

SPRING NEWSLETTER 2006

Volume 14 Number 4

## OUR GOALS

**To create** a 30-mile network of multi-use trails within Greater Portland.

**To serve** as a public advocate for the protection of and access to natural places within the region.

**To encourage** the participation of neighborhoods, schools and the business community in trail use and stewardship.

# Come Celebrate National Trails Day and Portland Trails' 15th Birthday!

## June 3rd 2006

BY MARC R. HILLS

**A** BIG, BIG MILESTONE IS JUST AROUND the corner for Portland Trails: our 15th Year anniversary. Hard to believe, isn't it? In the time it's taken a generation of toddlers to graduate from high school, Portland Trails has grown from scarcely more than the fanciful vision of an optimistic few to the dynamic organization it is today. And during all those 15 wonderful years, Portland Trails has been tirelessly transforming the greater Portland urban and semi-rural landscape, one mile of scenic trail at a time.

To celebrate, we're planning a very special edition of our annual National Trails Day celebration this June 3rd, centered in Portland's Deering Oaks Park.

In commemoration of the significance of PT's 15th year of existence, Tom Jewell's annual 10 kilometer guided trail walk along some of the area's finest trails will be lengthened to an ambitious 15 kilometers. Additionally, Rob Levin, Jamie Parker and other dedicated volunteers will be leading 5 and 10 kilometer alternatives both on and off the



Photo: Marcia L. Keyes

Discover some new trails!

peninsula, offering a choice for everyone. We will even be debuting our new "questing" program for our junior participants.

All of the guided trail walks will begin and end at Deering Oaks. The departure times will be staggered (longest trail walks leaving earlier), allowing everyone to regroup back at Deering Oaks at about the same time. That way, everyone can relax together afterwards at the park's newly restored Castle for a special announcement and a grand 15th birthday/National Trails Day celebration!

We've added a fundraising component to this year's celebratory walks. Participants can register online at [www.trails.org](http://www.trails.org) or by mail (watch for your registration flyer coming soon). Just select the walk you want to do and start gathering pledges! Prizes will be offered to the highest fundraisers.

➤ *Mark your calendars now, polish those trail boots and shoes, and get ready for fun, exercise and a great cause!*

# A VIEW PRESERVED

BY BOB KRUG

**T**HE SITE IS SECLUDED, CUT OFF FROM neighboring residences by a stand of mature trees. It is elevated, set some thirty feet above the largest freshwater pond in Portland. The location has long been a favorite viewing-platform for Portland's birders. And while this evergreen-embraced grove in Capisic Pond Park has been treated as public open space, it was, in fact, private land that abuts the 18 city-owned acres that constitute the Park proper. Until recently, the trees might have been razed to make way for someone's dream home – an isolated, elevated abode overlooking a nature preserve in Maine's largest city. But now that won't happen.



Photo: Andy Abrams

The Lilley Property donation

The owners of the parcel, attorney Daniel G. Lilley and his wife Annette, have donated the land to Portland Trails. They thereby maintain the integrity of Capisic Pond Park and guarantee public access and use in perpetuity. "Portland is a beautiful city and Capisic Pond Park is one of its jewels," said Dan Lilley of his family's decision. "Preservation is clearly the best use of



Capisic Pond Park

Photo: Phil Poirier

this land. It is our gift to the city that everyone can enjoy."

The Lilleys donated the land in memory of their son David, who died in an accident in 1988. A bench will be installed on the site that honors his memory.

The importance of this gift is out of proportion to its size. It keeps a special place intact, safe from the intrusion of development. Portland Trails and Portland's citizens and visitors owe the Lilleys a large thank you. 🐾

## Step into Spring

BY DR. PAUL FLANIGAN

FROM THE WINDOW OF MY OFFICE at Portland Foot and Ankle, I can see hundreds of people enjoying Back Cove trail each day. They run and walk and jog their dogs and kids along the trail. Arms pumping, many celebrate the disappearance of winter's ice with an extra-fast trip. It's a great way to commemorate spring's arrival – until you wake the next day with mysterious heel pain.

Foot and ankle specialists have a special term for spring; we call it heel-pain season. The culprit is often a common condition called plantar fasciitis, or a tightening of the plantar fascia ligament, which is a continuation of the Achilles tendon that runs between the heel and ball of the foot. A race-walk after a lazy winter will do it, or new athletic shoes that fit differently, or even a few extra pounds. A gain of as little as 5 pounds can cause plantar fasciitis. It is most typically noticed after exercise



Photo: Phil Poirier

followed by rest, such as a night's sleep. Often the pain will subside after some careful exercise, but in severe cases the heel may be painful at all times, feel hot and swollen, and may not be relieved by activity.

The good news is that plantar fasciitis can often be avoided by wearing a well-fitting sneaker with plenty of cushioning and support. Though warm weather makes all of us want to move faster, it is wise to gradually increase athletic activity over [continued on page 8]

# Commute Another Way Day makes lasting impact on Maine

*June 7th event urges commuters to save fuel, be healthy*

**C**OMMUTE ANOTHER WAY DAY has now been around longer than many cars. This June 7, the annual transportation event will celebrate its 12th anniversary of promoting transportation options statewide to Maine commuters. These options include carpools, vanpools, buses and trains, as well as cycling and walking – activities to which more health conscious adults are turning.

For Carey Kish, director of the Greater Portland Council of Government's GO MAINE program, which runs the event, it's been a long ride with long-lasting payoffs for the state of Maine – particularly now as Maine commuters have watched prices increase at the gas pump.

"It's certainly helped to increase awareness of commuting alternatives and made them easier for the average Maine commuter to try," says Kish. "Plus it's been a fun and easy event for individuals and employers alike to get involved in."

CAW Day is broadly supported by the transportation, municipal and business communities. Sponsors include the Maine Department of Transportation, Maine Turnpike Authority, Maine Department of Environmental Protection, Maine Transit Association, Maine Bicycle Coalition, Healthy Maine Walks Coalition, Maine Better Transportation Association. Portland Trails is a local supporter of the event.

With gas now recognized as a limited resource and prices more than ever at the mercy of a rapidly changing economic and political landscape, Kish expects this year's CAW Day theme – "It's time to be fuel efficient" – to resonate with commuters.

GO MAINE's fall recruitment campaign netted 700 new commuters, the highest increase since the mid-1990s. "The high gas prices and the news blitz surrounding them have helped push our commuter database to new highs, from 2,500 to nearly 3,200, and it's continuing to grow," says Kish.

Gas prices have been only one factor in convincing Mainers to consider different modes of transportation, he adds. "Hurricane Katrina and other weather incidents have helped tremendously to drive home that oil and gas are finite

resources." State and federal agencies have been doing their part as well. GO MAINE recently received \$400,000 to expand its vanpool program. The program plans to buy a dozen new 12-seat vans and establish new commuter routes later this year. Top priorities are the major commuter corridors: Bangor to Augusta, Lewiston-Auburn to Portland, Portland to Lewiston-

Auburn, Augusta to Portland.

CAW Day once again promises to be a chance for commuters to get creative. "People really get into the fun spirit of the event," said Kish, adding that in the past, people have walked, rollerbladed, run, unicycled, sailed and kayaked to work – just to prove that the single-occupant automobile is not the only way to work for Maine commuters. If last year is any indication, about 7,500 fewer auto trips will be made, 75,000 fewer auto miles will be traveled, nearly 4,000 fewer gallons of gas will be consumed and three fewer tons of air pollution will be generated than on a typical Maine work day. And what the price of gas will be that day is anybody's guess. ☘



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# NEWS FROM MILE 0.0

## BACK COVE 5K RUN/WALK SERIES

**Portland Trails, Maine Running Company** and **Mizuno** will be sponsoring and hosting a new Summer Weekly Back Cove 5K Run/Walk Series this year. The event, founded four years ago, has become a favorite for Portland-area runners every Wednesday night from May through October.

The weekly race is free of charge and has upwards of 70 participants, but this year will feature an exciting change. "The event was at a point where we needed to find support to direct, host and help run it," explained race director Stu Palmer. "John Rogers, owner of the Maine Running Company, and I discussed ways we could keep expand the event, yet keep it free to the running community." Rogers contacted Portland Trails, and the idea of expanding the 5K Run into a Run/Walk series to raise awareness about the Portland Trails network was born.

Instead of a race fee, participants will make a donation or purchase a "Weekly Back Cove Run/Walk Series" technical-fabric tee shirt with all proceeds going to support Portland Trails. Mizuno is providing tee shirts, weekly race numbers and products on a weekly drawing basis to all participants.

## BUSINESS TRAIL LEADER

**L.L. Bean** has been a generous and loyal supporter of Portland Trails for many years, providing yearly corporate support for our operations and programs. When we announced our Adopt-a-Trail program last

**L.L.Bean** year, they signed on without hesitation. Now this generous company has established a whole new level of corporate support: L.L. Bean is Portland Trails' Business Trail Leader. A recent \$10,000 gift to Portland Trails will support the "adoption" of a mile of our Presumpscot River Preserve Trail and boat portage in Falmouth, lead sponsorship of the "Happy Trails" silent auction, and unrestricted support of our crucial operational expenses. We thank L.L. Bean for their leadership in the corporate community!



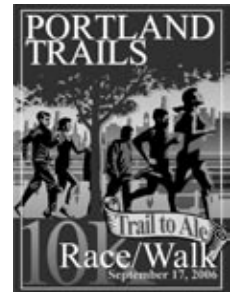
## BRICKYARD POINT

Fundraising for Portland Trails' acquisition of Brickyard Point is almost complete. Two lead donors, **Wright Express** and the **Casco Bay Partnership Habitat Protection Fund**, helped Portland Trails launch the campaign last fall. Generous gifts from the **Oceanside Conservation Trust**, **Margaret Burnham Charitable Trust**, and **Maine Wetlands Bank** made the acquisition possible. Our partners at the **Maine Island Trail Association** have just started their campaign to support the acquisition and stewardship of the Brickyard Point parcel. We can then begin to raise funds and develop plans for a land trail that will connect to Maine Audubon's Gilsland Farm Sanctuary. If you would like to help us, please contact Nan Cumming at 775-2411.



## TRAIL TO ALE ON SEPTEMBER 17

Portland Trails is excited to announce that the **Portland Trails 10K—the "Trail to Ale"**—has been included in New England Runner magazine's "Pub Series" of races for 2006. Races in the Pub Series include the Doyle's Emerald Necklace 5 miler on April 9th in Jamaica Plain, MA, the Cape Cod Irish Village 5 miler on May 13 in Yarmouth, MA, the Runner's Alley/Redhook Memorial 5K on May 28 in Portsmouth, NH, the Common (Pub) Fence Point 5 miler on August 20 in Portsmouth, NH, and the Paddy's Shillelagh Shuffle 3M in Newton, MA on October 15.



Each year 80-100 runners travel across New England to complete all six races and win some great prizes. Being a part of the New England Runner Pub Series is a great opportunity to show off Portland's running trails to a wider audience and to raise our race's profile across the region. So join Portland Trails and the **Shipyard Brewing Company** for the Portland Trails 10K, Trail to Ale on September 17! For more information on the series, visit [www.nerunner.com](http://www.nerunner.com). To learn more about the race go to [www.trails.org](http://www.trails.org).

# Portland Trails would like to express our gratitude to the large number of generous donors who made membership, annual fund, and/or restricted gifts that helped us fulfill our mission in 2005.

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# Trekking Far and Wide at the Annual Meeting

BY AURELIA C. SCOTT

ON THE LAST DAY OF FEBRUARY, 2006, more than one hundred members and friends of Portland Trails gathered at the Irish Heritage Center for PT's Annual Meeting. Nan Cumming, Executive Director, reminded the crowd that Portland Trails was founded in February 1991, making this meeting the first of several planned celebrations of PT's fifteenth anniversary. The major revelry will occur on June 3rd, which is National Trails Day, when we host three guided walks – 5K, 10K and 15K – followed by a party.

Our guest speaker, **Joan Benoit Samuelson**, can be found out on the trails every day. "I'm one of your major beneficiaries," said Maine's most famous Olympian, who runs wherever and whenever she can find a path. "I am one happy trampler as a result of PT's efforts; it's easy to find a place to walk and run in Portland." Samuelson, who travels widely in her work as an environmental and fitness advocate, added, "Portland Trails has set the standard for urban trails in this country. You have raised the bar high for other communities to match." Samuelson then shared stories about her favorite trails with an enthusiastic audience.

Portland Mayor **Jim Cohen**, who is a former President of Portland Trails, offered his own "heartfelt congratulations to an organization with the great mission to make Portland a better place to live." Cohen then read a Proclamation from the City to Portland Trails, which lauded our accomplishments over the past fifteen years.

President **Roger Berle**, who has just returned from a trekking vacation, said that he thought of PT often while hiking New Zealand's South Island. "I realized that it's just as much of a treat to pull out of my driveway in Maine and be able within minutes to avail myself of walking and hiking trails." In the past year, Portland Trails acquired two more vital pieces of land on the Presumpscot River Preserve: Brickyard Point, near the mouth of the estuary in Falmouth, and on East Bridge Street in Westbrook. Berle said that in addition to expanding the greenbelt and creating more land and water trails, "these projects offer PT the welcome opportunity to connect with other communities. We always want our reach to exceed our grasp."

## At the close of the meeting, Portland Trails elected five new members to the Board of Trustees.

**Andy Abrams**, VP for Information Technology at the United Way of Greater Portland, has been a teacher, running coach, and technology analyst. Childhood walks with his grandfather in the forest taught him curiosity about the natural world; to extend this tradition to his young son, Andy enjoys running and walking with him on Portland's trails. Andy is committed to the preservation of and access to green space through Portland Trails as a legacy for future generations. He lives in Portland with his wife, Priya Natarajan and their son, Deven.



**Jaimey Caron**, who works as a Senior Structural Engineer/Project Manager at Neill and Gunter, Inc., lives in North Deering with his wife, Denise and sons Tyler and Kyle. He is President of the North Deering Neighborhood Association and a former member of the Portland Planning Board and Friends of the Parks Commission. Jaimey was introduced to PT through his work on the Planning Board. His favorite trail is the Presumpscot River Preserve which his sons refer to as the "Forest."



**Janice Hutchings** is a long term resident of Portland where she currently resides with her 18-year-old daughter. She's been employed by Anthem Blue Cross and Blue Shield for 19 years and serves as their manager of community relations. Having served on our board previously she is a welcome addition to our development committee. Janice is an avid walker/jogger and loves all the trails, but especially enjoys the tranquility of the Stroudwater and Presumpscot Trails.



**Ed F. Saxby, Jr.** is an elder-law attorney in South Portland. He is a member of the Appalachian Mountain Club, Nature Conservancy, Eastern Trail Alliance, Appalachian Trail Conservancy, and Rails-toTrails Conservancy. Ed lives in Cape Elizabeth with his wife Jill Job Saxby and daughter Shannon (a senior at Cape Elizabeth High School). His favorite pursuits are camping and hiking.



**Rob Whitten** and his wife Robin followed their hearts, moved to Portland in 1976 and have never looked back. They are dedicated walkers who live on Munjoy Hill and begin most days with a walk along the Eastern Prom and the PT path. Recent vacations have taken them on self-guided walking tours in Italy and France. As an architect, Rob hopes he can help PT with the planning and co-ordination of an expanded trail system. He also looks forward to spending time with the PT volunteers and a shovel, rake, and bow saw.



# SCHEDULE OF EVENTS

*Every Thursday evening*

## Trail Maintenance and Construction

**Portland Trails' storage shed, Stroudwater Trail, at the end of Blueberry Road**

Meet up with Trail Steward Bud Quinn to help with trail maintenance and construction projects. Bud will start these sessions as soon as weather permits, so join in when you can! To learn more, contact Bud at trlwlkr2K@aol.com.

*Friday April 28, 5:30 – 9:30 pm*

## Happy Trails Big Bash and Silent Auction

Featuring almost 300 silent auction items, music by the Jerks of Grass, hors d'oeuvres by Black Tie, and desserts by Wild Oats—always a great time! Visit [www.trails.org](http://www.trails.org) for more information and look for your invitation in the mail soon!

*Friday, May 12, 8:00 am – noon*

## Planting and Pruning Day

**Historic Eastern Cemetery in Portland (on Congress and Mountfort Streets, at the foot of Munjoy Hill)**

Stewards of the Historic Eastern Cemetery have invited Portland Trails' members to join them in a planting and pruning day. Eastern Cemetery is Portland's oldest burial site, founded in 1668. Volunteers will plant a number of manageable, small-caliper trees and prune sumac and other invasive weeds. Please bring gloves, shovels, pruning shears, and if possible, wheelbarrows.

*National Trails Day, Saturday, June 3rd*



## 15th Anniversary Trail Adventure & Pledge Drive

Explore some new trails on a 15K, 10K or 5K guided hike around Portland and celebrate with us at party in Deering Oaks Park. Gather pledges and win great prizes!

*Friday, June 16 at 5:30 pm*

**Portland Trails Discovery Trek Series 2006, "Pointers for Trail Runners" with Mark Goettel, Portland Trails Board Member and Experienced Runner.** Meet at Stroudwater Trail, Blueberry Road trailhead. The Discovery Treks series is supported by a grant from the Eunice Frye Home Foundation.

*Friday, June 30 at 5:30 pm*

**Portland Trails Discovery Trek Series 2006, "A Bit of Portland History," on the Eastern Prom Trail with Rep. Herb Adams.** Meet at the corner of Commercial and India Streets. The Discovery Treks series is supported by a grant from the Eunice Frye Home Foundation.

*Friday, July 14 at 5:30 pm*

**Portland Trails Discovery Trek Series 2006, "Mackworth Island Dog Walk," with Kathy Palmer from FETCH.** Meet at the Mackworth Island Parking lot with dogs, leashes, and pick-up bags. The Discovery Treks series is supported by a grant from the Eunice Frye Home Foundation.

*Friday, July 28 at 5:30 pm*

**Portland Trails Discovery Trek Series 2006, "The Remains of the Cumberland and Oxford Canal" with Bud Quinn, Portland Trails' Trail Steward.** Meet at the Fore River Sanctuary, Frost Street parking area. The Discovery Treks series is supported by a grant from the Eunice Frye Home Foundation.

*Friday, August 11 at 5:30 pm*

**Portland Trails Discovery Trek Series 2006, "Geology of Casco Bay and the Islands as seen from the Eastern Prom Trail," with Dr. Mark Swanson, Department of Geosciences, University of Southern Maine.** Meet on the Eastern Prom Trail near the end of Cutter Street, at the picnic tables behind the park ranger building at East End Beach.

*Save the Date! Sunday, September 17 at 9:00 am*

## Portland Trails 10K, Trail to Ale

A run/walk along the Eastern Prom Trail and Back Cove—ending with a party at The Shipyard Brewing Company!

## Step into Spring

*[continued from page 2]*

a period of time. This will allow the plantar fascia and other tissue to adapt to the increased demands placed on it. Likewise, it is very important to actively stretch the calf muscles. This should be done often, but I suggest stretching after a period of warm-up and again after exercise. It may be boring compared the pleasure of a good walk, but stretching several times may keep you from having to come see me.

If you do develop heel pain that

doesn't disappear, see a podiatrist as soon as possible. Three to six months of conservative treatment should solve the problem. Treatments include anti-inflammatory medication, such as aspirin, ibuprofen, and Naprosyn; rest; ice; physical therapy; and cortisone injections. A podiatrist may also prescribe night splints, which stretch the ligaments while you sleep, and orthotics, which fit inside your shoes to support the plantar fascia. For the 10% of patients who need more, there's a new procedure called extracorporeal shock wave therapy (ESWT) that

uses high-pressure ultrasound – the same technology used in kidney stone lithotripsy – to heal micro tears in the plantar fascia. Surgery is also an option, but only for the few for whom conservative treatment doesn't work.

So, warm up well; stretch often; lose a bit of that winter weight. If your heels hurt anyway, seek treatment soon, because you don't want foot pain to keep you off the trails this summer.

Happy trekking. ☺

**K. Paul Flanigan is a podiatrist at Portland Foot and Ankle. Call him at 879-1339.**

# HAPPY TRAILS

## BIG BASH AND SILENT AUCTION TO BENEFIT PORTLAND TRAILS

BY CATHERINE GENTILE

**If you haven't penciled in Friday, April 28th** for the Happy Trails Big Bash and Silent Auction, this is the time to grab your calendar. Portland Trails supporters, outdoor enthusiasts and others seeking an evening of fun and entertainment will come together at The Pavilion, 188 Middle Street in Portland for a celebration of friendship, food, dancing and amazing auction items. Plan on spending the entire evening with Portland Trails revelers, partaking in plentiful hors d'oeuvres prepared by Black Tie Caterers, treats from Barber Foods, desserts to die for from Wild Oats, a cash bar, and lively music by The Jerks of Grass.


Clarkson Woodward and Amy Steenstra, co-chairs for this event have gathered something to appeal to everyone in the silent auction. Clarkson says, "Bidding will run from 5:30 through 8:00. We'll have more than two hundred and fifty items ranging from outdoor gear such as a Trek 7100 Hybrid Bike from CycleMania, to beer for a year, compliments of Shipyard Brewing, to a host of get-aways."

The silent auction will be your chance to bid on a week's stay in a rustic cabin on Cliff Island, a three-night stay at the Appalachian Mountain Club's Little Lyford Pond Camps, a two-night stay at the Bethel Inn,

or Memorial Day weekend at a beach house in East Hampton, Long Island. Is a wood stove among your household purchases for next winter? Come bid on a

keep-you-warm Jotul Woodstove from Jotul North America. Need a facility for your 2006-07 party or wedding reception? Shipyard Brewing Company has donated space for an after-hours party for twenty at their brewery, or rent the Grand Hall at the Pavilion Banquet Center. That's just the beginning - there's lots more!

"Portland Trails is grateful to have the generous support of L.L.Bean," said Nan Cumming, Executive Director of Portland Trails. Janet Wyper, of L.L.Bean, says of its decision to underwrite the '06 Happy Trails Bash and

Silent Auction: "Portland Trails is a great example of what can be achieved when visionary community members with a common interest in recreation and the outdoors come together. The volunteer commitment is outstanding, and the trail networks they have created are a marvelous gift to the community." 

**Join us in supporting Portland Trails. Get your tickets at PT office, on-line ([www.trails.org](http://www.trails.org)) or at the door. Members \$20, non-member, \$25 or best bet: get ten friends together and buy 10 tickets for \$150. See you there!**





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## Join Us In Building Portland Trails!

Give this to a friend **or** Suggest someone who might want to join. (We'll send them a free newsletter.)

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Bridgebuilder.....	\$1000
Trailblazer.....	\$500
Pathfinder.....	\$250
Bushwhacker-.....	\$100
Individual.....	\$35
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