



Volume 23 Issue 2

Rails to Trails of Central PA Inc.

March/April 2018

Ride the September 11th National Memorial Trail

September 11th National Memorial Trail



A group of Board Members of the September 11th National Memorial Trail (<https://www.911trail.org/>) will be riding the Lower Trail in Blair and Huntingdon Counties as part of the first-ever complete bike ride connecting the three 9/11 memorial locations.

Starting at the Pentagon on April 11, the ride will take 23 days and cover 1,300 miles. Eric Brenner, vice-chairman of the 9/11 NMT Alliance says the ride will be a test of the current mapped route meant to increase awareness of the trail, encourage more people to bike or hike all or portions of the trail, and support the local communities currently making improvements on their segments of the trail.

A small group of core riders, all 9-11 trail board members, will be riding the entire route. Events and press activities will be set up each day with local partners along the route. The local segment of the ride is scheduled to leave from Canal Basin Park in Hollidaysburg at 9:30 on the morning of April 17th en route to Huntingdon.

While multi-day participation is closed to outside riders (due to the logistics of arranging over-night accommodations,) local riders are invited to participate in all or a portion of the Hollidaysburg to Huntingdon leg on April 17th to meet the 9/11 NMT team and learn more about the 9/11 National Memorial Trail.

The 9-11 board members with the most direct ties to each memorial (<https://www.911trail.org/the-board/>) will be involved with activities at the Pentagon, the Fight 93 National Memorial, and the September 11 National Memorial and Museum in New York City.

In between, the riders will bike on a range of local and regional trails, including the Lower Trail, visit national and local parks,

and stop at other locations on the route that honor the memory of those who lost their lives on September 11, 2001.

A "Story Map" of the full 9/11 NMT is available at: <http://dncr.maps.arcgis.com/apps/MapTour/index.html?appid=621c3168fa1d4761a282ef8c19ecb1aa&webmap=e677b70818fe40759081e824278195ef>

CONVERSATION IN BELIZE:

How could the title of this article possibly belong in this newsletter????

I was recently fortunate enough to go on a vacation with my daughter to Belize. It was a kayaking/cave exploring trip through a travel firm out of Canada.

Now, imagine sitting one evening on a small atoll in Belize getting acquainted with thirteen other vacationers, (mainly from Canada, four from New York, two from Kansas and one from San Francisco). Talk turned to what people liked to do for their leisure. A number of the individuals from Canada started talking about the vast expansion of rail trails and how they enjoyed them and how it is another avenue of tourism that has grown exponentially in Canada. That is when the four individuals from upstate New York spoke up asking about the Canadian rail trails, for they try to travel to at least 4 different areas of the eastern United States each year touring different areas via rail trails. I asked what trails they have done and what trails they would like to do. They spoke of trails in New York, Wisconsin, Florida, Virginia and a number of other states. I was a bit surprised to find they had not done any in Pennsylvania, since it is a bordering state. The answer was surprising and sad to me. You see, they answered they have had a trip planned and mapped out but have been putting it off for 4 years now. They went on to say they have a great desire to ride the Great Allegheny Passage. (I about fell off the log I was sitting on; this is our area). They like to take a least 1 week if not 2 when they do their trips. He went on to say they research and map the rides they would like to do through a number of websites. They have been following the connections for their Central Pennsylvania ride mainly through the Trans Allegheny Trails website. When I asked why the 4 year delay, they stated the main reason is they have been waiting for more of the connections to be made. You see, they went on to say they hoped to start at the most eastern terminus at a trail called the Lower Trail. At this point my daughter elbowed me and said you know all about that trail! I thought how small this world is. They have been waiting on our extension!

What will it take to get the trails to expand in our area? I can tell you Rails to Trails of Central PA Inc. has been working very diligently trying to make it a reality. But without the support of our elected officials, (commissioners, township supervisors, borough councils) and our local business community, this effort will become more and more difficult. And if I can find tourists vacationing in Belize who would like to come to our area, imagine how many more tourists are out there just waiting to come explore beautiful Central Pa.

Please work with us to get the support needed to expand our trails.

SPRING GATHERING:



Sunday, May 6th, everyone is invited to the Spring Gathering at the Mt. Etna trail head. We will once again be grilling hamburgers, hotdogs and kielbasa at 1 PM. We will have the drawing for the raffle at about 2 pm. All we ask is that you bring your favorite salad or side dish to share with others and a drink for yourself. We'll supply the paper products, silverware and condiments.

This is always a wonderful afternoon event. It is a time for you to meet other trail users as well as trail volunteers and board members. Plan to come out and have a nice relaxing afternoon on the trail. If you haven't yet sent your tickets in, you may bring them to the gathering. If you cannot come to the gathering, please mail them to Rails to Trails, PO Box 592, Hollidaysburg, PA 16648 with enough time for them to be received at the Post Office by May 5th. If you should have any questions, please feel free to contact Vickie Brua at vicbrua@atlanticbb.net or Jennifer Barefoot at 814-695-8521, or e-mail rjsunbrook@verizon.net. Thank you!

A very special thank you is extended to the businesses and organizations that make this raffle and gathering a success.

Spokes-n-Skis: Located at 315 S. Logan Blvd. Altoona, this shop along with Hoss's have been the longest sponsor and supporter of the Lower Trail. Bryan and Troy work with each and every customer, no matter how young or old, beginner or expert, to make the outdoor experience the best it can be. They have all the gear you will need for cycling (on or off road), skiing and snowboarding. For more information please visit their website at: www.spokesnskis.com or phone at 814-941-3888

Hoss's: Hoss's Steak and Sea House has 36 locations throughout Pennsylvania and West Virginia. It was founded in 1983 by Willard Campbell with his first location in Altoona. Hoss' along with Spokes-n-Skis have supported Rails to Trails for well over 20 years. Hoss's is well known for supporting the communities in which it is located. For more information please visit their website at: www.hosss.com

Fairfield Farm Guest Cabin: Located on 4646 Turnpike Road in Spruce Creek is a beautifully restored 1800's log cabin owned and operated by Mary Rogowski. Unlike a one room bed and breakfast, the cabin is your personal home away from home. It is fully furnished, heated, and air conditioned with complete kitchen facilities. Fairfield Farm Guest Cabin is located on a secluded 50 acre farm. The famous Pennsylvania fly fishing waters of Spruce Creek and the Little Juniata are within a mile of the cabin. It is located 25 miles from Penn State University and 15 miles from popular Raystown Lake and only about 10 minutes from the Lower Trail. For more information visit the website: www.fairfieldfarmguestcabin.com or call 814-632-9445.

Rothrock Outfitters: Located at 418 Penn St., Huntingdon PA, Rothrock Outfitters has been a longtime supporter of Rails to Trails. Tony, Joel and Paul established Rothrock Outfitters in 2000. It was named after the large state forest local to the shop; Rothrock Outfitters is centrally located for those exploring Rothrock State Forest, Raystown Lake, and the Juniata River watershed. They sell and rent kayaks and bikes. For more information, visit their website at: www.rothrockoutfitters.com or phone at 814-643-7226

Black Dog Café: Located at 519 Allegheny Street, Hollidaysburg, PA, just next to the post office is a wonderful coffee shop known for their great baked goods and lunch menu. It is open mornings to midafternoon Monday thru Saturday. They also do catering. For more information and hours, visit their website at: www.blackdoghollidaysburg.com or phone, 814-695-5700

Allegheny Creamery and Crepes: Located at 505 Allegheny Street in Hollidaysburg, Kirk and Heather Seleme converted an old shoe repair shop in the historic district into a wonderful restaurant in 2009. It is open 7 days a week for breakfast, lunch and dinner. For more information and hours, visit their website at: www.alleghenycreperie.com or phone at 814-696-5055

REI: Recreational Equipment, Inc., commonly known as REI, is an American retail and outdoor recreation services corporation. It is organized as a consumers' co-operative selling sporting goods, camping gear, travel equipment, and clothing.

Please remember these businesses and groups when you are purchasing things throughout the year. Without the support of these businesses, there would be no fundraiser or spring gathering.

WILD FLOWER WATCH: WILD COLUMBINE

By Bob Richers

One of my favorite late spring wild flowers is Wild Columbine. It is also known as American, Canadian or Red Columbine. This native plant is found in eastern and central United States and Canada.

The Columbine plant grows from 6" to 36". The flowers are 1" to 2" long, and appear on stems above the leaves and usually face down. It has yellow petals with red/orange spurs and red/orange sepals. The top end of the flower looks like a jester's cap. When the flower is turned up it looks a little like the cereal Honey Comb. Hummingbirds, butterflies, bees, and Hawk moths will pollinate the spur. The green leaves are lobed and grouped in threes.



The Latin name for Columbine is *Aquilegia Canadensis*. The genus name *Aquilegia* comes from the word *Aquila* which means eagle and refers to the nectar spurs that resemble eagle talons. The plant contains cyanogenic glycoside which releases poisonous hydrogen cyanide when damaged.

The plant can be grown from seed, but will not flower until the second year, or it can be purchased as a spring plant. There are other native and European Columbine that produce pink, yellow, blue, and blue-white and purple white flowers. An early bloomer, columbine is easy to grow in well-drained soil in full sun or shade. It will self-seed once it is established. I have a small colony of pink Columbine that grows each season beside the chain link

fence on the shady end of my rear patio. I never planted it. It just appeared one year.

Wild Columbine was used by Native American Indians as herbal remedies for headache, sore throat, fevers, poison ivy rash, stomatitis, kidney and urinary issues, and heart problems. Some Indians used the crushed seeds rubbed on their hands as a love charm. When my plant goes to seed this year, I'll crush the seeds and see if it smells like Old Spice!

BICYCLE SAFETY - USING BRAKES PROPERLY:

By Bob Richers

Jennifer Barefoot wrote about the importance of using a bike helmet and how one saved her from receiving a serious injury during a mishap the other year. Just as important as a helmet is the use and proper adjustment of bicycle brakes.

The three main types of bicycle brakes are: rim brakes, disk brakes and drum brakes. Most of the mid-ranged priced bikes seen on the rail trails have rim brakes. Rim brakes work by applying friction pads to the rims of the wheels. The pads can be rubber, cork or leather, usually mounted in a metal shoe. The brakes are activated by a lever mounted on the handlebar. These inexpensive brakes are light, mechanically simple, powerful, and easy to maintain. On wet or uneven rims, they will tend to perform poorly. On a typical rail trail, the rim brakes are a good fit and require little maintenance.

Brake levers are usually mounted on the handlebars within easy reach of the rider. They transmit mechanical energy applied through the lever to the pad mechanism. Slight adjustments may be required to the brakes so that they operate properly and allow the wheel to spin freely when not in use.

I hardly ever use my front rim break. Try to adjust it so that it has less tension and has some give when in use. A locked front brake will cause the rider to fall forward over the handle bars. If for some reason the front wheel is bumped off the ground, the brake, if in use, can lock the wheel. My right brake lever is for the rear brake and, in most situations, I only use it. In long downhill situations, rotating between both breaks may be required and will keep the pads cooler.

When walking with a bicycle, especially up or down a grade, the use of a brake makes controlling it easier. This works well on those trails where stairwells with bike planks are in use. Also, using a brake keeps the bike stable when getting on or off it. A slight movement while getting on your bike can lead to an unexpected accident. When passing other folks on the trail, especially those who are coming toward you, I always slow down and put my hand on the right brake lever. For some reason, when young riders see another bike coming, they tend to drift toward them and then correct their route. When approaching groups of people that are gathered along the trail, assume not everyone is watching for bike traffic. Always stay alert when riding and hopefully safety on a bicycle will keep everyone's outing enjoyable.

VOLUNTEERS NEEDED:

We are always in need of volunteers. We have a GREAT group of volunteers who keep the trail well-maintained. Each year, due to individuals moving, illness, other obligations etc. we have a need to fill openings in our volunteer crew. We are currently in need of individuals who would be willing to weed-eat around benches. We have the equipment. If you might be interested, please contact Mike Panek at mbp138@gmail.com or phone him at 814-569 7346. We are also looking for individuals who would like to work along with Hollidaysburg High School Seniors on May 15th, 16th, and 17th. You do not need to be available all days. Whatever time you have to volunteer would be appreciated. Contact Ed Donahoe at ejdonahoe@msn.com.

SUPPORTING RAILS TO TRAILS IS AS EASY AS SHOPPING AMAZON.COM.

Dear Friends,

Please consider using **Amazon Smiles** and **designating Rails To Trails of Central Pennsylvania Inc.** when you make a purchase through Amazon. This will provide our trail organization with a percentage of the purchase at no cost to you. Thanks to all those who have already used this feature.

You can use this quick link <http://smile.amazon.com/ch/25-1605920> to access Amazon Smiles using RTTCPA as donor recipient.

Thank you for your continued support of the Lower Trail.

MEMBERSHIP FORM

Name: _____

Address: _____

City: _____ State _____ Zip _____

Phone: (____)-_____

E-mail _____

_____ New Membership _____ Renewal

_____ Individual \$15.00

_____ Family \$20.00

_____ Supporting \$50.00

_____ Group \$75.00

I am interested in:

_____ Horses _____ Hiking

_____ Heritage _____ Bicycling

_____ Nature Study _____ Jogging

_____ Other

I would like to help by volunteering for:

Make checks payable to:

Rails-to-Trails of Central PA Inc.

PO Box 592,

Hollidaysburg, PA 16648

www.rttcpa.org



RAILS-TO-TRAILS, INC.
OF CENTRAL PENNSYLVANIA
P.O. Box 592
Hollidaysburg, PA 16648

Nonprofit Organization
U.S. POSTAGE PAID
Altoona, PA 16601
PERMIT NO. 66

Or Current Resident.

CALENDAR OF EVENTS

Tuesday April 10th
Thursday April 17th
Sunday May 6th
Tuesday May 8th

Monthly Board Meeting: 7 PM at the Grannas Station
Ride the local section of the 9/11 Trail: meet at Canal Basin Park at 9:30 AM.
Spring Gathering: 1 PM at the Mt. Etna Trail Head
Monthly Board Meeting: 7 PM at the Grannas Station

Summer Series Program coming in the next newsletter.

KEEP YOUR ADDRESS CURRENT

This newsletter is mailed 3rd Class Bulk Mail. The Post Office will not forward 3rd Class Bulk Mail. If anything about your address changes, Route Number, Street Numbers, or Zip code, the Trail Trekker will not be forwarded to you. Please keep Rails-to-Trails informed of any address changes by using a post office change of address card or dropping us a note at the following address. **Remember, if your mailing address is highlighted, your membership is about to expire. Please renew quickly and continue to support Rails-to-Trails. Thank You!**

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