

In mid-July 2012, Trails for Illinois and its partner Rails-to-Trails
Conservancy drove more than 1,200 miles of back roads and interstates
to install 18 electronic trail use counters—simple, dependable
devices that discreetly tallied people passing by—on six non-motorized
Illinois trails:

Fox River Trail in Chicago's western suburbs
MCT Goshen Trail in the St. Louis metro region
Hennepin Canal State Trail in north central Illinois
Old Plank Road Trail in Chicago's south suburbs
Rock Island State Trail in central Illinois
Tunnel Hill State Trail in southern Illinois

By August, Trails for Illinois volunteers were trailside, surveying trail users—people walking, running, cycling, traveling cross country or getting in a morning workout—two days a week. Volunteers contributed more than 500 hours collecting nearly 800 surveys from trail users of all types.

The counts and the surveys continued to mid-October 2012, collecting data for almost 13 weeks. Survey data was sent to the University of Illinois at Urbana-Champaign's Office of Recreation and Park Resources for analysis, while Rails-to-Trails Conservancy collected and analyzed data from the trail counters. This report summarizes their findings, beginning on page five.



Why Measure Trail Use

Quite simply, we need the numbers: the numbers of people using the trails in Illinois, and the numbers that help explain the benefits that trails provide.

In Illinois, competition for investment in public infrastructure and economic development is fierce. Proposed projects must build a returns-based case to convince Illinois officials, private funders, and the tax-paying public to invest.

The mission of Trails for Illinois is to advocate for a statewide network of connected, non-motorized trails and to encourage their use. To make trails count in the minds of the people, agencies, and businesses of Illinois, we had to start counting the benefits of trails.

We launched this project, Making Trails Count, to begin building arguments for trail development and promotion in Illinois on a foundation of empirical data and user experiences. We believe that measuring trails' impact on the Triple Bottom Line—economic activity, the environment, and health—will encourage agencies and communities in Illinois to expand and promote trail systems state-wide. This will benefit our fellow Illinoisans and the ecology and economy of our state.

We want to move people's perceptions of trails from "nice to have" amenities toward a more prominent role as load-bearing support beams for our state's economic vitality and quality of life.

How We Made Trails Count

Choosing the Trails

Our Making Trails Count project proposed to count and survey users on six Illinois trails for 12 weeks. We chose trails from around the state that could be considered regional, crossing jurisdictional boundaries to connect at least two communities. Since volunteers were essential for nearly all of the survey work, we preferred trails that had active volunteer groups associated with them.



Counting Trail Users

Beginning mid-July, we mounted three infrared trail counters on each trail, choosing endpoints and a midpoint that were near trail access, usually a parking lot or another trail. The counters captured trail use around the clock from mid-July to mid-October, 2012. From these samples, Rails-to-Trails Conservancy produced an estimate of annual use for each trail, using a model that incorporates five million individual counts from 58 trails nationwide. A summary of those findings begin on page five.

Surveying Trail Users

Trails for Illinois developed an intercept survey instrument with 26 questions for trail users to complete trailside. The survey instrument is available as a PDF at http://trailsforillinois.org/maketrailscount.

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Beginning in early August, Making Trails Count volunteers stationed themselves trailside to survey trail users during daylight hours twice a week. We scheduled days on a randomly selected Tuesday, Wednesday or Thursday and on one weekend day during a randomly selected 3-hour shift. Survey station locations were randomly chosen near trail access at the endpoints and midpoint along each trail.



To reduce selection bias, we instructed volunteers to invite every third trail user to complete a survey. Trail users could also take the survey with an addressed mail-back envelope to complete and return later, or they could take a business card that included information for completing the survey on-line. Every trail user invited to take the survey was offered a Trails for Illinois sticker for their time.

Trails for Illinois collected 789 surveys from August 1 to October 14. The Office of Recreation and Park Resources (ORPR) at the University of Illinois at Urbana-Champaign completed the data entry and analysis of the responses utilizing SPSS, a statistical software program. A summary of those findings begins on page 20. A frequency distribution table is included in the appendix.



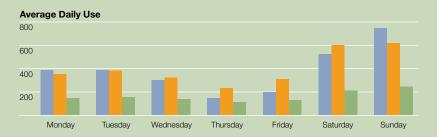
Annual Use Estimates

- Fabyan Forest Preserve: 90,781
- Carpentersville: 119,013
- Aurora: 49,888

Count Dates

July 17 to October 15, 2012









Bureau Junction to Colona **65 miles**

Annual Use Estimates

- Bureau Junction: 17,028

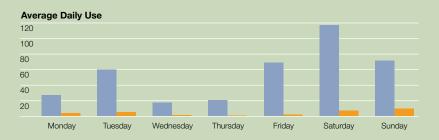
Sheffield: 1,224Colona: NA*

Count Dates

July 18 to October 16, 2012

*Counting equipment lost during study.



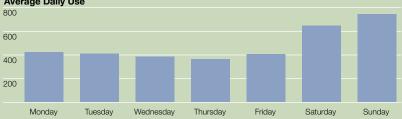




Count Dates

July 17 to October 15, 2012

*Counting equipment lost during study.





Annual Use Estimates

- Toulon: 3,380

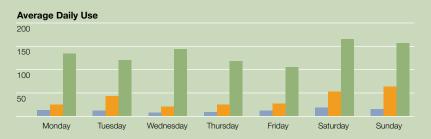
- Princeville: 10,598

Peoria: 36,535

Count Dates

July 17 to October 18, 2012







Total Location Counts

Harrisburg: 30,234

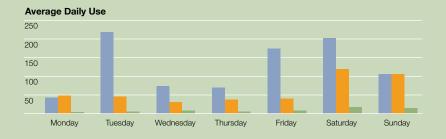
- Tunnel Hill: 17,291

Barkhausen Center: 2,626

Count Dates

July 18 to October 19, 2012





Survey Findings

Impact on the Triple Bottom Line— Economy, Environment & Health

Economic Findings

People spend money locally while using Illinois trails

During their visit to the trail on the day they were surveyed:

35% of respondents spent money in restaurants and bars

20% spent money on vehicle expenses like gas or car rental

17% spent money in grocery stores

\$1-50 was the most commonly reported expenditure

\$30.40 was the mean average of all reported trail visit expenditures

48 trail users indicated spending money on gear and accessories during their visit

11 reported to have spent \$300 or more on trail-related gear

113 trail users shared that they were visiting from out of the area

32 said they spent at least one night in lodging near the trail they were using

In the past year:

67% of trail users surveyed bought bicycling related gear

31% of bicycling related purchases were \$300 or more

54% reported buying shoes for trail use

66% of shoe purchases were \$76 or more

49% reported buying clothing for trail use; nearly half of those purchases were \$76 or more

18% of respondents bought monitoring equipment, such as a heart rate monitor, sports watch, or pedometer

41 trail users reported buying camping gear

48 respondents bought a smart phone app for trail use

Environmental Findings People are frequently spendir

People are frequently spending time in nature on nearby Illinois trails

Research shows that time spent in nature strengthens interest in environmental stewardship:

30%+ of trail users surveyed reported visiting the trail 21 or more times during spring, summer and fall in the past year

1–2 hours per visit is what trail users most commonly reported spending

68% of survey participants traveled 5 miles or less to reach the trail

Health Findings

People are using trails to maintain and improve their health and fitness

Across all ages and ethnicities, health and recreation were the most commonly cited primary reasons for trail use:

29 trail users specifically cited stress relief and mood improvement as the primary reason for their trail visit

41% of trail users surveyed were female

55% of trail users reported being 46–65 years old

16% reported being 66 years old or older

The Centers for Disease Control and Prevention recommends 150 minutes of moderate physical activity to reduce adult health risks:

32% of trail users expected to spend more than 150 minutes on the trail during their visit that day

133 trail users over the age of 45 reported that they would spend more than two hours on the trail that day

64% of trail users were cycling

9% were running

22% were walking, some with a pet

Day Purchases

Number of Users Reporting Purchases During Their Visit

Dollars Spent	Restaurant/ Bar	Grocery/ Convenience Store	Gear	Motor Vehicle	Recreation	Other
\$0	418	524	579	503	605	607
1–25	183	98	19	97	15	10
26-50	29	8	8	19	2	3
51-75	2	0	1	5	0	0
76–100	4	1	4	4	2	1
101-125	1	0	0	0	0	0
126-150	0	0	1	1	0	0
151-200	0	1	1	2	1	0
201-225	0	0	0	0	0	0
226-250	0	0	0	1	0	1
251-275	0	0	0	0	0	0
276–300	1	1	3	0	1	1
301 or more	2	0	11	1	1	1
Total	640	633	627	633	627	624

Annual Trail-related Purchases

Number of Trail Users Reporting Trail-related Purchases in the Last 12 Months

Dollars Spent	Shoes	Biking	Monitors	Camping	Clothing	Skating	Skiing	Safety	Fishing	Apps	Other
\$0	310	220	536	606	338	630	630	611	621	599	616
1–25	13	28	17	3	57	3	0	25	3	40	8
26-50	61	66	39	10	98	4	1	7	7	4	7
51-75	49	23	10	3	12	2	3	0	4	0	1
76–100	106	71	24	9	68	5	4	3	5	0	7
101–125	18	8	5	1	1	0	1	0	0	1	0
126-150	20	20	4	3	15	0	1	1	0	1	0
151-200	41	57	8	3	39	3	4	0	1	0	2
201–225	2	2	0	0	0	0	0	0	0	0	0
226-250	8	7	2	1	7	0	1	0	0	0	0
251-275	0	0	0	0	0	0	0	0	0	0	0
276-300	20	26	3	1	10	0	1	0	1	2	1
301 or more	20	140	5	7	19	0	1	0	4	0	2
Total	668	668	653	647	664	647	647	647	646	647	644

Seasonal Use

Number of Trail Users Reporting Visits by Season

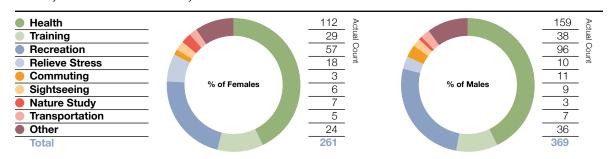
	Fall	Winter	Spring	Summer
10 days or less	290	448	159	227
11–20 days	92	59	100	102
21–31 days	60	27	57	58
> 31 days	191	95	221	268

Activities

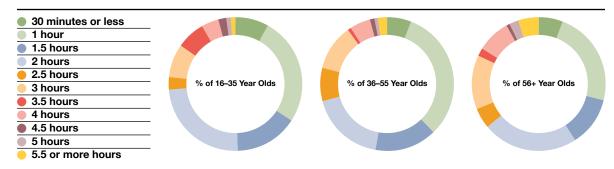
Trail Users' Stated Primary Activity During Their Visit



Primary Reason for Trail Use by Gender



Time Spent Using the Trail by Age





The Impact of Trails on a Triple Bottom Line is Real

The data we collected by Making Trails Count is evidence that Illinois trails frequently are used in ways that benefit Illinois communities, businesses and residents when analyzed through the lens of a Triple Bottom Line. Our research shows that the six trails in our study:

Attract hundreds of thousands of trail visits a year Generate local economic activity

Encourage sales of trail use-related gear and accessories Attract tourism and overnight stays Provide frequent access to nature and the outdoors

Improve the health and quality of life of Illinoisans

Just as important, it demonstrates that the benefits trails provide can be measured in meaningful ways. Making Trails Count will help us begin making results-driven arguments for trail development, promotion and programming. Built on numbers, these arguments will resonate with elected officials, public agencies, and private stakeholders alike, including foundations, businesses, and our neighbors across the street.

Making Trails Count strengthens the case that trails count toward the economy, the ecology, and quality of life in Illinois.



Making Trails Count More

An implication of our data that squares with common sense is that total trail benefits will rise and fall with the number of trail users, their frequency of visits, and the length of their visits. So does the data from Making Trails Count point to ways that may grow trail use in our state?

It does. In terms of policy and program implications, Making Trails Count data has established a baseline for both numbers of users and their activity on six important trails in our state. The data suggests that improving trails, expanding their promotion, and programming their use may grow trail use and the benefits these trails generate—benefits that can be measured.



Example: Trail Improvement Opportunities

- Less than half of respondents ranked maintenance of the Fox River Trail, Hennepin Canal State Trail, and Rock Island State Trail as "Excellent."
- Trail users surveyed most commonly rated safety and security as "Excellent" on only two trails, Goshen Trail and Tunnel Hill State Trail.
- 57% of trail users surveyed overall rated drinking fountain availability "Fair" to "Very Poor."

"More bathrooms!"



Example: Trail Promotion Opportunities

- Nearly 70% of trail users surveyed discovered the trail by word-of-mouth or passing by it.
- Only 0.3% first learned of the trail through a tourism or visitors bureau. Just 3% learned of the trail from a local park or trail agency.
- Only 7% learned of the trail from a roadside sign.
- Nearly half of trail users surveyed on all six trails rated wayfinding signs directing them to local amenities (such as restaurants, bathrooms, shops, attractions) as "Fair" to "Very Poor."

"Need maps that show where and how to get to parking."



Example: Trail Programming Opportunities

- Fewer women than men may be benefiting from using Illinois trails—12% fewer trail users surveyed identified as "Female" than "Male," even though females slightly outnumber males in Illinois (2010 US Census).
- Fewer low income Illinoisans may be benefiting from trail use—while median household income in 2011 was \$53,000, only 23% of trail users surveyed reported household annual incomes of less than \$50,000.
 Nearly 40% reported household incomes of more than \$100,000.
- Fewer racial and ethnic minorities may be benefiting from trail use in Illinois. While African-Americans comprise about 20% of the populations in communities connected by the Old Plank Road Trail, only 7.5% of trail users surveyed identified as African-American.
- Just under 1% of all trail users reported learning about the trail through an event.

"Some trails are covered for long stretches.

I would bike it, but don't run it alone."

A Call to Measure

Making Trails Count is not a conclusive or comprehensive look at trail use and its benefits throughout Illinois. It is an initial attempt to determine if and how six Illinois trails are having an impact on a Triple Bottom Line.

There are hundreds more trails in our state that may be connecting communities and individuals to the benefits of trail use, benefits to their health, to the environment, to the local economy. By studying trail use on six trails, Making Trails Count demonstrates the merit of studying all Illinois trails to reveal the value that trails return to us, and to discover the opportunities to enhance how they are used.

We hope that this report influences decision makers and the public at large to invest money in trails to build them, improve them, program them and promote them. In the context of the state's rising medical costs, struggling local economies, and environmental concerns, Making Trails Count makes a strong case for approaching trails as a higher political and policy priority. Most of all, we want to inspire agencies, communities and trail groups to begin measuring the benefits their trails are generating.



Appendix Survey Response Frequency Distributions

	Fox River	Goshen	Hennepin Canal	Old Plank Road	Rock Island	Tunnel Hill	Totals
Sex							741
Male	123	101	36	133	12	34	439
Female	85	72	18	94	6	27	302
Age							754
Under 15	1	0	0	0	0	0	1
16–25	9	3	3	9	3	3	30
26–35	24	17	1	20	4	7	73
36–45	36	32	5	30	2	9	114
46–55	64	42	15	59	1	21	202
56–65	58	58	17	59	3	18	213
66+	20	23	14	55	8	4	121
Ethnicity							740
African-American	3	5	0	17	0	1	26
Asian	0	2	1	2	0	0	5
Caucasian	194	160	50	200	18	60	682
Latino	7	0	1	2	0	0	10
Middle Eastern	0	2	0	0	0	0	2
Native American	3	0	1	1	0	1	6
Other	1	2	0	5	0	1	9
Household Income							568
\$0-19,999	6	7	0	17	0	7	37
20,000–29,999	6	5	0	6	0	3	20
30,000–39,999	9	10	2	7	2	1	31
40,000-49,999	11	10	4	9	0	8	42
50,000-59,999	20	10	6	20	3	3	62
60,000-69,999	11	7	4	9	1	3	35
70,000–79,999	10	14	2	18	0	3	47
80,000-89,999	8	12	2	13	0	4	39
90,000–99,999	11	7	1	7	1	1	28
100,000-150,000	55	50	2	51	1	18	177
150,001–199,999	4	2	0	6	0	0	12
200,000–249,999	6	5	2	7	1	1	22
250,000+	7	5	0	1	0	2	54
Visitors							741
Yes	23	23	13	27	1	26	113
No	190	146	41	199	17	35	628
Most Frequent Distances to Trail							652
0–1 Mile	86	59	8	70	5	7	235
1.1–5 Miles	56	50	12	70	4	8	200
5.1–10	29	12	8	42	2	4	97
10.1–20	16	16	9	19	6	8	74
60 or More	0	0	3	1	0	2	6

	Fox River	Goshen	Hennepin Canal	Old Plank Road	Rock Island	Tunnel Hill	Totals
Top Trail Uses							752
Bicycling	145	103	20	154	15	40	477
Walking	43	34	19	32	1	10	139
Running/Jogging	23	19	3	19	1	3	68
Walking Pets	1	7	6	7	1	2	24
Other	2	4	0	4	0	2	12
Sightseeing	4	2	0	1	0	1	8
Top Primary Reasons							641
Health	66	75	22	100	9	7	279
Recreation	50	32	14	44	4	10	154
Training	24	15	0	22	3	2	66
Other	18	12	0	19	1	10	60
Relieve Stress/Mood	10	3	2	10	0	4	29
Trail Time Hours							648
30 Minutes or Less	9	5	4	11	2	8	39
60 Minutes	58	45	16	50	2	9	180
61–120 Minutes	66	62	10	73	5	7	223
121–240 Minutes	42	26	6	43	4	9	130
241 Minutes or More	20	9	8	31	1	6	75
Trail Maintenance							722
Excellent	83	122	11	126	5	39	386
Good	103	42	27	86	9	17	284
Fair	12	4	10	12	4	3	45
Poor	2	0	4	1	0	0	7
Very Poor	0	0	0	0	0	0	0
Trail Safety							722
Excellent	65	92	13	86	2	31	289
Good	105	68	29	109	11	28	350
Fair	28	6	6	23	2	2	67
Poor	2	3	5	3	2	0	15
Very Poor	0	0	0	0	1	0	1
Trail Marking	40	70	40	100	0	00	723
Excellent	49	79	12	106	6	33	285
Good	106	72	25	94	8	25	330
Fair	38	16	13	19	3	2	91
Poor	6	3	3	1	1	1	15
Very Poor	1	1	0	0	0	0	2
Trail Marking—Amenities/Destinations	0.4	20	0	50	4	10	712
Excellent	24	38	3	50	4	18	137
Good	69	58	10	80	5	25	247
Fair	65	48	23	57	5	11	209
Poor	37	15	13	27	3	5	100
Very Poor	3	8	2	5	1	0	19

Appendix Survey Response Frequency Distributions

	Fox River	Goshen	Hennepin Canal	Old Plank Road	Rock Island	Tunnel Hill	Totals
Trail—Auto Parking							699
Excellent	71	77	27	103	6	38	322
Good	99	68	22	83	12	21	305
Fair	21	17	3	19	0	2	62
Poor	0	1	0	5	0	0	6
Very Poor	1	1	0	2	0	0	4
Trail-Bathrooms							712
Excellent	16	29	12	73	2	22	154
Good	80	58	36	77	8	29	288
Fair	63	45	5	47	6	6	172
Poor	29	27	1	20	2	4	83
Very Poor	7	6	0	2	0	0	15
Trail-Drinking Fountains							697
Excellent	11	19	3	41	1	15	90
Good	55	54	10	67	2	23	211
Fair	62	50	7	64	9	15	207
Poor	51	30	9	39	5	6	140
Very Poor	15	8	18	6	1	1	49
Trail-Sightseeing							584
Excellent	94	69	17	76	5	33	294
Good	90	71	27	96	9	26	319
Fair	11	17	7	34	2	1	72
Poor	0	3	1	4	1	0	9
Very Poor	0	0	0	0	0	0	0
Lodging Nights							
Monday	0	2	3	0	0	0	5
Tuesday	1	2	3	0	0	3	9
Wednesday	2	0	3	0	0	6	11
Thursday	0	0	0	0	0	3	3
Friday	0	0	0	0	0	1	1
Saturday	0	1	0	0	0	1	2
Sunday	0	0	1	0	0	0	1
Total	3	5	10	0	0	14	32

Users by State

Illinois Missouri Indiana Wisconsin Iowa 719 32 7 2 2

Appendix Survey Participant Written Responses

Question 1. Where do you live most of the year?

· Madison county trails

Question 2. How many of the following activities will you do while using the trail today?

First time on trail and love it. Will definitely return!

Question 7. Did you travel in a car, truck, or motorcycle to the trail today?

- Walked here
- N/A
- · No biked via Chase of Roots Bridge

Question 11. In the past 12 months how many TOTAL days did you use this trail?

- · First time but will definitely use often!
- Moved from TX to IL in July
- · All year, weather permitting
- · Plowing the trails would be nice, but I understand
- Just beginning
- · I walk in all conditions
- · Salt the trails in winter or plow
- New bicyclist as of July 2012. I plan to use trail regularly
- · First time on trail today hadn't had time to do it

Question 12. How did you FIRST learn about this trail?

- · Batavia Mother's Club Fox Trot
- I followed the Prairie Path until I reached the Fox Rivers Trail

Question 16. In the last 12 months, how much have you spent on these items for trail use?

- I haven't spent much because I already had a lot of these materials
- · First time

Question 17. In your opinion, the maintenance of the trail is (choose one)

- Fantastic
- On Hennepin Canal Trail, for 3–4 years parts of the trail been washed out need to be repaired
- The trails are kept clean of debris, but there's holes an entire sections missing. The State really needs to focus on quality of the trail/the safety aspect.
- · Heritage trail needs work
- · Graffiti is an issue on Goshen Trail
- North Aurora has great paved trails, Batavia's at St. Charles's can be bad in places
- Trails need to be wider or just trails for walking/running another for riding/skating
- There is a trail spur by Lincoln Mall
- Most stretches need work! A small bump feels huge to a cyclist!

- There could be a light in the tunnel to help one navigate through the dark tunnel. (Even reflections)
- · Should seal coat it to protect it
- Certain parts are better than others (smooth, less bumps)
- · Bridge needs boards nailed down at Muddy it's really bad
- · Trim bushes back little farther
- The giant and dangerous pothole at the Ridgeland Crossing
- Absolutely love it
- · Need more water fountains
- · Fill the washed out ruts on the Rock Island trail
- · Move mile markers
- · Wish they would pick up the trash
- Goshen: excellent; Heritage: Poor (part gravel, uneven)
 Quercus: Good; Watershed: Excellent; Schoolhouse:
 Excellent; Nature Trail: B/T 270-255 Awful!
- Outside of dog feces!

Question 18. In your opinion, the safety and security along the trail is (choose one)

- · Major washout needs repair
- Other people tell me it's not safe but I've never felt challenged even when going alone
- · Students not safe
- · Dead limbs
- Signs are badly needed. Help people to know biking courtesies to encourage safety, ex SAY PASSING (when passing people, etc Hilton Head SC has great signs)
- Need stop light at Wolf Road
- Too much glass sometimes
- Tunnel lights are way too dark
- We are in safe neighborhood but it will be nice to have more connection off the trail to street
- Some trails are covered for long stretches. I would bike it, but don't run it alone

Question 19. In your opinion, how well is the trail's route identified or marked?

- Most have washed out and disappeared
- With one exception—at new Poag road and old Poag road there is no sign, coming off Dwight Morris trail there is no signage
- · Needs signs that show towns
- · Overpasses need ID
- Well from the Prisco Center, Poorly/Very Poorly from Oswego North
- · Marking from Oswego spotty to downtown Aurora
- · Move mile markers
- I wish there were markers for ½ mile and 1 mile increments
- Could be better

Appendix Survey Participant Written Responses

Question 20. In your opinion, how well do trail signs direct you to nearby amenities and destinations?

- Restaurant access needed
- · Not so good for Fox River south of IL
- · First time on trail. I don't know yet
- · Not at all
- · Designate distance to restrooms
- · Need to connect Eldorado to Equality back around
- · Don't understand signs
- · More signs for food or drink
- I haven't seen any, but I am glad there is no sign & it is more natural
- · Destinations yes, amenities no

Question 21. In your opinion, how would you rate this trail's AUTOMOBILE PARKING?

- N/A to me
- · Don't know, ride bike here
- · Don't know
- · Need sign at other cross road to tell where to park car
- Park Forest entrance—very poor
- · Not sure I use them for walking
- · Need more access
- · I don't need it
- · Need trashcans at parking areas
- · Need maps that show where and how to get to parking

Question 22. In your opinion, how would you rate this trail's BATHROOMS?

- N/A to me
- · Need more please
- Don't use
- Not enough
- · Needs bathrooms
- · Need more, too far from Joliet to Frankfort
- · More would be better! Please! Even if they're port-a-potties
- Excellent-Frankfort
- · Wish they stayed open through Nov & Dec.
- · Need more
- Where are they?

Question 23. In your opinion, how would you rate this trail's DRINKING FOUNTAINS?

- · I always bring my own water
- N/A to me
- · Don't know bring our own
- · Don't use
- N/A
- Not enough
- · Need more

- None
- · More, please!
- · One fountain @ park only
- · Not working at Tunnel Hill
- · Need more water fountains
- Need more of them
- Could use more
- Not enough
- I've never noticed any
- Aren't any
- · Too much pressure on dog water fountain
- · I am not sure?
- · They all should have facilities
- · Where are they?
- Not sure—carry our own water

Question 24. In your opinion, how would you rate this trail's SIGHTSEEING OPPORTUNITIES?

- · Don't use
- · Wildlife everywhere-good
- · Love trees & shade
- · Really great!
- Love trails
- · I don't use trails to sightsee
- View of canal

Question 25. In your opinion, how would you rate this trail's DESTINATION & CONNECTIONS?

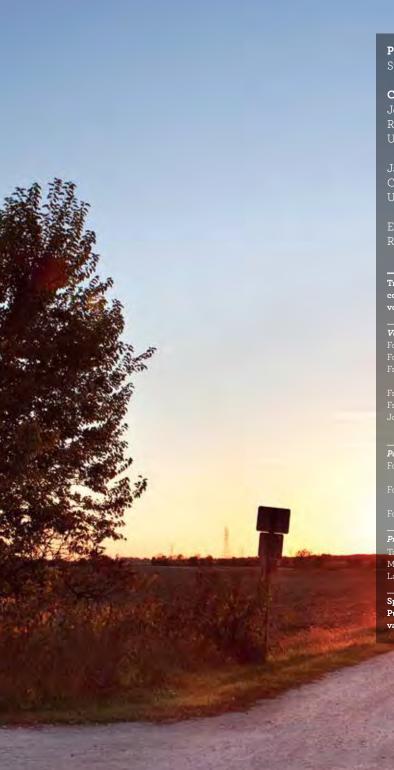
- N/A to me
- Need more garbage cans
- More SIUE connections
- · Could use a few more to cross over the River for more options
- Not enough or visible E-W connections from Geneva, North Aurora
- None!
- I have many rental properties in Edwardsville. I use the trails amenities as a selling point to my renters of students.

Question 29. What is your household income?

Laid off

Other Comments

- · People need to say "passing" on the trails
- I'm a mileage junky-this is a safe place to ride
- · Benches to sit on are needed
- · Love it, love it!



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Volunteers

Folks on Spokes
Fox Valley Bicycle & Ski Club
Friends of the
Cache River Watershed
Friends of the Hennepin Canal
Friends of the Rock Island Trai

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