

November, 09
2007

Fall
Newsletter

A Time to Look Back By Bill Seibert



As the last leaves fall from the trees and colder weather is fast approaching, it is time to look back and say what a great season we have had on our trails! The Cedar Trails Festival was another success adding more than \$7500 to the funds for trail enhancements. RAGBRAI's overnight stop in the Cedar Valley provided many out of state bikers with a glimpse of our great trails and maybe some will return to ride our trails. Did you know we have almost 85 miles of trails to use? Cedar Falls has 34 miles, Waterloo has 42 miles and Evansdale and Hudson combined have 8 miles. These are all hard surfaced trails-no crushed limestone allowed! How many of these miles have you ridden?

Cedar Trails Partnership

Refreshments will be served. Come to this meeting to meet your board members and learn more about the Cedar Trails Partnership and how it functions.

Best wishes for the up coming Turkey Day and the Holiday Season.

See you on the Trails!

Bill Seibert CTP President

A reminder that our annual meeting will be held at the Cedar Falls Visitor Center on Thursday, January 10, 2008 beginning at 6:30 PM.

A Reminder: Be Safe On The Trails

If you are reading this, you are probably a user of the recreation trails system of which we are so justifiably proud of in Black Hawk County. If so, getting the most enjoyment out of the trail means knowing the proper trails etiquette. Remember **you are not alone out there**; there are other individuals using the trails for different reasons.

Ride, Walk, or Skate To Your Right: leave room for others to pass on your left

Courtesy Takes Precedence: Ride, walk, or skate in single file on the right when you meet others or are being passed.

Stop Off The Trail: Signal your stop by saying "stopping" or something similar so others behind you know your intentions. Remember not to block the trails when stopping.

Call Out: Whether bicycling, skating or running call out a warning to others when you are passing them from behind or when you meet them. "Passing on your left" "thank you" are good things to say. *Be especially careful when passing children because they may become startled and swerve in front of you*

Keep Dogs On A Leash At All Times: keep dogs from wandering out in front of other trail users

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CEDAR TRAILS PARTNERSHIP
Fall Newsletter

12th Annual Cedar Trails Festival a Success



The 12th Annual Cedar Trails Festival, was once again a great success. On August 9-12 a wide variety of events were scheduled for our community to enjoy and discover our 84 miles of paved trails. Family and friends enjoyed, throughout four exciting days, an array of events that provided major outdoor recreation. All the favorite events returned to continue the tradition of making our festival one of the top recreational activities during the summer. We were very proud to introduce a new partnership with the Cedar Bend Humane Society for a Dog Walk. This event resulted in several dogs being adopted by the participants. Friday also featured the Senior Cruise where over 200 participants got a close look at our trails. On Saturday, the Tour de Valley Ride brought in more than 100 participants and resulted with a proud winner of a new Trek bike. The bike was won by one of many visitors from Peosta, IA. Many of you also, participated in our signature event, the Light up the Night Ride which provided a great time for over 800 riders that took delight in our candlelit trails. The Poker Ride also rallied over 100 participants that rode our trails and visited over 10 stops to collect their poker hand. All riders went home with great

door prizes donated by community businesses.

Many thanks to all our sponsors that made this great festival possible. Your support plays such an important role in providing our town with a celebration of a remarkable community asset. Be sure to share the gratitude to these supporters.

The Cedar Trails Partnership is seeking 2008 event volunteers and committee members to help plan the 2008 Trails Festival. Anyone is welcome to be a volunteer or committee chairperson/member for the 2008 Cedar Trails Festival. Our Festival is scheduled to be held August 8-10, 2008 and meetings are usually scheduled once a month to plan and discuss ideas for the upcoming festival. If you are looking for an opportunity to be active in your community and help one of the best trail related events in the state of Iowa please contact us at:

Cedar Trails Partnership

6510 Hudson Road, Cedar Falls, Iowa 50613
Phone: 319-268-4266 or toll free 800-845-1955

John Heidersbach

On a sad note. Our great friend and artist, John Austin Heidersbach, 64, of Prairie Village, Kan., passed away peacefully at Menorah Hospital on Sunday, Oct. 28, 2007. John provided the Cedar Trails Festival for many years with the beautiful and creative illustrations that colored our festival year after year. John volunteered his time and creativeness to provide our community with vivid images of the balance of our trails and nature.

Throughout his life, John was an artist. His early interest in portraiture and Native American art eventually led to a long and accomplished practice as a wildlife artist. He won several state waterfowl and habitat stamp competitions, including 1987 Iowa and 1988 Pennsylvania. He also finished in the top 10 for the Federal Duck Stamp competition on more than one occasion.

Upon retiring from marketing, John fulfilled his lifelong dream of becoming a full-time artist. He earned his master's degree in art at the University of Northern Iowa and taught art at Hawkeye Community College until December 2006. He loved the mentorship opportunities that teaching provided and looked forward to it every day.

For us on the planning committee and board of directors who had the pleasure and opportunity to work with John year after year it is a very hard loss.

Thanks John, for giving to your community, your talent and your time to make our trail system the best in the state. The Cedar Trails Partnership would like to express our deepest sympathy to John's family and friends for their loss.

Did you know that each Spring John Heidersbach presented the Cedar Trails Festival planning committee with 3 or 4 different illustrations for them to decide which one they wanted to use for the Festival? Yes, he was that good!!

City Trail Updates

Cedar Falls *By Bob Morgan*

This summer, Mayor John Crews called together a Task Force of City officials, bicyclists, and bicycling advocates to explore ways to make the City of Cedar Falls more friendly to bicyclists. The Cedar Trails Partnership, represented by Board Members Anne Duncan, Kathy Green, Brent Johnson, and Bob Morgan, is a participant in this group.

The Task Force, chaired by Councilman Dave Wieland, held its first meeting on August 2 and assigned a committee to write a vision and mission statement. That statement was presented and adopted at the next meeting, on August 24:

Vision: Cedar Falls — a model city for utilitarian bicycling.

Mission: Expand upon the existing recreational trail system and, based on best practices, develop a plan by July, 2008, to encourage and facilitate utilitarian bicycling Cedar Falls; to work with stake holders to maximize its effective implementation.

“Utilitarian” bicycling is using a bicycle for everyday transportation: going to the store, to work, to school or church, to visit friends, etc. Most of the trips made by motor vehicle in the U.S. are under five miles, a distance than can be easily covered by bicycle, instead. Cedar Falls — and the whole Metropolitan Area — have an excellent recreational trail system, but the trails do not extend to all the destinations people want to reach. Nor can they — the cost and sheer lack of space in most public rights-of-way makes it impractical to build trails through every neighborhood, commercial, and business district. The streets and roads, however, do go to every destination.

The Task Force’s mission is to determine the best ways to make those streets and roads more bicycle-friendly, and to make cyclists feel more comfortable using them. The Task Force will also explore ways to encourage bicycle use for short-distance transportation, and educational programs to inform both motorists and cyclists how to “share the roads” efficiently and safely.

Waverly *By Tab Ray*

Waverly Rail Trail News

The Waverly Rail Trail, as part of the Rolling Prairie Trail, has undergone some maintenance in the past year. Each one of the 7 wooden bridges has had wood sealer applied. The asphalt approaches are scheduled to be lengthened and filled after settling has occurred over the years. We are extremely excited about the Readlyn Grump trail extension and the future of having 14 miles of hard surface trail from Waverly to Readlyn.

Waverly has just received a REAP grant to extend our inter City trail system. This project will connect the trail in South Riverside Park, through Crestwood Park, past South East Elementary School and end with a loop through Brookwood Park. The project will add about a mile of hard surface trail and basically connect the South East part of town with the downtown area and the Waverly Rail Trail. The trail through Brookwood Park will add ¾ mile of hard surface along the Cedar River in a wooded area with a parking area. Future development of Brookwood Park include shelter, play area, and expansion of the disk golf course.

Plans are not set for the 7th annual Candlelight Ski event on the Rail Trail. Watch for news updates and Trails Partnership communications for the dates and time.

City Trail Updates cont...

Cedar River Water Trails *By Peter Komendowski*

The Cedar Trails Partnership, by extending its stewardship of trails in the Cedar Valley to embrace virtually all types of trails, has made its presence felt in a big way when it comes to water trails.

The past year has seen the new River/Lake Portage Trail make its mark as a destination for recreational paddling. Hartman Reserve's Eco Triathlon utilized the rivers, lakes and bicycle trails as part of its inaugural race. Many groups from around the state enjoyed the new paddling opportunities and often combined their activities with bicycling, walking and fishing.

The new Cedar River Trail (funded by our local communities and a generous grant from the Federal Recreational Trails Program), will begin construction and signage in 2008. This will open up paddling and recreational opportunities on the Cedar River through all of Black Hawk County.

By the time you read this we may have already been announced as the destination for Project Aware's week long Cedar River Watershed Clean-up Project for 2008! It's not official yet, but cross your fingers and hope for this honor to come to Cedar Falls next summer.

Trail users all across Iowa are keeping an eye on the outcome of regulatory compliance efforts that have a powerful impact on the quality of our water in the Cedar River. A recent article in the Courier pointed out that neither Cedar Falls nor Waterloo are treating the normal discharge of the waste treatment facilities for fecal bacteria (ugh!). This results in dangerous bacteria counts in municipal river waters (and downstream as well) which can make the waters unsafe for recreation and damaging to our fish populations. The DNR and many organizations dedicated to making our waterways safe are joining in the effort to convince our communities to do the right thing without waiting for legal guidelines to force the issue.

Many of you remember the Cedar River in its glory days when people flocked to the river to enjoy its clean waters for boating, fishing and swimming. It seems that putting the blame on farmers for polluting the river may not have been exactly fair. Since our populations in urban areas have grown and our sewage treatment facilities are only operating at the minimum required levels, it seems we may be a bigger part of the problem than we ever realized.

If you care about these water quality issues and how they affect our recreational trails, let the partnership know. Or better yet, come to one of our meetings and join us in helping make the Cedar River Trails system the best recreational trail system in the Midwest!

Cedar Trails Festival Seeks' 2008 Event Volunteers & Chairperson

After leading the Festival for 3 consecutive years our board of director and past festival chairwoman, Amy Mohr has decided to step down to allow a new person take up this great opportunity. Many thanks Amy for all that you have done in this past three years! Now The Cedar Trails Partnership is seeking 2008 event volunteers and committee members to help plan the 2008 Trails Festival.

Anyone is welcome to be a volunteer or committee chairperson/member. Our festival is scheduled to be held August 8-10, 2008 and meetings are usually scheduled once a month to plan and discuss ideas for the upcoming festival. If you are looking for an opportunity to be active in your community, volunteer, build your resume or share your expertise and ideas on how to make this event even better, please come to one of our meetings. Your help is needed to continue providing the best trail related event in the state of Iowa.

By mail: **Cedar Trails Partnership**
6510 Hudson Road. Cedar Falls, Iowa 50613

By phone: **Cedar Trails Partnership**
Phone: 319-268-4266 or toll free 800-845-1955

Cedar Trails Patrol *by Brent Johnson*

We had a great 2007 for the Trail Patrol with a lot of encouraging feedback from the Cedar Trails Festival, our RAGBRAI guests, fellow trail users and of course, Cedar Trails Partnership members.

I'm sure that many of you have seen us out and about on the trails and other local events with our bright yellow shirts. We encourage you to stop us and ask for help or provide us with feedback about the safety on our trails. As we finish this season we are already looking ahead to 2008 and discussing ways to make the Patrol even better. That is why we are encouraging you to attend our last meeting of 2007, which will take place on Wednesday, November 28th, at 6:00pm at the Cedar Falls Visitor's and Tourism Center.

At this meeting we will go over a presentation by Mike McCallum of the Cedar Falls Police Department. During this presentation we will review and discuss our duties and goals associated with being a patrol member.

This would be a great opportunity to come and check out what being a patrol member is all about. Current patrol members are encouraged to bring friends or family that may be interested in taking part in making 2008 just as great.

If you have any questions feel free to contact either Mary Jones at 277-4716 mjjones@cfu.net or Brent Johnson at 266-5979 biketech@cfu.net.

Hope to see you there!

Myth: Cars Were Here First

It was bicycle mechanics (Henry Ford, Wright Bros.) who invented cars and airplanes using advanced bicycle technology. Neither could exist without pneumatic tires, precision bearings, tension-spoked wheels, chain-drive, rolled steel, and other technology invented for bicycles.

Iowa's Share the Road License Plate

The Iowa DOT has stepped forward to sponsor their first and only specialty plate. Soon your county treasurer will be taking orders for a Share the Road license plates. However, before the plates can be issued, there must be an advance order of 500 plates in one year from the date of application. Visit: <http://www.iowabicyclecoalition.org/strplate.htm>

CTP Endowment

The Cedar Trails partnership has a donor advised endowment fund at the community foundation for a long term trail improvement. The purpose of the endowment is to plan for the future to develop and maintain future trails in our area.

Cedar Trails Partnership donors at least age 70½ have until year-end 2007 to take advantage of the Pension Protection Act of 2006 (PPA). This law allows these individuals to make tax-free gifts from traditional or Roth IRA funds that would otherwise be subject to tax if withdrawn voluntarily or under mandatory withdrawal requirements.

We want to remind you of this opportunity as it benefits both parties. If you want to learn more about this please contact your local bank or The Council on Foundations (www.cof.org) which offers detailed information about charitable rollovers by clicking its "Learn" and "Legal Information" icons.

By contributing to the Cedar Trails Partnership endowment you are ensuring the enhancement and maintenance of existing and future trails. Help us continue making our trails the best of the state of Iowa.

Previous Cedar Trails Festival posters, T-Shirts and CTP socks are still available at the Cedar Falls Tourism and Visitors Bureau. Surprise a friend. Why Not!

Looking for the perfect gift?

The Trails Gift:

Give a friend, or a family member the gift of yearly Cedar Trails Partnership membership, a pair of great socks, along with some vintage poster of the Trails Festival. The best part of this gift is that while you are making that friend or family member happy you are supporting your local trails. That is right! All the proceeds go to enhance and maintain our trails. If you are interested in purchasing the Trails Gift please contact the Cedar Falls Tourism and Visitors Bureau 319-268-4266 or toll free 800-845-1955.

CTP Sox are also still available at Bike Tech, Downtown Cedar Falls.

Camp Ingawanis Mountain Biking

Since 2003, Boy Scout Camp Ingawanis, just 15 minutes north of Cedar Falls/Waterloo on Highway 218 near Janesville, has been providing the Cedar Valley and surrounding areas with challenging, well maintained singletrack trails for mountain biking. While many have been there as a scout or as a chaperone, many don't realize that the approximately 12 miles of great off-road trails are for more than just scouts.

The Ingawanis Mountain Biking auxiliary or "IMB" has made it their goal to integrate your cycling passion with the progression and sparked interest of the youth. The group maintains and promotes these great trails with regular work days and racing events ranging from IMBCS sanctioned XC races, duathlons, to trail runs. Ingawanis has a beautiful display of the changing seasons so visit the website at www.ingawanismtb.blogspot.com to hook up on a group ride, sponsored event, or work day.

These trails are available for all to use for a small fee, benefiting the Boy Scouts. The cost for using these trails is \$3 per day or \$11 for a year long pass. Annual passes can be purchased at the Scout office on Airport Blvd., at the trail's website (listed below), at Bike Tech or Europa Cycle and Ski in Cedar Falls. Daily passes are available on site at the check-in area. The auxiliary also has quality mountain bikes that are available as daily rentals. If you need more information please contact:

Jeremy Bidwell 319-939-6923 or Casey Dean 319-269-0151

The Cedar Trails Partnership Grant Program

The Cedar Trails Partnership awards grants to projects committed to the Partnership goals of expansion and improvement of the Cedar Valley trail system. Grants are awarded periodically based on available funds. Mini grants, up to \$500, may be applied for throughout the year. Applications for full grants, ranging from \$500 to \$10,000, must be submitted by the advertised deadline.

Cedar Trails Partnership grants will be awarded periodically with funds generated by the Cedar Trails Festival and other activities. The Partnership gives higher priority to projects which provide long-term benefits to the Cedar Valley recreational trail system and its users.

Visit www.cedartrailspartnership.com

Eligible Projects

Cedar Trails Partnership grants may be used as matching funds or primary funds for a project that will:

- expand or improve the recreational trail system
- maintain the trails to the highest obtainable standards of safety, beauty and utility
- promote the trail system as a recreational resource and a vacation and tourism destination
- educate trail users in trail etiquette and safe trail use

Minimum grant: \$500

Maximum grant: \$10,000

For more information regarding to the Grant program please contact Us

Cedar Trails Partnership:
6510 Hudson Road
Cedar Falls, Iowa 50613
319-268-4266
800-845-1955

Walking is...**Green**

walking is not just good for you; it's good for the local and global environment too. It helps to make the city's streets and trails more people-friendly by reducing noise and fumes.

Try walking on our trails, you have 84 miles of paved trails to choose from.

Get to Know Your Board of Directors

Name: Sue Dufel

Profession: Educator 7-12

Years with the Partnership: 5

Favorite anecdote on the trails: We were riding up the George Wyth trail and to our surprise we spotted a mother and two fawns watching the trail traffic. She and the kids remained for a period of about 5 minutes as trails riders began to see the deer and stop. Just as the trail riders were curious about the site... so were the doe and her fawns. It is wonderful to see undisturbed wildlife in its habitat.

In two words describe our trails : Awesome opportunities

Favorite trail: Big Wood Trails.

Name: Cammie Scully

Profession: Executive Director Waterloo Center for the Arts

Years with the Partnership: 2

Favorite anecdote on the trails: Riding through flood water to get to the other side so I wouldn't have to turn around and make a five mile loop to get back home.

Why volunteer for the Partnership: To become more knowledgeable about the wonderful asset we have here in the

Cedar Valley and to become an advocate to make our trails even better! Plus--its just plain fun!

In two words describe our Trail : Awesome! Accessible.

Favorite trail: Cedar Bend trail on the north side of the river--along the lakes, over Krieg's Crossing, to trolley trail on south side of the river, through Hartman and behind cattle congress--back to Cedar bend--a nice 10 mile loop for after work.

Name: Robert Braun

Profession: Attorney

Years with the Partnership: 6

Favorite anecdote on the trails: Recently my wife and I walked on the new trail on the West side of Big Woods lake with four grandchildren and their parents. We stopped at a likely spot to take a picture (worth a 1,000 words). After about 20 digital shots we gave up as we could never get everyone to look at the camera, let alone smile at the same time. Memories are made of this?

Why volunteer for the Partnership: Preserve perpetually the integrity and mission of the trail system as a free recreational facility in the Cedar Valley.

Favorite trail: The trail through Hartman and George Wyth. What a beautiful loop.

Letters From The Members

"Dear Cedar Trail Partnership, I have attended your trails festivals in August 2005 and 2007. They were wonderful! I went on the Poker Ride this year---what a great way to see points of interest in W/CF. I rode the trails very early Sunday a.m. and saw the luminaries from the previous evening's night ride---that must have been magical! I bought the posters both years and socks this year. THANK YOU for doing such good work. I

Winter Is almost here... don't let it stop you from having fun.

Iowa's winters are long but they shouldn't keep you from enjoying nature and getting exercise. Wellness experts advise that outdoor exercise is one of the best ways of avoiding SAD (seasonal affective disorder), a distinctive type of winter depression. The bottom line is to continue hiking or cycling and reap the benefits year round.

grew up in Waterloo (West High Class of 1971) and return annually--hope to retire to Cedar Falls (currently live in Idaho). Then I can use the trails every day!!!"
Beverly, Idaho

"I have to drive three hours each way to downhill ski in Wisconsin and Minnesota. I can drive 25 minutes to CF and have miles of trails without paying. As a senior, I pay around "\$30 a day to ski for ONE day. Thanks for the trails. What a deal!"
Larry Brandt, Parkersburg,

On behalf of the 7th grade class, teachers and middle school Principal of Price Lab School I would like to thank the partnership for their hard work in support of the trails. A highlight of our annual fall class community building day is spending a full day biking on the trails. It's great to inspire the next

generation of Cedar Trails lovers! Thanks for all that you do!
Mrs. Blanco
7th grade Advisor, Price Lab School

Do you have any suggestion or comments for the Cedar Trails Partnership? please send it to us. We want to know how we are doing.

Snowshoeing; give it a try!!

The saying goes, "If you can walk, you can snowshoe." Like cross country skiing, snowshoeing has a short learning curve, the equipment is relatively inexpensive, and it doesn't require any training or special techniques to get started. What makes it unique, however, is that snowshoes are extremely maneuverable; allowing their wearers to go just about anywhere there is snow. Other than the sound of your shoes and poles impacting on the snow, the only sound you'll hear is the peace and quiet of the forest or field.

**CEDAR TRAILS
PARTNERSHIP.
2007 BOARD OF DIRECTORS**



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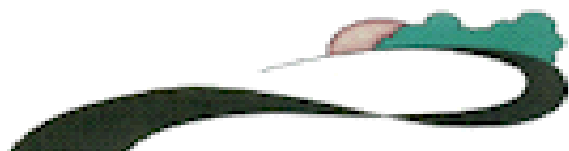
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Persuade a friend to become a member. Let them know the importance of being a partner of an organization that helps maintain, expand and improve our great trail system. Need more information, Please visit us on the WEB at www.cedartrailspartnership.com or contact us at

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