

## THE PATH FINDER



# HISTORICAL TRAIL

RAILS TO TRAILS OF NORTHWEST MONTANA

## SPRING 2012



### 2012 Great Northern 5K Race and Kids Sprint, May 12, 2012

Rails to Trails of Northwest Montana will host its annual 5K fun run and walk. Race Day Registration and Packet Pick-Up begins at 8:00. Start time is 9:30 for the Kids Sprint and 10:00 for the GN5K. The GN5K is a family friendly event that we like to make special for every participant with prizes, snacks and fun for the whole family with awards for over-all top 3 male & female finishers.

Over the years, this event has raised close to \$20,000 in contributions to Rails to Trails and has helped with construction and maintenance costs for the very trails you recreate or travel on in the Flathead Valley. Help continue to build more trail by participating in the 2012 GN5K!!! Contact : [greatnorthern5k@gmail.com](mailto:greatnorthern5k@gmail.com) or [www.gn5k.com](http://www.gn5k.com) - for additional information regarding our event.

The GN5K will start in the Meridian Court Business Complex cul-de-sac, near the corner of Center St. and Meridian in Kalispell. The course is an out and back race that finishes at the trailhead of the Meridian Rails to Trails.

The GN5K is dedicated in loving memory to Sonny Boon.



## President's Message

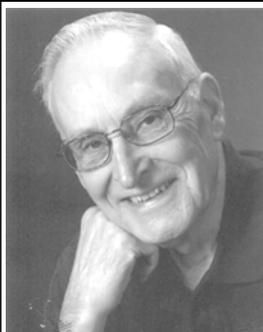
April 2012. As we enter the season of trail use, I want to review some of our (your) 2011 accomplishments. We are pleased that the trail between Somers and Highway 82 was crack sealed and seal coated with some asphalt patching. I hope you have seen this work. The same was done between Meridian Ave in Kalispell going west and ending near the old silo along the trail. The Kila area was fine-tuned as mentioned elsewhere in this newsletter. On these upgrade projects, Rails to Trails spent over \$15,000. Hopefully, you've seen and read the seven historical signs placed at the start and along the trail route. These signs are appropriate with our official Great Northern Historical Trail name.

During 2012, we will continue moving west crack sealing, seal coating and asphalt patching and hopefully get close to the Highway 2 weigh station. We will be using a Montana Fish, Wildlife and Parks Recreation Trails Program \$14,500 grant for this effort. As you can see our 2011 and 2012 efforts are to maintain and upgrade the trails that have been built over many years of effort. We are planning to continue the asphalt maintenance work into 2013. We're thinking big as we discuss and plan for west of Kila with a trail towards Marion. We would use the old Great Northern Railroad bed. This means easements and finding the appropriate route will need to be studied and proper grants being applied.

Your support with donations, attending the annual Harvest Dance and Pie Auction, and participating in our 5-K Race, has allowed Rails to Trails to accumulate almost \$40,000 for use as the private portion required for matching grants. A great big thanks to all and looking forward to seeing you on the trail during the coming months.

*Richard Siderius, President*

## *Horace Sanders, 1932 — 2011*



**This tribute is for Our Hero and Volunteer of the Year Recognition.**

Horace passed away May 30, 2011 at the age of 79. He was a hard working member of Rails to Trails and served in many leadership capacities of the organization. He helped and guided the development of the paved trail from Somers to Kila. His life's work for Bureau of Land Management enabled him to creatively work with, listen to, and connect with local and state agencies and garner their support for trails in the Flathead Valley. He was thoughtful and did what he said he was going to do. Horace worked best behind the scenes clearing brush, felling trees, spreading gravel, cleaning, and mowing the trail with the vision and love of a paved trail always before him. He always had the right tools to do the job and made the job enjoyable. He was most appreciative of the members of Rails to Trails core group and became fast friends and had fun with all as they worked together on this most worthwhile project. Horace was always enthusiastic in fund raising and was supportive at dances and pie auctions, etc. He really cared about the trails and never missed a chance to take family members (grandchildren) on a walk or bike ride on the trail he loved so very much. He so enjoyed and was a vital asset of the grassroots element of this organization and was so proud of all it accomplished. It is very gratifying to see and visit with the numbers of folks who now enjoy the trail and the labors of this gentleman.

Horace was artistic and enjoyed woodworking and wood turning. His energy, work, and abilities will be missed by his family, the community, and Rails to Trails. Horace's family thanks the many folks who contributed memorials to Rails to Trails in Horace's name.



The grand opening and celebration of the continuous 22 mile Rails to Trails Path from Somers to Kalispell to Kila was held on Saturday, June 11, 2011. The community was invited to spend a day on the trail, and encouraged to ride the whole trail that day in celebrating the connection of Kalispell to Kila path with the 5

mile stretch of the trail from Somers northward. The connection was made with the completion of the Highway 93 bypass and a generous easement donation by the Siderius family in November 2010. At noon the skies let loose and over a hundred trail enthusiasts crowded under the bypass bridge for

*A Day on the Trail Celebration –June 11, 2011*

the official ceremony. In attendance at were volunteers, and representatives from local and state agencies and government who helped make the trail system a part of the community. Local Boy Scout troop 1901 presented the Colors. There was live music, activities, and a scavenger hunt. At the end of day prizes were awarded at the Cottage Inn in Kila with music on the deck by the Tropical Montana Marimba Ensemble.

Thanks to all who participated. Enjoy your trail!



Music on an Ashley Creek Bridge

*Rails to Trails — Kila Addition Completed*

**Practical Tips for Moving More at Work or Home**

Set a computer timer every 60 minutes to break for a short walk. Go for a walk with a co-worker to talk business on the go. Keep light hand weights or resistant band while reading email or talking on the phone. During phone calls and meetings, stand up and walk around. Use an office or cubicle wall for stretches, vertical push-ups and leg lifts. Ask for a chin-up bar in your break room.

**Aerobic exercise health guidelines**

Increased energy expenditure may improve health and fitness. Moderate intensity aerobic exercise at 5 days a week for 150 minutes each week in at least 10 minute intervals. Your heart rate is increased and maintained for 60 - 90 minutes. This, for most people, is a brisk walk. Vigorous intensity exercise at least 3 days a week for at least 75 minutes. Your heart rate is increased and maintained for 30 - 60 minutes. For most people this is a jog or slow run. Work this in between the moderate exercises. A weekly combination of 3-5 days of exercise is recommended to achieve and maintain health and fitness benefits.

The last piece of the MT FWP awarded us was reserved for the Kila staging area. There is now a parking area, picnic table and gift wall where the Kila green boxes used to be. With the guidance, tools and expertise of Jeff Schreiner (Schreiner Construction) a hand full of volunteers got to work setting up the gift wall forms and tying the amazing amount of metal (donated by Pacific Steel) in the right places. The concrete was poured and donated by LHC on a couple of miserably wet/chilly fall days. After beating on the forms and waiting, taking the plywood and foam off, the new

wall was tedious but fun when combined with biscotti and hot fresh cider for all. There was a beautiful heavy picnic table partially donated by Flathead Concrete Products and delivered to the site. The Kila Gift Wall is ready for warm weather when we can set hundreds of bricks or tiles of those trail sponsors who want to show their enthusiasm at the Kila end/beginning of the Great Northern Historical Trail. Please pick up an envelope or go to our web page [www.railstotrailsofnwmt.com](http://www.railstotrailsofnwmt.com) to donate your very own tile or brick, advertise your business, or memorialize your friend forever

(so to speak). Come to our end/beginning of the trail anytime, the birds and waterfowl are returning too. It must be spring!



*Rails to Trails Interpretive Signs*

Eight interpretive signs researched by Melissa Sladek and designed by Dave Restivo are almost all installed along the Somers to Kila Rails to Trails. Signs were placed at the Somers trail head, near the old ice house, at the intersection of the trail and School Addition Road and near the trail and Highway

82. Eleven volunteers worked over 3 days installing the signs. Additional signs have been installed at the trail head near Meridian Road and Kila. One other sign remains to be installed. These signs depict early history and natural history of the Flathead Valley.



Cheryl Klein and Horace Sanders, put the finishing touches on a sign to be installed along the trail.

## 2011 Great Northern 5K and Kids Race Results

First, second and third place finishers for the 1 Mile Kids Sprint were boys, Isaac Neumann, Owen Connerly and Myles Hartley; and for the Girls, Lulu Neumann, Clarissa Hartley and Selah Neumann. Makena Morley, Bryn Morley and Rachelle Ebly were the first three female finishers and Steve Morley, Logan Morley and Aaron Benson were the first three male finishers. Thank you all for participating and showing support for the entrants. This is one of the major fundraisers for Rails to Trails. Your finish time was faster and more accurate as chip timing was new in 2011 and will be offered again in 2012. Thanks for Competitive Timing for providing this

service. Hope to see you at the start on May 12, 2012.



One of the Youngest Runners!

### 2011 Great Northern Race Sponsors

T-shirt logos: Bikology, Sliters, Lower Valley Vet. Clinic, Sunriser Lions Club, Glacier Bank, Medical Arts Pharmacy, KRM-C/The Summit.

Donations by Businesses: Flathead Health and Fitness, Western Outdoor, Coon Hollow Canvas, Colter Coffee, Jack & Jill Kids Shop, Imagination Station, Bad Dog Bakery, Glacier Cyclery, Fun Beverage, Hammer, Rosauers, Rocky Mountain Imaging, Wheaton's.

Thank and support these businesses and groups for their generous contributions.



## New Flathead Valley Bicycle & Pedestrian Trail Map

Remember to pick up a new trail map of the Flathead Valley at one of local sporting or bicycle stores or at one of Chamber of Commerce offices in the valley. You can get a glimpse of just how much has been accom-

plished in the valley for non-motorized travel. The map was sponsored by the Columbia Falls C of C, Kalispell C of C, the Village of Big Fork, the Whitefish Convention and Visitors Bureau and Rails to

Trails of Northwest Montana. Maps of the Valley's existing and proposed trails, with close-ups of Kalispell, Whitefish, Columbia Falls and Big Fork are shown. Thanks to the great talents of Vicky Bodfish,

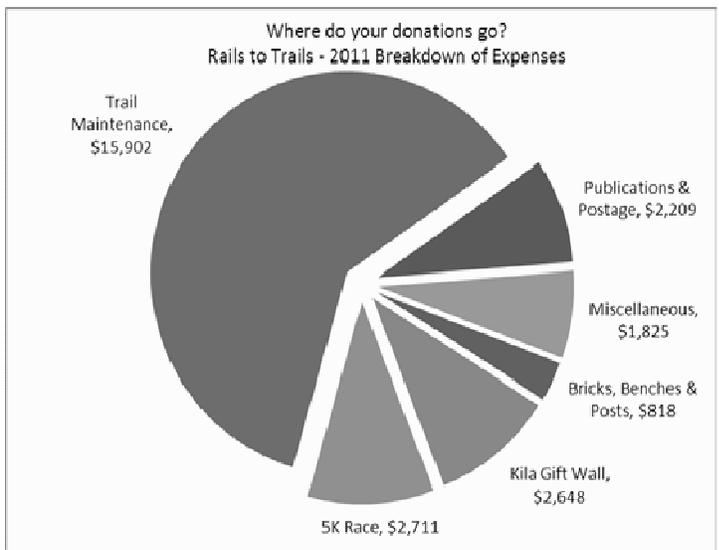
cartographer, and Rick Anderson, graphic designer in volunteering their time for the layout and map work.

## Rails to Trails 2011 Finance Summary

### FROM THE TREASURER

At December 31, 2011 our accounts totaled \$26,731, which is a decrease from \$31,159 at December 31, 2010. Our largest expense is trail maintenance with \$15,902 in expenses related to seal coating the trails and general maintenance. We also added a gift wall in Kila during 2011. Our fundraising efforts brought in \$1,752 from the 5K race (net of expenses) and \$2,226 from our Pie and Silent Auction & Dance. Additionally, we re-

ceived \$14,938 in donations throughout the year, which is a large increase over the prior year. Volunteers performed many hours of service and hundreds of dollars of time and supplies were donated in 2011 to maintain and manage the Great Northern Historical Trail. We sincerely want to thank every individual, organization, business and agency for continuing to support Rails to Trails. Your donations help us to continue to expand and maintain the trails.





## The Path Finder Newsletter

Rails to Trails of Northwest Montana  
P. O. Box 1103  
Kalispell, MT 59903-1103

Rails to Trails of NW Montana  
meets at 5:30 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/](http://www.railstotrailsofnwmt.com/)

Mailing Address Line 1  
Mailing Address Line 2  
Mailing Address Line 3  
Mailing Address Line 4  
Mailing Address Line 5

### *2011 Harvest Dance and Pie Auction*

A great time was had by all attendees at the Smith Valley Grange Hall and if you did not get your fill of pie, it was no ones fault but your own!!

While the snow fell and wind blew outside it was warm and cozy inside. There were 38 pies auctioned off with 40 bidders in contention for each one. Thirteen pies were sold outright by the slice (ala mode on request). The bidding on the 44 silent auction items, donated by local merchants and artisans, was aggressive up to the closing whistle. While bidding was going hot & heavy downstairs, upstairs the dancing was in full swing.

Music was provided by The Grin & Bear It String Clan which has been playing together for 25 years and the Pie Social is one gig they look forward to playing every year. The dance was called by Kathy Neff who kept everyone moving, swinging or tapping their feet. With Sam Scott as our auctioneer, we raised over \$2,000.00 and as folks headed home they were looking forward to next year's event.

So, Yaw'l come back on November 10, 2012. Bring your homemade pie for free admission and dance the night away. Hope to see you there.

### *PAT GIBNEY -- A SPECIAL VOLUNTEER FOR THE RAILS TO TRAILS OF NORTHWEST MONTANA*



Pat came to one of our early Rails-to-Trails meetings to make an offer we could not refuse. He wanted to do something to help because he was so pleased that we were promoting non-motorized trails in the valley and, in particular, because we had one stretch paved. He told us he was an avid bicycle rider (but not a racer) and that he frequently pedaled the completed section of trail from Me-

ridian to Dern Roads. He was willing to pick up trash from the small trash receptacles we had installed if we would supply him with trash bags. His pickup would include small pieces of litter from the trail and adjacent to the trail-whatever he could carry on his bicycle.

Further, he said if he noticed anything that needed attention he would relay the information to us.

For many glorious years Pat has kept the trash receptacles supplied with clean plastic bags, made minor repairs to the trash receptacles and to the site where they sit, and let us know if major adjustments or repairs are needed.

**SAVE THIS DATE: NOVEMBER 10th FOR THE 2012 HARVEST DANCE and PIE AUCTION**