

## **Trail Talk**

By Steve Litts, Executive Director  
Dickinson County Trails Board

### **DCTB WELCOMES JOE MILLER TO THE BOARD**

Joe Miller, VP of Aero Race Wheels, Inc. has been appointed to your Dickinson County Trails Board by the Dickinson County Board of Supervisors. Representing Milford, Joe brings a degree in Landscape Design and business experience to the board. A native of Spirit Lake, Joe and his wife, Andrea and two children, Asher and Ara reside in rural Milford. Miller lists golf, cycling and hunting as his hobbies and has selected to serve on the board's Maintenance & Improvements and Grant Research & Trail Development Teams.

Miller's vision for the Iowa Great Lakes Trails includes careful planning for future expansion and being good stewards of our resources. He looks forward to this opportunity to build on positive board relationships with communities and local organizations. Please take any opportunity to thank Joe for his service to Milford and the Iowa Great Lakes area.

### **STATELINE COMPLETES ANOTHER SUCCESSFUL RIDE**

Thanks to all who participated in the second Stateline, Biking the Border ride on Saturday, August 7<sup>th</sup>, and a special thanks to the Jackson Lions for flipping some great pancakes and sausage. It was a beautiful day for riding and we even had one in-line skater. Riders came from as far away as Cedar Rapids to participate. If you missed it this year, put the first Saturday in August on your next summer's MUST DO list. The ride starts early, leaving lots of time to catch Art in the Park or other area activities available that day.

### **CONSTRUCTION UPDATES**

#### GARLOCK SLOUGH

All but a short section of concrete trail is poured and the bridges are being installed as I write this column. (see accompanying picture) This trail will soon be ready for a ribbon cutting. Congratulations to the City of West Okoboji.

#### Silver Lake Trail

The grading for this trail will be complete by the time you read this and pouring of concrete will begin. The trail will be completed and ready for the scheduled September 18<sup>th</sup> ribbon cutting and RALPH (Ride Around Lake Park and Harris). Don't miss this exciting event.

### **EASY ADJUSTMENTS FOR A MORE COMFORTABLE RIDE**

To get a thorough fitting for your bike, we recommend a visit to your local bike shop. Okoboji Expedition Company, in Okoboji, has bike specialists ready and able to serve you, but here are some easy at-home steps you can take to make your cycling experience more comfortable.

1. Check the frame fit by standing over your bike, between the saddle and the handle bars. There should be 2-3” of clearance between the pavement and the tires when you lift the bike.
2. Check the saddle height by sitting on the saddle as if you were getting ready to ride: one foot on the pedal at its lowest point. There should be a five-degree bend in the knee of the leg on the pedal.
3. Check the handlebar placement by checking for a five-degree bend in your elbows as you ride.

More or less of a bend in the knees and elbows places unnecessary stress on your body and you will develop unnecessary aches and pains.

### **MEMORIAL BENCHES AVAILABLE**

If your family would like to remember someone who loved the Iowa Great Lakes, consider purchasing a Memorial Bench to be placed on the trail. The benches include an engraved plaque with wording of your choice. If interested contact Yvonne Taylor at [taylorfamily@mchsi.com](mailto:taylorfamily@mchsi.com) or 712 336-4843 or myself at [s.litts@mchsi.com](mailto:s.litts@mchsi.com) or 712 336-9312. If you have e-mail, we can send the purchase information for your review. An order for benches will be going in soon, so now is the time to act as we order benches once a year.

### **UPCOMING TRAIL EVENTS**

September 18 – RALPH (Ride Around Lake Park/Harris) dedicating the new Silver Lake Trail. Register at the Lake Park Library, City Hall or visit [www.lakeparkia.com](http://www.lakeparkia.com)

September 25 – University of Okoboji Oktoberfest Ride. A full and exciting curriculum has been developed for those serious about having fun. Contact one of the University Deans at 1 800 270-2574 or 712 332-2209, or go to [www.vacationokoboji.com](http://www.vacationokoboji.com)

October 3 – Tails on the Trails. Treat your dog to a walk on the Iowa Great Lakes Trails and support Active Okoboji. If you don't have a dog, they will furnish one for you. Contact Jen Johnson at 712 332-6507

Though fall is nearing, many days of great trail weather remain. Continue to check next month's column and our website for additional information on trail construction and activities. (<http://www.co.dickinson.ia.us/> and click on Trails Board) Until then, as always, Happy Trails to you and yours