



TRAIL NEWS

ISSUE #2

HURON COUNTY

SUMMER 2005

NORTH COAST INLAND TRAIL

GRAND OPENING !

NORWALK TO MONROEVILLE



*The Stone Viaduct just west of Norwalk is **NOW OPEN** to trail users. New safety fencing complements the structure. See page 2 for details.*

Come on down!

You're invited to the Grand Opening Celebration at our 5th annual Open House on July 17th from 5-8 p.m. at the North West Street Trailhead. Firelands Rails to Trails is proud to officially open Huron County's very own multi-use rail trail. Local dignitaries will be cutting the ribbon at 5 p.m. on the first 3.5 miles of your 14.8 mile long scenic trail that spans the northern part of the county.

Bring your bicycle, put on your walking shoes, leash up the dog, or hop on a horse and join us on this beautiful section of trail. Walk down to the river and see the newly completed bridge railings on the stone arch viaduct. Walk all the way to Monroeville! Sit around the campfire and talk trails and railroad history with local experts. See the display of unique railroading memorabilia that tells the history of our branch line. Make some new friends and meet fellow bikers, hikers, and equestrians. Meet the dedicated volunteers who helped make it all possible!

Refreshments will be served and we'll have pony rides down the trail. Please join us to celebrate YOUR trail!

YOU ARE INVITED.....

WHEN: Sunday July 17, 2005
5:00 to 8:00 pm
WHERE: The North Coast Inland Trail
North West Street Trailhead
and Stone Viaduct (1/2 mi. west)
WHO: Firelands Rails to Trails Members;
Family and Friends;
All Members of the Community.

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Updated! www.firelandsrailstotrails.org

NEW FENCING ON THE OLD VIADUCT

Fifteen volunteers spent most of two days on April 30 and May 1, 2005 constructing safety fences on the Stone Viaduct just west of Norwalk. They drilled holes, set posts, and attached boards to create two 56-inch high fences 162 feet long. All materials were purchased from the proceeds of memberships and donations from individuals, families, organizations, and businesses in the North Central Ohio area. Members of FRTTI donated all of the labor for the project. Major equipment donations were from Rich Libbee and Austin Power Equipment.



This group of volunteers can put up lumber faster than they can take trees down. Everyone pictured played an important role.

HEALTH AND FITNESS NEWS by Michele Skinn

Physical Activity: A Key Element of Good Health

National Trails Day is June 4, 2005 and this year's theme is "Take the Path to a Healthier You" which promotes trail use as an opportunity for physical activity. Trails provide opportunities for members of the community to increase their physical activity in a safe, comfortable environment. The evidence is more convincing than ever that people of all ages who are generally not active can significantly improve their health through physical activity.

Physical Activity can provide the following benefits:

- Help control weight and high blood pressure
- Reduce risk for type 2 diabetes, heart attack, and colon cancer
- Reduce symptoms of depression and anxiety
- Reduce arthritis pain and disability and help prevent osteoporosis and falls

Trails provide a fun place to be active. People who are seeking ways to become more active often overlook the opportunities that trails offer. Trails can be found everywhere, from national and state parks to urban areas. They provide a wide variety of ways to be physically active and have fun.

The North Coast Inland Trail under construction here in Huron County provides the perfect venue for walking, jogging, running, hiking, bicycling and horseback riding.



Tips to Being More Active

Overcoming common stumbling blocks to physical activity can help you make physical activity a regular part of your life:

Not enough time? Start by doing 10 minutes of physical activity a day and gradually work your way up to 30 minutes.

Choose activities that require minimal time, such as walking, jogging, or biking.

Can't get motivated? Plan ahead. Make physical activity a regular part of your schedule.

Invite a friend to exercise with you regularly. Join a group, such as a hiking or walking club.

No place to be active? Try the Huron County section of the North Coast Inland Trail that starts at North West Street, near the railroad tracks, and enjoy the beauty of nature while you walk.

No athletic skills? Choose physical activities such as walking that require no new skills.

You don't need to be athletic to exercise.

How Much Is Enough?

Physical activity does not need to be hard to provide benefits. Adults should get at least 30 minutes of moderate intensity physical activity (such as brisk walking) on five or more days per week, according to recommendations from the Centers for Disease Control and Prevention (CDC) and the American College of Sports Medicine.

I look forward to seeing you on the Trail! -Michele Skinn



Firelands Rails to Trails recently completed an in-depth and detailed evaluation of the trail. The study went as follows:

**TRAIL
REVIEW**

*Trail volunteer, leaning on a shovel at the North West Street Trailhead: "So what do you think of the trail?"
Kid on a bike, just in from Monroeville: "IT'S GREAT!!!"*

For the first time ever, it is now possible to ride a bike from Monroeville to Norwalk free of vehicle traffic while enjoying some of the best scenery in the county.

HANDCRAFTED TRAIL SIGNS AND MILEPOSTS



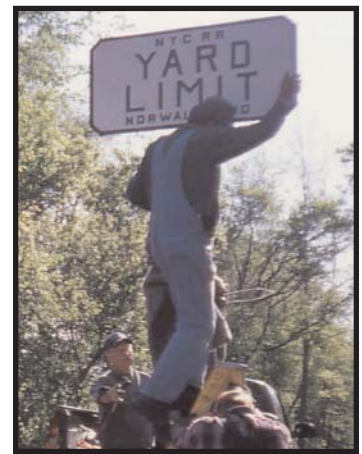
Stan Bernhardt and Lee Early set mile marker "0.5" near the stone viaduct. Rich Libbee routed each number by hand.

Eight volunteers spent a Sunday morning installing mileposts along the trail west of Norwalk. The wood mileposts were hand made by trail group member Rich Libbee and painted by Stan Bernhardt. The posts are placed every half-mile and will provide reference points for walkers, runners, and bikers along the trail. The mileposts are placed near the exact locations of the original mileposts of the predecessor railroads.

The volunteers also placed an authentic railroad historical sign along the trail. Volunteer Fritz Kuenzel restored and painted the former New York Central Railroad Yard Limits sign which is now visible to trail users as they enter Norwalk from the west. The steel sign stands nearly twelve feet tall and weighs several hundred pounds. In railroad days, the sign notified train crews of both the entrance to Norwalk and the limit of the railroad yards.

The sign not only looks impressive, but is also somewhat functional, and serves as a reminder of what the line looked like when trains rolled through here.

Improvements were also made at the trailhead parking lot.



Fritz Kuenzel, Doug Jaqua, and Gordon Oney check final alignment of the Yard Limits sign. Fritz restored the sign to near original condition.



PRESERVING OUR RAILROAD HERITAGE

Our Rail Road.

We learn by a friend just in from Toledo, that about 1,600 tons of iron for our road has already reached that point, {from England!. -Ed.} and that it is being laid down at the rate of about one mile per day. We also learn that a second Locomotive has been landed at Cleveland, together with a quantity of iron; so that, in a very short time, the laying of the rail will commence at the eastern end also. This looks very much like getting the "Switch" finished in advance of the *main line*, by way of Elyria, terminating at Ohio City.

Norwalk Experiment Newspaper, Norwalk, July 27, 1852

Fritz Kuenzel Collection



Locomotives of TN&C Railroad successor Lake Shore & Michigan Southern at the Norwalk Roundhouse in the 1870's.

Bob Lorenz Collection



Cleveland & Toledo (T.N.&C. Successor) Train at the Monroeville Depot in the 1860's.

Phil Moberg Collection

T.N. & C. Railroad.

At the present writing, (2 o'clock P.M. on Saturday the 18th inst.,) a train of cars, attached to the Locomotive "Toledo" has just arrived from the east, freighted with ties for the above mentioned road. The track-layers have passed on west and will reach the Huron River, about a mile west of the village, with the iron, probably on Tuesday next. This will leave a gap of only about three miles unfinished. The time has arrived that has been so fondly anticipated by us. We have to-day, (Saturday,) for the first time, had a view, from our office window of the "Iron Horse," as he snorted and pranced along through the town. We feel somewhat excited and a good deal like shouting, and though alone, we believe we will give three cheers. So "here goes." *Hurrah! HURRAH!! HURRAH!!!* for the Toledo, Norwalk and Cleveland Railroad and the indomitable energy with which it has been pushed to its present state of forwardness.

P.S. The first regular train passed over the road from Toledo to Monroeville and back, on Monday, (yesterday) carrying 150 passengers each way.

Huron Reflector Newspaper, Norwalk, November 18, 1852

Fritz Kuenzel Collection

Membership Form

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Phone: _____

Email: _____

Annual Dues Level:

___ Individual \$ 10.00

___ Family \$ 15.00

___ Patron \$ 50.00

___ Business \$ 100.00

___ Donation _____

TOTAL _____

Membership fees and donations to
Firelands Rails to Trails
are tax-deductible as allowed by law.

I would also like to donate:

___ Labor _____

___ Equipment _____

___ Other _____

Detach and Mail this section.
Please make your check payable to:

Firelands Rails To Trails, Inc.
44 East Main St.
Norwalk, OH 44857

UPCOMING EVENTS

WORK DAYS: 7/10

JULY 4TH PARADE
Norwalk 10:30 am

GRAND OPENING
July 17, 2005 5-8 pm

HURON COUNTY FAIR
August 15-20

HEALTH EXPO - Fall 2005

HOW TO GET INVOLVED

- Cut and mail the form above or visit us online and print the membership form.
- Join FRTTI for as little as \$10
- Sign up for our Email News
- Join us on one of our Work Days
- Tell some friends about it

"There's no such thing as a bad day on the trail"

CONTACT US

Firelands Rails To Trails Inc.
44 East Main St.
Norwalk, OH 44857
bikedoc@accnorwalk.com

or contact us online!
www.firelandsrailstotrails.org



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