

## NACPRO News



**March 4, 2014**

The National Association of County Park and Recreation Officials is a non-profit professional organization that advances official policies that promote county and regional park and recreation issues while providing members with opportunities to network, exchange ideas and best practices, and enhance professional development.

Learn more about us at:

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

### **Deadline for next issue**

The next issue of NACPRO News will be delivered on March 18.

If you have news or an article to share, please send it to

[Brenda@nacpro.org](mailto:Brenda@nacpro.org)

March 17.

## **NACPRO's Corporate Sponsors**

NACPRO urges our professional members to utilize the services and products of our Corporate Sponsors and support their contributions to the field of Parks and Recreation.

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# SMITHGROUP JJR

As a nationally recognized, multidisciplinary land planning and architecture firm, SmithGroupJJR has been a leader in park design and recreation planning for over 60 years. Our assignments have taken us across the nation from New England to the California Coast, and from the Great Lakes states to Texas. Our clients have included national, state, regional, and cultural organizations; major corporations; and private developers. Moreover, with a focus on natural resources, the content of our work for these clients has covered the spectrum of recreation project types from nature centers to waterfront parks and marinas, and from public gardens to golf courses.

For more information: [http://www.smithgroupjir.com/projects?utf8=%E2%9C%93&practice\\_area=21&project\\_type\\_ids%5B%5D=15&find](http://www.smithgroupjir.com/projects?utf8=%E2%9C%93&practice_area=21&project_type_ids%5B%5D=15&find)



RJM Design Group specializes in the planning and design of environments that enhance the quality of life for the entire community. Established in 1987, RJM Design Group has evolved into a multi-disciplinary planning and landscape architectural design firm committed to serving the needs of public agencies and organizations. The RJM team of dynamic individuals includes licensed landscape architects, architects, designers and planners, many of whom are LEED Accredited Professionals. Our design decisions are inspired by our workshop process where stakeholders are informed of the project parameters and led through a series of activities designed to clarify and prioritize needs and desires for a project. The results are projects that contribute to a cohesive sense of place and become a source of community pride. RJM Design Group has always been a proponent of improving public health and the environment through the creation of sustainable communities. We approach every project with special attention to site sustainability, energy and water efficiency, use of renewable resources, reduced operations and maintenance costs, and minimal impact to the environment.

For more information: [www.RJMdesigngroup.com](http://www.RJMdesigngroup.com)

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Go to <http://www.nacpro.org/membership/membership.shtml> for more information or call Brenda at (814) 927-8212.

## 2014 Special Park Districts Forum

**April 29 - May 2, 2014**

**Orange County, California**

Orange County Parks is proud to be hosting the Special Park Districts Forum in 2014. Come visit our wide array of parks and facilities and see our award winning sites. We look forward to showing you our best regional parks, historical sites, wilderness parks, and world class surfing beaches. This year our host hotel is by the water adjacent to the Dana Point Harbor and just a short drive from world class shopping, restaurants and amusement parks to round out your time here in Southern California.

**For more information:** [http://ocparks.com/about/2014\\_spdf](http://ocparks.com/about/2014_spdf)

## Member News

### Changes afoot for city's parks and recreation programs

*Courtesy of the Press Enterprise*

By Tom Sheridan

A plan to consolidate Menifee's parks and recreation services under one department figures to merit considerable discussion in the coming weeks, both formally inside City Hall and informally along the sidelines of the city's soccer and baseball fields.

At stake is the future of Valley-Wide Recreation and Parks District, the San Jacinto-based agency which currently manages the parks east of Interstate-215 in Menifee, as well as parks and recreation facilities in Hemet and San Jacinto.

One thing that city officials can agree on is that the current split system -- with Valley-Wide running the parks and programs on the city's east side while the city contracts with Riverside County to oversee its west side parks -- is untenable.

Mayor Scott Mann said he is not sure which course city leaders will select, but either way, a change is coming.

**Read more:** <http://www.pe.com/local-news/riverside-county/menifee/menifee-headlines/20140214-menifee-changes-afoot-for-citys-parks-and-recreation-programs.ece>

## County News

### **New natural resource manager named to help restore county parks**

*Courtesy of the Examiner*

By Laura Dudnick

The San Mateo County Parks Department has hired the first natural resource manager in the agency's 90-year history.

Ramona Arechiga, who has coordinated volunteer-focused restoration projects for native trees and shrubs, will work with county staff, parks volunteers, and other agencies to maintain and improve parks in the county.

"There's been so much support for this position," Parks Department Director Marlene Finley said.

The passage of Measure A, a 10-year, half-cent sales tax approved by county voters in 2012 that protects county services from budget cuts, including keeping parks open, provided funding for the position, though the idea for the job had been discussed for years, Finley said. "During discussions for Measure A funding, this came up as a need for the county and county parks to have a natural resource director," Finley said.

Arechiga will be responsible for working with park volunteer groups that help restore parks, including removing invasive vegetation and planting native species, according to Finley.

**Read more:** <http://www.sfexaminer.com/sanfrancisco/new-natural-resource-manager-named-to-help-restore-county-parks/Content?oid=2707701>

### **Given blank slate, Au steered fledgling parks system**

*Courtesy of the Olentangy Valley News*

By Thomas Gallick

When Rita Au was hired 25 years ago to guide a new organization, Preservation Parks of Delaware County, it was a perfect fit.

Au, who plans to retire as the park system's executive director in late March, said she loves the experience of building something from the ground up. She met her match in Preservation Parks.

Au, a Liberty Township resident, said when she was hired as Preservation Parks' first director, the park system was more of an idea than a reality.

**Read more:**

<http://www.thisweeknews.com/content/stories/olentangy/news/2014/02/25/given-blank-slate-au-steered-fledgling-parks-system.html>

## **News from the National Association of Counties**

### **Webinar: County Health Rankings and Roadmaps: What's New in 2014?**

**Thursday, March 20, 2-3:15 p.m. EST**

What's new in the 2014 release of the County Health Rankings? Learn about the County Health Rankings and new measures and actions tools prior to the March 26 release of the rankings data. You will also learn about the updated communications toolkit and strategies to inform and develop a community health improvement approach in your county.

**For more information:** <https://www2.gotomeeting.com/register/197439506>

## **New Research and Resources**

### **Private Funding of Public Parks: Assessing the Role of Philanthropy**

*Courtesy of Resources for the Future*

RFF's Margaret Walls assesses philanthropy as an option to fill funding gaps for urban parks. She finds that there are drawbacks compared to "old-fashioned" tax-based financing, including free-riding, funding uncertainties, costs, and potential neighborhood inequalities.

**For more information:** <http://www.rff.org/Publications/Pages/PublicationDetails.aspx?PublicationID=22330>

## **Setting course for the future of research and practice in outdoor adventure education**

*Courtesy of Human Kinetics*

In *Outdoor Adventure Education*, Alan Ewert and Jim Sibthorp, both experienced practitioners, researchers, and educators, explore the outdoor adventure field today in relation to the changes that have occurred since Ewert's first book, *Outdoor Adventure Pursuits: Foundations, Models, and Theories*. *Outdoor Adventure Education* offers a comprehensive view of the expanding discipline of outdoor adventure education in its various settings. It uses evidence, design, and implementation as its underlying themes and shows students and professionals how to apply theories and research in constructing frameworks for outdoor adventure education experiences and how to evaluate those experiences.

**For more information:** <http://www.humankinetics.com/products/all-products/Outdoor-Adventure-Education>

## **New online resource on the connections between nature and public health**

*Courtesy of the American Society of Landscape Architects*

The idea that spending time in nature can make you feel better is intuitive. We all feel this to be true, and many of us have anecdotes of our own or from friends or family that support that idea. People who have been suffering from stress, sickness, or a trauma can spend quiet contemplative time in gardens or taken to the mountains or woods to heal. But nature is not just wilderness. The benefits of nature can also be found in our

communities' parks and green spaces.

Researchers are amassing a body of evidence, proving what we all know to be true: nature is good for us and has both long and short term mental and physical health benefits.

Online you'll find hundreds of free research studies, news articles, and case studies, organized by adult and children health topics.

**For more information:** <http://www.asla.org/healthbenefitsofnature.aspx>

## News Clippings

### **It takes more than open space to make a great urban park**

*Courtesy of Greater Greater Washington*

By Dan Reed

The Silver Spring Transit Center isn't finished yet, but there's already support for turning vacant land next to it into a big park. However, this really isn't a good place for a park. There are also lots of small, underused parks nearby, and with some alterations, they could help quench the demand for open space.

County Councilmember Hans Riemer recently proposed building a two-acre park next to the Transit Center instead of an originally planned hotel. On his blog, he talks about the many "green urban parks" in downtown DC, like Dupont Circle. "Silver Spring deserves one too," he writes.

What makes a great urban park like Dupont Circle, or Rittenhouse Square in Philadelphia, or Union Square in New York? They all have grassy areas and trees, and are nice places to enjoy the outdoors. But they don't exist in isolation. What happens on the edges of great urban parks is what makes them successful.

Great urban parks need people and buildings, too

**Read more:** <http://greatergreaterwashington.org/post/21762/it-takes-more-than-open-space-to-make-a-great-urban-park/>

## **Better health may be a walk in the park**

*Courtesy of Philly.com*

By Sandy Bauers

About 500 patients who visited a physician recently at Unity Health Care in Washington walked away with an unusual prescription. The medicine? Regular doses of a local park.

The health system has a searchable database of more than 350 parks. The physician can print out a one-page summary of a specific park, detailing what it offers, where it is, and how to get there.

The D.C. Park Prescription Program, focused on children, is a stepped-up version of programs trying to wrest children away from their computer screens and get them out into nature.

It's also part of a broader school of thought linking activity in nature - as opposed to in a gym - with greater physical and mental well-being for people of all ages.

Physicians often tell patients to exercise more. An actual prescription is the next big step, advocates say. It adds oomph and credibility, along with pertinent details.

They're building on the "No Child Left Inside" movement, bringing a new twist to an old adage: "Take two nature walks and call me in the morning."

**Read more:** [http://articles.philly.com/2014-03-02/news/47828249\\_1\\_nature-national-park-service-patients](http://articles.philly.com/2014-03-02/news/47828249_1_nature-national-park-service-patients)

## **Rep. Daines (MT) introduces Making Public Lands Public Act**

*Courtesy of Ducks Unlimited*

WASHINGTON – Jan. 30, 2014 – Rep. Steve Daines (MT) introduced the Making Public Lands Public Act (H.R. 3962) to open access for hunting, fishing and outdoor recreation on existing public lands.

The bill would direct the U.S. Secretaries of Agriculture and the Interior to spend at least

1.5 percent of Land and Water Conservation Fund (LWCF) resources each year on projects like easements and road maintenance to open up access to public lands. LWCF is funded with revenue from offshore drilling, which means it does not add to the federal deficit.

**Read more:** <http://www.ducks.org/conservation/public-policy/rep-daines-mt-introduces-making-public-lands-public-act?poe=rss>

## **\$300 million open space measure heads toward Silicon Valley ballot**

*Courtesy of the San Jose Mercury News*

By Paul Rogers

For 42 years, the Midpeninsula Regional Open Space District has reached out to hikers, bicyclists and horse riders who use its network of scenic meadows, forests and trails, stretching from northern San Mateo County to the foothills south of San Jose.

Now the Los Altos-based government agency is looking to connect with another group: voters.

In a major question that will help determine the future of open space and parkland preservation in Silicon Valley and the Peninsula for decades to come, the district's board is scheduled to vote Wednesday evening on whether to place a \$300 million bond measure on the June 3 ballot to buy and provide access to more land.

If the board votes yes, as expected, the measure would require approval by a two-thirds majority of voters to pass.

"The public has told us very clearly that more public access is a high priority," said Steve Abbors, the district's general manager. "They also want us to continue purchasing land and taking care of the plants, animals, streams and redwoods in particular."

Voters first created the open space agency in 1972 to curb the growing sprawl of Silicon Valley. They expanded the district south in 1976. Ever since, "Midpen" as it is commonly known, has been in a race with developers to buy forests, meadows and land near the San Mateo County coast and San Francisco Bay.

**For more information:** [http://www.mercurynews.com/science/ci\\_25226881/300-million-open-space-measure-heads-toward-silicon](http://www.mercurynews.com/science/ci_25226881/300-million-open-space-measure-heads-toward-silicon)

## **Choosing Public Lands as National Monuments and Wilderness**

*Courtesy of PewStates.org*

By Rita Beamish

POINT ARENA, Calif.—Life is quiet along this remote northern California coastline, unless you walk the craggy bluffs where surf pounds high against a rugged shoreline and seals honk from their rocky patios below.

The world-class vistas boast wildflowers amid long grasses, and rock sculptures rise from the tide pools. Known as the Point Arena-Stornetta Public Lands, it is a breathtaking landscape. And it is among the federal lands in numerous states that politicians and conservationists say are overdue for special protected status.

A single line in President Barack Obama's State of the Union speech indicated the waiting could end soon for at least some of these special places. He vowed to "use my authority to protect more of our pristine federal lands for future generations."

Point Arena-Stornetta is teed up as a likely place for the president to use his authority. Local tourism boosters said that showcasing the coastal area as a national monument would enhance visibility and tourism to Mendocino County, which receives about 1.75 million visitors a year, which in turn supports some 5,000 jobs.

The president can create new national monuments on public lands using authority granted by the 1906 Antiquities Act. Obama's promise would beef up a conservation record that thus far has disappointed environmentalists, especially in light of a particularly stingy streak in Congress on protecting public lands.

**Read more:** <http://www.pewstates.org/projects/stateline/headlines/choosing-public-lands-as-national-monuments-and-wilderness-85899541295>

## **Winter builds rare icy path to Lake Superior ice caves**

*Courtesy of Reuters*

By Brendan O'Brien and David Bailey

Crowds of people are flocking to northwestern Wisconsin to trek on a frozen-over Lake Superior to reach dramatic ice caves accessible on foot for the first time in several years, courtesy of the long frigid winter.

The ice caves on Superior's shoreline are carved out of sandstone by waves from the lake and derive their name from the icy freeze in winter that makes them glisten with hoar frost, icicles and ice formations.

It has been five years since the ice caves were last reachable in the winter, officials said.

About 35,000 people have hiked the more than 1 mile route across the ice in the Apostle Islands National Lakeshore since officials declared the ice a "low risk" on January 15, park spokeswoman Julie Van Stappen said.

"We have never had this number of people coming," she said. "It has been a bit overwhelming, but it has been great for the local community, and they are gorgeous."

Still, the number of visitors was expected to surge over the three-day Presidents Day weekend, boosting tourist activity in such towns as Bayfield, about 18 miles west of the caves.

Maggie's restaurant in Bayfield was doing more than double the business it normally does in February, which is typically a good winter month anyway because of events such as cross country ski races, office manager Heidi Nelson said.

**Read more:** <http://in.reuters.com/article/2014/02/16/us-usa-weather-caves-idINBREA1F0R720140216>

## **IMBA's 'Crossing the Divide' Video Examines Colorado Land Protection Proposals**

*Courtesy of IMBA*

The International Mountain Bicycling Association (IMBA) has released a new video titled Crossing the Divide, Protecting the Places We Ride, produced by Grit and Thistle Film Company. The video documents how IMBA and its chapters work with the

conservation and recreation communities to create bike-friendly land protection designations that both protect the natural landscapes and ensure the continuation of thriving recreation-based economies, including mountain biking.

The subject for this 6-minute video is the pending federal legislation that seeks to protect land in Colorado's Summit, Eagle and Pitkin Counties. Beginning in 2010, IMBA began a campaign to secure bike-friendly adjustments and companion designations, helping to shepherd those designations through the legislative process.

"Most mountain bikers support land conservation measures to protect natural resources and the backcountry experience," said Aaron Clark, IMBA Conservation Manager. "But there's considerable concern in our community when that protection comes with closures to otherwise sustainable and highly prized trails."

The Wilderness Workshop is one of a number of conservation groups that have worked to incorporate the interests of IMBA's chapters as a way to enhance public support. "The challenges to successful public land conservation efforts are daunting," said Wilderness Workshop Executive Director Sloan Shoemaker. "Now more than ever, people who share conservation as a common core value need to join hands and work together if we are to protect the natural areas that sustain us."

IMBA has worked closely with the legislative sponsors of the recent land protection proposals. Rep. Jared Polis (D-CO) is expected to reintroduce his 2011 bill again in 2014 with new adjustments, while Sen. Mark Udall (D-CO) is actively reviewing public comments, making adjustments and crafting legislation that closely resembles Polis' bill, but adds Pitkin County.

The video shows how several IMBA chapters—specifically the Vail Valley Mountain Bike Association, Summit Fat Tire Society and Roaring Fork Mountain Bike Association—have partnered with land protection proponents to enhance the congressional proposals. Working closely with conservation groups, they've had success in suggesting joint adjustments, including bike-friendly Special Management Areas that enhance recreational values while protecting natural resources.

By adjusting proposed Wilderness boundaries and maintaining a critical role in negotiations, world-class trails that were previously threatened, will remain open for mountain biking. The negotiated boundaries will also allow for potential expansions and logical connections to existing trails that would create multi-day rides over mountain passes by connecting numerous high-elevation, backcountry trails and rural Forest Service roads.

"There is still more to be done in each of the counties to ensure that future legislation for

these areas are more bike-friendly while providing the necessary protections that we all rely upon for keeping these places beautiful,” said Clark. “This video shows that we are well on our way to making that happen.”

**Watch the video:** <http://vimeo.com/84260177>

## **Nominate a Recreational Trails Program-funded project for a CRT Award**

*Courtesy of American Trails*

The Coalition for Recreational Trails (CRT), a nationwide federation of trail-related organizations (of which American Trails is an active member), sponsors the Annual Achievement Awards to recognize outstanding trail projects funded by the RTP. The awards will be presented in Washington, D.C. during Great Outdoors Week in June 2014 as part of the Coalition's ongoing efforts to build awareness and appreciation of this highly successful program. Award recipients and their Members of Congress are invited to join CRT on Capitol Hill in honoring these outstanding achievements.

### **What projects are eligible?**

Public agencies, state administrators, and project sponsors are all eligible to make nominations. Projects may be nonmotorized, motorized, or shared-use. The work must be completed, but equipment and facilities as well as trail construction and maintenance projects are all eligible.

### **The 2014 award categories are:**

- Construction and design
- Maintenance and rehabilitation
- Education and communication initiatives
- Accessibility enhancement
- Multiple-use management or "corridor sharing"
- Environment/wildlife compatibility
- Use of youth conservation/service corps

### **What is the deadline for submitting nominations and what is the process?**

Return the nomination form with at least 700 words of descriptive text, several print-quality photos, and any supporting materials by March 28, 2014 to [dtaylor@mic.org](mailto:dtaylor@mic.org).

If you have questions, contact Duane Taylor, CRT Awards Committee Chair, at (703) 416-0444 or [dtaylor@mic.org](mailto:dtaylor@mic.org). Winners should be notified by April 30, 2014.

**For more information:** <http://www.americantrails.org/awards/CRTawards.html>

## **Recreations and Parks is a Marathon: How to Stay Fired Up, Pumped Up, and Inspired**

By Matt Jones

Being a recreation and parks professional like a marathon can be an endurance event. Tighter budgets and pressure to do more with less can cause discouragement and stress. Ralph Waldo Emerson said, "Nothing great was ever achieved without enthusiasm." Everyday as a recreation and parks professional you have the opportunity to make a difference and impact in the lives of people in your community. In order to do be your best you need to stay energized to cross the finish line. In this article you will learn how you can remain fired up, pumped up, and inspired as a recreation and parks professional.

On September 11, 2002 my life forever changed. At the age of 23 I was told by my doctor, "You have cancer." After spreading to the fluid in my brain, I slipped into an unconscious state. Doctors did not think I would live. Against all odds, I recovered and had a successful bone marrow transplant. Due to brain damage I had to relearn how to walk and from that went on to run five marathons on five continents. Below are three victory strategies that helped me and you can use to stay fired up, pumped up, and inspired.

### **1. Visualize Your Victory**

When it comes to your victory as a recreation and parks professional, it's not the outside stuff that matters but the inside stuff that counts. It is easy to get discouraged. To stay fired up, pumped up, and inspired it is essential to be clear on the victory you want to achieve. Once you can see it, believe it's possible, than you can do it. Lying in my hospital bed I visualized myself crossing the finish line of a marathon. The key is focus on the victory you are striving to achieve instead of focusing on all the challenges.

### **2. Take Action**

How do you run a marathon? One-step at a time. In order to fulfill the vision you are visualizing, you must take action every single day. It does not matter how small it is. The key is to do something everyday that moves you closer to your vision. This builds

momentum. Think back to science class and inertia. Objects at rest tend to stay at rest, while objects in motion stay in motion. Remember it is not enough to stare up the steps, you have step up the stairs.

### **3. Check Your Attitude**

In order to complete a marathon I had to have the belief it was possible. Daily I had to check the negative self-talk and the self-defeating inner dialogue. The little voice that says it is impossible. Once you have the attitude that your vision is possible, you will take the necessary action.

Being a recreation and parks professional like a marathon is an endurance event. It is a roller coaster with ups, downs, and surprising turns. Crossing the finish line was one of the greatest victories in my life. Through Visualizing your Victory, Taking Action, and Checking your Attitude you will be able to cross your finish line by staying fired up, pumped up, and inspired.

Matt Jones is considered the top leadership keynote motivational speaker in parks and recreation industry. From three-time cancer conqueror to now, life changing inspirational speaker, audiences love Matt. Visit Matt at [www.MatthewDJones.com](http://www.MatthewDJones.com)

## **Training Opportunities**

### **Webinar: Walking Shouldn't Be Hazardous to Your Health, Part 1: Keeping Pedestrians Safe in Urban and Suburban Settings**

*Courtesy of America Walks*

**Date:** Thursday, March 20, 2014

**Time:** 11:00am - 12:30pm PT / 2:00pm - 3:30pm ET

**Cost:** Free

Pedestrian fatalities have been on the rise over the past couple of years. By attending this free webinar, you will find out more about how we can reverse this unsettling trend and make our urban and suburban communities safer for pedestrians.

Walking is the mode of choice for some, and the only choice for many. It is imperative that pedestrian safety becomes a priority for and incorporated into all planning and design processes.

This webinar, Walking Shouldn't Be Hazardous to Your Health, Part 1: Keeping

Pedestrians Safe in Urban and Suburban Settings, will provide an overview of tools, campaigns and strategies you can use to work toward a positive impact on pedestrian safety and help reverse pedestrian fatalities and injuries.

Our featured speakers, Noah Budnick and Michael King, are experts in the field of pedestrian safety and the built environment. They will walk you through addressing pedestrian safety in both urban and suburban settings, tackling these issues through campaigns and design.

**For more information:** <https://www1.gotomeeting.com/register/490069928>

## **Webinar: Applying Foundations of Mountain Trail Sustainability to a Trail Network**

*Courtesy of the Transit in Parks Technical Assistance Center*

**Date:** March 19, 2014

**Time:** 1:00 pm to 2:30 pm ET

**Cost:** \$35 members/\$55 non-members

**Organization:** American Trails

Dedicated to the protection of natural and cultural resources, inspired by federal land management agency trail management traditions and implemented with consideration to a wilderness ethic of minimum alteration of natural system... please join us for the first in a series of three webinars whose purpose is to communicate successful Tools and Techniques, Examples, and Case Studies of mountain trail sustainability.

These webinars are applicable to all natural surface trail systems. Please see the following link to the presenter's hallmark document: Guide to Sustainable Mountain Trails - Trail Assessment, Planning & Design Sketchbook, 2007 edition.

Attendees will be challenged to reflect their role as leaders in the mountain trails community and how to use Art, Science, and Inspiration to craft successful multiple use Sustainable Mountain Trail projects. The presentation is geared to the novice, intermediate, and expert trail planner and designer. While the presenter's experience is predominantly with mountain trails, the principles presented will apply to all natural and soft surface trails.

**For more**

**information:** <http://www.americantrails.org/resources/ManageMaintain/webinar->

## **Webinar: Funding Innovative Facilities**

*Courtesy of the Transit in Parks Technical Assistance Center*

**Date:** April 16, 2014

**Time:** 2:00 pm to 3:00 pm ET

**Cost:** Free

**Organization:** Advocacy Advance

City officials and advocates are eager to build new separated bicycling facilities and other innovative projects, but it is a challenge to pay for them. This Advocacy Advance webinar will share examples of how real cities are paying for real projects, including local, state, and federal sources.

**For more information:** <https://www1.gotomeeting.com/register/900941072>

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