

T·A·R·T
TRAILS

TART TALES

Doctor's Orders: Smart Commute to a Healthier You!

By Dr. Doug Spence

Life has afforded me many opportunities to bike. I grew up in Saginaw's outskirts with a single working mom who made it clear, "If you want to do that after school, ride your bike!" This was the spark that got me going in cycling. The ride to school was four miles, but the country roads were quiet and I learned to enjoy it.

During college, getting around Ann Arbor was more convenient by bike than by car. In contrast, I spent the following four years in Detroit, where biking was purely recreational due to lack of bike trails. I then moved to Madison, WI – one of the country's cycling hubs. There, daily biking for commuting led to a huge improvement in fitness and put me back at a healthy weight. For the past 11 years I have lived in Traverse City where I enjoy a daily 8-mile roundtrip bike ride to and from work.

Through these stages I have lived, and learned to appreciate, the health benefits of bicycle commuting.

Build Exercise into Your Daily Activities

As a physician, I tell patients not to 'exercise', but to 'move for meaning.' I encourage them to redefine exercise from 'going for a walk' into 'walk all the way or part way to your destination'. The same goes for cycling. Don't just go for a ride;

Feeling like you could use a friend to get you going? TART has bike commute mentors who are ready and willing to help you navigate through the seasons.

Contact Lee Kurt, Trail Program and Planning Director at lee@traversetrails.org

use your bike to get somewhere. Leave the car at home, or if you must drive to work, leave a bike at work so you can use it to run errands during the day.

Cycling is a time to relax and have fun. Relaxation improves the immune system, and fun improves your day. One of my favorite parts of the day – rain or shine, light or dark – is the commute home. It centers me and I arrive home relaxed. Medical studies have shown health benefits and improved quality of life from building 'exercise' into daily activities. I see a vigorousness and healthy glow in my active patients of all ages that have incorporated exercise into their daily life.

Bike Commuting Burns Calories

In our society it is easy to consume extra calories and not move enough to burn them. Commuting by bicycle is an easy way to be active. It takes 3500 calories burned to lose a single pound. Five days of biking to work can help you maintain your weight goals.

Being active has no unwanted side effects and no pharmacy costs. Studies have shown that going from no exercise to 'some' exercise dramatically improves lifespan, and those would be fun years because you are exercising. So...get on your bike for the health of it!

No need to be a balmy weather biker. TART's working to make bicycle commuting possible all year long. We're partnering with the City, County, Garfield Township and private businesses along the TART and Mall trails to keep the trails clear again this winter. Wear reflective clothing, layer up, light up your bike with front and back lights, and consider studded tires.

Biking to work prevents:

- Cancer
- Depression
- High blood pressure
- Osteoarthritis
- Progression to Dementia/ Alzheimer's
- Progression to Type II Diabetes

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THE LEELANAU TRAIL

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A Summer to Celebrate by: Julie Clark

In July, over one hundred people gathered to celebrate the completion of the 6.5 miles of the Leelanau Trail between Revold and Lakeview Hills roads. The trail was possible because of the dedication and passion of individuals who understand and support the benefits of trails. The trail has hosted thousands of visitors this summer (some of whom couldn't wait until the barricades came down!), and has had a marked economic impact on the communities they connect.

Clearly people are using and enjoying trails in our region. So, it should be no surprise that one of the most frequent questions I got asked this summer is "What's next?" TART is continuing to work on

improving and building upon the existing trail network, as we turn our sights to Boardman Lake Trail, Buffalo Ridge Trail, Acme, the Boardman River Trail and start eyeing the horizon of Elk Rapids. This year we will also be staying close to home – formalizing a management plan that puts into place a budget, schedule and plan for maintenance on the Leelanau Trail, and working with our municipal partners to develop a similar plan to improve the trail system through town. We'll be working on a signage system that helps people know where they are and get to where they need to go. We couldn't do all of this without your help. We are so grateful for the hundreds of volunteers and donors we have

to support our work and help us keep the trails in great shape and help us get new ones on the ground. Because of you, we enjoy a GREAT and GROWING trail system!



Photo: Gary Howe

Julie Clark, Executive Director

A Township Takes to Trails

Trails are growing in Garfield! Last fall the first phase of Buffalo Ridge Trail opened, connecting the Commons to West Middle School. This winter, with funding from the Oleson Foundation, TART, in partnership with Garfield Township will launch the second phase of Buffalo Ridge Trail – connecting the Middle School to the new YMCA off of Silver Lake Road.

The new Buffalo Ridge Trail will be part of a network of trails nestled between Silver Lake Road and US 37. In addition to Buffalo Ridge Trail, the new Safe Routes to School path between Wyatt and Barnes roads was completed this fall. As part of the Historic Barns Park project, the Township and Joint Recreation Authority are working to connect the

Safe Routes to School path at Barnes Road to the Buffalo Ridge Trail off of Silver Drive, with a trail running parallel to Silver Lake Road.

"We're excited to be working to provide new connections," says Chuck Korn, Garfield Township Supervisor. "The trails provide access to some of the area's best natural and cultural resources – like Kid's Creek Park, the Commons and the Historic Barns property. We're looking forward to working with TART on the Buffalo Ridge Trail. The trail provides incredible connections tying directly to the YMCA, Great Wolf Lodge and West Middle School. It will be transformational for the township."

TART will be working with the Township this winter and spring to launch the public

planning process for the next mile of Buffalo Ridge Trail. The Township applied for a grant from the Michigan Natural Resources Trust Fund to construct the Buffalo Ridge Trail. If successful, construction could begin as early as next year.



Chuck Korn, Garfield Twp Supervisor

TART TALES

Smart Commute through the snow and throughout 2013!

TART Trails' Smart Commute program is a year-round effort that develops, encourages, educates and promotes active transportation throughout the Grand Traverse region. Smart Commute Week is an annual week-long celebration held the first week of June and kicks off the year of smart commuting. During this week an exciting, energizing and noticeable transformation in transportation takes place in Traverse City and beyond as people get around the region in different ways. They walk, bike, bus and carpool and find out that it's a great and healthy way to move around town.

2012 Smart Commute Week by the numbers:

- Nearly 30,000 miles were commuted by walking, cycling, car-pooling, public transportation, kayaking, inline-skating, skateboarding, dog sledding and paddle boarding.
- Nine local eateries served complimentary breakfasts to more than 1,000 smart commuters.
- Sixty-five teams comprised of 1,132 individuals competed in the Smart Commute Challenge, which is a week-long competition to encourage people to consider alternative ways of commuting to work.

In partnership with The City of Traverse City and Garfield Township, the second year of TART's Snow Removal Initiative is taking shape. This effort will help keep sections of trail through town cleared all winter long.

Mark your calendars for Smart Commute Week June 3rd – 7th 2013!



Smart Commute Week sponsors helped make this year's event the best yet. This year's sponsorships helped us extend Smart Commute through all four seasons – including TART's Snow Removal Initiative along the trails to encourage accessible non-motorized transportation all year round.



Sleeping Bear is Up and Running!

The first four miles of the Sleeping Bear Heritage Trail opened with a ribbon cutting celebration on June 20, 2012. The development of the Trail is a partnership between the Leelanau Scenic Heritage Route Committee, the Michigan Department of Transportation, Sleeping Bear Dunes National Lakeshore, Friends of Sleeping Bear Dunes, and TART Trails. This initial section of trail from the Dune Climb to Glen Arbor saw over 3,000 weekly users in its first summer of operation. Trail users from infants in strollers to teens and tweens with their grandparents delighted in an accessible trail that showed off some of the best spots in Sleeping Bear Dunes National Lakeshore.

The trail departs from the Dune Climb, hugs the base of the dunes, winds through the forest along an old trail and railbed, and connects with the group campground before emerging in Glen Haven. From Glen Haven, the trail meanders through DH Day Campground, crosses M109 and then follows a former logging road at the base of Alligator Hill, before reaching its terminus at Day Forest Road, outside of Glen Arbor. This winter, the trail will be groomed for cross-country skiing by volunteers from Friends of Sleeping Bear. Design and engineering for the next four miles south from the Dune Climb to Empire is underway.

The trail campaign has a goal to raise \$200,000 to begin constructing the next four-mile segment from the Dune Climb to Empire in 2013. To help spur support, the



Photo: Don Miller

It's Official! Chuck Schaeffer, Julie Clark, Patty O'Donnell, Dusty Schultz, Mike Reynolds and Rise Rasch cut the ribbon

Traverse City Track Club issued a \$25,000 challenge match with a bonus of \$5000 if the goal is met before December 31st. Karen Wells, the TC Track Club board president, shared her enthusiasm for the project, "The TC Track Club is very proud to be able to contribute to our community and the continuing development of the Sleeping Bear Heritage Trail. We value the phenomenal trail systems we have in our five county region, and the Sleeping Bear Heritage Trail will further enhance recreation for locals and visitors to our community."

The permanent donor plaza to be constructed at the base of the Dune Climb will recognize donors of \$1,000 to the Sleeping Bear Heritage Trail.

Well-known local artist Glenn Wolff created an illustrated map of the trail and donors of \$5,000 or more will receive a limited edition signed print. Donations may be made online at www.sleepingbeartrail.org, or by contacting Pam Darling, Development Director of TART Trails, at 231.941.4300.



A trail for generations.

TART TALES

Complete Streets Update

With funding from Rotary Charities, TART kicked off an outreach and education effort in collaboration with the Land Information Access Association (LIAA) and local blogger and photographer Gary Howe. This program is designed to help residents and local agencies understand what complete streets mean and how this approach can be applied when planning and implementing transportation projects.

What are complete streets? A complete streets approach to transportation focuses on the multi-modal design and function of the street itself. Through a public process, streets are designed to be safe and comfortable for individuals of all ages and abilities, including pedestrians, bicyclists, motorists and transit riders. There is no

single prescription as to how a road will look – in fact, they should not all look the same. A rural approach to a complete street may be as simple as a wide shoulder or a bus transfer station, where an urban approach may include sidewalks, bicycle lanes and pedestrian-scale lighting.

Why are complete streets important? In a time where budgets are tight and resources scarce, a complete streets approach ensures the most efficient and effective use of our infrastructure investments. It's better for our economy as studies have shown that walkable and bikeable communities are places where people want to live. It's better for our community because providing transportation options help people get where they want and need to go and helps

everyone move around the community and access employment, recreation and retail destinations. It's better for our environment by reducing single vehicle trips, consolidating infrastructure and incorporating storm water design elements that improve air and water quality. It's better for our health by providing safe and comfortable opportunities to walk and bicycle, which improves mental and physical health.

What does this have to do with trails? Trails are part of a complete streets network. While our trail systems are one of the most well utilized and beloved assets in our region, they can't reach everywhere. Access to these spines from neighboring subdivisions, streets and roadways is often times difficult, if not impossible. Think about how you would (or do) feel coasting down Holiday Hills Road to the trail or getting on the Boardman Lake Trail from South Airport Road. What about those of you that live just south of South Airport Road on Three Mile?

The connectedness of our trails to our streets and sidewalks is what will make the trails more accessible to more people trying to make their way around the region. It's about choices – the confidence in letting your children ride or walk to the park or you choosing how you commute to work. It's about empowering the people of our community to choose how they want their community to look, feel, and function today and in the future.



Complete streets are designed to be comfortable for pedestrians, bicyclists, motorists and transit riders.



A Trail for All Times

On Friday, July 20th, more than one hundred people gathered to celebrate the completion of the Leelanau Trail. There were many hugs exchanged and tears of joy amongst the crowd, as eighteen years of relentless dedication to turning an old railroad corridor into a trail came to fruition.

It all started with a passionate and committed group of people that had a vision of this path from the past becoming a park tomorrow.

September 5th, 2007 – After twelve years, the mortgage on the Leelanau Trail is paid off. Thanks to generous donors, the Leelanau Trail property is now owned by TART.



1995 – Frank Noverr provides the initial down payment for a land contract to purchase the rail corridor.

1997 - The Leelanau Scenic Railroad property is purchased for \$150,000. A \$50,000 Rotary Grant is awarded to establish a trailhead and pave the trail at Cherry Bend Road.

1999 – The Leelanau trail is paved from Cherry Bend to Carter Road.

TIMELINE OF IMPORTANT EVENTS

1994 – Leelanau Trails Association is formed with Dave Monstrey serving as the first president.

1996 – The Leelanau Trail Master Plan is completed, and the trail opened to the public. The remaining section of trail in Suttons Bay is paved.

1998 – The Leelanau Trails Association becomes part of the newly formed TART Trails, Inc. The formation of TART streamlined work for four of the region's trail groups.

2001 – The first easement is received for the TART Trail to Leelanau Trail connector project.

TART TALES



July 20, 2012 – Leelanau Trail Ribbon Cutting ceremony at the 4th Street trailhead. Dave Monstrey spoke about the history that led up to this momentous day.

2004 – The TART Trail to Leelanau Trail connector is constructed from M72 to Carter Road.

Summer 2006 – Bingham Township Special Land Use Permit is approved by the township board and 2.2 miles from Suttons Bay to Revold Road are paved.

June 2012 – Paving from Lakeview Road to Revold Road is finished.

TIMELINE OF IMPORTANT EVENTS

October 2003 – Two miles are paved, from Fouch Road to Lakeview Road.

2005 – The trail extension throughout the Bayview development north of Suttons Bay is constructed.

Summer 2011 – May 5th, a \$500,000 campaign is launched to close-out fundraising to pave the 6.5-mile section from Lakeview Road to Revold Road and half mile segment in the Village of Suttons Bay. A grant for \$470,000 from the Michigan Department of Transportation and the Federal Highway Administration is awarded, contingent upon matching funds obtained.



Thank you to our donors

In May of 2011 we kicked off the Leelanau Trail Paving Campaign, and at the Tour de TART in 2011 we announced we would be riding the new trail by the following July. What might have seemed like a wing and a prayer was so much more than that. It was a promise based on a past – a strong and long history of individual and community support. We thank all of the donors to the Leelanau Trail Paving Campaign.

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Dave Monstrey, President
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TART TALES

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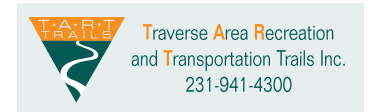
Giving Roots to the Leelanau Trail

As we celebrate the completion of the Leelanau Trail, we recognize the contribution of an individual that helped launch the trail eighteen years ago. At the annual Oktoberfest dinner on Tuesday, October 16th, Frank Noverr was awarded the Jim Mudgett Trail Pioneer Award. With his passion and funding to back it up, Frank gave roots to development of the Leelanau Trail. Noverr provided the initial down payment for purchase of the trail corridor

in 1995, and office space for Paul Bennington, the first executive director of the Leelanau Trails Association. Nearly twenty years later, Frank saw the trail through to completion by funding a challenge match to help close the \$500,000 paving campaign out earlier this year. We thank Frank for his generous support which ensures the trail will be here for the enjoyment of generations to come. The Leelanau Trail would not be here without him.



I support TART's Long-Term Vision: Happy, active people enjoying a world-class trail system.



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TART TALES

Special Thanks to...

Jay Terrell of **Top View Tree Service** for chipping debris along the Leelanau Trail.

American Waste, West Middle School 8th Grade students, The Watershed Center, Elmer's and Williams Pumping for partnering to remove railroad ties from alongside the Leelanau Trail.

Tails to Trails committee members **Chelsea Strate, Michelle Olman and Nicole Runyon**, and the following sponsors: **Bay Area Pet Hospitals, Bowers by the Bay, Brick Wheels, Cherry Republic, Copy Central, D.O.G. Bakery, Great Lakes Pet Memorial, Great Northern Roasting Co, NorthFlight EMS, Northwood Pet Hospital, Pets and Peeps Photography, Pet Sitters Network North, Pure Water Works, Square Deal Country Store, TC Track Club and Heather Sills.**

Recycle-A-Bicycle volunteers, and program partner **City Bike Shop**; and Bike Swap volunteers and partner **Downtown Development Authority.**

The **600 riders** at the 12th annual Tour de TART; Committee members **Beth Adcock, Connie Mann, Megan McLain,** and **Chelsea Strate**; volunteers; and event supporters: **9 Bean Rows, Brick Wheels, City Bike Shop, Einstein Cycles, McLain Cycle, Suttons Bay Bikes, C&M Insurance, Charter Communications, Coldstone Creamery, Elmer's, G.J's Rentals, Houdek's, Monstrey's Special Events, Gordon Food Service, Grand Traverse Packaging, Morse Hahnenberg Moving, Steve Brown aka Iceman, Jolly Pumpkin, L Mawby, Short's Brewing Company, Northwoods Soda, Pure Water Works, Leelanau County, Northflight EMS; Autumn of Salon De Capelli,** and the **Village of Suttons Bay.**

Matt and Jennifer Ross, and **Melinda Webster** for planning the 4th annual Zombie Run to benefit TART Trails, and the inaugural Dune Dash to benefit the Sleeping Bear Heritage Trail. Also thanks to all of the volunteers and participants of each of these fabulous events!

The **Cherry Capital Cycling Club** and **Ray Landfair** for organizing the Leelanau Harvest Tour, the nearly **1000 riders,** **Suttons Bay Schools** for hosting, **Catering by Kelly's** for lunch, **Emily Taphouse** and **Kathy Heil** for coordinating food stops, the **volunteers,** and the food stop donors including **Cherry Republic, Food for Thought, Higher Grounds, Meijer, Oryana, Pedaling Beans, Pleasanton Bakery, Pure Water Works, Naturally Nutty** and **The North End Eatery.**

United Way Day of Caring Workbee groups from **Traverse Bay Area Intermediate School District, The Bank of Northern Michigan, Disability Determination Services** and **Grace Episcopal Church.**

Ambassador **Jerry Glenn** for a 5th year of heading up bridge re-decking projects; **Home Depot** for sponsoring all materials, equipment and some labor; **Grand Traverse County Facilities;** and all of the volunteers that helped.

Sustainer's Circle donors for continued support of the trails. Oktoberfest at the **City Opera House** was made merrier with Connect sparkling wine donated by **Huntington Bank,** pies from **Grand Traverse Pie Company,** ice cream from **Moomer's,** centerpieces from **Lilies of the Alley** and **Hoxsie's,** and beverages from **Short's, Right Brain, Black Star Farms, L Mawby** and **Bower's Harbor Vineyard.** Thanks to **Kelley Peterson** for hand-addressing the invites, **Michael Kent** for photography, and **Bonnie Willings** for lending a helping hand.

Data entry volunteers **Frances and Dave Sorgen, Colleen Sweeney, Lynn Crewes** and **Luc Serriere** for helping out at the office this fall.

Bill and Deborah Dursum of **Miller Laser Technologies, LLC** for fabricating the donor recognition plaques for the Leelanau Trail.

Flight Path Creative for newsletter design, and **Village Press** for printing.



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traversetrails.org

Women's Winter Tour – Sunday, February 3
womenswintertour.com

North American VASA – Saturday, February 9
vasa.org

YetiFest – Saturday, February 16
theyetifest.com

Earth Day Trail Workbee – Saturday, April 20
traversetrails.org

Tails to Trails: Four Paw 5k – Saturday, May 18
traversetrails.org

