Latah Trail enthusiasts come from all walks of life…At least we think so. In an effort to showcase the variety of people you’ll see on the Trail, the LTF Board of Directors decided to start a series of member profiles. This is the first in that series. Names are chosen randomly from our list of members. For this newsletter, we interviewed Clark J. Filip of Moscow.

Clark is a 26 year old year-round bicycle commuter and recreationist, who moved here from Connecticut two years ago. He has a Masters degree in Geology and works full-time at the University of Idaho in Plant, Soil, and Entomological Sciences. He doesn’t own a car. (During the 3-day blizzard last winter, he resorted to running, rather than biking, to work.) One of the first things Clark did when he arrived in Moscow was to use the bike function on Google Earth, to find out what cycling opportunities were here. To his delight, what appeared was “a long green line from Pullman to Troy.”

On the day we spoke, Clark had just returned from a 152-mile tour to the Wenatchee and Umatilla National Forest and back. When he’s not reading for his work on potato cyst nematodes, his taste runs to reading about the 1976 Bicentennial, a cycling tour across the United States, commemorating the bicentennial of the Declaration of Independence, and inspiring a “bike boom.”

Clark appreciates that the Latah Trail enhances cyclists’ safety by offering an alternative to the narrow shoulders of Highway 8 between Moscow and Troy. He looks forward to the time the Trail connects to Kendrick, and perhaps, one day, to the Lewiston levy system and beyond. He appreciates the recent addition of vault toilets along the Trail. After considering what he would tell a newcomer or first-time visitor about our regional system of trails, he advised, “Go to Pullman to see the (grizzly) bears!” (Okay, it may not be on the Latah Trail, but it’s all connected.) Clark concluded our interview by saying, “It’s great to have this Trail and that so many people are working so hard (to enhance it).” We agree!

Nancy Chaney is a Board Member of the Latah Trail Foundation.

Join as a Latah Trail Foundation Member Today!

- $25 Individual
- $45 Couple/Family
- $15 Living Lightly
- $100 Trail Advocate
- $250 Sustaining Member
- $500 Human Powered Hero
Become a Latah Trail Foundation Board Member by Nancy Nelson

How do you make a trail? How do you take care of it once you’ve made it? First, imagine it stretching out before you and curving away in the distance under the trees. Now, start talking about it. Find the people who can imagine it, too, and get them to talk to the people who own the land where the trail might someday go. Gather money.

Use some of the money to take care of the trails you’ve got. Collect money for the trail you imagine. Making trails is a gentle kind of work, rather like the Latah Trail. The hills are there, of course, but you can get to the top and sometimes you even coast along with a tailwind. With the help of many and lots of patience, we’ve built a beautiful sliver of trail through the county and started down a canyon. Where do you imagine we could go -- eventually?

Would you like to join the people working on trails in Latah County? The Latah Trail Foundation board is a group of people that meets monthly to imagine what trails could be, talk about how to make and take care of them, and gather the money needed to make them a reality. You can see the results.

Can you see yourself doing this work? If you do, please email your letter of interest to latahtrail@gmail.com. I have been on the board for more than six years and believe it is time to make way for a new voice in support of trails. If you would like to imagine and build the trails of the future, please consider joining the board. It is time very well spent.

I would like to thank everyone for their continuous and generous support of the Latah Trail Foundation.

Nancy Nelson is a Board Member of the Latah Trail Foundation.

Latah Trail “Loo” Project by Scott Oplinger

Don't you just love it when a plan comes together?

At our July Latah Trail Foundation Board Meeting, we discussed the feasibility of ordering a vault toilet for the western end of our trail, between Carmichael and Lenville Roads, a goal we've had for some time. Although we didn't quite have all of the funds yet, it would take 90 days for the toilet to arrive and be installed. So we decided to approve the plan and anticipated that it would be installed in October.

Then the plan came together much faster than we thought. Within a week, we found out that the toilet could arrive within 30 days, but it got better. We received a check in the mail from Avista covering the rest of the cost of the toilet. Paul Kimmell, Avista Public Affairs Officer for this area writes: "With regards to the Latah Trail ‘Loo’ project, I have been working for several years to secure some Avista funding for the trail improvements – especially a vault toilet near Moscow/Carmichael Rd. Since we have been doing quite a bit of transmission line improvements along both the Paradise Path and out to our new 230kV substation near the Elks Golf Course, I encouraged our transmission engineering folks to recognize both the strong physical relationship we share along this linear corridor as well as the important and longstanding partnership we share using this right of way for very different purposes. To that end, we deeply appreciate this relationship and will continue to work in partnership with the Latah Trail Foundation in the future."

We hope that this new trail amenity will bring more families and users to our trail. And a big thanks to the Latah County Parks and Recreation Department for overseeing the installation.

Scott Oplinger is a Board Member of the Latah Trail Foundation.
What motivates you to walk, ride, or run on our trail? Much of my motivation for riding as much as I do, over 3,000 miles this year, comes from the myriad of rails-to-trails efforts going on across our nation. Here are some other things that enhance my love of riding and using rail trails, and I hope they will add to yours too:

1. Visit [www.railstotrails.org](http://www.railstotrails.org) - you can search for trails all over the US by Activity, Length, Surface, or Type. So many trails...

2. We have more than 20,000 miles of rails-to-trails in the US, and more than 1,600 trails, with another 9,000 miles of potential rails-to-trails waiting to be built.

3. There are 25 rails trails in the Rails-to-Trails Conservancy's Hall of Fame. The nearest one to the Palouse is the Trail of the Coeur d'Alenes, beginning just 50 miles north of Moscow in Plummer, Idaho. There is a first class trailhead in Plummer.

4. Heyburn State Park, just east of Plummer, is a great place to camp and ride the Trail of the Coeur d'Alenes.

5. Have you heard of New York's High Line Trail, the "Miracle Above Manhattan," featured in the April 2011 National Geographic?

6. A fantastic one day trip can be made to ride the Route of the Hiawatha, starting near Avery, Idaho. It is billed as the "Crown Jewel of Rail Trails." Before you go, a must read is *The Big Burn* by Timothy Egan.

7. The wonder of rail trails: steam locomotives did not have a lot of hill-climbing power, so our benefit is that rail trails are easy to ride, and often take the scenic, less direct route. Wonderful!

8. The low impact, physical benefits of riding, especially for someone with a compromised leg.

9. The tremendous backing we have from our supporters, both individuals and businesses on the Palouse.

10. The growing number of bikers, walkers, and runners that greet me on the trail every time I ride!

See You On the Trail!

*Scott Oplinger is a Board Member of the Latah Trail Foundation.*

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**Nora Locken — Devotion to the Cause** by Ron Landeck

The mission of the Latah Trail Foundation to develop and maintain “trails, paths, parks and/or ways” in Latah County has been principally overseen since October 2007 by Nora Locken, LTF’s Executive Director. Nora recently announced to the LTF Board that she has decided to make an amiable departure from her Latah Trail work to undertake other endeavors and passions on the Palouse. Nora has devotedly and tirelessly given generously of her extraordinary talents and time in promoting the cause of health, well-being and happiness among the many and varied users of the beautiful Latah Trail. Her calm, kind, thoughtful and responsible presence, vision and leadership will be sorely missed.

To thank and honor Nora Locken for her service and achievements, the Latah Trail Foundation will be hosting a potluck party to which you are cordially invited on Friday, November 16, 2012 from 6 – 9 p.m. at the 1912 Center in Moscow. Please bring a dish to share. Table settings and refreshments will be provided.

*Ron Landeck is the Board President of the Latah Trail Foundation.*
It has been a busy year down in Bear Creek Canyon. We’ve had multiple projects taking place in the canyon including refurbishing bridges 3 & 4 and laying a gravel trail surface. All projects have required substantial volunteer effort exhibiting what a generous, community-minded area we live in.

Work on bridges 3 & 4 is complete! It progressed quite smoothly thanks to an experienced and capable team that included Bob Wilson of R. Wilson Construction, Jim Fredenburg of Strom Electric and Danny Haskell from the City of Troy. In the photo at right, you can see part of our amazing crew of volunteers: Arnold Lee, Jim Palmersheim, Bill Thomson and Gustaf Sarkkinen (L to R). David Moore is a notable volunteer missing from this photo. We are also grateful for Moscow Building Supply’s contribution of discounted metal decking and rebar, saving us over $1,000!

North Idaho Crushing (NIC) is over half finished laying approximately 2,000 yards of gravel along the 4-mile Bear Creek Canyon trail extension in an effort to improve the trail surface. NIC deserves a hearty thank-you for the generous price they provided on gravel and for donating 100 yards of gravel. Also, a big thanks to both the Troy Recreation District for a $10,000 grant they awarded to help pay for nearly half of the gravel and to North Latah Highway District for doing the grading and compacting necessary to create an improved trail surface. This is an ongoing project that we hope to have completed this fall, so thank you for your patience.

Nora Locken is Executive Director of the Latah Trail Foundation.