



FALL NEWSLETTER 2003

Volume 12 Number 3

## 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.

# A New Trail!

BY AURELIA C. SCOTT

**O**NE DAY SOON, SPOOKY WASTELAND along the lower Fore River will be reborn as the newest section of Portland's trail system. It will link the current Fore River Trail to the Portland Transportation Bus and Train Station, and beyond it, to St. John Street near the river's mouth. The trail will also connect to Congress Street via the Frederick Street neighborhood and to Hadlock Field via Park Street.

"I walked the area a few weeks ago," says PT Executive Director Nan Cumming. "It's a forgotten world of railyards, trash and scrub behind the Cumberland County Jail. But once it's cleaned up, it will be lovely. It is prime



Aerial photo showing the route of the new I-295 Connector.

Courtesy of MDOT and Cianbro project team

riverfront property." She grins. "And we will have a trail on it." Her delight belies the years of unflagging effort required to create another mile of Portland's renowned trail system.

"It's been a haul. We started five years ago when MDOT [Maine Department of Transportation] began holding public meetings about an I-295 connector along the Fore River. 'If you're going to open that area up, you've got to put a trail there too.' We said it over and over, pleasantly but firmly. You do start to sound like a nag after awhile." She laughs and spreads her hands, palms up. "But you can't give up."

By not giving up, Portland Trails has become an official stakeholder, with "a seat at the planning table." It's an important place to be.

*[continued on next page]*

# A New Trail!

[continued from front page]

"We've been meeting with MDOT, trail designers, landscapers, Portland Parks and Recreation, and the project managers from Cianbro, which has the construction contract. The meetings are terrifically exciting, because we're not talking about whether or not there should be a trail, we're refining the design – the alignment, width, road crossings, even the plantings. The MDOT project managers and the Cianbro folks are just as interested as we are in building a good trail."

Most of PT's trails run through naturally beautiful scenery, so, as Nan explains, "we generally just try to preserve what's already there." But this property demands complete reclamation. It will be transformed by the I-295 Connector and the new Mercy Hospital building, both of which will be constructed on the restored land. It will also be much improved by the new riverfront trail.

"There will be lots of new plantings," explains Nan. "This is a linear park, as far as Parks and Rec is concerned. They are really anticipating the results. And I'm pleased to be able to report that the landscape architect is very sensitive to the need to use native hardy plants."

Construction has already begun. By the end of 2005, we will be able to stroll uninterrupted from St. John Street along the Fore River all the way up through the Fore River Sanctuary and out along the Stroudwater River. Ready? Set? Walk! 🐾

## Portland Plans for Trails

**PLANNING IS AFOOT IN PORTLAND.** At the moment, the I-295 Connector, the Ocean Gateway project, a peninsula traffic study, an Eastern Prom planning committee, and a Bayside neighborhood planning committee are all underway.

**Happily, trails are very much part of the big picture.**

**PT representatives serve on all the planning committees.**

**We've told you about the Fore River Trail extension near the I-295 Connector. Here is an update on two other projects.**

**Nan Cumming reports that the Eastern Prom Park Master Planning Committee, which includes representatives from many stakeholder groups, including the Munjoy Hill neighborhood, has engaged in an interesting iterative process. Several great new trail connections are proposed in the plan, which would more effectively link the upper park to the waterfront trail. Trails through the park are also slated for improvement.**

**David Littell reports that the Bayside Planning Committee has considered Bayside's changing streetscape, as well as the needs of neighborhood residents and businesses as they have begun to design a trail that connects to both the new Fore River Trail and the Eastern Prom. It will be great once it's funded and built, which may be a while yet – but it's never too early to start planning!**

## UPDATE: Campaign for the Corner

BY CHRISTINA WHITE

It was mid-afternoon on one of this spring's few warm days when I left behind the din of traffic at the busy intersection of Congress and Westbrook Streets and strolled into Stroudwater Park. The field sloping down to the river was already a shade of deep summer green. As I admired the cheerful yellow dandelions and listened to birds calling, I tried to imagine the area as it might have been 100 years ago. Elements are still there. Over my shoulder was the historic Stroudwater Burying Ground, in front was the meandering sand spit of the Fore River, and across Congress was a slice of green on Waldo Street near the Means House.

Late last year, a 0.4 acre parcel of land adjacent to Stroudwater Park—the tree-filled vista past which over 35,000 cars travel daily—was in danger of being purchased for development. Realizing the land's critical role as beautiful open space in a historic neighborhood, the Stroudwater Village Association (SVA), with the support of Portland Trails, Maine Audubon and others, launched the Campaign for the Corner. The campaign's goal: to raise \$80,000 for the purchase and stewardship of this parcel. They were successful.

Support for the project came from numerous sources, including a fund-raising Banquet Auction, private grants, the City of Portland, UnumProvident, and other local businesses. In addition, says Karen Hinchliffe, Campaign for the Corner Chairperson, "Over 123 households contributed towards this goal. It was important to reach out to everyone who cares about this area. Contributors came from near and far—Stroudwater, Portland, and Greater Portland. We could not have met this goal without this broad support for open space. This campaign was not about a small group's elite interest, but about how a much larger community views an area in terms of its social, historical, and environmental uniqueness. After all, what is a vista, without those who view it?"

Having met its fundraising goal, the SVA is now working with supporting organizations and individuals to determine how the land will be used and maintained. Such success has everyone at SVA anticipating possible work on other open space issues. Seems like this little jewel is a good start.

# Making strides through partnership

**P**ORTLAND TRAILS' VISION OF CREATING AND MAINTAINING A 30-mile network of trails and greenways within Greater Portland can only be attained by forging working partnerships with neighborhood groups, municipal officials, transportation planners, funders, landowners, trail users, and other stakeholders. Two current projects point to the important role that Portland Trails' partners often play in our projects.

The Presumpscot Preserve is a recently acquired 60-acre forested corridor that runs along both shores of the Presumpscot River in Portland and Falmouth. The Preserve was realized, in part, as a result of the negotiation talents of Portland city administrators and councilors. The City of Portland, the Town of Falmouth, and the Land for Maine's Future Board joined Portland Trails' members and funders in providing crucial financial support for this acquisition. The ongoing work to plan and build an ecologically sensitive trail network within the preserve has involved Portland Parks and Recreation, neighborhood representatives, Portland Trails, and other interested stakeholders. While much remains to be done, it is possible to envision a completed network of trails within the Preserve in the next year or two. A very successful collaboration with our partners has made this progress possible.

The I-295 Connector Pedestrian and Bicycle Trail is an ongoing project that will provide more than a mile of trail between the Portland Transportation Bus and Train Station and Commercial Street. The Portland Planning Department, Portland Parks and Recreation, the Maine Department of Transportation, Cianbro, and adjacent landowners, including Mercy Hospital and Cumberland-York Housing, have each made significant contributions to advance the design of this trail corridor with links to adjacent neighborhoods and businesses.

All of us at Portland Trails are excited about the prospects of the I-295 Connector Pedestrian and Bicycle Trail and the positive impact it will have on the City and region we love. Ultimately, we hope that the success of the I-295 Connector partnerships will be discernable by contrasting the safety and aesthetics of the I-295 Connector trail corridor with other arterials such as Franklin Street that are largely devoid of accommodations for pedestrians and cyclists.

The lessons are clear. Portland Trails must continue to work diligently to ensure that major transportation projects within Greater Portland are never again conceived without adequate consideration for cyclists and pedestrians. The best way to ensure that these efforts are effective is to forge successful partnerships with key stakeholders.



Jeff Sommer

JEFF SOMMER  
*President, Board of Trustees*

## OFFICERS

Jeff Sommer  
*President*  
Roger Berle  
*Vice President*  
Elizabeth Ehrenfeld  
*Vice President*  
David Littell  
*Vice President*  
Jennifer Stewart  
*Treasurer*  
William Sweeney  
*Secretary*

## TRUSTEES

Colin Baker  
Don Desbiens  
Tony Donovan  
Richard A. Henry  
Janice Hutchings  
Tom Jewell, Co-Founder  
Cheri Musgrave  
Elizabeth Nolan  
Betsy Peters  
Tim Prince  
Christina White  
Clarkson Woodward

## ADVISORY TRUSTEES

Dick Anderson  
Timothy Brooks  
Jim Cohen  
Abigail King Diggins  
Bruce Hyman  
Susy Kist  
Bob Krug  
Wendell Large  
Burnham Martin  
J. Peter Monro  
Phil Poirier  
Eliza Cope Nolan  
Mike Saxl  
Nathan Smith, Co-Founder  
Richard Spencer, Co-Founder  
Phil Thompson  
Lois Winter

## CHAIR, COMMUNICATIONS COMMITTEE

Aurelia Scott

## EXECUTIVE DIRECTOR

Nan Cumming

## EDUCATION & COMMUNITY OUTREACH COORDINATOR

Laura Newman

## DEVELOPMENT & COMMUNICATIONS ASSISTANT

Heidi Wilde

# TRAILS 2000

Trails 2000 contributors recognize the importance of Portland Trails' mission to the future of greater Portland by making a visionary contribution of \$1,000 or more. We are grateful for the vote of confidence given by each of these companies in the past year:

- ▶ **Anthem Blue Cross and Blue Shield**
- ▶ **Barber Foods**
- ▶ **Bay State Gas Company**
- ▶ **Bernstein Shur Sawyer and Nelson**
- ▶ **Cadillac Mountain Sports, The North Face**
- ▶ **Cianbro Corporation**
- ▶ **Cole-Haan Company**
- ▶ **CycleMania**
- ▶ **Diversified Communications**
- ▶ **Fairchild Semiconductor**
- ▶ **Gannett Foundation c/o WCSH**
- ▶ **GG Direct**
- ▶ **Hannaford Bros. Co.**
- ▶ **L.L. Bean, Inc.**
- ▶ **Lincoln Life, Portland**
- ▶ **Maine Wetlands Bank**
- ▶ **Marino, Inc.**
- ▶ **Oakhurst Dairy**
- ▶ **Planet Dog Philanthropy**
- ▶ **The Portland Press Herald/Maine Sunday Telegram**
- ▶ **Pierce Atwood**
- ▶ **Shaw's Supermarkets, Inc.**
- ▶ **Time Warner Cable of Maine**
- ▶ **Verrill & Dana**
- ▶ **Wright Express**

## Service-Learning at Portland Trails

BY BOB KRUG

ONE RECENT MORNING, eight enthusiastic, gently gray-haired adults sat around the Portland Trails conference table peppering Nan Cumming with questions. The eight men and women had enrolled the "Portland Trails Service-Learning" class at the University of Southern Maine's Osher Lifelong Learning Institute. The task that first morning was to learn everything they could about PT's genesis and structure.

The Osher Lifelong Learning Institute (OLLI), which is part of USM's Center for Extended Academic Programs, offers people age 55 and older a wide-ranging program of courses and activities. The Fall 2003 catalog lists courses in everything from 'Science and Technology in the Civil War' to 'More Joy in Mathematics.' Also listed are three service learning courses, all of which are fully enrolled, says Kali Lightfoot, OLLI Director. Service-learning differs from regular educational courses in that it involves immediate application of what is learned. In this case, the students will be working with (or serving) Portland Trails while learning about it.

Kali Lightfoot says that although this is the first year that service learning courses have been offered at OLLI, staff have wanted to develop such courses from the beginning. Service-learning is a particularly appropriate technique for continuing education, she explains, as adult students want to *do* as well as learn. Service-learning gives them the opportunity to do both.

### HERE'S HOW IT WORKS.

For eight consecutive Wednesdays, the students will learn about PT's mission, activities and trail system, in order to develop a training program for "Senior Ambassadors" (volunteers who will represent PT at Wellness Fairs and other events). In addition, we expect that PT's Senior Ambassadors will become additional voices in the community – advocates for green space, neighborhood linkages and for active outdoor life in the city.

This first service-learning class has also agreed to examine our Senior Strolls Program, which has been nurtured by Christina White. They will develop a list of potential topics and Stroll leaders to augment the popular program.

We are grateful and delighted to have these talented people working with us. 🐦

# Hannaford Festival benefits Portland Trails

**ON SEPTEMBER 4TH AND 5TH**, Hannaford held its first Wine and Cheese Festival—an elegant and lively event, showcasing an impressive array of delicious wines and cheeses available to people in greater Portland. But Hannaford wanted to do more than serve fine wine and cheeses to the Portland community—they wanted the event to benefit folks who live and work here. Thus, Hannaford donated the proceeds of the Festival to Portland



photo: Phil Poirier

Trails. Their very generous \$25,000 contribution will support the development of our trail network on the Presumpscot River in Portland and Falmouth. So load up your picnic basket, head out to the Presumpscot River Trail, and raise a glass to our friends at Hannaford!

◀ **Hannaford Vice President Karen Fernald presents Portland Trails Executive Director Nan Cumming with a donation of \$25,000 as Portland Trails' board members Jennifer Stewart, Bill Sweeney, and Elizabeth Ehrenfeld look happily on.**

## Senior Stroll Update

BY CHRISTINA WHITE

**I**N SPITE OF GRAY SKIES and spitting rain, eight intrepid 'senior citizens' joined Mike Auger on July 11 for our third Senior Stroll.

From the first step onto the Fore River Trail, Mike initiated a lively discussion about native and invasive plants. The Fore River Trail begins where the Fore River intersects Hobart Street off Congress Street. It crosses a walking bridge, then rambles through woodland to a tidal area across from Thompson's Point.

During the hour-long amble, Mike taught us how plants become established, talked about the problems with invasives, and shared lots of

information about plants that we experience daily. We chatted and laughed a lot as we learned. It's easy to understand why this knowledgeable and committed ecologist/educator is such a popular Senior Stroll leader. (This is the third walk he has led for PT in the last three years.)

Senior Strolls, which are free and open to the public, are scheduled for the second Friday of the month through October. Call the PT office (775-2411) for more information.

### **MORE ABOUT MIKE AUGER**

Mike Auger, PT volunteer and Senior Stroll Guide is a Stewardship Ecologist for the Southern Maine

Field Office of the Nature Conservancy, where he is active in their prescribed fire management program. Before working with the Nature Conservancy, Mike was an Assistant Ecologist for the Maine Department of Natural Resources' Maine Natural Areas Program.

In his spare time, Mike works as a consulting field biologist and ecologist. He is also on the Board of the Androscoggin Land Trust. Mike graduated from the University of Maine at Orono with a Bachelors of Science in Natural Resources and a concentration in Ecology and Natural History. 🐦

# NEWS FROM MILE 0.0



photo: Phil Poitier

**Development & Communications Assistant Heidi Wilde and PT Board President Jeff Sommer enjoy the Hannaford Wine & Cheese Festival.**

◆ Portland Trails is very pleased to announce that we have been awarded a **\$50,000 NAWCA grant** toward acquisition of the Presumpscot River Preserve. The North American Waterfowl Management Plan, established to conserve our continent's remaining wetlands and increase migratory bird populations, is funded with appropriations from the North American Wetlands Conservation Act (NAWCA). NAWCA provides large and small grants to fund land acquisition and habitat preservation projects all across North America and this year, Portland Trails is one of just 40 organizations to have received a small grant. Each grant requires a 200% match in non-Federal funds—which Portland Trails was able to provide because of the generosity of our individual, corporate, and foundation funders.

◆ Portland Trails' **Transforming School Grounds Conference** hit a nerve! 40+ people attended our 2-day summer conference to learn about ways to make schoolyards greener and better learning environments for kids in greater Portland. This year we will be working on school grounds projects at King M.S., Lyseth Elementary, Riverton Elementary, Lincoln M.S., Peaks Island Elementary, and Nathan Clifford Elementary, among

others. We are also working with the building committee to plan green grounds and trail links for the proposed new East End School. If you would like to get involved or learn more, please contact Education & Community Outreach Coordinator Laura Newman at 775-2411 or [laura@trails.org](mailto:laura@trails.org). Also, see our website [www.trails.org](http://www.trails.org) for more information on greening school grounds.

◆ Portland Trails is sorry to report that a major section of the **Lyseth/Moore/Pine Grove Trail** will be officially closed as of December 31, 2003. Much of the trail crosses property owned by The Allen Avenue Unitarian

Universalist Church, which has withdrawn its permission for public trail access there. Unfortunately, the only alternate connection from the Lyseth/Lyman Moore school campus to Allen Avenue is across a wetland, forcing construction of lengthy (and expensive) bridges and boardwalks. It may be several years before Portland Trails is able to raise the funds to rebuild this trail link. If you would like to contribute to the effort, please contact us at 775-2411.

◆ Portland Trails **Map and Trail Guides** make great stocking stuffers, Hanukkah presents, "Secret Santa" gifts, or thank you gifts used to recognize your business clients and associates over the past year. You can place a map order by simply calling Portland Trails at 775-2411. The Map and Trail Guide sells for \$4.95, or \$6.00 with tax and shipping.



# Mike Musca and Charlie Scribner MAKE THE 10K HAPPEN

**B**ECAUSE THERE ARE WATER VIEWS all the way and the course is entirely off-road, Portland Trails' annual 10K Race/Walk is one of the nicest events of its kind in these parts. And because people like Mike Musca and Charlie Scribner are willing to contribute time and energy as Portland Trails volunteers, the 10K is a huge success every year.

This year marks the fourth year of the race. Each year the number of participants increases, the course is further refined, and word spreads about what a great event it is for the community and for Portland Trails. The course follows the scenic Eastern Prom Trail under Tukey's Bridge, around Back Cove, and back to the finish near India Street in the Old Port.

Mike Musca, assistant manager at the Portland Jetport, became involved in the planning the first 10K in 2000 because he runs on the Stroudwater Trail at lunchtime.

"I've always been fascinated that I could transmutate from a computer/desk person into a nature-running mammal in less than a quarter mile, the distance from my office to the Stroudwater Trailhead," says Mike. "I'd update Laura Newman [Portland Trails Education and Community Outreach Coordinator] about the trail's condition and when she became the race's first director she asked me to participate on the race committee."

"I lobbied hard to make the race a 10K," he says, "because there are too few races of that distance near here. The Maine Marathon is held in October and the 10K distance is a good sharpening race for marathon preparation."

Mike's tasks have included measuring the course, marking the course on the night before the race, placing the volunteer flaggers on the morning of the 10K, and sometimes riding the course as lead biker. The past two years, however, he's run the race.

Mike's involvement begins long before the actual event. "We're always preparing for the next 10K," he says.

"We're pestering sponsors, trying to fit the race into the busy road race calendar, tweaking the shirt design, bantering about ideas for awards, critiquing last year's race, and so on."

Mike, who lives in Falmouth with his wife Kathleen and their three children, has been running road races for more than 30 years. "I believe that athletes should give back to the running community," he says. "This is my chance to give back."

Mike may be running on race day, but that's not an option for Charlie Scribner, PT volunteer and owner of Split Time Management. On race day, Charlie is busy entering data into his computer at the race site as runners register, plus keeping runners' times, overseeing the finish line equipment and producing race results. As does Mike's, his work starts months before race day. As a 10K Committee member, he helps plan and coordinate race details with other members of the committee. When runners first start to register, he enters data into the appropriate age groups and calculates how many awards will be needed. On race day, last-minute registrants' information also must be entered by the time the last person has crossed the finish line. Each participant receives a bib number that's recorded in an age category, and Charlie has to

match up the order of finish with a person's age. At the end of the event he produces a computer printout for each age category with participants' places for awards.

"A road race is like building a house," says Charlie, who lives in Falmouth with his wife Norma and teaches skiing in the winter. "You dig a hole and lay a foundation, and that's the initial planning of the event—setting a course, mapping it out, determining the timing. Then you put the pieces of the structure together, getting a race brochure together, starting the publicity, figuring a T-shirt design. Then the registrations start coming in, it takes shape, and everything begins to tie together."

He takes satisfaction in a race well done. "Seeing the event from conception to end is gratifying. People are doing something physically good for themselves, it's a great experience, and everyone goes away with something."

Nan Cumming, Executive Director of Portland Trails, agrees. "The 10K is an important fundraiser for Portland Trails, and a great way for us to show off our trails to the running community. The 10K has grown every year as more runners learn about it. The fact that the whole race takes place on off-road trails, rather than in the street, makes it unique."

And she pays tribute to two of the 10K Committee members who have made the event a reality for four years. "Mike is so generous with his time and expertise," she says, "and his perspective as a runner is invaluable. And Charlie has guided the race/walk from the beginning. We simply could not do it without them." 🐾



Portland Trails  
One India Street  
Portland, ME 04101  
207.775.2411  
info@trails.org

Non Profit Org.  
U.S. Postage  
**PAID**  
Portland, ME  
Permit No. 675

Visit our website at [www.trails.org](http://www.trails.org)



Printed on recycled paper. Layout and typography by O'Brien Design.



photo: Laura Newman

## Portland Trails would like to thank...

❖ **Marty Grohman and Correct Building**

**Products** of Biddeford for their generous donation of Correctdeck decking materials for the Hall School Trail's outdoor classroom & observation deck! The deck design reflects ideas from students, including a hole for the tree, varied railing heights, and railing caps slanted for notebooks. Come check out this lovely trail! Hall School is on Warwick Street, off Brighton Avenue near Pine Tree Plaza.

❖ **Arthur Hussey** for his fascinating wildflower/geology walk on the Eastern Prom Trail on July 31!

◀ **Hall School's outdoor classroom and observation deck overlooks Capisic Brook.**