

Massachusetts Trails Workshop Series



Join the Massachusetts Recreational Trail Advisory Board (MARTAB) in partnership with the Department of Conservation and Recreation (DCR) and The Recreational Trails Program for a hands-on trail workshop on **Saturday, September 19th** at the Trustees of Reservations' Doyle Conservation Center in Leominster.

The trail workshop will provide volunteers, conservation land managers and those interested in becoming trail stewards with some of the tools and techniques needed to develop and maintain sustainable and enjoyable trails. The workshop will focus on reading the trail landscape, understanding the psychology of trail users, and clarifying trail purpose in addition to providing sustainable trail design and construction training in the field. The workshop will be instructed by experienced professionals and volunteers among a variety of trail user groups in Massachusetts and will be an opportunity to bring together the trails community throughout the state and encourage participants to contribute ideas and experience to the learning process.

This trails workshop will launch a series of MARTAB-sponsored trails events designed to strengthen the trails community and provide increased opportunities for education and the sharing of ideas and experiences. Through improved communication, cooperation, and partnerships, MARTAB aims to complete the visioning and implementation process for creating a trail network in Massachusetts which will benefit all recreational user groups and preferences.

Massachusetts Trails Workshop Series Agenda

The Massachusetts Trails Workshop will begin with an indoor, morning session hosted by the Doyle Conservation Center, with presentations on trail planning and design principles. Lunch will be provided immediately following the presentations. The

afternoon field sessions will be held at nearby Barrett Park, a property of the City of Leominster. Transportation to Barrett Park will not be provided, so participants are encouraged to carpool to the site, which is approximately ten minutes from the Doyle Center. Tools for the afternoon field sessions will be provided, but participants are encouraged to bring favorite hand tools and gloves. Dress for comfort outdoors and be sure to bring your own snacks and drinks for working out in the field. In the event of a day-long downpour, the workshop will be postponed one day to Sunday, September 20th. The afternoon workshops will be held entirely outside. Please dress for the weather, especially the possibility of wet conditions. The Conference will begin at 8 am and end at approximately 5 pm.

8:00 Registration

8:30 Welcome and Introductions

Welcome to the first Massachusetts Trails Workshop, sponsored by MARTAB, DCR, and the Recreational Trails Program! This session will briefly provide a welcome to the Doyle Conservation Center, an overview of the workshop, and introductions to the various workshop presenters and instructors.

8:45 "12 Trail Design Principles" (John Monroe, National Park Service)

John Monroe is the Director of Rhode Island & Connecticut Projects for the National Park Service, Rivers and Trails Program. Using the approach of Troy Scott Parker (as described in his book **Natural Surface Trails by Design**) he will present on the practice of reading the trail landscape, understanding the psychology of trail users, and clarifying trail purpose. This will appropriately launch the workshop for the day with the intent to develop your ability to observe and analyze trail conditions, then take action.

10:00 Sustainable Natural Surface Trail Design and Construction (New England Mountain Bike Association)

This session will provide a practical overview of basic sustainable trail design and construction techniques. Elements include side-slope contour trail layout, out-sloping, grade reversals, full bench and maximum slope, among others.

11:00 DCR's Trails Guidelines and Best Practices Manual

DCR's Trails Guidelines and Best Practices Manual is now complete. This brief session will provide an overview of these guidelines along with discussions of specific topics which are relevant to trail community volunteers and partners of DCR.

11:30 Lunch (provided)

12:15 To the Trails !

Travel time to Barrett Park is approximately 10 minutes (map will be provided at registration). There is a large parking lot at the site, though parking will become limited – participants are encouraged to carpool.

12:45 Introduction to Barrett Park & Breakout Field Sessions (Judith Sumner, Director of Recreation, City of Leominster)

Judith will introduce the workshop participants to Barrett Park and its context within the City of Leominster Park system. She will also briefly address the various trails and recreation plans and needs within the park.

1:00 Breakout Field Sessions – Session I

Session details are listed below

3:00 Breakout Field Sessions – Session II

Session details are listed below

5:00 End of Workshop

Participants will be welcome to remain at the park and hike around to view accomplishments of sessions in which they did not participate.

Breakout Field Sessions

Workshop participants will have the opportunity to sign up for two of the four field sessions offered. Space will be limited to approximately 12-15 people per session. Participants will sign up for field sessions during registration on the day of the workshop and/or during breaks within the morning sessions, not upon initial registration for the conference. Descriptions of each session are provided below, though changes may be made before the workshop date.

Trail Planning and Design (New England Mountain Bike Association)

This session will cover basic trail layout, re-routing, and design techniques for creating a sustainable trail system. Participants will flag out a trail re-route using the typical tools available and be instructed on the proper planning and design of a trail which will be sustainable and enjoyable for various trail user groups.

Trail Erosion/Drainage Structures (Appalachian Mountain Club)

This session will instruct on the proper conditions and trail usage types for various trail erosion and drainage structures. Participants will construct trail drainage and erosion control structures along a trail within the park.

Trail Signage and Mapping (Department of Conservation and Recreation with the City of Leominster)

This session will demonstrate the tools and techniques necessary for laying out signage along a trail system. Signs will be installed along various points in the park and trails will be marked using the most sustainable and appropriate techniques. This session will

discuss the most appropriate and useful signage for any particular park, greenway, or trail, and for the various user groups permitted along those trails. Trail Marking Standards for trailheads, intersections, directional signage, and trail blazing will be discussed.

Stream / Wetland Crossings (Department of Conservation and Recreation with the Snowmobile Association of Massachusetts)

This session will construct a bridge and discuss other types of stream and wetland crossings. Appropriate crossings for various trail user groups, the permitting process, and other related topics will be discussed.

Registration

This workshop is free, but you must register in advance to attend. Registration will be *limited to a total of 50 participants*, so please register now if you would like to attend.

Registration Deadline: Friday, September 11, 2009

Contact: Amanda Lewis, Recreational Trails Program Coordinator (DCR)
413-586-8706 ext. 19
amanda.lewis@state.ma.us

What to do: Please call or email Amanda Lewis to register. You will need to fill out the attached form (next page), sign, and send it in, to confirm your registration. If you are no longer able to attend the workshop but have already registered, please contact Amanda as soon as possible, as potential participants may be waiting for openings. Once the registration limit of 50 people is met, a wait list will be started and you will be informed as soon as possible if any openings become available.

Massachusetts Trails Workshop Series Registration Form

Name: _____

Address: _____

Phone: _____

Email: _____

Group/Affiliation with Trails:

Why do you plan on attending this Workshop?

What do you hope to learn / gain from attending this workshop?

Signature

Date

*** Please sign and date and return to:**

**Amanda Lewis
136 Damon Road
Northampton MA 01060**