



Discover America

Newsletter of the American Discovery Trail Society

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ADT Featured Trail: North Bend Rail Trail



Biker exiting Tunnel 12 on the North Bend Rail Trail

Nestled in the woods and dales of West Virginia is a 21st century version of black gold, the coal for which the state is famous. This treasure is the 72-mile-long North Bend Rail Trail (NBRT), formerly an abandoned spur of the CSX railroad system. It has taken on new life as a multi-use recreational rail trail that is open to hikers, bikers, horseback riders, and horse-drawn wagons and is now a part of the American Discovery Trail. Stretching from I-77 southeast of Parkersburg nearly to Clarksburg, this scenic trail passes through 13 tunnels (one is even reported to be haunted!) and crosses 36 bridges along the way. Its wild and natural areas, farmland, and small rural communities attract visitors from across the country and around the world. The NBRT has been featured in newspapers in several states as well as nationwide trail publications.

Many points of interest and historic places

await trail users, including the Old Stone House and the former Stage Coach Inn at Pennsboro, a marble factory, hand-blown glass factories, arts and craft markets, antique malls and outlet stores, Fort New Salem, and the restored Renaissance Revival style train depot in Salem. While the trail passes numerous state, county, and local parks, of particular note is the North Bend State Park adjacent to the trail which has a lodge, cabins, campground, lake, and hiking trails. It offers mountain bike rentals and carriage rides on the NBRT.

Nearby Blennerhassett Island Historical State Park provides tours of the Blennerhassett museum and mansion as well as insight into the 9,000 years that Native American tribes lived on the island until white settlers began to flock to the Ohio Valley in the 1780s.

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Trails Boost Local Economy

Many people are aware of the health and recreation benefits that trails offer to nearby communities but a less talked about benefit is the economic resurgence a trail can spawn. A prime example is the town of Cairo, W. Va., on the North Bend Rail Trail. Like most towns along a defunct railway line, business had suffered with the

"The trail has done a lot for this community, and that's what our town is building on."

— Dee Allen

closing of the railway and opportunities were limited. But, the NBRT has become the social and economic center of the community and has brought an improved quality of life in a growing tourism-based economy with this beautiful and inviting resource.

According to James Jones of the Ritchie County Tourism Bureau, "The trail is the centerpiece of Ritchie County tourism." After the trail opened, a bike shop, a new restaurant and a couple of bed and breakfasts sprang up. Nadine Maxwell, a clerk

(Continued on page 5, column 2)



Country Trails Bikes, Cairo, W. Va.

A Dream Weaver of New Networks of Trails

Ross Greathouse likes to dream big and think trails. He helped to form the Nebraska Trails Council over 25 years ago and the result of that has been a network of trails in the Lincoln, Neb., area, the nearly completed goal of linking Lincoln to Omaha with the MoPac Trail, and the inclusion of these trails in the American Discovery Trail.

Now Greathouse has another trail idea up his sleeve. He was recently featured as a proven dream-weaver in an article in the *St. Joseph (Missouri) News-Press* about a project he is promoting to create a four-state, 700-mile bike and pedestrian trail system he calls the Quad State Trail Project. The goal of the plan is to link trails from St. Louis to Nebraska in a loop that also takes in Kansas City and Iowa. Roughly 450 miles of these connections already exist in the form of the KATY Trail in Missouri, the MoPac trail in Neb., (both a part of the ADT network), the Homestead Trail in Nebraska (which can help provide another connection between the Southern and Northern ADT routes), the Wabash Trail in southwestern Iowa, and



Ross Greathouse ready to run

others. The crux of the concept is to close the 250-mile gap using mostly abandoned railroad rights-of-way. At an estimated cost of \$35,000 per mile, the final project will likely cost upwards of \$40 million but that doesn't discourage Greathouse. He's seen big projects take many years to com-

plete and the positive results they can bring to the communities both in terms of recreation and revenue. He knows patience is essential but that nothing is completed if it isn't started.

Greathouse has served on the board of directors of the ADTS since 1996. He is currently the secretary and the chair of grant funding. An interior designer by trade, he is the owner of Greathouse Associates. In his spare time, he runs marathons, does track and field events, competes in the Senior Olympics, and gets out on the trails he helped develop on his bicycle. He often trains by running the steps of the Nebraska stadium where the Cornhuskers play, leaving the college athletes wondering who "the old guy" is.

He and his wife, Caryl, have two children (both attorneys) and three granddaughters. Greathouse also serves as vice president of the Nebraska Trails Council, is the past president and founder of the Nebraska Trails Foundation, and is on the Board of Directors of the Great Plains Trail Network. We can only hope that Greathouse will continue to weave his trail dreams for the benefit of us all.

Progress Along the ADT

Delaware – Although only one mile of the ADT is currently off-road, plans are being made to turn a rail line into a trail that will take an additional 12 miles off pavement. Other improvements this past year include additional trail markers in Cape Henlopen State Park and a trailhead information board at the eastern terminus.

Maryland – The new Navy Stadium Trail in Annapolis is a 1.25-mile loop that takes the ADT off an existing parallel on-road portion. Work continues on connecting the BWI airport trail and the Baltimore & Annapolis Trail to the ADT in Bowie. An additional two-mile section was dedicated this year. The B&A Trail is a key element in eliminating one of the few remaining on-road segments of the ADT between Chesapeake Bay and the nation's capital.

Ohio - In cooperation with the Three Valley Conservation Trust, a proposal is pending to buy farm land that is for sale in the Four

Mile Creek Valley to take about two miles of the ADT off road near Oxford. Improved maps showing the ADT route between Cincinnati and Covington, Ky., were made by the Northern Kentucky Health Department. After the superb success of the first State to State Half Marathon (which donated \$4000 to the ADTS), a second is scheduled for September 19, beginning and ending on the ADT in Oxford.

Colorado –A new off-road section of the ADT on the south side of Cripple Creek, including a new bridge, has been dedicated. This trail will take the ADT off busy Highway 67 and connect to the Shelf Road. The Fourth Annual Colorado ADT Marathon, held on September 6, had a record 458 entrants including runners from many states. The event continues to grow every year.

Nebraska - The local Papio-Missouri Natural Resources District is about to start construction of a portion of the ADT that will use the former Missouri Pacific Rail-

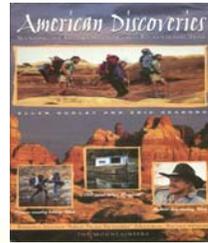
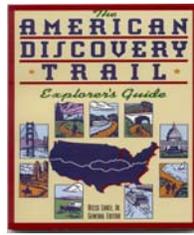
road from the Platte River near Louisville to Springfield. It will be a scenic, mostly tree-covered route leading to one of the area's still active soda fountains located in Springfield.

Northern Illinois – The Hennepin Canal Parkway was named a new national recreation trail by the secretary of the interior. This historically significant resource was the model for the Panama Canal.

Southern Illinois - The River to River Trail Society formed an alliance with Native Americans and the spin-off organization will hold the Two Great Rivers Pow Wow in which tribes that lived in Illinois in 1800 and are now in Oklahoma and elsewhere will be invited back to Illinois.

Kansas – The ADT route was improved to follow 25 miles of trail instead of roadside by using many municipal trails in the Kansas City metro area. The new route also includes Herington Lake as a point of interest.

American Discovery Trail Merchandise



ORDER FORM		Quantity	Price	Amount
The American Discovery Trail Explorer's Guide , by Reese Lukei Jr., ADT National Coordinator Provides an overview of the trail and the vast resources that can be experienced along its route.			\$14.95	
American Discoveries - Scouting the First Coast-to-Coast Recreational Trail , by Eric Seaborg and Ellen Dudley - Describes the adventures while scouting the initial ADT route in 1991.			\$24.95	
ADT Trail Directory (updated ADT Data Books of Bill and Laurie Foot, who hiked and biked the trail in 1997/1998). An excellent tool for detailed trip planning and on-the ground navigation. <input type="checkbox"/> DE to Cincinnati(Cin) <input type="checkbox"/> Cin to Denver (South) <input type="checkbox"/> Cin to Denver (North) <input type="checkbox"/> Denver to CA			\$10.00 ea.	
ADT Trails Illustrated Maps - Good for overall trip planning and traveling in the urban areas. Please check those you want: <input type="checkbox"/> CA <input type="checkbox"/> OH/Western WV			\$9.99 ea.	
American Discovery Trail Glossy Decal (4-inch)			\$1.00	
American Discovery Trail Patch (3-inch)			\$3.50	
ADT Bandana - Beautiful 4-color 22"x22" cotton bandana with a map of the ADT			\$7.00	
ADT Tee Shirts 100 % Cotton Color Sand Size: Sm Med Lg XLg XXLg			\$15.00	
Tamarak Hiking Stick w/ADT Medallion Check one: <input type="checkbox"/> Standard (43"-48") <input type="checkbox"/> Tall (53"-58")			\$32.50	
ADT Medallion only			\$5.00	
Sub Total				
Shipping and Handling				\$ 5.00
Yes, I'd like to Join the American Discovery Trail Society! <input type="checkbox"/> \$30 Explorer <input type="checkbox"/> \$50 Family <input type="checkbox"/> \$100 Discovery <input type="checkbox"/> \$1000 Life Member Member 10% Discount on merchandise				
TOTAL AMOUNT				
<input type="checkbox"/> Enclosed check payable to ADTS Charge my <input type="checkbox"/> Visa <input type="checkbox"/> MC <input type="checkbox"/> AMEX <input type="checkbox"/> Discover				
Card # _____		Exp: \		Signature: _____
Ship to:		Date _____ Tele _____		
		Email _____		
Order by mail to: ADTS, PO Box 20155, Washington, DC 20041; by fax to: 703-754-9008; or by phone to 800-663-2387.				

Did You Know?

Four ADT trails have been named among the top ten family-friendly hiking trails in the United States by the American Hiking Society. They are the Illinois and Michigan Canal Trail in northern Illinois, Missouri's KATY Trail, a trail in California's Point Reyes National Seashore, and Maryland's Chesapeake and Ohio Canal Trail. "These trails offer families a quick, inexpensive, and healthy way to spend quality time together," said American Hiking Society President Mary Margaret Sloan.

Bid With Your Lid

American Hiking Society has announced a partnership with Stonyfield Farm, a New Hampshire-based manufacturer of all natural and organic dairy products. From July through October 2004, Stonyfield Yogurt lids will feature AHS's National Trails Day as one of three organizations that can benefit from its Bid with your Lid campaign. Each organization will receive some money but the first and second place winners can earn even more. Go to www.stonyfield.com to learn more about the promotion or vote on-line.

?? Discovery Question ??

The ADT passes through or very near seven state capitals and our nation's capital. What are the names of the state capitals?

Find the answer on the bottom of page 6, but don't be tempted to look until you have really given it some thought.

Here is a correction to last issue's Discovery Question. The ADTS is rerouting the trail near Evergreen, Colo., to take the trail off a road with traffic and join the Continental Divide Trail near Webster Pass. Now the trail will cross over Argentine Pass (elevation 13,207 feet), making Whale Peak at 13,078 feet the *second* highest location on the ADT.

Making Connections...

Coast to Coast

American Discovery Trail Society
800-663-2387
info@discoverytrail.org
www.discoverytrail.org



Lipton Simple Steps Event at Divide, Colorado

The ADTS has been pairing with Lipton Tea to promote "Trails and Health, a Natural Connection" at Simple Steps events along the ADT. This one, attended by these Boy Scouts and over 200 other people included a three-mile walk, camel rides, and a Kite Flight. Pedometers were issued to walkers on the trail. Families registered and recorded steps taken on the ADT.

*Proud sponsor of
the ADT Society*



Lewis and Clark's Corps Of Discovery Reenacted

The reenactment of Lewis and Clark's Corps of Discovery expedition of 1803-6 passed several points along the ADT that are historically important to our nation. While descending the Ohio River, the crew stopped at old Shawneetown, Ill., and dedicated a commemorative marker near where the ADT crosses New Shawneetown on its way to the River to River Trail.

Other points of intersection in Illinois are Grand Tower, Chester, Fort Kaskaskia, Fort de Chartres, and Cahokia.

Southern Illinois Coordinator John O'Dell portrayed George Drouillard, who joined the expedition in southern Illinois and proved to be one its most important members.

ADT Legislation Update

The ADTS continues to push for legislation that will amend the National Trails System Act to include a new category of trails called Discovery Trails and make the ADT the first in this class. Legislation has been introduced three times in past years, each time passing the Senate unanimously but getting bogged down in committee in the House of Representatives. Our faithful advocate, Nebraska Rep. Douglas Bereuter, introduced the National Discovery Trails Act (H.R. 4865) again this year in the hopes that it will pass the House. As a side note, this was the last bill Congressman Bereuter introduced in his 26-year career in Congress before his September 1st retirement.

To keep track of the bill's progress, go to <http://www.congress.gov/cgi-lis/query/z?c108:H.R.4865>.

North Bend Rail Trail

Continued from page 1

The NBRT is operated by the West Virginia State Parks, but the people of West Virginia have embraced the trail, forming a non-profit trail foundation to support, promote, and provide improvements to their trail. Over the past several years, development has been interrupted by floods, major slips, and other obstacles, and yet progress on improving the trail continues.

The mostly crushed limestone surface is paved in some of the communities it goes through, but once you get out of town, as a tribute to its past, the path is much the way it was when steam engines roared through, minus the rails. Mileage markers have been installed and clubs and communities are “adopting” sections along the way. Plans are under way to provide additional parking and signage, correct drainage problems, and improve the trail surface.

The foundation is in the process of purchasing the nearly five-mile section that would connect the end of the trail with the city of Clarksburg.

A trip on the NBRT combines recreation, natural beauty, rural culture, history, and the health benefits of exercising outdoors. As one trail user commented, “THIS is America!”

To support its efforts, the North Bend Rails to Trails Foundation sells scale model collectible train engines and cars representing each county along the trail. Individual memberships start at \$15. Contact NBRTF, P.O. Box 206, Cairo, WV 26337.

For more information, visit www.wvparks.com/northbendrailtrail or call 1-800-Call WVA.

Trails Boost Local Economy

Continued from page 1

at RC Maxwell Hardware in Cairo, reports that the NBRT has “brought a lot of business to the area. Businesses always do better in the summertime when people are out on their bikes.”

The owners of Country Trails Bikes take pride in the fact that they are the first business to place a large ADT logo on their outdoor sign. They also have a trail register so users can sign in and record where they are from and their comments on the trail. Says store owner Ron Allen, “It’s so wonderful to be part of a cross-country trail. We got an elderly couple on a tandem go-

ing a long distance on the ADT the other day. We are getting more business each year from the trail.” Adds his wife, Dee Allen, “The trail has done a lot for this community, and that’s what our town is building on. The trail users are great. They are friendly, down-to-earth people. People have come from Australia, Japan, Germany, Ireland, Israel, and across the U.S.”

Reese Lukei has seen dozens of local trails and small towns that have received a similar economic boost from their ADT affiliation. “The revival of communities is what I am most proud to have been a part of,” says Lukei. “But none of it would have happened without our state coordinators like Lu Shrader in West Virginia, who helped bring hiking out of the woods.”



North Bend Rail Trail in downtown, Cairo, West Virginia

Excerpts from Reese Lukei Interview

As the ADT’s national coordinator between 1991 and 2003, Reese Lukei scouted trails across America for adoption into our coast-to-coast trail. Lukei was recently interviewed by *American Hiker*, the magazine of the American Hiking Society, about his involvement in bringing the NBRT into the ADT network. He says, “The North Bend had it all: It was in gorgeous West Virginia mountain country and had committed local volunteers behind it. There were small towns found roughly ten miles apart, a benefit to both hikers and the towns themselves.” Adoption of the NBRT by the ADT provided a vital link between Ohio and eastern West Virginia for the ADT while the extra clout of being part of a national trail helped the NBRT gain political and financial support.

To read all of Lukei’s interview, see the Summer 2004 issue of *American Hiker*. The AHS website is www.AmericanHiking.org.

People on the Trail

People can enjoy the ADT in a great variety of ways, as this sampling of ADT users shows:

Matt Parker, the adventurer determined to become the first person to ride a horse coast-to-coast on the ADT, has now logged over 1,700 miles and reached Kansas by the beginning of September. This year he is on a new horse, a Missouri fox trotter named "Little Face" along with his mule, "Danny Boy." This summer's journey has taken him over the 10,000-foot Grand Mesa, up the 11,929-foot Taylor Pass, and over the Continental Divide at 12,154-foot Tincup Pass. From Cripple Creek, Parker descended the Rockies on the Shelf Road and followed the Arkansas River and Santa Fe Trail into Kansas. To help support Matt with water, food, hay, or lodging or read more about his adventure, go to www.rideofpassage.com.

Jim Malone rides a recumbent bicycle (which is like riding a recliner chair) as close as possible to the ADT hiking route. Starting with portions of Colorado, where he lives, he first rode the northeast and southeast portions of the ADT in that state to where they meet in Denver in 2001. He liked that so much that in 2002 he tackled the Colorado Rockies, often using bike trails between towns when he couldn't take his bike over the high mountains. In 2003, Malone set out to bike a portion of every

state the ADT is located in. So far that has included national parks in Utah, parts of Nevada and California (included Point Reyes National Seashore, the ADT western terminus), the KATY trail in Missouri, and parts of trails in Indiana, Illinois, and Ohio. Malone figures he has completed 2000 miles of his version of the ADT.

Kate Picher is undertaking a "virtual" hike of the ADT. This means that although she and a group of friends, the Sweet Pea Hikers, are logging their hiking miles close to their homes in California, they are tracking their progress as if they were on the ADT. Kate researches each section of the ADT as she "hikes" it, then describes it in her on-line journal including photos, points of interest, and special features. Although the dates in the journal have no relation to when she actually does her hiking, Picher says the advantage of a virtual hike is that she "can hike in the Nevada desert in September and through the Colorado Rockies in December and have perpetual spring weather with no bugs." See her journal at <http://trailjournals.com/entry.cfm?id=67243>.

Matt Buchwalder, a thru-hiker from Port Jefferson, New York, is heading west on the ADT and was in mid-Ohio at the end of August. He sends updates on facilities and trail conditions along the way to the ADTS office, especially noting ice cream shops. His e-mails indicate that he is having a great time and making friends as he hikes.

Attention Federal Employees

The ADTS is participating again this year in the Combined Federal Campaign nationwide. Please consider a donation to the ADT when you give this year.

The ADTS donation number is 2350.

The Coleman Company Helps ADTS Reach out

With a trail as wide as the United States, the ADTS office needs to get information to trail users from across the nation and other countries. Our website is used not only to help people locate the trail with its detailed descriptions, it also includes contact information, trail journals, on-line issues of *Discover America*, merchandise and membership forms, and a guest book where people can sign in to record their thoughts on the ADT.

The Coleman Company helps to make this possible with its continued support of our website. The ADTS would like to thank Coleman for its long-standing support of our trail.



Discovery Question Answers:

Annapolis, Md.; Jefferson City, Mo.; Lincoln, Neb.; Denver, Colo.; Sacramento, Calif.; Carson City, Nev.; and Des Moines, Iowa