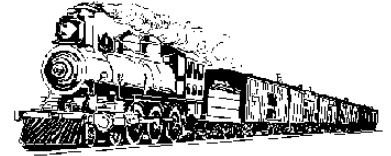




HISTORICAL TRAIL

RAILS TO TRAILS OF NORTHWEST MONTANA



2008 Rails to Trails Donators

Over 1400 hours of volunteer service was performed and hundreds of dollars of supplies were donated in 2008 to maintain and manage the Great Northern Historical Trail. We've tried to be as accurate as possible and list all who have donated financially and graciously given their time and services. If your name or business has been left off we sincerely apologize. Thank you all very much! Newsletter printing cost is partially offset by Great Northern Printing, Inc.

ACME Portable Toilet Rentals, Brad Adkins, Fred Adkins, Greg & Lori Adkins, Anderson Masonry, Steve Anderson, Marian Ax, Bill & MaryAnn Baker, Bob Beck, Jack & Cynthia Berrier, Big League Bagels, Ed Boggs, Carole Bolme, Tina Boon, Barbara Boorman, Jerry Boschee, Darrell Brown, Sarah Burdick, Barbara Calm, Anthony & Gail Camilleri, Capers, Dave Carlson, Melvin & Phyllis Carr, Cenex Harvest States, Ceres Bakery, Dana & Stephanie Christiansen, Allan Clark, Colter Coffee, Sheila Conners, Daily Interlake, Robert J. Domrose, William & Metha Edens, Susan Ann Ennis, Billy Estes, Finnegans, Flathead Co. Road Dept., Fun Beverage, Pat Gibney, Glacier Bank, Glacier Cyclery, Good Medicine Espresso & Deli, Robert V. Gorsuch, Patty & Scott Grayson, John & Toni Gunnerson, Alrick Hale, Hammer Nutrition, Todd & Elizabeth Hammer, Harmon Crane & Rigging, Inc., Jim & Sue Hoag, Maxine Holland, Steven P. Holmes, Bernie Imhoff, Cindie Jobe, Kalispell Police, KRMC, Jim Kruger, Russ Larson, Tina Jo Lerum, Stuart & Nina Levitt, Tim Light, Deborah Linnell Blank, William Little, MD, Lower Valley Vet Clinic, Shirley Maclachlan, Bob Marceau, Darrell Martin, Continued on Page 3

Progress on the Western Trail Portion By Val Parsons, President

Starting in early 2000, Rails to Trails began the dream of installing two bridges that were greatly needed on the Great Northern Historical Trail. Over the next seven years, many options were proposed and researched; we discussed using the old steel bridge, using old rail cars, using timber frame bridges, and looked at used bridges in the area, while continuing our web search for bridges. The one thing we did realize during this time was the need to focus our fund-raising efforts for the biggest project we had ever tackled.

In 2005, two Rails to Trails volunteers presented at a local weekly Lions Club meeting. At that meeting, one of the members proposed the use of fiberglass bridges which might have advantages for our group. We found a company called "ETTechtonics" and began to explore the installation of these bridges by the volunteers involved in our group. We applied for grants to build these bridges and were awarded two FWP Recreational Trail Grants. Our dream was beginning to take a realistic turn. We had help with our funding efforts.

In 2008, the bridges were engineered, permits were completed, local businesses were contacted for donations and labor, and individuals were contacted to help with the bridge project. In October 2008, volunteers began the 10 day job of putting in the abutments. The bridges arrived in November and were quickly assembled by two teams working simultaneously. This part of the project was like putting a giant K'Nex or Tinker Toy set together. It was amazing and fun! We wish to thank the following for their contributions to our bridge mission:

Bridge construction Jim Kruger and Bob Marceau



Lowering the bridge into place



Fred Adkins, Leanne Anderson, Steve Anderson, Ron Boddington, Mike Borden, Pati Bowman, Chris Christensen, Mark Crowley, Flathead Electric - Terry, Mike Fraser, Sonal & TJ Frickle, Mary Jo Gardner, Glacier Bank - Brian Cullins, Harmon Crane, Ron Hoye, Mike Ketcher, Bob & Cheryl Klein, Knife River - Alrich Hale, Jean Kruger, Jim Kruger, Rich Lehl, Dylan Macaya, Morrison Maierle Engineering, Bob Marceau, Terry Meyers, Montana Cad, Montana Fish, Wildlife & Parks, Dan'l Moore, Dan Olson, Pacific Steel - Dale Augusta, Valerie Parsons, Parsons Tractor, Mark Paulson, Helen Pilling, Terry Richmond, Ron Rierson, Horace & Pat Sanders, Luke Sanders, Jeff Schreiner, Dick & Joan Siderius, Mark Siderius Construction, Simply Sweet Bakery, Al Sorenson, Mike Spence, Phyllis & Don Snow, Hubert & Wayne Turner Gravel, Bob Wagar, Woodrings Excavation, Jerry & Jolynn Yenne

Walking for Fitness and Fun - No instruction needed – No assembly required

A fast pace walk, 15 minutes per mile, can help lower cholesterol, stimulate blood circulation and help lower blood pressure that leads to a stronger cardiovascular system. Walking at a low impact aerobic level does not stress your joints as much as other exercises and imparts flexibility and strength to the body. A healthy walking program helps prevent or manage obesity, osteoporosis, diabetes, and other diseases. But start out slowly if you're not in shape.

Adults need at least 250 minutes per week ~ 50 minutes of exercise five days a week ~ to

lose significant weight, according to the American College Sports Medicine (ACSM).

To maintain weight rather than lose, you may still be OK with the 30-minute workouts. The ACSM recommends that adults participate in at least 150 minutes per week of moderate-intensity physical activity to prevent significant weight gain. Overweight and obese adults, however, are more likely to reach their goals with at least 250 minutes.



5th Annual Great Northern 5K Saturday - May 30, 2009

It's time for the Fifth Annual Great Northern 5K Fun Run and Walk (GN5K) – a fundraiser for the Rails to Trails of NW Montana. Over the years, the event has raised close to \$10,000 in contributions to Rails to Trails and has helped with construction costs for the very trails you recreate or travel on in the Flathead Valley. Help us continue to build more trails by participating in the 2009 GN5K!!!

In celebration of our 5-year anniversary, we are adding a 1 Mile Kids Sprint to the 2009

family friendly event. Meet at the Great Northern Historical Trail near Meridian and Center Street in Kalispell. The Kids Sprint starts at 9:30 a.m. The GN5K will start shortly following the sprint at 10:00 a.m. The race start is in the Meridian Business Complex cul-de-sac.

Pre-registration for all ages is \$12 with a t-shirt and \$35 for a family of two adults and two or more children. Day-of registration begins at 8:00 a.m. and is \$15 with a t-shirt and \$45 for

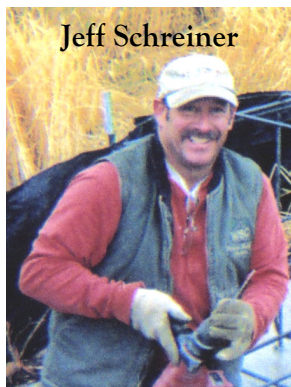
a family. Registration for the Kids Sprint is \$7.00 with a youth t-shirt and open only to ages 12 and under. Please note that only pre-registration is accepted for the Kids Sprint – no day-of registration for this portion.

Awards are given for top three overall males and females with lots of raffle prizes going to almost every runner. Registration forms are available at www.gn5k.com. For more info, call 471-1949 or e-mail greatnorthern5k@gmail.com. The GN5K is dedicated in loving memory to Sonny Boon.

2008 Great Northern 5K Results

It was great day in the neighborhood. There were 190 runners, walkers and strollers. Top women finishers were **1st** - Cami Stolte - 21:19, **2nd** - Sonal Shah - 22:01, and **3rd** - Linda Vevera - 22:28. The men were led by **1st** - Garrett Foot - 18:09, **2nd** - Bart Healy - 19:23, and **3rd** - Nate Peterson - 19:40.

Course records are as follows: Male - Set in 2006 by Michael Mancoske - 17:04; Female - Set in 2007 by Jen Nerison - 20:29.



Jeff Schreiner



Bridge Use, November 2009

Our Hero and Volunteer of the Year!

After two other masons had promised to build our gift walls and then backed out, we found **Jeff Schreiner**, or maybe it was Jeff who found us. With his enthusiasm and knowledge he is our knight in shining armor, or ripped jeans as the case may be. When I asked Jeff what it was that encouraged him to volunteer with Rails to Trails he answered quickly, the people, and followed that with the fact; it is a project we can be proud of.

The people, he said over and over, the people are so appreciative. We of R2T are most definitely appreciative of Jeff and all our volun-

teers. Jeff has time and time again, jumped into a project at the last moment with his 'pay it forward' positive outlook, creating exactly what is needed. The last of October, when winter was knocking, we found ourselves in a big bind. In comes Jeff to our rescue with his "better now than later" attitude. He put on hold helping his brother build the Double J Steakhouse and B&B in Troy, and jumped onto our bridge foundations with 200% of his life. He worked patiently with the volunteers and efficiently with the more experienced workers.

Concrete is not all Jeff Schreiner does with the expertise and energy of an ambitious beaver, he welds, blasts, paints, lifts and is a landlord extraordinaire. With his business Schreiner Construction anything imaginable is accomplished. Jeff has an extended family that includes his siblings, kids and grandkids but also all the people with whom he has done business. Where ever he and his loyal large dog Duncan go, people recognize and chat with Jeff. If there is the ability to be a young 'good ol' boy' Jeff Schreiner has found it. He says he looks forward to using the trail more when he is a true "good old boy"

Why Ride? A Bike That Is

With the world facing skyrocketing obesity rates, escalating traffic congestion and the concerns of global climate change, the bicycle is an underutilized solution. For your health – The average person loses 13 pounds their first year of commuting by bike. Just 3 hours of bicycling per week can reduce your risk of heart disease and stroke by 50%. A 140-pound cyclist burns 508 calories pedaling 14 miles an hour.

For the world– The U.S. could save 462 million gallons of gasoline a year by increasing cycling from 1 percent to 1½ % of all trips. Each U.S. rush-hour auto commuter spends an average of

50 hours a year stuck in traffic. In 2003, cars idling in traffic wasted 5 billion gallons of fuel. For the future – In 1964, 50% of kids rode to school and the obesity rate was 12%. In 2004, 3% rode to school and the obesity rate was 45 %. Between 1960 and today the average weight of a 6-11 year old has increased 11 pounds. For two miles or less – 60% of pollution created by automobile emissions happens in the first few minutes of operation, before pollution control devices can work effectively. 24% of all trips are made within a mile of home and 40% are made within 2 miles of home.

Smith Valley Students Thank Rails to Trails

Smith Valley School sent R2T several letters about the value of Rails to Trails. Nicole Stevens wrote, “a wonderful place for Mr. Dowell’s walk because you can get outdoors and see wildlife in action.” Jason Jones added, “ good exercise ... I ride my bike to school...” Aryn Phillips wrote, “has made my life better...it is very healthy,... we use the trail for a daily walk during study hall ...

science experiments and P.E exercise”. Jonathan Smuda wrote “is a great place to get away from home and just hang out with friends.” Many others included the same values in other letters, including, “ Rails to Trails is great for our community and safer than the road.” We are pleased to see the school and students using it for both school activities and personal use.

Rails to Trails Receives Major Grant

We were successful in receiving a \$187,000 grant from Fish, Wildlife and Parks to specifically build 4 approaches to the bridges, grade and prepare for paving the section between the two bridges, regrade and ready the 2 miles west of the

western bridge, work on a staging area for Kila, and pave (hopefully with some recycled product) the rest of the trail. We must come up with a 20% match for this generous grant from FWP. **Will you help to reach our goal of \$36,000?**

Literacy Volunteers of Flathead County Thank Rails to Trails

Literacy Volunteers of Flathead County thanks Rails to Trails for having the trail available for their annual 5k Run and Walk fundraiser event.

2008 was their largest turnout ever. The 4th Annual Race will be held July 11, 2009.

Loss of a Rails to Trails Friend – Mike Ketcher

We will miss our friend Mike Ketcher who, at the age of 58, had a heart attack while running near his home. Mike was a truly happy man with a huge generous heart. He loved to bicycle and to run on the valley’s trails. Meetings weren’t his

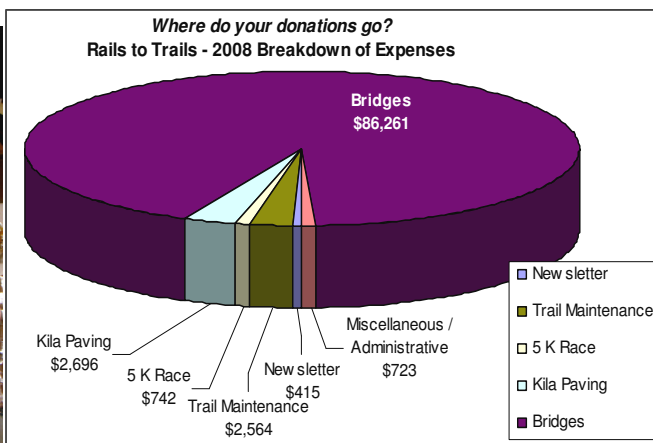
thing but we of Rails to Trails could always count on Ketcher to show up at a party whether it involved hard work or just play. He would arrive with a smile, his dogs and a comment or two that always made the day brighter.

2008 Donators Continued

Charles & Kathy Meyers, Heidi & Brian Miller, Emy Minnick, Montana Academy, Montana CAD, JD Morrells, Gary Morris, Mountain Valley Foods, Pam & Mike Mower, Jim & Audrey Neuhart, Mark Ogle, Dan & Jeanne Olson, Valli Ostrom, Pacific Power & Light, Pacific Steel & Recycling, Stephen Palmer, Parsons Tractor, Pee Wees, William & Jana Pursell, Don Rasmussen, Rocky Mountain Outfitter, Rosauers, Bill Rossiter, Gene & Marilyn Ruby, Connie Rudie, Greg & Nancy Sanders, Horace & Pat Sanders, Jeff Schreiner, Molly & John Schwarz, Sam Scott, Liz Seabaugh, Jean & Pat Sherlock, Curt Shugart, Joan & Richard Siderius, Linda Siderius, Mark Siderius Construction, Ray Siderius, Tom & Terry Siderius, Melissa Sladek, Sliters of Somers, Somer's Bay Café, Alan Sorensen, Jim Soular, Stolte's Pet Shop, Dave Streeter, Sunrises Lions, The UPS Store, KayLynn Waddell, Bob Wager Trucking, Nancy Weckwerth, Theresa Welty, Wheat Montana, Wheatons, Whitefish Mtn. Resort, Woodring Brothers Excavating, Deb Yarborough, Andy & Pat Young, Jill Zignego.

Rails to Trails 2008 Finances

On Dec. 31, 2008 our accounts totaled \$25,722. During the year, we received \$41,000 in grants to help fund the bridges and Kila paving. We borrowed \$23,500 to complete the bridges and received funds in early 2009 to repay the loan. Fundraising efforts brought in \$2,453 from the 5K race, \$2,748 from our Pie and Silent Auction & Dance, and \$8,446 in donations throughout the year. We sincerely thank every individual, organization, business and agency for your continued support!





Rails to Trails of Northwest Montana

P. O. Box 1103

Kalispell, MT 59903-1103

Non Profit Org.

U.S. Postage

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Permit #162

Kalispell, MT 59901

**Rails to Trails of NW Montana meets
at 5 PM on the first Monday of each
month at the Fish, Wildlife and Parks
Conference Room
490 N. Meridian Road, Kalispell**

We're on the Web!

www.railstotrailsofnwmt.com/

Kila Segment of the Great Northern Historical Trail

A Vision for Kila

With CTEP and Safe Routes to School grants, two new miles of paved trail were built along the Smith Lake Waterfowl Production Area and Kila is looking forward to a new image. Soon, area residents of the Flathead Valley will come to walk or a ride on the trail, look for nesting Sand Hill Cranes, read the history of the area, picnic and watch the raptors hunt for rodents rather than depositing their refuse at the County Green Box site. Recently the County Solid Waste Board voted 7-0 to go ahead with a consolidated Ashley Lake Road green box site for Marion and Kila in place later this year. With the help of the Kila School, Fish Wildlife and Parks, and many volunteers, a staging area for trail use with picnic tables, a gift wall, and interpretive signs will replace the current green box site.

**Shack being
removed from
new section of
Kila Trail**



Somers Segment of the Great Northern Historical Trail

We're still looking for some special person to be the lead volunteer for the Somers trail section. Bob & Cheryl Klein have been a tremendous assistance in weeding, mowing, trimming, cleaning and other maintenance during the summer months. We thank Bob & Cheryl for their years of help and dedication.

2008 Harvest Dance, Pie and Silent Auction

A large and generous crowd came out to support Rails to Trails of Northwest Montana. Proceeds from the event contributed \$2,747.50 to our account. Thank you all very much as these donations will help contribute to our private share needed for matching grants! At a 13% share this covers about \$21,000 of future state grants requiring a private match. Music was donated by the Grin and Bear It String Band.

SAVE THIS DATE: NOVEMBER 14th FOR THE 2009 HARVEST DANCE AND AUCTION