

FALL NEWSLETTER

FREDERICTON TRAILS COALITION

Fall/Winter 2010

In this issue

President's Message - page 1

Wheels For Meals update - page 2

Folks on Spokes - page 2

Market Day - page 3

Access Your Trails - page 4

NB Trails AGM - page 5

Message From The President

It's hard to believe another summer has come and gone, and what beautiful weather we had this year - I hope you were able to get out and enjoy it on the Fredericton trail system. The combination of better weather and the closure of the Princess Margaret Bridge meant that many people did just that : trail-usage stats gathered at the Trail Visitor Centre over the season showed a significant increase in passers-by compared with last year. Of course, increased usage means everyone needs to be considerate of other trail users, so the City's "Share the Trail" campaign at the start of the summer was a timely reminder of trail etiquette. We in the Trails Coalition will continue to promote the responsible and safe use of the trails wherever possible, and we thank our members, sponsors and 'Friend of the Trails' supporters whose donations make our work possible. Happy Trails!

Ann Dunn

Fredericton Trails Coalition Inc.,
PO Box 3715, Station B,
Fredericton NB, E3A 5L7

Newsletter comments and
suggestions
can be sent to:

info@frederictontrailscoalition.com



Wheels for Meals



In the last newsletter Joan McDaniel told us about the partnership between The Fredericton Trails Coalition and Fredericton Meals on Wheels to help organize the first annual Wheels for Meals Bike A Thon.

The event took place on Sunday, May 30 as planned, and was a tremendous success with 90 cyclists of all ages and abilities taking part along 6 different routes, pedalling a total of 3,330km and raising \$10,700 for the Meals on Wheels service.

After such a positive first-time experience you may be sure this event will be repeated next year - watch this space!



40K group preparing for departure



Best-dressed bike contestants!

FREDERICTON FOLKS ON SPOKES

This bicycle group for ages 50 and up plus interested visitors to the city ended their biking season the first week of November. This is our tenth year since we first began with a few people participating each Tuesday. The 2010 biking season began in April and was one of the most successful to date as far as numbers of participants goes. The weather was exceptionally pleasant from early spring, to summer to fall. We have marvelled at the beauty of all the changes that took place in the trees, shrubs, grasses and flowers -

such a joy to be biking with many pleasant companions, sharing the joy of the trails and open country as well. We welcome new participants; there are neither dues nor fees; the only requirement is to wear a bicycle helmet, bring drinking water and be aware that our city trails are shared ones and there are guidelines for safety and consideration for other users when biking on them. We held our usual fall luncheon at Aggies the third Tuesday of Oct. For more information about the group phone Lois MacDougall at 455-2157.



Market Day



On November 27th The FTC will continue its annual tradition of a publicity and fundraising stall at the Boyce Farmers' Market. Read on...

Prize Draw

Many of you will be aware that local artist Will Forrestall generously donated an original watercolour painting to the Fredericton Trails Coalition for us to use in fundraising to support our work. The painting depicts the wooden arch at the junction of the Nashwaak and Northside Trails, and measures 24" x 18" approx. A reproduction can be seen on the FTC website: www.frederictontrailscoalition.com We decided to hold a prize-draw for this lovely artwork. Tickets have been on sale since September, and November 27th will be your last opportunity to enter the draw. Tickets are \$5 for 1, \$10 for three.

The draw will take place at the close of the market, approximately 1pm, and will be made by Will Forrestall himself.

Merchandise

Also at the Farmers' market we shall be selling our regular souvenirs and gifts:

T-shirts

Baseball-caps

Lapel pins

Colour posters (Official opening of the Walking Bridge in 1997)

Book "Trails of Fredericton" by Bill Thorpe

"Friends of the Trails" gift cards (see photo)

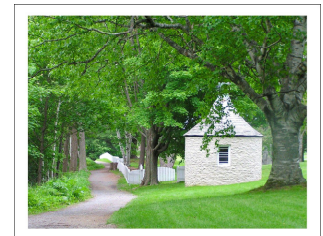


Photo: Carol Randall

This would also be a good opportunity to renew your membership if you haven't done so yet!!



ACCESS YOUR TRAILS

August 18, 2010

On a sunny afternoon in mid-August the Fredericton Trails Coalition and the City of Fredericton Recreation department held a joint event at the Trail Visitor Centre inviting residents to "Access Your Trails". (This had originally been planned to coincide with International Trails Day in June, but was postponed because of wet weather.)

The event was a resounding success, with nearly one hundred people attending and listening to the presentations from city staff, the Fredericton Police Force and the Coalition, taking leaflets on trail etiquette and trail safety, and talking with the presenters and each other about their trail experiences and issues.

Many of those present had mobility impairments, and the presence of Menzies and Medichair gave them the opportunity to try out the latest in mobility scooters, and to sample the difference between riding on crusher dust and paved surfaces.

Those with no impairments were also able to try out new equipment, courtesy of Ski Wolf, who brought along a range of bicycles including an electric bike (which proved very popular!).

During the afternoon people were invited to talk about their experience of using Fredericton's trails; one gentleman who took the microphone was a visitor from Nova Scotia who is so impressed with our trails he was seriously considering moving here to be able to use them year-round!

The final aspect of the event was for the City to gain formal feedback from trail users regarding their use of the trails and issues and improvements they thought important. Many of the people present were very willing to complete the brief (and anonymous) questionnaire, and their comments, both good and bad, will be used to inform future trail improvements.

All in all it was a very enjoyable and informative afternoon.



Photo: Carol Randall

NB Trails AGM - 22-24 October 2010

The annual NB Trails conference began with two very different sessions. The first was a presentation by Dr Randall Miller of the New Brunswick Museum on the newly announced Stonehammer Geopark.



Geoparks are a fairly new initiative by UNESCO to recognise and promote areas around the planet that have major significance for our geological heritage, and the Stonehammer Geopark is the first such designation in North America. It isn't a single site, but rather covers a 2500km² area centred on St. John, from the Lepreau Falls to the Fundy Trail, by way of the Reversing Falls and many other sites which share a common geological history. Anyone who has visited the Reversing Falls recently may have read the geology interpretation panels at the new Lookout; this kind of information will tie the different sites together to tell the story of the building of this part of the world.

The second presentation was much more energetic - Yennah Hurley, a Nordic Walking instructor, gave a short talk on the origins of the activity and its health benefits (lower impact than running, better cardiovascular workout than normal walking), and then fitted us all with appropriate-length poles and took us

outside for a hands-on demonstration and 20 minutes exercise! There is no doubt that one uses more calories this way, or that having proper instruction helps to get the best from the experience.

After lunch we were given a personal tour of the Fundy Trail Parkway by Brian Clark, President of NB Trails, who is deeply involved in the Parkway's development. If you've never visited this coastal drive and footpath just outside St Martin's, it is well worth a visit. If you can't manage the trail (it's well maintained but steep in places) you can drive to any of the many lookout points for splendid views across the Bay of Fundy.

The AGM on Sunday had a number of interesting points: a GPS exercise to map all non-motorised trails in the province revealed over 300 "community-scale" trails of which NB Trails was unaware;



the ATV federation continues to apply to the Provincial government for access to non-motorised trails; the off-road vehicle enforcement team (set up a couple of years ago) conducted over 11,000 field checks last year on ATVs and snowmobiles, and has now started an education program for schools; and NB Trails has finally launched its new website, www.sentiernbtrail.com.