

Sustainable Trail Design and Building

Hosted by ERTA

Led by:

**International Mountain Biking Association
Trail Care Crew**

March 19th, 2010

Swope Park, Kansas City, MO

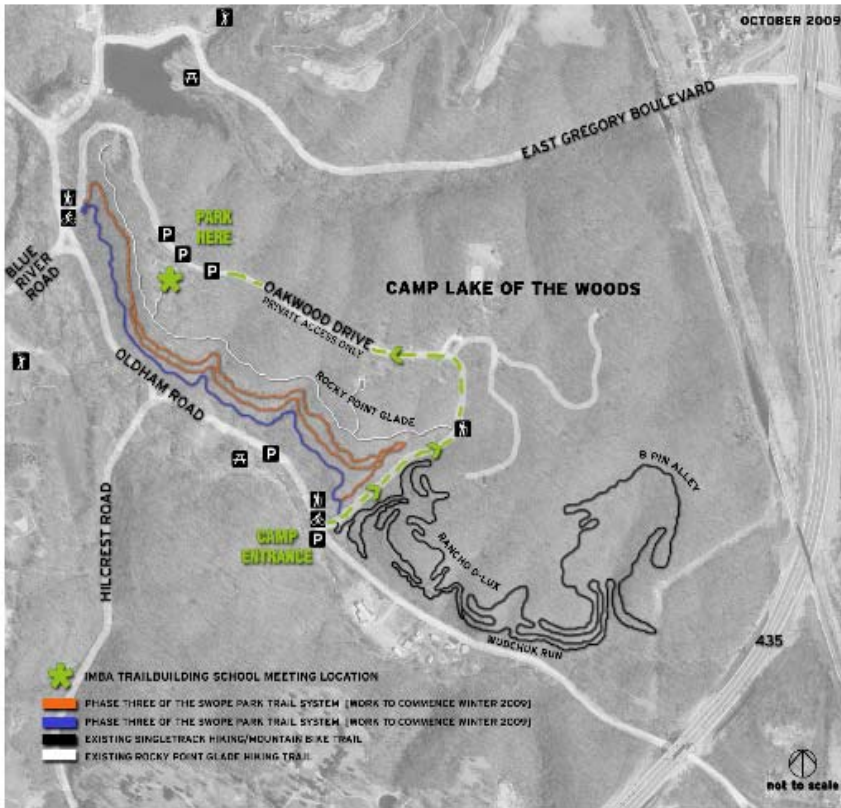
9:00 a.m. Classroom Session

12:30 p.m. Lunch Provided

1:00 p.m. Short Field Tour of singletrack

Purpose: To review proper singletrack trail design and building elements in order to promote sustainable singletrack on public lands in our area.

Directions: On the second page you should find a map with directions to the class (green asterisk). There will be signs pointing the way as well. Please note that if you are coming by way of 435, that you must exit at East Gregory. It is hard to tell on the map, but there is not an exit off of 435 for Oldham Road.



The Swope Park trail system is designed and built entirely by volunteers. To learn more about how you can volunteer and assist with Swope Park trails or any of the other trail systems in the area, go to <http://swopetrails.com/> or www.earthrangers.org and click on 'Get Involved'!

www.swopetrails.com



CAMP LAKE OF THE WOODS

STACKED LOOP SYSTEM:

Contains 2 trails parallel to one another. An upper and lower trail network.

The lower trail (Wudchuk Run) parallels the limestone face that essentially runs around the entire property. This is a more advanced trail due to the terrain and exposed rock.

The upper trail (Ranchio Delux) is on top of the limestone face. This trail is intermediate level and more meandering.

Current mileage: 3.35 miles (approx)

10 Responsible Riding Tips

- 1. Be Prepared**
Know your equipment, your ability, the weather and the area you are riding and prepare accordingly. A well planned ride will go smoothly for you and your companions.
- 2. Ride Open Trails**
Whenever it is possible, ride in open areas or on roads where you are not likely to be a nuisance. Riding closed trails is not only illegal, it also means you are a bad reputation.
- 3. Say No To Mud**
Riding in mud is not fun, and it is not necessary. Mud riding and excessive trail use may lead to track-bank damage.
- 4. Respect the Trail, Wildlife and Environment**
Be sensitive to the trail and to surroundings by riding softly and never speeding. Do not litter and never scare animals.
- 5. Stay On the Trail**
Over and over, it is the off-trail riding that causes the most damage. Stay on the trail. Never cut across tracks.
- 6. Ride Slowly On Crowded Trails**
Just like a busy highway, when trails are crowded you must move slowly to ensure safety for all trail users.
- 7. Pass With Courtesy and Care**
Slow down when approaching a slower trail user and respectfully make others aware you are approaching. They will slow and be prepared to stop if necessary.
- 8. Share the Trail With Other Trail Users**
Mountain bikers, hikers and equestrians make share the same trails. Be courteous. Mountain bikers should yield to hikers and equestrians.
- 9. Authorized Trailwork Only**
Unauthorized or illegal trailwork may lead to environmental damage as well as more potential trail closures.
- 10. Get Involved**
If you want to make a difference in your mountain biking community get involved. See if you can do the job.

swope park

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