For Year-round Walks/Bike Rides, routes are established and starting points open for anyone to use at anytime. Seasonal Walk/Bike routes are essentially the same, but active for a limited time usually due to weather in climes such as Wisconsin.

It's great to know that wherever you travel there's likely a walk or biking loop that may include historic sites, downtown areas, parks and other points of interest. A 10K route is most typical.

There are three Volkssport Clubs in Wisconsin. Some of the Events sponsored by one of the Volkssport Clubs in our area are listed on page 3. For more info visit the American Volkssport Association website at [www.ava.org](http://www.ava.org).

Val Wylie and Nancy Brown-Koeller recently developed three seasonal routes for Volkssporting in Neenah, a 6K, 10K and 25K. The routes were sanctioned by the Hearty Sole Walkers Volkssport Club in Fond du Lac. The shorter routes direct people through Shattuck Park, River Walk, Riverside Park in Neenah and the longer route, for bike rides, also includes the Trestle Trail.

A year-round or seasonal walk needs a local cooperator to keep the maps (and for AVA members, stamps and information on awards.) The Express Station at 521 S. Commercial St., Neenah, agreed to be the map keeper and starting point for the Neenah Volkssport routes. **(Thank you, Express Station!)** To get a map, just ask the Express attendant for the "Walk Box." You pick up a map and you're on your walk. For those officially involved in AVA, there are special interest walks such as those featuring lighthouses, rivers, railroads or campuses. You can see why the Fox Cities is a natural place for Volkssport routes.

Val and Nancy hope that the listing on the state and national AVA directories will bring visitors to the area to see our beautiful trails and parks and spread the word. They also hope to encourage more of the permanent residents to enjoy them also.



Nancy and Val put maps in the Walk Box at the Express Convenience Center in Neenah.



## Going like Hotcakes

Eight thousand Fox Cities Trails maps have disappeared! (This is a good thing.) The first comprehensive map of local trails was given away free by the Cities, Towns and Outagamie County, plus Nature Centers and the Convention and Visitors Bureau, 3433 W. College Ave. A second printing was ordered and is now available at the same locations. (Check with the Parks or Planning Departments.) The new map has been expanded to include trails in Kaukauna, Greenville and Clayton. The Fox Cities Greenways helped with the production cost of the first and also this re-printing.

A much-needed kiosk has been installed at the intersection of the Friendship/Hwy 10 and CB trails in Town of Menasha. The encased Fox Cities Trail map shows trail users where they are.

# BIKE TO WORK WEEK SCHEDULE

Sunday - May 13th

## **Bike to Worship**

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

Monday – May 14th

## **Trail Day**

Join us at 4:00 pm in Telulah Park for the dedication of the Newberry Trail. Valley Transit will have a bus on site to teach you on how to take your bike on the bus. 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.focol.org/greenways/>

Tuesday – May 15th

## **Community Day**

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

Wednesday – May 16th

## **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 17th

## **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 18th

## **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.focol.org/greenways/>

Saturday – May 19th

## **Family Day**

Go for a ride with the family. Take in a movie, go for picnic or use your bike to do something else special with your family. Try one of the two rides planned for today, the Kevin Kendall Ride for Trails or the Fox Cities Triathlon Club's Clean Air Bike Tour. Check out the information available through the Fox Cities Greenways at <http://www.focol.org/greenways/> Missed the chance to get a bike/bus pass on Monday? There will be a bus at the start of the Kevin Kendall ride in Telulah Park to get you the knowledge and pass you need.

*If you get enthused about Bike to Work Week this year, become a Worksite Coordinator in 2008, and help make it even bigger and better. See our website or contact Tom Walsh, 830-6325.*

*For a great article on Biking to Work and Wellness, featuring Greenways Board members Tom Walsh and Dick Kendall, see the April 2007 FOX CITIES magazine.*



Chris Isenberg, regular bicycle commuter, discusses his route with another Kimberly-Clark employee.



## **Clayton Fest — Saturday June 2, 2007 9:00 a.m. to Midnight.**

Come join us for the 6th Annual Clayton Fest at the Town of Clayton Complex, 8358 County Road T, Larsen WI 54947. The good times keep rolling in Clayton: German Food along with the traditional activities throughout the day. Collector Car show 9am. Parade at 1:00, Silent Auction, Children's Games and Petting Zoo, Dairy/Dessert Bar, Fire Department Demos and a big Fireworks Display at dusk. Dancing music 10:30am to midnight. A dog walk on the Trail sponsored by Purina. **All proceeds are for building and maintaining trails.** Contact Clayton Fest Chair (and Greenways Member) Patsy Kiesow (920) 722-0126. The website for more information is [www.focol.org/townclayton/claytonfest.htm](http://www.focol.org/townclayton/claytonfest.htm).

Note: The 6th annual WIOUWASH Race will now be held separately from Clayton Fest and is planned for Saturday, October 6, 2007, at 9AM at Trail Head Park in Larsen.

# Fox Cities Greenways, Inc.



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Summer 2007

Change Service Requested

## Please Join Fox Cities Greenways Today!

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone (      ) \_\_\_\_\_

My company has a matching gift program:     Yes     No

Name of Company \_\_\_\_\_

### Membership Levels for one year:

Guardian . . . . . \$35  
Sentinel . . . . . \$50  
Advocate . . . . . \$100  
Conservator . . . . . \$250  
Trailblazer . . . . . \$500  
Pathfinder . . . . . \$1,000

### I wish to volunteer for:

- Trail landscaping, maintenance
- Photography
- Newsletter, mailings
- Greenways committees
- Other talents I could share

Enclosed is my annual membership fee. . . . . \$ \_\_\_\_\_

Special contribution . . . . . \$ \_\_\_\_\_

Total . . . . . \$ \_\_\_\_\_

Mail to Greenways, P.O. Box 5, Menasha, WI 54952-0005