



Tri-State Trail Vision Voice

The Bike Coop Sponsors Dubuque Area Outdoor Recreation Summit

By Charlie Winterwood

Fourteen participants engaged in Dubuque's first Outdoor Recreation Summit at the Bicycle Coop on Saturday, June 14th. The meeting was designed to promote and develop outdoor recreation in Dubuque and make Dubuque a destination for outdoor recreation. One of the participants noted *Outside* magazine's 18 best places to live and questioned why Dubuque was not on that list.

Participants detailed the outdoor activities they engage in the Tri-state area and which local organizations promote these activities. Then they discussed types of outdoor recreation, which are not presently available in the area but could be, such as sculling (crew rowing), rock and ice climbing, and more fully developed mountain biking trails at FDR Park.

In the future, participants would like to see a local "outdoor gear" shop, a Tour d'fat Bike Festival (sponsored by Fat Tire Beer) for all ages and skill levels, an Outdoor Dubuque website that would have links to all the outdoor organizations websites and list local outdoor recreational events, and a Dubuque Area Recreation (Cont'd on page 2)

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Summer Rides
& Warm Weather

Linwood Cemetery Nature Trail Opens in Dubuque by Jim Gonyier

The Grand Opening of the first segment of the Linwood Cemetery Nature Trail took place May 28, 2014. There are several more inter-connected trail segments to be constructed over the next year for hiking, biking, snowshoeing, and cross-country skiing opportunities.

According to Grounds Manager Jon Perry, when all the trail construction is completed there will be ten miles, with specific segments designed for mountain biking. The cemetery contains 150 acres of rolling terrain located above the Mississippi River valley with much of the area covered by a mix of tree species, open prairie meadows, and a variety of birds and wildlife, including deer, fox, and turkey. The trail will also run along the eastern edge of the cemetery, which provides expansive views of the river.

Outdoor Summit (Cont'd from page 1)

Summit possibly this winter with presentations, vendors, and a silent auction.

A follow-up meeting was held on Wednesday, July 16th at the upper level of the Shot Tower Inn. During this meeting, the attendees decided to create a more formal group to act as a liaison between the various outdoor groups and civic entities such as the city, county, and Convention and Visitor's Bureau. This new group, the Dubuque Area Outdoor Recreation Coalition, is moving forward with a website that will highlight outdoor recreation activities, groups, and events within the Dubuque tri-state area (60 mile radius). The next meeting will be on 17 September 2014 from 7-9 p.m. at the upper level of the Shot Tower Inn.

Linwood Cemetery Trail (Cont'd from page 1)

Currently, one trail entrance is located on the cemetery's west edge along Windsor Avenue near its intersection with Goethe Street and marked by an overhead arched sign. Other trailheads will be inside the grounds along the main road, and all will be inter-connected and marked by signs. Log benches will be placed along the trails as well as samples of historic structures used in the area in earlier times such as a log cabin, wickiups, and teepees.

The Linwood Cemetery is a historic location. The earliest graves date from 1833; the cemetery's office is in a home built before 1875, and is located at 2735 Windsor Avenue, directly across the street from the cemetery's entrance. Last September the cemetery had their first Annual Linwood LegaciesHistoric.Tour, which included actors dressed in appropriate historic attire telling stories of their early families' contributions to the settlement and growth of the community. Future activities will use the new trails for hayrack rides and Halloween tours.

The Linwood Cemetery Nature Trail is pet friendly and open year round during the same hours as the cemetery (Summer Hours 8 a.m. - 8 p.m. /Winter Hours 8 a.m. – 5 p.m.). No one is allowed on the Nature Trail while the cemetery is closed. A parent or legal guardian must accompany all trail users under the age of 18. All pets must be on a non-retractable leash at all times. All trail users must obtain a pass through the Linwood Cemetery Office. Individual, Family and Pet Passes are available on an annual basis or as a Day Pass (\$1). All the rules for using the trail can be found on the cemetery's website at www.linwoodcemetery.us or <http://linwoodnaturetrail.weebly.com>. Should any readers know of a free source of woodchips, the cemetery would accept any as trail construction continues. Please contact the Linwood Cemetery Office at 563-582-1289 for more information and get your pass today.



Dubuque County Wellness Coalition Encourages Healthy Lifestyles

By Pat Prevanas

A blend of public and private organizations with an interest in the physical fitness, good health, and the environment have an eye on promoting healthy lifestyles for Dubuque County residents. The Dubuque County Wellness Coalition was created in 2011, following two countywide initiatives during that year.

A Dubuque County Community Health Needs Assessment & Health Improvement Plan was completed that year with the following 5-year goals: 1) Reduce obesity rate from 28 to 24 % of population; 2) Reduce rate of adult & teen binge drinking; 3) Become compliant with Clean Air Act attainment standards; 4) Develop adequate wastewater treatment plans; and 5) Report and act upon communicable disease cases.

The county was awarded a Community Transition Grant from the Center for Disease Control to involve workplace-setting goals of: 1) Increase physical activity; 2) Increase availability of healthy food choices; 3) Labeling vending machines choices based on nutrition standards; and 4) Provide health education for chronic disease citizens.

As a result, the following organizations and agencies agreed to join together to assist with some of these goals: Dubuque County, City of Dubuque, Hy-Vee Stores, Dubuque Community Schools, Dubuque Community, ISU Extension, Hillcrest Family Services, Helping Services of NE Iowa, City of Asbury, Finley Hospital, Mercy Hospital, Clarke University, Crescent Community Health Center, Visiting Nurse Association, and Tri-State Trail Vision.

The Mission Statement for the Coalition reads as follows: The Coalition cultivates and supports the efforts of organizations, collaborates to impact policy and infrastructure, communicates to identify gaps and duplication of efforts, and utilizes data in order to influence individual and community health.

The Coalition helped Dubuque become a finalist for the Blue Zones application in 2012 and assisted in the adoption by the Dubuque City Council of the Community Health & Safety Principle. The principle states that “Sustainable Dubuque” is a community that values systems, policies, and engagement to ensure that all residents have access to healthy and safe lifestyle choices. Key concepts include Individual & Public Safety and Mental & Physical Health.

The coalition has also supported changes to Dubuque city policies regarding dogs in parks, to encourage pet owners to obtain physical activity while exercising their dogs, and to eliminate smoking in city outdoor park areas. The Community Transformation Grant has placed many bike racks throughout the county at business locations and provided workshops for citizens with chronic diseases.

Finally, the coalition has been successful in coordinating health promotion and preventative activities, and providing health and wellness information/resources to the community via its monthly meetings of the various stakeholders. The website of www.dubuquewellness.com is currently being developed to serve as a communication tool for the county of wellness opportunities.

So enjoying a hike, visiting a park, canoeing an area river, or hopping on the bike increases the health and well-being of Dubuque County citizens.

BTWW 2014 Follow-up

Dubuque's Bike to Work Week (BTWW) 2014 flowed smoothly during the week of May 12-17th. To begin the week, Parrish Marugg from Bicycle World petitioned for Mayor Ray Buol to proclaim the week of May 12-17th as Bike to Work Week in Dubuque. Buol did so at the City Council's May 5th meeting. Tri-State Trail Vision Board member Candace Eudaley set up a website which received 379 views, 106 registrants, and 51 likes. Marugg reported that the 106 riders is up a bit from last year's number. Twenty of those registrants took advantage of the incentives offered to BTWW riders, a free beer at the Town Clock's Dubuque Fest and a free cover charge at The Lift. Marugg also acknowledged the enthusiastic efforts of Bicycle World employee Dave Hartig in promoting BTWW. Thanks to all for a great week!

Daily Outdoor Discoveries

2014 Iowa Great River Road Stakeholder Meetings Summary Report

The Iowa Mississippi River Parkway Commission is pleased to share a detailed report of the six Iowa Great River Road stakeholder meetings that occurred in April of this year.

Meetings were held in Clayton, Dubuque, Clinton, Scott, Muscatine, and Des Moines counties and attended by nearly 200 people. Each stakeholder meeting featured a unique panel of local, state, and federal organization and agency representatives and an interactive discussion session with meeting attendees. Panelists and attendees were asked to consider various actions for supporting and enhancing the Iowa Great River Road within the following "Core Management Directions" - Intrinsic Resource Conservation, Physical Improvements, Promotion and Interpretation, and Administrative Operations. Attendees submitted a "ballot" at the end of each meeting, voting for their top six recommended actions.

Copy and paste the link below in your browser to download a PDF of the full report. The Dubuque meeting results begin on page 67.

origin.library.constantcontact.com/download/get/file/1109381066581-56/IA+GRR+Spring+2014+Stakeholder+Meeting+Report+06-16-2014_SmallSize.pdf

The 2014 Iowa Great River Road Stakeholder Meetings report provides an in-depth summary of the discussion topics that featured prominently throughout the six meetings as well as those that were more specific to each meeting location (copy and paste pdf link above). The report contains tables and charts, which communicate the number of votes cast for each potential enhancement action (copy and paste link pdf above).

The Iowa Mississippi River Parkway Commission appreciates everyone's attendance and participation. Though these meetings were conducted specifically as part of the process of updating the Corridor Management Plan for the Iowa Great River Road, this summary report can be useful for a variety of regional partners as it reveals the various values, interests, and concerns expressed by those who live, work, play and support the communities within the ten counties along the Mississippi River in Iowa.

Questions about the 2014 Iowa Great River Road stakeholder meetings and the associated summary report can be directed to John Goodmann, Chair of the Iowa Mississippi River Parkway Commission, at (563) 599-4350 or David L Dahlquist, Byway Planning Consultant, at (515) 963-1989.

See you on RAGBRAI! Iowa by Trail Statewide App Release



What:

INHF is releasing the statewide version of its Iowa by Trail iOS mobile app and website for public download on July 19, 2014 at the RAGBRAI Expo. After the Expo, the Iowa By Trail crew will be riding the whole RAGBRAI route, making media visits and holding events along the way. To learn more about these events, click [here](#).

When:

Saturday, July 19th RAGBRAI Expo, Rock Valley
Throughout the week, July 20th-25th

Where:

RAGBRAI overnight stops.
Rock Valley, Okoboji, Emmetsburg, Forest City, Mason City, Waverly and Independence

About the app:

Iowa by Trail provides an interactive map that allows users to: geo locate their position and find the closest trail; find points of interest along the trail route, such as local restaurants, museums and natural resource information; communicate with friends and followers about their activity along the trail via social media integration; and keep track of distance, weather, news, and events. To learn more visit, <http://www.inhf.org/iowabytrail.cfm>.

For any questions about the Iowa by Trail app, contact Kerri Sorrel by [email](#) or at 515-288-1846, ext 38.

PeopleForBikes Pledges \$10,000 for 10,000 Free Members

We have 1,500 people so far. We still need 8,500 PeopleForBikes in Iowa. Everyone counts! PeopleForBikes is a national movement making riding better for everyone, and they've given us a challenge: if we can get 10,000 bicyclists to become free members of PeopleForBikes, they will give \$10,000 to the Iowa Bicycle Coalition on PeopleForBikes Day during RAGBRAI. Sign the form at <http://www.peopleforbikes.org/page/s/RAGBRAI14>, ask a few friends to do the same, and help us make bicycling better for everyone.

Gear Talk

- Do you have all the necessary accessories for a safe and enjoyable bike ride? If not, stop and visit your local bike store. Check out the new items as well as the tried and true. The right gear is what can make a ride miserable or pleasurable!

Coming in the TSTV Voice Newsletter Fall 2014 edition

- Bee Branch Trail Update
- City hiking & biking projects
- Illinois Bicycle Map routes
- Galena to Savanna Bike Trail Proposal
- Fall Leaf Bike Rides



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