

THE PATH FINDER



HISTORICAL TRAIL

RAILS TO TRAILS OF NORTHWEST MONTANA

SPRING 2013



2013 Great Northern 5K Race and Kids Sprint
Date: Sunday June 23
Time: 8:00 a.m. - Registration & Packet Pick-Up Begins
9:30 a.m. - Kids Sprint
10:00 a.m. - GN5K
Rails to Trails Great Northern 5 K will be held June 23rd. Our annual May date was changed this year to avoid other race day conflicts. The 2013 change also includes a Sunday race date.

Chip Timing, new in 2011, will continue for the GN5K but not for the kids sprint. The race starts 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 Meridian trailhead.

Stay after the GN5K for a huge number of prize drawings and refreshments. There are awards for the overall top 3 male & female finishers. We promote a family friendly environment and emphasize a focus on the spirit of the event.

Contact : www.gn5k.com or greatnorthern5k@gmail.com for additional information.

Race proceeds benefit Rails to Trails projects. The GN5K is dedicated in memory to Sonny Boon.

President's Message

From the President's Desk

As our daylight hours get longer let us hope for great Spring weather. Lately I have observed many bikers on the trail between Kalispell and Somers. It is good to see people of all ages on the trail. I also know the Kalispell to Kila portion is well used. During 2012 the Rails to Trails (RTT) crew continued upgrading the trail from Dern Road to Smith Valley Grange by seal coating and crack sealing. We used the final dollars from our 2010 grant and part of the 2011 grant. RTT has three years to use these State Recreational Trail Program funds. Another project was planting 165 seedlings with 5th graders from Peterson School. We watered weekly and on September 15th we counted 110 survivors. RTT and Peterson 5th graders plan on planting 150 more for 2013 Arbor Day (hope our survival rate is better). The Flathead County Soil Conservation District provides the trees. RTT submitted an application and was awarded an \$18,300 grant for 2013. With this grant RTT will raise the trail grade from the Kila School area to the trail end (we have had some flooding). This grant money will also help build a vaulted bathroom in the vicinity of where the Kila Green Boxes were located. Another summer project is producing 10,000 Flathead Valley area trail maps.. RTT hopes we are meeting your needs and look for any suggestions for improvement. Rails to Trails thanks you for your support by buying gift bricks, buying memberships and just plain donating money. Your support of the annual 5-K race and annual pie auction and dance is outstanding.

Thank you, Richard Siderius, President

Rails to Trails supports Gateway to Glacier Trail

The Gateway to Glacier Trail is the vision of a separated bike and pedestrian trail connecting the Flathead Valley with Glacier National Park. They are currently fundraising for the 6.8 mile section connecting Coram to West Glacier. A separated bike and pedestrian trail will be a safety benefit both for locals cycling to Glacier Park and cross country cyclists visiting the park on their tours. Completion of the full trail will connect Glacier National Park with over 100 miles of trails in Flathead Valley and beyond. Visitors and locals alike will appreciate the opportunity to ride a separate path compared to the shoulder of a four-lane highway. This improvement would make a world of differences for the trail leading to one of the most majestic national parks. Visit <http://www.gatewaytoglaciertrail.com/> for information and learn how you can help by making a donation.

Kila Trail Section Update

The Kila staging area is a work in progress. It has come a long way since it hosted 40 green dumpsters in 2010. Now there is a gravel parking lot for 5-8 cars, a picnic table, some planted trees, a gift wall and will soon have a vault toilet. With the award of another FWP recreational trails grant and the help of Flathead County we will answer many of your requests and install a vault toilet to complete a "rest area". It can be a long way from home and now one needn't turn around before they want to.

Dick Siderius, Our Hero and Volunteer of the Year!



When Dick Siderius retired from the corporate world of agricultural business he thought that he might become a gentleman farmer on the “homeplace” that his Dutch grandparents had settled over a 100 years ago with their 13 offspring in the lower valley of Flathead County. He was raised on this place

and his father farmed and milked Holstein cows. After being gone from the Flathead for 40 years, Dick was looking forward to taking life a little easier, but that was not to be. Since returning to the Flathead in 2007 Dick has taken leadership roles in several organizations including Rails to Trails as President. Dick has been the Board President of the Flathead Lakers, President of the Museum at Central School, elder at First Presbyterian Church, and treasurer to 18 Presbyterian churches within Glacier Presbytery. Dick is an excellent “pencil pusher” and has a real gift

for managing money and people.

Often he can be seen on the 19 miles of Rails to Trails, picking up garbage, planting and watering trees, helping to build the two trail bridges to Kila, writing grants for funds and often hand delivering them to Helena, obtaining bids for projects and picking up plaques for the gift walls, mowing along the trail and soliciting items for the annual fun run or the annual dance and pie auction. There seems to be little spare time, but if there time he enjoys visiting his seven grandchild-

dren in Washington D.C., Viroqua, WI and Petaluma, Ca. He is a great help to his wife, Joan preparing meals for Samaritan House. He volunteers much time at Glacier Presbyterian Center (church camp) moving irrigation pipe and spraying weeds. Biking on the trail is fun especially on the Hank and Dolly Siderius Trail which bisects the second farm his grandparents owned.

Dick really values the friendships that he has made being involved with Rails to Trails and working together to make living in the Flathead an exceptional and beautiful experience for family, friends, visitors young and old alike.

Arbor Day by Elena Marburger, a Kalispell Middle School student

Arbor Day is not a very widely recognized holiday. Ask any kid what their favorite holiday is, and they'll tell you Christmas or Halloween. Honestly, many people are surprised when they hear, "Hey! Today's Arbor Day!" But in my family, we know months beforehand exactly what we'll be doing that day. Ever since we moved to Montana from Arizona about eight years ago, my dad has been organizing Arbor Day at all of the schools we've gone to. When I was in fifth grade, both classes of fifth graders went up to Lone Pine to plant hundreds of baby pine trees. In a matter of

minutes all of the trees were gone and Lone Pine was newly forested. Things were the same for my brother. He recently graduated from fifth grade, and they were sent to Rails to Trails. They planted lots of pine trees there. If you walk along that trail and look closely, you may see some of the trees. Personally, I've always loved Arbor Day. The chance to leave something that hundreds of people will see is pretty incredible. But more than that, I love planting something that will help the world around us. To think that I make a

difference to the world every year just by planting a tree. If you like birds, you'll have them year round. If the summer days are too hot, you've got shade. If you're hungry, you may even have fruit. Everyone breathes carbon dioxide, so you'll get oxygen. Trees are necessary for our survival. You don't have to know which day of the year Arbor Day is. You can be surprised when someone tells you. My point is, you don't have to be amazingly smart or talented to make a difference. You don't have to be known world

wide. To make a difference, plant a tree. Plant it in your backyard or in a park, on whatever day of the year you want to. With a little luck, that tree will grow, kids will sit in its shade and eat its fruit. Everyone will breathe its air. It can be your gift to the world. As I said before, Arbor day is not widely recognized. It doesn't have to be. Arbor Day is every day of the year. The great thing about Arbor Day is it's a day of giving, not getting.



2012 Great Northern Rails to Trails 5K and Kids Race Results

A wonderful sunny day and great weather welcomed runners and walkers of all ages. Sponsors for the 2012 race were Sliters Ace, Glacier Bank, Medical Arts Pharmacy, Wheaton's, Sunrizer Lions International, Fun Beverage Inc., Hammer Nutrition, Colter Coffee, Rocky Mountain Images and Eye Design Graphics.



There were 102 entrants for 2012. Jill Clark, Kelly Red-

field, Julie Baker were the first 3 women across the line



in the 5K race. Brent Hartley, Grant Giles, and Mark Schuman were the first 3 men across the finish line. Brent had a time of 19:10

for the 5K and Jill had a time of 21:43. Over the years, this event has raised over \$20,000 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. Please thank and support these businesses & groups for their generous contributions to Rails to Trails.

Revised Flathead Valley Bicycle & Pedestrian Trail Map for 2013

A new improved, updated, redesigned, easy to find, great to reference, and spiffy map of the bicycle/recreational trails of the Flathead Valley will be available this June. The designer is Rick Anderson of 'eyedesigngraphics', the map wizard is Vicki Bodfish who has graciously put all our maps this far into legible format, the coordinators and fund-finders are

Helen Pilling and Don Snow. Don helped put together the very first bike trail map of the Flathead back in 1988! He has many stories that have encouraged great sponsorship over the years. We will have this map printed locally, lots of them. With the support of the Whitefish Convention and Visitors Bureau, the Cham-

ber of Commerce of Kalispell and Big Fork, and the City of Columbia Falls we were able to print a short run of the map two years ago. It was summer then and the need was immediate. We knew it would need upgrading soon so here we are. Now with the additional support of our fabulous bike stores, Wheatons, Bikology, Great

Northern, Glacier Cyclery, Montana Adventure Sports and Sportsman you will be able to easily find these maps for the next few years. We suggest you give one to the friends whom you have always wanted to visit our wonderful valley. They will find it hard to resist the invitation.

Rails to Trails 2012 Finance Summary How long do running or walking shoes last?

FROM THE TREASURER
As of March 31st 2013 the amount in all of our accounts totaled \$48,353.09. This is above last years total due to the fund-raising efforts of the Spring Rails to Trails 5 K and kids race and the Fall Pie Auction and Harvest Dance; to our successful applications for State Recreational Trail Grant funds; United Way Donations support; and from generous support of our mem-

bers and donators at large. Volunteers performed many hours of service and hundreds of dollars of time and supplies were donated in 2012 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.

Several running sources provide a general rule of thumb of 300-500 miles for how long a pair of athletic shoes will last. If you run or walk four days per week for approximately 3-5 miles per day you will be exercising approximately 300-500 miles every six months. Just like keeping your bicycle lubed up or vehicle oil change on a regular schedule, injuries may be

avoided if you keep replacing your shoes on a regular basis. Also, you'll want to save your athletic shoes for exercise activities. If you keep them on your feet all day they'll get more wear and tear and they'll have longer exposure to foot moisture and bacteria, which will break down the shoes faster. And remember to air out your shoes between uses.

