



# Eastern Trail Alliance Newsletter

Vol. 14 No. 1

Fall/Winter 2013

[www.EasternTrail.org](http://www.EasternTrail.org)

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## SELL-OUT CROWD FOR 10<sup>TH</sup> ANNIVERSARY MAINE LIGHTHOUSE RIDE

By Bob Bowker, MLR chairman

After ten years, the word is out—the Maine Lighthouse Ride is one of the most popular bicycle rides in New England! Of course it's hard to argue with miles of beautiful Maine coastline, great weather, and plenty of friendly volunteers. Having capped the ride at 1,000 riders due to concerns from our host communities, the Maine Lighthouse Ride was a complete sell-out three weeks before the ride. Yes, we must be doing something right!

This year, we were ready for the crowds with a tent at Southern Maine Community College to accommodate the overflow from the dining room, lots of additional police assistance in

South Portland and Scarborough, and even more Porta-Potties and volunteers than last year. We are happy to report a very safe ride, with only a few minor



Century Riders Waiting at Start of MLR

scrapes and bruises, and lots of smiling faces.

Once again, the response from our end-of-the-ride survey was overwhelmingly positive, and once again, the riders all commented on the fantastic volunteer staff (we had over 90 this year). Yes, YOU make the difference!

Planning has already begun for Maine Lighthouse Ride 2014, and as of November 1, 70 people have already signed up. If you have never participated in the Maine Lighthouse Ride, you are in for a treat. Whether it's the 25-mile jaunt, the 100-mile century, or something in-between, the scenery and camaraderie are sure to please. So join the ETA and register today to get the lowest possible rate for 2014.



Sunrise at Start of Ride



Along the MLR



Great Day to Enjoy the Ride



Portland Head Light

(Photos by Jim Bucar)

The Maine Lighthouse Ride:

Great at any rate!

2014

Maine Lighthouse Ride

Saturday Sept. 6

25, 40, 62 or 100 miles

Register at

[www.EasternTrail.org](http://www.EasternTrail.org)



www.EasternTrail.org

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# Maine Lighthouse Ride Kitchen Volunteers

By Brenda Edmands, MLR Volunteer Coordinator

This is the thing about a good meal: it's like a play. If it's done right, there's an enormous amount of hustle and bustle behind the scenes, but all the audience usually sees—and enjoys—is the wonderfulness of the end product. As a result, those behind-the-scenes workers, whether they are costume designers or cooks, don't always get the recognition they deserve.

So let's hear it for the "lunch ladies" of the ETA's Maine Lighthouse Ride!— as they jokingly refer to themselves. Though they often go unseen by many of the riders, without them the end of the ride would be a lot less organized, efficient and friendly, and the riders a heck of a lot hungrier.

In 2008 the MLR base of operations moved to Southern Maine Community College (SMCC). Since that time, their leader, Patti Poole, has volunteered to plan, coordinate, and help prepare the end-of-the-ride meal. Mind you, most of the time she was also acting as the overall Volunteer Coordinator, a job she gratefully passed on this past year. Luckily for Patti, and for the MLR, for several years she has had a regular crew of volunteers—Pat Buckley, Cookie Kalloch and Jean Dufour—to make the task, if not easy, fun and well organized.

"We're a well oiled machine," Patti notes. "The core four of us have been doing it together for so long, we have it down." Her crew says it's Patti's organizational skills that make it all run smoothly.

None of them remembers exactly when they started volunteering to help with the ETA, and they all became involved via different paths. Some came to the ETA via friends: for Patti it was Carole Brush, executive director of the ETA; Cookie thinks Jean brought her in; while Jean points to John Andrews, President Emeritus of the ETA, as her connection—a chain reaction of volunteerism. Others took a more direct route: Pat says she heard about a trail, thought it was a great idea, and called up the office to ask how

she could help.

However, all know what first made them want to help the ETA: love of the outdoors and excitement at the idea of a trail that is to be part of a larger pathway stretching from Maine to Florida. All are avid hikers, bikers and/or runners. As an army officer's wife, Cookie shipped her bike all over the world as she moved around from Europe to Kansas to Massachusetts, and Pat and Jean have hiked several sections of the Appalachian Trail (AT). Jean notes she is proud to have a son and grandson who have hiked the entire AT. Patti describes herself as "outdoorsy" and was on her way to hike a mountain when I caught her on her cell for this interview (note: she was *not* driving).

This love of outdoor recreation and volunteer spirit is reflected in the other volunteer work they do as well, both for the ET and other organizations. Patti is currently the treasurer and membership coordinator for Saco Trails and has served as its president; Jean was vice president of the Maine chapter of the AMC; Pat has hiked several sections of the AT and volunteers frequently for Portland Trails; and Cookie, along with helping with ETA mailings, also speaks persuasively about the ET at city and town meetings.

It's a good thing they do love the outdoors and have such a strong spirit of volunteerism; they have a 12-hour day ahead of them at each year's ride.

Their work actually starts months before as Patti begins planning the meal and procuring the ingredients, working with merchants and vendors to get the best price (free/donated is her preference). Then Cookie and Jean join her the night before at SMCC's Culinary Arts building to help unload a mountain of boxes and shopping bags and set up the kitchen.

By 6 a.m. on the morning of the ride, Patti's

*(Continued on page 3)*



Patti Poole



Cookie Kalloch



Jean Dufour



Pat Buckley

Maine Lighthouse Ride "Lunch Ladies"

*(Photos by Jim Bucar)*

# Maine Lighthouse Ride Kitchen Volunteers

(Continued from page 2)

back in the kitchen, making sure there are refreshments available for the volunteers who have braved the early hour to help with the ride start. Cookie and Jean also arrive in the wee hours to help with rider packet distribution. After they and Pat join Patti in the kitchen around 10, the lunch/dinner prep swings into full speed ahead. They stir buckets of soup, chop a garden's worth of vegetables, and toss mounds of salad, getting ready for the first wave of riders to return.

In the early years of the ride, they also served the meal. Patti notes they've been fortunate as the ride has grown to have "more and more volunteers" helping. Students from Interact, one of South Portland High School's student clubs, have assisted in past years, and this year several seniors from the University of New England served the meal, freeing the "Core Four" to focus their attentions more on the actual cooking. The students' help was very much appreciated. "I'm very impressed by them," Jean notes. "They were very good"; the rest of the crew agrees.

Even with the students dishing up the food to the riders, the crew is still kept plenty busy prepping more food to refill the steam table (the chowder was an especially big hit with this year's riders; last year it was the chili), salad bowls, veggie platters, and drinks. Other volunteers stand in awe of the crew's stamina, commenting on their energy as they move back and forth among kitchen, dining room, and lobby. This energy is despite (or maybe because of?) the fact that, as Pat puts it, "None of us are spring chickens."

Everyone's least favorite chore, washing the dishes, is a part of their work too. One big assist

at this year's ride was finally learning how to operate the Culinary Arts industrial-sized commercial dishwasher. It only took "2-3 years," Cookie notes wryly. Another accomplishment they are proud of is devising a new method to keep the chowder from scorching. All agree that developing better systems is one of the pleasures of the work. Jean also finds the way the ETA works with volunteers is a draw: "I like to support organizations that use their volunteers well."

What keeps them working so hard in the kitchen, though, goes beyond that, to something that may have to do as much with the heart as the head. Cookie notes that as a runner in Europe she loved the sense of camaraderie of sharing a meal of *brats* with fellow runners after a race. She sees that same kind of camaraderie in the riders when they sit down to enjoy a bowl of chowder with someone they may not have known before that day. Cookie also notes that the riders really enjoy the healthy food choices Patti makes: "It's good to serve food up that people really take to."

Or as Pat puts it: "It makes me happy to prepare food. There's a deep connection between feeder and diner, especially after a 100-mile ride."

**Note:** There is one aspect of the day's labor Patti, Cookie, Pat and Jean wouldn't mind giving up. Their day begins, as noted, at 6 a.m. and often doesn't end until 6 p.m. or later when they load up vehicles with leftover food and paper goods. It's a smaller pile than when they started, but after a long day on their feet it can feel pretty heavy. And even with their new found mastery over the dishwasher, the last hour or so of clean up can be, well, a chore. They would love to have some volunteers who could come in "fresh" from about 4 p.m. to 6 p.m. to help with cleanup and loading vehicles. If you're interested in doing this, please contact Brenda Edmands at [bren.edmands@gmail.com](mailto:bren.edmands@gmail.com) or the ETA office at [eta@easterntrail.org](mailto:eta@easterntrail.org).



[www.EasternTrail.org](http://www.EasternTrail.org)

## The Eastern Trail

- Kittery
- |
- Eliot
- |
- South Berwick
- |
- North Berwick
- |
- Wells
- |
- Kennebunk
- |
- Arundel
- |
- Biddeford
- |
- Saco
- |
- Old Orchard Beach
- |
- Scarborough
- |
- South Portland

## Eastern Trail Alliance Staff

- Carole Brush  
**Executive Director**
- Scott Marcoux  
**Communications Coordinator**
- Larry Glantz  
**Web Coordinator**

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**Brenda Edmands and Carole Brush  
at MLR Registration**



**Tom Daley and Volunteers at MLR Rest Stop**

(Photos by Jim Bucar)



www.EasternTrail.org

## Eastern Trail Parking Areas:

**Please show courtesy to our neighbors. Do not park on private property or impede traffic flow.**

### South Portland:

- Bug Light Park
- Wainwright Field Complex (off Highland Avenue)

### Scarborough:

- Black Point Road (on Eastern Rd spur south of Black Point Road)
- Pine Point Road (at ET crossing)
- Old Blue Point Road (Cemetery parking lot)

### Old Orchard Beach:

- Milliken Mills Road (on the shoulder)
- Old Cascade Road (two spots only)

*(Continued on page 5)*

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# The Happiest Bridges in Maine?

By John Andrews

On September 28, 2011, Maine Turnpike Authority dedicated its Eastern Trail bridge, which it had built to close the most challenging gap in the Eastern Trail, a bridge that would allow the ET to connect the southern York County towns of Kennebunk, Wells, North Berwick, South Berwick Eliot and Kittery with the northern towns of Arundel, Biddeford, Saco, Old Orchard Beach, Scarborough and South



*(Photos by John Andrews)*

Portland.

It's also the happiest ET bridge, one of smiles and blasts—as you can see in these photos of two

Kennebunk boys as they welcome truckers who often cause ecstatic joy with their friendly horn blasts.

Thousands of drivers pass daily under the Turnpike's ET bridge, noting not only the trail's progress but also the salute provided by energized ET users. Bring your children or grandchildren there to welcome Maine's truckers, and don't be surprised if they send a blast your way.

Enjoy your visit by continuing to other ET bridges that offer their own distinctive delights, like the Kennebunk River Bridge whose wood-surrounded span over the silent stream fosters peace, contemplation, solitude. Or further on, at Scarborough Marsh, the Dunstan River Bridge trades Route 1's noise and fumes for invigorating wildlife viewing: seals, eagles, snowy egrets, mallards and mackerel. Whatever your tastes or needs, the Eastern Trail has a bridge for you.

*The saddest bridges? The ones not yet built.*

[Editor's note: The modest author neglected to mention his namesake bridge over Rt. 1]



*(Photo by Jim Bucar)*

## SMMC's use of the Eastern Trail

By Joe Yuhas

According to Peggy Belanger RN, who is Cancer Care Coordinator and Oncology Nurse Navigator at Southern Maine Medical Center (SMMC), access to the Eastern Trail contributes greatly to the programs that she administers. The mere fact that the trail is in such close proximity to the medical center campus encourages creativity and innovation in programing for patients.

Peggy described "Walk Away From Cancer," which utilizes the trail for the exercise component of the program. This program was specifically designed for both recently diagnosed patients and patients currently in treatment to provide them with the opportunity to develop a sustained regimen of beneficial exercise. The program meets two times a week for six weeks, and in addition to exercise it has educational and a nutritional components and serves as a support

group. Groups meet in the spring and fall and walk the trail at their own pace in small groups that facilitate sharing and support, thus fostering a very important social contribution to recovery.

With the trail head at the rear of the SMMC parking lot, the participants can conveniently walk in a safe shaded area and enjoy fresh air and the ET's natural environment. By eliminating barriers to participation in exercise, patients experience success, which in turn promotes ongoing participation and leads to continuing lifelong healthy habits. The program, now completing its first year, was partially funded by a grant from the Maine Cancer Foundation. Few hospitals are sited in such a favorable location and that factor must have been a positive influence to award the grant to SMMC.

*(Continued on page 5)*

# Spreading the Word about the ET

By ETA President  
Bob Hamblen

In the next to last week of October I hit the jackpot. No trip to Foxwoods, or Oxford for that matter, involved. And I haven't bought a Powerball ticket ... uh, ever. Instead, I had the opportunity to chat about the Eastern Trail at three separate events, and this wasn't a case of the ETA begging for a chance to set up a table so we could try to sell folks on the Trail.

Nope, the ETA was actually invited to attend three meetings and participate in panel discussions; these groups really wanted to hear about the Trail, even though, per a show of hands at the latter two events, the majority of attendees were already familiar with the ET.

On October 22 the second quarterly meeting of the York County Bicycle and Pedestrian Committee convened, the brainchild of the Bicycle Coalition of Maine and Southern Maine Planning and Development Commission (formerly Southern Maine Regional Planning Commission). There's a lot happening on the bike and ped scene, and those who created the committee recognize the value of sharing experiences. So they invited three of us to offer input on the state of trails: Alix Hopkins, former executive director of Portland Trails, author and community activist, related progress to date on the Biddeford River Walk, including a planned pedestrian bridge that would span the Saco River in the Biddeford and Saco Historic Mills District. MaryAnn Conroy has just assumed the director's role at the Kennebunk public works department, and is an ET veteran of sorts via her previous employment with the Town of Old Orchard Beach. The three of us and all attendees compared notes about funding.

The YCBPC meets quarterly, next time in Sanford to hear about that city's ambitious trails plan. All welcome; contact Myranda McGowan ([mmcgowan@smrpc.org](mailto:mmcgowan@smrpc.org)) for more information.

Next afternoon Sustain Southern Maine hosted an information-sharing session on growing trail accessibility. Professor Jack Kartez explained the forum this way: "There is widespread consensus among both health and development experts that ready access to non-motorized trails linking people to the landscape they live in provides benefits and amenities needed for a successful area-wide economy attractive to a wide variety of people."

This gathering, the seventh in a series that SSM hosts on topics that have included climate change, housing, energy, and locally grown foods, Trails and a Livable Southern Maine, included Jim Tasse of the BCM who spoke on

the growing popularity of single-track bike trails, Steve Engle of the Maine Center for Community GIS, who maintains the Maine Trail Finder website, and Matt Craig of the Casco Bay Estuary Partnership. Jack and Kara Wooldrik, Executive Director of Portland Trails, hosted the panel discussion which examined how regional trails such as the ET are spawning local trails, creating a network of sustainable transportation and fitness options.

The third event of the week convened on the Eastern Trail in Kennebunk. Bob Bowker, ET vice president and Tim Cote, the project engineer for the Biddeford to Kennebunk section of the Trail, hosted members of the Maine chapter of the American Society of Civil Engineers for a tour on bike and foot. The group later convened for its dinner meeting in Scarborough, and listened to trail talk from Tim and co-HNTB employee Greg Blake, Nancy Grant of the BCM, Dan Stewart of Maine DOT, and me. Topics included funding options for trails (limited), current challenges to extending trails in Maine, and MDOT's role.

While many of us look to our 'leaders' in Augusta and Washington and can only shake our heads, you can take encouragement from the fact that lots of people out there 'get it,' and are actively learning from and sharing the best of what is happening locally and regionally. We're pleased that the ET is very much in the mix.

## SMMC's use of the ET

*(Continued from page 4)*

For three years now the SMMC "Be Healthy" 5K Run/Walk has utilized the ET, and its proceeds have helped support SMMC's Center for Breast Care. Hosting this community event is a natural, and logistics are simplified with the convenient access to the ET at the rear of the campus. The event also dovetails nicely with the hospital's mission of encouraging health and fitness in its patients, employees and the community in general.

In a recent survey, nearly one third of the employees based at the medical center's Biddeford location reported using the Eastern Trail for exercise and recreation, with walking and cycling the two most frequent uses. The trail extending to Kennebunk also provides an opportunity for many to use it as a commuting route to work, providing both economic and health benefits while reducing carbon emissions to the atmosphere.



[www.EasternTrail.org](http://www.EasternTrail.org)

## Eastern Trail Parking Areas:

*(Continued from page 4)*

### Saco:

- Millbrook Business Park (off Route 1)
- Thornton Academy (Clark St shoulder; in TA lot only when not in session)

### Biddeford:

- Southern Maine Medical Center (rear lot)

### Arundel:

- Town Hall (at Limerick Road and Mountain Road intersection)

### Kennebunk:

- Kennebunk Elementary School (rear of lot near kiosk and spur trail)

Additional parking information can be found on the Trail Guide. See:

[www.easterntrail.org](http://www.easterntrail.org)

➔ Trail Maps

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[www.EasternTrail.org](http://www.EasternTrail.org)

## Welcome to New ETA Members

Josephine Angevin

Lori Arsenault

Alice Badecker

John Bly

Nicole Boucher

Karen Bowker

Dede Cadieux

Jennifer Cole

Libbet Cone

Holly Cooney

Lisa Cramb-Dudley

Peter Davoli

Jacqueline Demeter

Barbara Denker

Douglas Dery

Donna DeSaulnier

Allison DiMatteo

Nunzio DiMillo

Bill Durkin

Donna Durkin

Marcia Edson

Jocelyn Egan

Dan Eggleston

Tom Elliman

Gervais Flynn

Brian Fox

Amy Grohman

Emma Holder

Tom Hopkins

Lloyd Hunt

*(Continued on page 7)*

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## Bringing the Trail South

*By Marianne Goodine, Treasurer, Eastern Trail Management District*

With the Eastern Trail making its way southward, a very energetic group of trail enthusiasts has been meeting monthly in Wells to collaborate on ways to continue the trail. This group represents the Southern Eastern Trail Alliance (SETA) and consists of representatives from Wells, North Berwick, York, Kittery, and South Berwick.

The group is focused on ideas for fundraising and getting more exposure for the trail. During the summer of 2013 we set up an informational booth at local events such as the Kittery Block Party, Senior Expo in Kennebunk, Wells HarborFest, and the Millfield Festival in North Berwick. We are currently seeking interested individuals to become members of the Eastern Trail Alliance.

The 20+ miles of completed trail has been used by countless numbers of walkers, hikers, bikers, equestrians and proves to be a very safe route for its users and a valuable asset to each community that it passes through. So far the greatest obstacle of the trail was building the bridge over

the turnpike in Kennebunk. Many said it wouldn't happen and yet it did.

The Towns of Kennebunk and Wells recently applied for a Transportation Enhancement grant through the Maine Department of Transportation for the design and engineering phase of the trail. Unfortunately, because of State budget cuts, the application was denied, creating another road block in our efforts to continue the trail south. This setback has made it all the more important for us to seek other alternatives for funding, which the SETA group is currently investigating.

I and many other citizens of southern York County communities strongly support efforts to bring the trail south. It is a tremendous asset and a safe route for all to enjoy whether you're walking, biking, running, jogging, or just enjoying a morning, afternoon or evening stroll. Every dollar spent will give back so much more. Let's all put on our thinking caps and find ways to continue the trail southward to the New Hampshire boarder, including sources of alternative funding for trail development.

## Memorial Bridge Opening

*By Judy Haley*

If you build it, they will come! And so they did ... by the thousands in Kittery and Portsmouth on August 8, 2013, to participate in the opening of the new Memorial Bridge! Although the morning was overcast

with bad weather threatening, spirits were not dampened! Motorists, pedestrians, cyclists, boaters, kayakers— they all began arriving before 7:00 AM. Flags were raised, banners were flying, and excited chatter was deafening; until, that is, the band started to play and the parade of dignitaries, began to march from the Kittery side of the bridge to Portsmouth, where the ribbon cutting ceremony was to be held!

Oh, what a day it was! Everyone coming together to celebrate the completion of this much heralded and loved gateway! Of the three bridges connecting Kittery and Portsmouth, the Memorial Bridge alone can boast provisions for pedestrians and cyclists!

The Memorial Bridge, besides acting as a major gateway between the two states, also serves as a critical connection for the East Coast Greenway,



*(Photo by Judy Haley)*

a trail that runs from the Canadian border at Calais, Maine to Key West, Florida. Our own Eastern Trail, which is part of the East Coast Greenway, extends from the Memorial Bridge to South Portland, connecting towns and cities long the way, with both on-road and off-road trail sections.

The Eastern Trail Alliance, has been instrumental in completing approximately 21 miles of improved, off-road trail from South Portland to Kennebunk and is currently working toward completion of the ET, off-road, from Kennebunk to Kittery and to the Memorial Bridge gateway.

For more information on our progress and how you can help, please visit our website: [www.easterntrail.org](http://www.easterntrail.org)

# What's All That Construction??

By Bob LaNigra

What is all that construction going on in Scarborough??

You may have noticed considerable evidence of construction at the Pine Point Road and Black Point Road intersections with the ET. I talked with the Scarborough Town Planner, Dan Bacon, and learned that the town has funded upwards of \$400,000 for construction at those crucial points to improve traffic flow and, more important, to ensure the safety of pedestrians and bikers using the Eastern Trail.

A new sidewalk is being installed along Black Point Road, from Route 1 to Eastern Road, which is the road leading to the trail. The crosswalk is being built to better connect the Eastern Trail with businesses at Oak Hill and the schools along Route 114. This concrete sidewalk will be six-feet wide, which is wider than normal, to accommodate both pedestrians and bikers. A flashing light will be installed at the intersection of Black Point Road and Eastern Road, aiming to slow motorists down for safer crossing of Black Point Road. As another safety measure, street lighting will be improved to make pedestrians and bicyclists more visible. Finally, new curbing and landscaping will be installed.

Similar projects are happening along Pine Point Road: upgrades to the sidewalk from Dunstan corner at Route 1, and installation of a flashing light at the Pine Point intersection of the trail. An asphalt apron has already been installed on

the trail on either side of Pine Point Road. In addition, the town took advantage of this construction work to increase the bollard widths at the south portion of the trail from 32 and 37 inch widths to approximately 40 inch width to accommodate adaptive bikes, baby carriages and wheel chairs.

Both projects should be completed by the end of November or early December.

As considerable as these projects are, Scarborough is investing still more time and energy in a grander addition to the trail. Members of the town have been working with the MDOT on a major project to complete the Eastern Trail within its town boundaries by closing the .8 mile gap from the Nonesuch River (at the end of Eastern Road) to the Wainwright Recreation area in South Portland. The engineering design should be completed by the end of this year. Then the next big challenge will be to get funding to construct the project, which may take several more years. The town recently hosted a presentation on the preliminary design for this section of trail. A video from the meeting is available on Scarborough's website.

Thank you, Town of Scarborough, for your foresight and for continuing to invest in the future of the Eastern Trail. Clearly, the town believes in the benefits of the trail and is willing to support that belief with investments in money and resources.

# SETA Progress

By Judy Haley

The summer of 2013 was a busy one for members of SETA, a subcommittee of ETA! Their enthusiasm and dedication were boundless, as the volunteers set up displays and presentations to spread the word of the Eastern Trail and build support at many seasonal outside events and celebrations, emphasizing that the ETA is now concentrating on bringing the trail to and through their towns and villages. Without exception, these York County missionaries reported successes and are eager to continue the efforts for better trail awareness moving south.

They are also proposing more ways to bring the ET experience to new people and communities, for example by organizing outings for youth groups, schools, and interested adults— cycling, cross-country skiing, evening walks. Those “on the trail” events would supplement the many target presentations of local club and civic organizations.

Members attending the October meeting first shared their summer success stories, then quickly progressed to the issues at hand,

focusing primarily on two of them:

Identifying the ways and means to move southward with an Awareness Program which would underline the far reaching benefits of the existing trail, as well as the benefits that would follow as the trail is extended to and through Wells, the Berwicks, Eliot and Kittery.

Researching alternate ways to finance the initial costs involved with trail building: e.g., feasibility studies, legal expenses, and design costs needed to present “shovel ready” projects for state and federal funding.

SETA is gaining strength each month with new members who are eager to see the trail extensions become a reality. Their mission is daunting, with approximately 36 miles of trail remaining to be built in order to connect with NH at the Memorial Bridge in Kittery. Anyone interested in joining in this effort will be warmly welcomed! More information is available at [www.easterntail.org](http://www.easterntail.org)



[www.EasternTrail.org](http://www.EasternTrail.org)

## Welcome to New ETA Members

*(Continued from page 6)*

- Garry Kasten
- Richard Kelly
- Michael Kucsma
- Scott Linscott
- Margaret Littlefield
- Edie Lydick
- Michael Lynch
- Amelia MacLeod
- Joie Maloof
- Kathleen Oelschlegel
- Linda Parise
- Patty Quinn
- Lauren Riccio
- Nancy Richeson
- Jim Russell
- Kate Sahlin
- John Scully
- Iris Silverstein
- Meg Slutter
- Stephen Slutter
- Laura Smeaton
- Kelly Smith
- Heather Taylor
- David Theoharides
- Jacqueline West
- Roberta Willis
- Steve Willis
- Kathryn Yates
- Ralph Young
- Ched Zaccaria

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www.EasternTrail.org

## Welcome to Returning ETA Members

- Kristina Doucette
- Penelope Armstrong
- Suzanne DuBois
- Tom Gray
- Cathy Peterson
- Ed Peterson

## About the ETA

We are citizens of southern Maine, hikers, bikers, X-country skiers, birders, and other outdoor enthusiasts, dedicated to creating, enjoying and maintaining the Eastern Trail.

The ET will be a four-season trail suitable for both transportation and recreation. It will connect Casco Bay in South Portland with Kittery on the NH border and the ten other communities in between.

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## KES Biking Program *By Diane I. Dyer*

For the third straight year approximately 120 third-grade students at Kennebunk Elementary School (KES) are riding bicycles during October physical education classes. Students are assessed the first week of biking as they ride the 1/2 loop around the school; only then can it be determined if the class is ready for the Eastern Trail. When the program started at the beginning of the month there were 10 non-riders. Currently there are only four. The program will resume in May.

Thanks to private donations and to grants from Safe Routes To School, Coastal Healthy Communities Coalition, The Education Foundation of the Kennebunks and Arundel, and Kennebunk Elementary Parent Teacher Association, the fleet now consists of 27 bicycles. All the bikes were purchased from local shops.

Many volunteers make the program a success. Parents bring their bicycles and ride at the front and middle of the pack. The school's physical education teacher rides at the end of the fleet and has the

volunteers stop at designated points so that stragglers can catch up again.

A member of the Maine Bicycle Coalition, Maureen Townsend, came to Kennebunk Elementary School last week to teach bike and helmet safety to each of the third-grade classes. Also, on September 21 members of the Coalition and Kennebunk Police Department sponsored a rodeo. Many students and their parents attended. Attendees got free helmets, a lesson in safety, rode an obstacle course, and had their bikes inspected.

As we are riding the Eastern Trail we see people of all ages walking, jogging, pushing baby carriages, exercising dogs and riding bikes. Thanks to the diligent work of the ETA, the town of Kennebunk has been blessed with this wonderful gift.

This KES program runs through the month of October and resumes in May.

[Diane Dyer is K-3 Physical Education Wellness Chairperson at Kennebunk Elementary School]



(Photo by Jim Bucar)

## Biddeford Savings Puts ET on the Map(s)

*By Scott Marcoux*

An off-road greenway is of little use to travelers without a way for them to navigate it, right? The ETA is continuously looking to disprove the local adage that "you can't get there from here" [add appropriate downeast accent] with additional tools to show trail users where they are, and where they are going.

In addition to various resources available on our website, and our popular full-color Trail Guides, the ETA this year introduced a quick trifold map that outlines all the completed off-road sections of the ET. Better still, it is free because it is fully funded by Biddeford Savings Bank.

The bank provided full funding for the printing of 10,000 maps, which trail users snapped up from trail kiosks almost faster than we could restock them. The maps went so fast and proved so helpful to trail fans that we found ourselves wanting more.

"We couldn't be more pleased to partner with Biddeford Savings on our map initiative," said ETA president Bob Hamblen. "The public was immediately sold on the maps, so much so that we went through the first printing in a matter of months. Biddeford Savings stepped up and agreed to fund a second printing."

Along with the map effort, Biddeford Savings also provided support for The Saco Bikes for Kids campaign, an effort sponsored by the Saco Parks and Recreation Department to promote healthy lifestyles and the use of the ET by area youth. A total of 46 contributors provided funds to purchase 25 new bikes and equipment for local children.

"At Biddeford Savings, we help define the path to prosperity for our customers," said Charles Petersen, bank president and CEO. "And prosperity can come



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# Event Organizers Having a Field Day on the ET

By Scott Marcoux

The Eastern Trail began with a simple idea: to create a green transportation route for non-motorized travel through southern Maine. But for the growing number of activity groups and organizations now using the trail for a variety of events, the trail's off-road sections are now, in themselves, also a regular destination.

Once again in 2013, the number of fundraising events hosted on at least part of the ET grew, totaling 15 this year. Returning events from last year included Southern Maine Medical's BeHealthy 5K, the Rev3 Triathlon in Old Orchard Beach, and the Snowy Egret 5K Run/Walk. Events new to the trail in 2013 included The Maine Walk, Run or Roll Against Bullying, the Connor Chretien Memorial Scholarship Walk 'n Roll, and the Walk to Cure Diabetes.

The benefits to moving a fundraiser to the ET are obvious: walkers and runners find a surface more forgiving than roads and sidewalks, and interaction with vehicular traffic is greatly reduced or entirely eliminated. Participants and volunteers trade exhaust fumes for fresh air and occasional pine scent. The mile markers don't hurt either!. Given the demand, if you are planning to hold an event on the trail next year, be sure to download the Event Request Application from the Events page on our website— [www.eastertrail.org](http://www.eastertrail.org). The application process is essential to avoiding conflicts with other events, especially with at least ten events already scheduled for 2014.

## Wait, we wanna play too!

Through all of our interactions with trail fans — educational fairs, corporate and school presentations, and phone inquiries to our office — we've learned a lot about how the trail has been embraced by less formal groups of users. Local outing clubs like the Kennebunk Newcomers and Biddeford's 50+ Club are adding trail-centered activities to their offerings. A number of informal ET running and cycling meet-ups have sprung up since the completion of some sections, and visitors to Maine or their in-state hosts now regularly call for information about the trail while planning family vacation time.



Full Moon Walk



(Photos by Jim Bucar)

## The Lure of the Moon Walk

Of course, the ET Moonlight Walks have become regular and popular outings during autumn, winter and spring. With up to 30-40 participants in clear weather, group leader and ETA Trustee Joe Yuhas takes to the trail in Biddeford and Arundel most months with only the moon to light the way. Joe will have led nine of these walks by year's end.

Some walkers have become regular attendees, and some months, everyone swaps shoes for snowshoes and cross-country skis. The walks are a chance to learn about the ET from Joe and other trustees who often tag along.

Additionally, ET Bicycle Loop Rides were twice led by volunteer Russ Lamer, and a number of Monday Morning Walks were offered by Trustee Jim Monroe through the summer.

For information on upcoming ETA-led events, check the Events page on our website, [www.eastertrail.org](http://www.eastertrail.org), or become a fan of our Facebook page.

## Biddeford Savings Puts ET on the Map(s)

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in many forms. When we were approached by the Eastern Trail Alliance to support the printing of the maps, we thought it was an excellent way to demonstrate how we put concepts into practice. The Saco Bikes for Kids campaign also seemed like a perfect fit to encourage healthier lifestyles. By using the Eastern Trail, people of all ages will prosper by enjoying the healthful benefits of the outdoors in our beautiful coastal region. The Eastern Trail is truly a gem that we want everyone to discover."

Many thanks to Biddeford Savings to helping us to point the way for trail users. To learn more about where we've been in building the trail, and where we're going, visit [www.eastertrail.org](http://www.eastertrail.org) today.



[www.EasterTrail.org](http://www.EasterTrail.org)

## ETA Thanks Major Donors

Biddeford Saco Rotary Club

Biddeford Savings Bank

Bob's Clam Hut

Chiropractic Family Wellness Center

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## 2013 Maine Lighthouse Ride Sponsors

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- Hannaford's
- Jay Beauchemin
- Kennebunkport Bicycle
- Kittery Trading Post
- Michael Boyson & Nancy Grant
- Michaud Distributors

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# Letter to MLR Sponsors

October 15, 2013

Dear 2013 Maine Lighthouse Ride Sponsor,

The Eastern Trail Alliance is pleased to convey its thanks—and the thanks of 1,000 bicycling participants—to the partners who co-sponsored the 10th annual Maine Lighthouse Ride. Let us do a little scene-setting for you:

It's a beautiful, sunny day in southern Maine, the first Saturday after Labor Day. In the early morning, hundreds of vehicles loaded with bicycles converge on Southern Maine Community College's beautiful seaside campus – the starting point of the MLR. Beginning at 7 a.m., a spectacular Casco Bay sunrise dazzles the cyclists who have chosen the 100-mile ride as they head out for a world-class day of coastal touring. They will follow a pre-determined course as far south as Kennebunkport, enjoying views of no fewer than eight classic Maine lighthouses along the way, their travels enhanced by dozens of volunteers who provide staffed rest stops and, when needed, help with minor repairs. Upon their return to South Portland the cyclists sit down to chowder, chili and salad in an SMCC dining room – or outside under a tent -- overlooking Casco Bay. Life, as they say, is good!

That day happened a few weeks ago, in large part thanks to the support of sponsors like you.

In turn, the MLR's success will provide

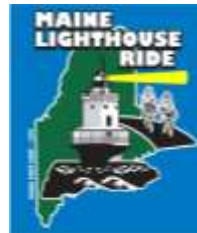
support for the continued development of the Eastern Trail: a 65-mile recreation/transportation greenway connecting Casco Bay with Memorial Bridge in Portsmouth, New Hampshire, and, in an equally true and larger sense, Maine with Florida via the East Coast Greenway. Thousands of users enjoy this “linear park” for non-motorized commuting and recreational walking & biking, snowshoeing, cross-country skiing, birding, nature study and many other human-powered, healthy activities. With its newest sections and highly visible bridges crossing Route 1 (Saco) and the Maine Turnpike (Kennebunk), the trail serves as a beacon to all that southern Maine has to offer (“Let’s go see where that bridge leads to, George!”).

“Continued development” is a key phrase here: about 21 miles of the eventual 65 mile trail are complete. An interim on-road ET exists from Kennebunk to Kittery, and those 40+ miles are the current goal. This vision of a completely off-road Eastern Trail will impact our communities in several ways: safer walking and biking for local families and tourists; reduced carbon emissions; increased real estate values; and spending by active outdoor participants.

Thanks again – you help make this all possible. And please consider signing up for continued duty as a Maine Lighthouse Ride sponsor – we’ll be happy to share that news with all our trail users and supporters! Happy Trails!

Sincerely,

*Bob Hamblen*, ETA President



(Photos by Jim Bucar)

# Cyclist Stages Comeback at 2013 MLR

No doubt most athletic fundraisers have their hidden stories of triumph over adversity, of difficult goals quietly reached. Certainly, those of us who plan and run the Maine Lighthouse Ride have heard or overheard a few of these stories over the years. We are grateful to be able to share one such story with you. Patrick Joyce, who rode the century in the 2013 MLR, found himself facing surgery that might have discouraged others from riding again. Patrick had another plan. Here, in his words, is his story:

*I had ridden in the MLR in 2012 and 2011, but my story is about how the 2013 ride became so important to me.*

*In January 2013, doctors discovered a benign tumor in the lining of my brain that would need to be surgically removed. The tumor was located in the area of the brain that controls motor function. It was successfully removed but left me with significant neurological weakness in my right leg. I was not able to move my right leg at all. The doctors believed it was a temporary condition, but I was worried.*

*I needed to establish in my mind that no matter what the long-term outcome, I would return to my normal life. My normal life included riding my bike. The day after surgery, I set a goal that I would ride the 100-mile Maine Lighthouse Ride as I had done in 2012 even if I*

*had to do it with only one functional leg. Fortunately, I began to get some movement back after 48 hours, but full function was still a long way off.*

*The goal of riding the MLR was a great incentive. It did two things. First, it gave me a measurement of full recovery. Second, it gave me long time line - seven months to prepare. This was extremely important for me. I am not a patient patient, as witnessed in my first PT session when the therapist talked about fitting me with an ankle brace I commented, "How long is this going to take?"*

*After two months of PT, I started riding again. Leg movement was normal but neurological weakness remained. I began working with a trainer to develop my affected leg.*

*When the MLR came around in September, I was well prepared. I think this year's ride was easier for me than it was in 2012.*

*When I crossed the finish line at SMCC, I had fulfilled a goal set in a bed at Maine Medical Center. I had tangible proof that I was again fully functional.*

*I will do MLR's century ride in the future, but it will never mean as much as it did in 2013.*

Thank you, Patrick. We look forward to seeing you at the 2014 MLR.



[www.EasternTrail.org](http://www.EasternTrail.org)

## 2013 MLR Sponsors

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*Make check payable to the ETA and mail to our address below. You can also join by visiting our web site, [www.easterntrail.org](http://www.easterntrail.org), where you can use a credit card. The ETA is a 501(c)3 nonprofit: your donations are tax deductible.*

**Eastern Trail Alliance**

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