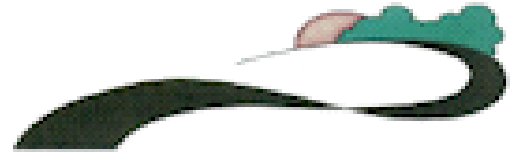


# Spring has Sprung! *By Bill Seibert*

After a fairly mild winter, except for those three weeks in February, its time to get outdoors and to start enjoying our great rails in the Cedar Valley. A quick reminder to you as you get onto your bikes for the first time is to remember to ride defensively! I can speak to this first hand as on my second day out on my new old bike I had just got from my older son, and heading to get on our trails I encountered a car! I was turning onto Downing off of Ansborough and guess what? The driver had a red light and was turning right onto Ansborough. The driver looked to the left and no cars were coming so proceeded to turn right but I was in the intersection and bang!! The impact was on the back of my bike but no bodily injuries. I was still able to ride it but needed a minor adjustment on the back tire which was provided by one of our great bike shops. A new paint scratch on my new old bike! Those bike accidents can happen in a second so remember to RIDE DEFENSIVELY!

Once again the magic of RAGBRAI will come to the Cedar Valley this summer. Now is the time to get involved on a committee to help make the Cedar Falls overnight the best of the best for 2007! Calls us at 319-268-4266 or 1-800-845-1955 for what committee



## Cedar Trails Partnership

opportunities are available. You can work on a committee and still be able to ride on RAGBRAI. Also, don't forget about the Cedar Trails Festival to be held on August 10<sup>th</sup>-12<sup>th</sup>. Your help is needed!

A standing invitation is always opened to you to attend our monthly board meetings held on the second Thursday of each month beginning at 6:30 PM. We always are looking for input on ways to improve our Cedar Trails. Hope you enjoy our new outdoor season and see you on the Trails!

**Bill Seibert CTP President**

## RAGBRAI Returns to Cedar Falls *By Kim Burger*

As you likely already know, RAGBRAI will roll into Cedar Falls for its third overnight visit on Wednesday, July 25th. This event will not only be great fun, it will also provide an excellent opportunity to showcase our community and its outstanding trails! In addition to providing a good and memorable time to everyone, we'll be sure to invite them back to ride our trails and to attend the Cedar Trails Festival.

An excellent planning committee has been assembled. You can check in on their progress by visiting [www.cedarfallsragbrai.org](http://www.cedarfallsragbrai.org). Or better yet get involved yourself! We're still seeking vendors, volunteers and hosts who are willing to put a few riders up in their home. Please email the appropriate committee (as you'll see on the website) or call 319-268-4266 **to volunteer!**

### Inside this issue:

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# 12<sup>th</sup> Annual Cedar Trails Festival *by Amy Mohr*



Mark your calendars for the 12<sup>th</sup> Annual Cedar Trails Festival, August 9-12! A wide variety of events are scheduled, so plan to bring your family and friends and hit the trails for four exciting days of events! All the favorite events from last year will return, but we're also proud to introduce a new partnership with the Cedar Bend Humane Society for a Dog Walk on Friday, August 10. Bring your own dog and stretch your legs on the trail, or come walk a dog available for adoption through the Humane Society. Friday also features the Senior Cruise. On Saturday you can look for the return of the Tour de Valley Ride sponsored by Scheels and the Light up the Night Ride sponsored by Europa. Both events have short loops, which are great for families, and the Tour de Valley Ride also features a longer route for those cyclists who are up for a more challenging ride. Be sure to join us on Sunday for the Poker Ride sponsored by Bike Tech. The ride will be a bit different this year with many more stops in both Cedar Falls and Waterloo. You just need 5 for a poker hand, but more stops earns more cards and a better chance to win some of the great prizes!

Posters and t-shirts featuring this year's artwork by John Heidersbach are now available for purchase at the Cedar Falls Visitor's Center on Hudson Road.

There is still much work to be done to make sure the festival is a great success. If you are interested in joining the festival planning committee, please contact Amy Mohr at 277-2751 or amymohr7@yahoo.com.

See you on the trails!

Amy Mohr

Cedar Trails Festival Chair

*The Cedar Trails Festival is the principal fundraiser event for the Cedar Trails Partnership to provide grants to improve our trails.*

## Schedule of Events

### Thursday, August 9

5:30pm - Prairie Lakes Walk and Opening Ceremonies

### Friday, August 10

11:30am - Senior Cruise  
4-7 pm - Dog Walk

### Saturday, August 11

9-11am - Bike Rodeo

10:00am - Tour de Valley Ride  
*sponsored by Scheels*

7-10:00pm - Light up the Night Ride  
*sponsored by Europa Cycle*

### Sunday, August 12

11:00am - Poker Ride  
*sponsored by Bike Tech*

1:30 pm Closing Ceremonies

## CTP Annual Earth Day Trail Clean Up

**Earth Day** was a great success for our Annual Earth Day Trail Clean Up. Our Board of Director, Roger DeGroot, with the assistance of Bill Fee, recruited several crew leaders to help organize volunteers to do this important task on April 21, from 9am until 11am. The clean up was hard work as always, but thanks to the effort of our

volunteers the task was done. Volunteers collected all sorts of items that were on the trails and placed them in designated areas to be picked up by the cities of Cedar Falls and Waterloo. Many thanks to all the board members, CTP members and volunteers that spent several hours completing the project. Some of the trails that were cleaned included:

**Gateway Park,  
South Prairie Lakes  
Pfeiffer Park Valley View Park  
Downtown Waterloo  
Donald Street  
Greenhill Road  
Big Woods Lake**  
Many thanks to all of you that participated and helped us clean your trails!!

# City Trail Updates

## **Waterloo** *By Noel Anderson*

The City of Waterloo is continuing to prioritize the creation of looped and interconnecting trails for its overall trail grid. Through these efforts, we hope to gain more trail users, while simultaneously improving the ability of existing trail users to utilize trailheads for trail excursions. These efforts should also help to improve the accessibility of the trail system to people from their place of residence.

### **Under construction:**

The City has let the first portion of the overall River Walk Loop, from 18<sup>th</sup> to 6<sup>th</sup> street on the east side of the river, which is a part of the overall Riverfront Renaissance Project. The project will work to re-establish the community's relationship with the Cedar River, by creating the walk system and recreational activities on and along the Cedar River. The River Walk, eventually traversing from 1<sup>st</sup> Street to 18<sup>th</sup> Street along both sides of the Cedar River, will interconnect with existing trails in the community, including the American Discovery Trail system that interconnects with the new 18<sup>th</sup> Street Bridge trail connection, and then winds through Evansdale.

The River Walk will also connect into a new trail being designed along through Cedar Bend/Exchange Park that has been funded with grant funding, and connect into the River Road trail which goes behind the Cattle Congress site and connects into the Sherwood Park area. From Sherwood Park, the connection into the Greenhill trails is also accessible.

**2007 construction** – continuing from 2006, River Walk: 6<sup>th</sup> to 18<sup>th</sup> Street (north shore of Cedar River); River Walk: Mullan to 6<sup>th</sup> Street (south shore of Cedar River); dam improvements – adding approximately 4' of navigable water to river; River Walk: Mullan to Cedar Bend (north shore of Cedar River) funded through a federal trails grant.

**2008 construction** – River Walk, 6<sup>th</sup> to 18<sup>th</sup> Street (south shore of Cedar River). River Walk, Mullan to 6<sup>th</sup> Street (north shore of Cedar River)

The River Walk will be vital to allowing trail users and downtown visitors a scenic and accessible view of the Cedar River. It also works to allow alternative routes for bicyclists, who may still use the designated trail along Highway 218 for faster riding through the downtown area, while having the pedestrian traffic along the River Walk itself. Black Hawk County has received a grant for signage of a water trail designations and route, and the City has approved the sluice gate design for the dam improvements project, which would allow for a potential kayak run course through the area in the future when funding becomes available. The sluice gate should also allow for better river flow and potential scouring that will work to keep the Cedar River available for recreational uses.

The City continues work on improvements at the trailhead at Idaho Street and Martin Luther King Jr. Drive. The parking is in place, and construction is underway for the shelter. This site would allow users of the MLK trail a good starting point for a leisurely ride in this area..

### **Coming:**

The City will be beginning the first steps of design for the Shaulis Road extension from Ansborough east to Highway 21. It is anticipated a trail segment would be included with this construction project. There is currently a trail along Shaulis Road near Ansborough. City staff has also been in discussion about a trail location along the San Marnan Corridor, and where it should be placed to serve the future growth of this area, as well as trail users in southern Waterloo. The Shaulis Road construction is tentatively set for 2008 or 2009. The exact route for the San Marnan segment(s) will continue to be discussed and planned as development in this area continues to occur.

Land is also being platted near the Ansborough Interchange. The land on both the west and east sides of Ansborough Avenue show a trail system in their plans as the street system and lots are developed in this area. This will eventually work to connect the trails and sidewalks along West 4<sup>th</sup> Street to the Tower Park area, and long term to the Shaulis Road trail system and Crossroads Center.

## City Trail Updates *cont...*

### **Waverly** *By Tab Ray*

#### **Waverly Rail Trail News**

Bremer County has been awarded a grant in the amount of \$939,436 for the continued development of the Rolling Prairie Trail. Specifically, the grant provides 70% of the costs towards the construction of the trail from Highway 63 to Readlyn. A CAT grant will be submitted for a portion of the remaining costs. There will be additional costs that the County Supervisors must make up through County funds or through donations. We obviously need to support Bremer County to get this done.

In 2006, the Waverly Rail Trail added several features. The first was the development of the trail guide that included an accurate map and photos of the trail. Next came a permanent restroom at the 6 mile point of the trail next to Killdeer Ave. A new drinking fountain was installed at the gazebo on the south end of the Cedar River Bridge. The fountain has a special dog fountain feature. The trail head shelter has a new display case that will show pictures of the seasonal flora and fauna. Finally, a group of volunteers put wood seal on the deck and railings of the 500' long 24' wide Cedar River Bridge last fall. In 2007, volunteers will seal the remaining 7 bridges on the trail.

This Spring of 2007, May 12 is the annual Trail Cleanup Day. Volunteers will begin at the Waverly and Denver ends with some workers in the middle clearing brush and trimming trees for the new season.

The annual candlelight ski event was again a candlelight stroll this past January. About 75 people came out to walk down the trail with over 800 luminaries placed along the edge. They enjoyed hot cocoa and smores at the turn around

### **Cedar Falls** *By Bob Morgan*

#### **Highway 58 Crossing Safety Study Progresses**

The search for safer trail crossings along Highway 58 is on.

For years, trail users have complained about the dangers of the trail crossing at the Greenhill Road/Highway 58 intersection in Cedar Falls, mindful of a history of fatal motor vehicle crashes and the death of jogger Gary McBroom in July, 2004. Last year, the City of Cedar Falls secured \$90,000 in federal funds to conduct a study of pedestrian/bicycle safety at this intersection, plus the Cedar Prairie Trail crossings of Viking Road and Ridgeway Avenue.

The City of Cedar Falls and Earth Tech, the design firm contracted to conduct the study, have organized a Citizens' Advisory Committee, which includes people living near the problematic intersections, representatives from the John Deere PEC, and the Cedar Trails Partnership. Two meetings have been held so far, at which committee members explored various options to improve the trail crossings, including increased traffic controls, over- and underpasses, and trail relocation.

A number of constraints, including Dry Run Creek's floodplain, federal and state transportation structure guidelines, and the increasing traffic volume on the roads involved, complicate the situation, particularly at the Greenhill Road/Highway 58 intersection. The solution to this puzzle is not going to be simple, easy, or inexpensive.

The City and Earth Tech are now working to formalize the alternatives identified by the Committee, propose actual alignments and feasible locations for structural remedies, and identify the costs of each alternative. These will be presented to the Committee when it meets again in late May or early June.

The Committee's job will be to winnow the alternatives down to the a suitable number for comparison purposes. At that point, public meetings will be held to discuss those alternatives.

At this point, project managers hope to have a decision on the solution by late July. They'll then begin the design work, with hopes to begin construction in late summer of 2008 or early spring, 2009.

## Cedar Trails Patrol *by Brent Johnson*

For those of you who haven't heard about the Cedar Trails Patrol...well we are a group of members of the Cedar Trails Partnership that dedicate couple hours a month to emphasize safe and responsible trail use, help fellow trail users, and report trail hazards. You will recognize us as we wear high visibility t-shirts while we are out on the trails. We also carry our Patrol ID with our logo to identify ourselves to trail users that might need our help. This is a great opportunity to help the Cedar Valley Trail system continue to be one of the best trail systems in the country. For those of you that belong to the Trail Patrol, our next meeting has been scheduled for May 9th. Time and location will be sent via email when

this information becomes available. Hopefully, the weather will cooperate with us this time. For more information contact Brent Johnson at 266-5979, biketech@cfu.net or Mary Jones at 277-4716 mjones@cfu.net.



*Courtesy of Biikeiowa.com*

### **\*Maintenance Tip**

Spring is here and it's time for your annual bicycle tune-up. Annual tune-ups ensure that you and your bike will continue to be safe for the upcoming year. A tune-up can also fix potential problems that can lead to costly repairs if ignored. Remember you don't want to get stranded far away from home with a major mechanical problem that a regular tune-up could have detected. Plan your tune-ups early this year to avoid the RAGBRAI rush that is sure to come. Contact your favorite local bicycle shop today.

**STOP** – before you get in your car, remember cycling could be a cheaper, healthier alternative, which allows you to help the environment and have fun.

## Camp Ingawanis *By Brent Johnson*

We are extremely lucky to have some of the best off-road cycling trails in the state of Iowa. Just 15 minutes north of Cedar Falls/ Waterloo on Highway 218 near Janesville lies the Ingawanis Boy Scout Camp. Here you will find approximately 12 miles of great off-road trail and near 5 miles of gravel access roads.

These trails are available for all to

use for a small fee benefiting the Boy Scouts. 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), or at Bike Tech.

Did you know that some of the best Iowa 24 hour Mountain Bike Racers train in the Camp Ingawanis Trail?

Daily passes are available on site at the check-in area.

For those wishing to just help out, volunteers are always needed to build new trail and maintain the existing routes.

More information can be found at the website including the open/closed status (weather related) at: [www.ingawanismtb.blogspot.com](http://www.ingawanismtb.blogspot.com)

## Fundraising Tidbits

**Just a quick reminder that the Cedar Trails Partnership have a donor advised endowment fund at the Community Foundation for long term trail improvements. Please contribute to the improving of our trails.**

**The Cedar Trails Partnership offers grants for improvements of our trails, If you have a project that will enhance our trail system please contact us!!**

**2007 Cedar Trails Festival posters and T-Shirts will be available soon for you to purchase. Be one of the first one to sport this year's Festival t-shirt or surprise a friend by giving a gift of another wonderful illustrated poster by John Heidersbach.**

*New CTP Socks will be available soon*

## Squeaky Wheels Needed on the Donald Street Trail *By Bob Morgan*

Sometimes it seems as if the wheels on government projects are rusted to the axle. A case in point is the City of Waterloo's Donald Street Trail project.

Conceived in the 1990's, this trail will extend the Gates Park Trail, which runs from Gates Park to Logan Plaza, west and south on Donald Street and Burton Avenue, eventually connecting with the Cedar Valley Lakes Trail at Cedar Bend Park.

City planners have been telling us since 2005 that the trail would be built "this season." Two years later, however, the city still hasn't acquired the right-of-way easements they need before they can let the construction contracts, and "this season" is looking more and more like 2008 or 2009.

There are many reasons for the delays, of course, but the biggest one seems to be a lack of concentrated effort. The Donald Street Trail has to compete for attention with every other project the City of Waterloo has going.

You've heard the adage: "The squeaky wheel gets the grease?" Let's make the Donald Street Trail a very loud "squeaky wheel."

Contact Mayor Hurley, the Waterloo City Council, and anyone you know in the Waterloo Planning Division. Tell them you think the Donald Street Trail is important to link Waterloo's east side into the trail system, and that you want it built NOW.

*Bob Morgan is the CTP Advocacy Committee Chairman*

## Links to Cedar Trails Partnership New Website *By Susan Lewis*

If you haven't visited the Cedar Trails Partnership website recently please do, it looks great!

So now that it's looking so good it's time to share it with other trail sites around the Midwest and the entire country.

We have been fortunate this spring to have an intern from UNI with a major in Leisure Services with emphasis on outdoor recreation. Jennifer Kehret has spent many hours looking at sites and contacting them to ask for a link from their site to ours.

There are a lot of great sites for us to link to including: Dirtworld, National Recreation Trails, Pedaling.com, TripleBlaze.com, OneDayHikes.com, Bike Iowa, Ride Midwest, and Trails.com. The list goes on and in addition to the biking sites we've got sites for hikers and paddlers.

Most of these sites are going to request a link back to their site, so

Visit [www.cedartrailspartnership.com](http://www.cedartrailspartnership.com)

check the Cedar Trails site out later this summer and take a look at some of those websites as well.

**Big thanks to Dwayne Purdy & Molly Huber for their help with the design of our new website.**

### **Bike To Work Day**

The week of May 16 is not your usual week, is a celebration of biking to work. Many of you who read this are die hard cyclist and ride your bikes to work everyday of the year defying frigid, rainy, and blazing humid days. Maybe you are not that hardcore, but enjoy cycling and ride your bike to work couple times a week. Well, you should know by now that May 18 is Bike to Work Day Worldwide. Europa Cycle and Ski and the CTP

are planning on celebrating your bike commute that day by providing you with some breakfast food and the opportunity to win great prizes. What you should do? Well stay tuned for details regarding to Bike to Work Day.

If you would like to volunteer please contact us, we are always encouraging our members to participate and help.

**[www.Cedartrailspartnership.com](http://www.Cedartrailspartnership.com)**

### **Cycling is...Green**

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

## Hartman Reserve to Hold Eco-Triathlon on the Trails *by Bob Morgan*

The Cedar Trail System will be filled with triathletes on the morning of Sunday, August 5, competing in the first-ever Hartman Eco-Triathlon.

This non-traditional ecological-challenge triathlon blends kayaking, bicycling, and running with environmentally friendly practices to come out as the most “green” multi-sport race of the Cedar Valley. All proceeds will benefit the Hartman Reserve.

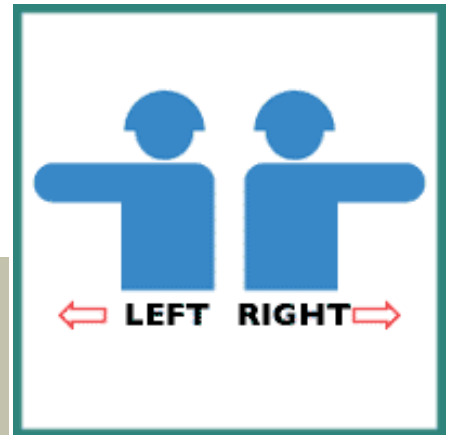
Featuring a 5K trail run, 5.5K kayak course, and 12K bicycle route, the Eco-Tri will use the Cedar Valley Lakes Trail, South

Riverside Trail, and the new Cedar River Canoe Trail. The finish line will be at the Hartman Reserve Nature Center, with a post-race celebration to follow.

For more information, contact Erin McLaughlin at Hartman Reserve (277-2187) or erin\_hrnc@yahoo.com.

### Cycling is...**Healthy**

Cycling is one of the simplest and most effective ways of getting fit. Cycling to school or work makes exercise part of your daily routine.



Use Hand Signals on your bike

Picture courtesy of Bikeiowa.com

## UNI Encourages Walking and Biking *by Kathy Green*

The UNI Sole Power program, sponsored through UNI Wellness and Recreation Services, is a project designed to encourage non-motorized commuting to campus. The project was originally funded by a grant from the Iowa Energy Center. Sole Power promotes walking, rollerblading and bicycling as a healthy alternative to automobile commuting to UNI and encourages the use of helmets and bike safety as well.

### Cycling is...**Fun**

Unlike other forms of transport, cycling is fun. Whether going to work or school, out with friends, visiting relatives or just popping down the shops, cycling helps you to relax and enjoy yourself.

Program participants have successfully encouraged community businesses to install bike racks for cyclists. UNI Public Safety registers student and employee bicycles for greater theft prevention. Sole Power annually sponsors free bike tune-ups for students and employees, provided by Europa Cycle and Ski. And Sole Power team members worked with the city to identify best city streets for bicycle commuting. As the UNI Earth Day Celebration has grown, Sole Power now coordinates with that event to raise awareness and educate the campus community about its Green Triangle philosophy.

Developed by Ernest Callenbach, the three points of the Green Triangle are health, money, and the environment. The Principle that relates these three points is: *Any time you do something beneficial*

*for one of them, you will almost inevitably also do something beneficial for the other two—whether you're aiming to or not. -- Ernest Callenbach*

### **Five great reasons to give your bike another chance:**

1. Get your exercise on the way to school or work.
2. Good for you, good for the environment.
3. Saves money on gas, parking, and unwanted speeding tickets.
4. Exercise can help reduce or manage stress.
5. Bikes are much cheaper to maintain than cars.

### **Cedar River Environmental Group**

The Cedar River Environmental Group (CREG) is looking for people in our community that cares for the environment to help monitor the Cedar River!! Contact Mark Miller at 319-404-1109 to learn more

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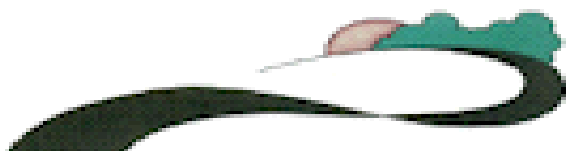
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Persuade a friend to become a member. Let them know the importance of being a partner of an organization that help maintain, expand and improve our great trail system.  
Need more information, Please visit us in the WEB at [www.cedartrailspartnership.com](http://www.cedartrailspartnership.com) or contact us at

**Cedar Trails Partnership  
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Cedar Falls, Iowa 50613  
319-268-4266  
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