

## Trail Talk

By Steve Litts, Executive Director  
Dickinson County Trails Board

### PETS ON THE TRAIL

DCTB is happy that over 60,000 people use our Iowa Great Lakes Trail system each year. We're especially pleased when we see the trails being used for family activity – including family pets – but human or animal, your Dickinson County Trails Board encourages cooperation and respect on the trails. We want everyone and their pets to have an enjoyable experience. No one should be chased or feel threatened. Our County Ordinance NO. 06-3 addresses this requirement throughout the county; not just on trails:

**It is unlawful for any owner to allow an animal to run at large within all zoning districts in Dickinson County, except Agricultural (A-1). It is unlawful for the owner of a dog to allow or permit such dog to cause annoyance or disturbance to any person ... by running after or chasing persons, bicycles, automobiles or other vehicles.**

Apart from the obvious courtesy to other trail users, leashing your dog may also save your pet from harm. Trapping season runs from the first Saturday in November through the end of January. Allowing your pets to roam from the trail could endanger them. Keeping your dog on a leash will reduce the risk to your treasured pet as well as provide a courtesy to all trail users.

### TRAILS AND YOUR HEALTH

DCTB was asked to make a presentation this month at the Mid America Trails and Greenways Conference in Kalamazoo, MI. I suspect I brought back as much as we were able to contribute. For example ---

- 23% of deaths are related to sedentary level of activity –
- 53% of Iowans do not participate in the minimum requirement of 150 minutes of exercise per week –
- For every \$1 spent on trails, \$3 are saved from public health costs
- A study on Wellness Programs done by a large Iowa insurance provider found the following:
  - Most Wellness programs fail to improve health because
    - They are voluntary and too few participate (need at least 90% participation)
    - They rely on self-reporting
    - They target the status quo rather than improvement
- A successful wellness program must identify those who are at risk either through genetic or lifestyle causes
- People with a Metabolic Disease are at:
  - 725% greater risk for Type II Diabetes
  - 276% greater risk for heart disease
  - 5 times greater risk for having a cardiovascular event
  - 4 times greater risk for having illness from any other cause

DCTB encourages all of you to make a family plan for improving your health, and reminds you that our cost-free Iowa Great Lakes Trails offer a great opportunity for you to achieve your goals.

### 2009 IN REVIEW

Each year at this time DCTB reports to the eight city councils and to the Dickinson County Board of Supervisors that make up the membership of the Dickinson County Trails Board. The highlights of your trail board's activities are provided below.

- Grant Applications Written and Submitted
  - Federal Stimulus Grant - trail renovation
  - State Recreational Trail Grant - purchase of IANW Railroad
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  - State Transportation Enhancement Grant - purchase of IANW Railroad

- Grants Awarded
  - 1) Federal Recreational Trails Grant: Garlock Slough Trail - \$524,810
  - 2) Iowa Recreational Trails Grant: IANW RR Purchase - \$525,000
  - 3) Federal Stimulus Funding for renovations - \$186,126
- Grants Pending
  - 1) - Federal Recreational Trails Grant: IANW RR Purchase - \$200,000
  - 2) - State Transportation Enhancement Grant: IANW RR Purchase - \$341,815
- Campaigns
  - Trail Poker Run
  - Totes for the Trails
  - Silver Lake Golf Tournament
  - Fall Friends Campaign
- Bay Harbor Trail – Completed
- Garlock Slough Trail – Final Design Approval Stage: Est. Jan/Feb Bid Letting
- Silver Lake Trail – Design Development Stage: Est. Spring Bid Letting
- Renovations to Spine, Poyzer trails ready for Dec/Jan Bid Letting
- Addition of four new trailhead kiosks
- Six new Memorial Benches installed
- Okoboji: Drainage improvement west of Stakeout Road
- DCTB invited to make presentations at:
  - Iowa Bicycle Summit, Des Moines, IA
  - Mid America Trails and Greenways Conference, Kalamazoo, MI
- One – Five Year Goals
  - Garlock Slough Trail - 2010
  - Yarnes Wildlife Management Trail -2011
  - Jones Trail 2011-2012
  - Silver Lake Trail - 2010
  - West Kenue Park Trail TBD
  - W. Okoboji Trail (Phase 2) TBD
  - Railroad Trail - TBD
  - Center Lake Trail - TBD
  - Pioneer Beach Trail - TBD
  - East Side of East Lake Trail - TBD
  - Friends Campaign Ongoing: \$1.5M of \$4M campaign
  - Local/State/Federal Grants Ongoing
  - Boardsmanship Skills Ongoing:
  - Search and obtain grants for trail maintenance where possible
  - Planning and oversight of maintenance program
  - Improved safety on the trail
  - Bicycle Safety Education
  - Develop a trail E-911 system
  - Develop a Health/Fitness Plan with a Trail Component

This concludes another issue of Trail Talk. Continue to check future columns and our web site at <http://www.co.dickinson.ia.us/departments/trailsboard.asp> for additional news on trail construction and activities. It's also the last of this year's Trail Talk series. Thanks to the Dickinson County News, the Lake News Shopper for bringing these columns to you. Until next year all the best of holidays and, as always, Happy Trails to you and yours.