



www.Eastern Trail.org

Eastern Trail Alliance Newsletter

Vol. 13, No. 2

Spring/Summer 2013

Inside this Issue:

What's Happening
South of
Kennebunk?

2

Volunteer Profile

3

A Dream Fulfilled

ETA's Newest
Members

ETA Donors
and Sponsors

4

Calendar of Major
Events

Maine Lighthouse
Ride

5



(Photos by Jim Bucar)

The Trail - More Than Just a Pretty Place

By ETA President Bob Hamblen

One of the perks of living in my adopted town of Saco is the variety of places to go and things to do without venturing far from home. The Saco Museum's ever-changing exhibits, the Nature Conservancy-owned Saco Heath, several notable restaurants, the historic downtown, and Ferry Beach State Park— these are a few of many destinations that attract residents and visitors alike.

But...why are you reading about places in Saco in a newsletter about the Eastern Trail? Well, because. Because if the ET is going to achieve its highest and best purpose, it is going to be about more than a walk across the Scarborough Marsh, or pedaling a bike from Biddeford to Arundel and back. As wonderful as those activities are, there's more to be had.

What will users wring out of the ET if they are truly realizing its potential? Here are a few thoughts:

- Jan and Jesse disembark at the Amtrak Downeaster Old Orchard Beach stop, shouldering their backpacks as they step into the bright sunlight of a July afternoon. Hopping onto their rental bikes they pedal north on East Grand Avenue to their rental cottage; a bit pricy but a bargain compared to the Jersey shore. Over the next week they use the ET for quick and safe access to Portland, Kennebunk and the reinvigorated Saco River mill towns, biking their way to and enjoying an array of restaurants, local theater, markets and shops.
- Johanna clips a pannier onto her bike rack and heads out the door to work. She lives in Biddeford, and connects with the interim on-road Eastern Trail on Main Street. She follows signs to Thornton Academy and the off-road Trail. Forty minutes later she pulls into her employer's parking lot off Pleasant Hill Road in Scarborough, just one of a growing number of ET commuters.
- Art, science and physical education teachers at Kennebunk Elementary School, a scant

quarter-mile from the Trail, combine efforts to lead classes onto the ET, which allows easy access to the 90 acre Clark Preserve, a Kennebunk Land Trust property. There, teachers and students enjoy the flora and fauna associated with 2,000 feet of frontage along the Kennebunk River, and a Land Trust member narrates the property's history.

Don't be limited to these few thoughts on how the ET can best be used. Do, however, think hard about how we can make this and lots more happen— what should we be mindful of as we consider how to best use our regional asset?



(Photo by Jim Bucar)

A *Planning* magazine article from 2010 suggests a few topics of which to be aware:

“Make sure there are frequent and convenient connections between the trail, city streets and transit stops.”

Easily done in South Portland, where the Greenbelt/ET crosses several streets as it winds its way from Casco Bay to the marvelous Wainwright athletic complex. As the Trail winds south, it continues to cross busy major roads: Black Point and Pine Point Roads in Scarborough, Cascade Road in Saco/OOB, I-195 in Saco, Rte. One in Biddeford and several more. These crossings may be viewed as obstacles by some. Witness, however, how Scarborough is responding: their Active Community Environment Team is planning safety improvements such as crosswalks, sidewalk connections, signal lights and signage. We walkers and cyclists may view these crossings as necessary evils, but we can also recognize that these streets connect us to neighborhoods, shops and other necessities and pleasures of life.

(Continued on page 2)



www.Eastern Trail.org

Eastern Trail Alliance Officers and Trustees

Bob Hamblen
President & Treasurer

Bob Bowker
Vice President

Bob LaNigra
Vice President & Secretary

Jim Bucar
ET Photographer

John Andrews
President Emeritus

Tom Daley
Deborah Erickson-Irons
Marianne Goodine
Judy Haley
Tim Lambert
Jim Munroe
Rep. Megan Rochelo
Joe Yuhas

Emeritus Trustees

Ethan Davis
Larry Glantz
Maggie Warren

Advisory Trustees

Rev. John Balicki
Tony Barrett
Eric Cote, Esq
Diane Doyle
Alix Hopkins
Don Lauzier
Burnham Martin
Nathan Smith, Esq.

ETA

Spring/Summer 2013

2

What's Happening South of Kennebunk?

By John Andrews, President Emeritus

In 2004 when Moe Steele was president of the Wells-Ogunquit Chamber he told an ETA Trustee that the question most commonly asked by tourists was “Where can I take my family biking?” Then, he might have replied, “The Eastern Trail at Scarborough Marsh. Today’s answer? “The Eastern Trail in Kennebunk.”

Despite this remarkable progress, some towns south of Kennebunk have withdrawn their support: North Berwick, Eliot and Kittery no longer pay Eastern Trail Management District (ETMD) dues. As ETMD’s base shrinks, the organization’s efforts to seek state and federal construction funds, manage ET construction, and monitor daily operations carries less weight and authority.

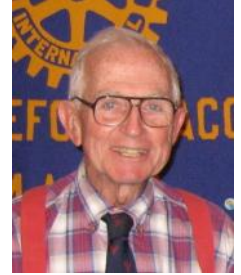
To help restore southern town support, ETA moved its monthly meetings to Wells last year, and also founded a new committee— Southern ETA (SETA)— whose sole mission is to rebuild interest and support in those southern communities, especially since the turnpike bridge has brought the trail within striking distance of them.

In that endeavor, ETA was fortunate enough to add some wonderful new trustees from the south: Marianne Goodine, Assistant Wells Town Manager; Deborah Erickson-Irons, Coalition Director, Choose To Be Healthy based in York Hospital; and Judy Haley, Vice President of Brown Industrial Group when the company built the ET from Kennebunk to Biddeford. Each is an active SETA committee member.

Does the Maine Department of Transportation (MDOT) support extending the ET into southern York County? Consider that in 2012,

while widening Rte. 109, MDOT invested considerable time and money in restoring the box culvert under Rte. 109, whose sole purpose will be to permit the ET to continue south without interruption. Also consider that New Hampshire’s and Maine’s DOTs are replacing Kittery-Portsmouth’s collapsing Memorial Bridge, a critical link in the East Coast Greenway. The new bridge’s design recognizes both present and future trail traffic between the two states.

The ET is at a perilous tipping point. Will southern towns return to ETMD? Will residents in those towns urge their selectmen and councilors to renew their status as paying ETMD members? Have too many southern ET supporters abandoned hope? Well, consider a recent meeting “South of Kennebunk,” organized and attended by citizens of North Berwick, which shows considerable belief in the proposition that the trail *should* be coming to their town. Such local support justifies our hope that the lapsed southern communities will “tip” back toward the ET.



(Photo by Jim Bucar)



Box Culvert under Route 109 MDOT project. (Photo by Jim Bucar)



Construction Proceeding on Memorial Bridge (DOT photograph)

The Trail

(Continued from page 1)

Make sure the trail alignment leads to places people want and need to go.

The Eastern Trail succeeds at this, and it will get better: witness the spur trail that folks in OOB are working toward that will connect the ET to downtown and beaches. And the same goal is motivating planners in Biddeford and Saco who’d like to connect the cities’ River Walk trail to the Eastern Trail. We have interesting and dynamic downtowns that Trail users are going to want to visit; let’s make it easy for them to get there. Signs, signs, signs!

“Design the trail to be an integral part of urban life, not an escape from it.”

Is it possible that the Maine Department of Transportation is on to something when it insists that we refer to the ET as more a “transportation resource,” and less a “recreational facility”? We think the Trail is diverse enough to wear both labels comfortably. But, as we see more evidence of the Trail being used as a viable transportation alternative, we believe that the ET takes on added importance in the fabric of our communities.

Volunteer Profile: A Few Hours a Week Pays Dividends

by Brenda Edmands

Jim Bucar's path to volunteering for the Eastern Trail Alliance started with a splash in 2003. Jim, a regular bike commuter in his then hometown of Hamden, CT, also enjoyed cycling and walking on the nearby Farmington Canal Rail-to-Trail system. He was thrilled to discover an old railroad right-of-way/undeveloped trail just off Cascade Road in Old Orchard Beach while he and his wife Jacqui were visiting their daughter and granddaughter. Riding his beloved hybrid fast on the rough track he encountered a foot-deep puddle, took a spill—and watched in dismay as his cell phone went for a swim. Someone has to do something about fixing this trail up, he thought. Soon he noted the new bridge going up on the trail over the Scarborough Marsh, and thought, "Looks like someone is doing something. Who the hell is it?"

After retiring and moving to Old Orchard in 2009, he found out who the hell it was—the ETA. At that time, some of the board members regularly met at the Run of the Mill Pub in Saco. He hunted down John Andrews and the others at the pub and introduced himself. Soon he and Carole were exchanging emails about how he could become involved as a volunteer.

Since Spring 2010, Jim has used his extensive skills and talents as a writer, editor and desktop publisher (gained from his 34 years as a high school English teacher at the Hopkins School in New Haven, CT), to help create the ETA and Eastern Trail Management District (ETMD) newsletters, ETA's membership brochures—and the new streamlined membership card—posters, trail guides, the Biddeford Savings map, and more.

An avid photographer since junior high, when he discovered 400+ photography magazines in the attic of the old farmhouse his family had just purchased, Jim has also been the chief photographer at the Maine Lighthouse Ride (MLR) and other community events such as the Snowy Egret runs, and along the trail. In the process, he's taken more than 5000 wonderful photographs, many of which can be seen on the ETA website as well as in our brochure and other promotional materials. With John Andrews, he's also created the slideshows the ETA presents to groups.

Jim notes that with the opening of the new

sections of the trail and the bridges over Route 1 and the turnpike, the scope and number of promotional materials has grown so that he recently stepped away from the layout and now is "only" doing editing and photography, as well as being a member of the Board of Trustees, coordinating Public Relations for Old Orchard Beach.

Jim especially enjoys being the main photographer for the ETA because of how it makes it easy for him to connect with users of the trail. "It's like having a small dog along, people will approach you when you have a camera out," he says. He particularly remembers an older gentleman in his 60's or 70's ("my age", Jim notes wryly), he encountered while the man was walking the trail with one of his children. Bubbling over about the experience, the man declared, "I haven't ridden a bike in 20-30 years, but now I'm going to get a bike." Those moments make it worthwhile, Jim says. Another memorable moment was when some members of his book club in Connecticut did the 25-mile loop of the MLR last year after he told them about the ride and the route while back south visiting.

Jim uses the trail frequently, riding at least a couple times of week. He's also been on four to five full moon walks. Like most of the many other wonderful volunteers for the MLR, he hasn't had a chance to ride it yet, but hopes to at some point. In addition to all the terrific work Jim has done in helping to promote the ETA and ETMD through his writing, editing, design and photography, there's one more thing we should be grateful to Jim for. As he notes, "Since I started volunteering in 2010 at the MLR, we've had great weather all three years." Jim, we're never going to let you stop.



Jim Bucar



Kennebunk River Bridge (Photo by Jim Bucar)



www.EasternTrail.org

The Eastern Trail

Kittery

|

Eliot

|

South Berwick

|

North Berwick

|

Wells

|

Kennebunk

|

Arundel

|

Biddeford

|

Saco

|

Old Orchard Beach

|

Scarborough

|

South Portland

Eastern Trail Alliance Staff

Carole Brush

Executive Director

Scott Marcoux

**Communications
Coordinator**

Larry Glantz

Web Coordinator

ETA

Spring/Summer 2013

3



www.Eastern Trail.org

Welcome to New ETA Members

- Catherine Bennett
- Nancy Birkhimer
- Anna Bockis
- Minna Brewster
- Marshall Chamberlin
- Jay Evans
- Tim Fujita-Yuhas
- Alan Golick
- Jason Hammel
- Maureen Hogan
- Lorraine Hussey
- Kevin Keiser
- Ann Kendall
- Russell Lamer
- Howie Margolskee
- Brent Mariner
- Sandee Mariner
- Reed Markley
- Thomas McCullom
- Jeffrey Morris
- Rachel Pelletier
- Jack Richardson
- Mallory Stephens
- Carroll Tiernan
- Jackie Villinski

ETA

Spring/Summer 2013

4

A Dream Fulfilled

by Joe Yuhas

As the ET continues to fulfill its dream moving southward the following questions are often asked: How will our town benefit from the trail? Will trail development attract businesses to the community? Will they thrive and succeed?

A very concrete and affirmative response to those questions comes in the following story of success:

The Village Tavern, opened just this past December by Rich and Tina Lemoine, is located on Alfred Road in West Kennebunk Village almost across from Warren's Way, which leads directly to the most recently completed Eastern Trail section that ends at Route 35. In fact, the old Eastern Railroad bed lies adjacent to Warren's Way and continues not far behind the Village Tavern parking area.

I first met Rich and Tina last August at the West Kennebunk Community Day celebration when they approached Judy Haley and me at our ET booth. Tina wanted to share with us their plan to turn the old Cummings Market into an quality restaurant where patrons could get nutritious, local, healthy, well prepared meals at a fair price, using only quality ingredients. She and Rich, her husband and the chef, had been looking for the right location to start a new restaurant, and for them the proximity to the Eastern Trail was a major factor influencing

their choice. They even considered incorporating "Eastern Trail" into the restaurant's name! After all, both celebrate natural living.

Rich Lemoine, a passionate and enthusiastic believer in the art of cooking, has amassed a wealth of experience as Executive Chef of the Cape Arundel Inn and the Oceanfront Inn for over 17 years, and also at The White Barn Inn and the Salt Marsh Tavern. His creativity and his loyalty to natural Maine food can be tasted in every dish he creates. He and Tina have worked side by side since 1978, but they wanted to build their own Maine legacy and provide a special experience to all who enter their tavern.

After months of construction and anticipation, The Village Tavern's mid-December opening drew a good crowd to celebrate the coming of the New Year. Although it is not typical in Maine to open a new restaurant in the off season, especially in mid winter, business has been very good. In fact Tina recently said, " ... We are absolutely thrilled to be so busy. We served our 10,000th guest a couple of weeks ago and continue to do extraordinary numbers." As an indication of their success Tina and Rick intend to enlarge their parking lot by 20 more parking spaces. And here's the point: they are convinced that their location in West Kennebunk and close to the Eastern Trail has contributed greatly to their success.

(Continued on page 5)

ETA Thanks Major Donors

- | | | |
|-------------------------------------|---------------------------------------|-------------------------------|
| Biddeford Saco Rotary Club | Coastal Healthy Communities Coalition | Saco Bay Rotary Club |
| Biddeford Savings Bank | Davis Foundation | Southern Maine Medical Center |
| Bob's Clam Hut | Rev 3 Triathlon | Telecom Pioneers |
| Chiropractic Family Wellness Center | Saco & Biddeford Savings | Texas Instruments |
| | | UNUM |

2013 Maine Lighthouse Ride Sponsors

- | | | |
|---------------------------------------|-----------------------------|---|
| Bergen & Parkinson, LLC | Jay Beauchemin | Rodger's Sports |
| Bowker & Associates | Kittery Trading Post | Scott Dow |
| Brady's Screen Print | Michaud Distributors | Sooper Dogs |
| Brown Industrial Group | Micro Support Group | Southern Maine Community College |
| City of Biddeford | Moody's Collision | State of Maine Parks - Kettle Cove |
| City of South Portland | North Dam Mill | Town of Scarborough |
| Coastal Healthy Communities Coalition | Ocean Park Association | Woodman Edmands Danylik Austin Smith & Jacques P.A. |
| Creative Awards | P & C Insurance | York Hospital |
| Doyle Enterprises | Peoples Choice Credit Union | York Hospital - Choose to be Healthy |
| Friends from Hallowell | Poland Springs | |
| Hannaford's | Portland Water District | |
| | Road ID | |

Brief Calendar of Major Events

Spring is here! Mark your calendars for events on the Eastern Trail and/or with fellow cycling organizations. For detailed information on these and many other trail-related events, visit the websites listed below, the Eastern Trail Alliance www.easterntail.org and Bicycle Coalition of Maine (BCM) www.bikemaine.org.

In addition to events listed below, over a dozen groups have planned organized events on the Eastern Trail so far this year. FMI on these and how to apply to host an event on the trail, visit the Events tab on the ETA website.

Ongoing: ETA sponsors moonlight and weekly walks. Check website calendar for details.

2nd Thursdays: Monthly ETA meeting – time and location posted on website.

April 14 & 28: BCM's Annual Bike Swap – 14th in Orono, 28th in Portland

April 20: Scarborough Marsh Spring Clean Up, Scarborough Marsh Audubon Center and Eastern Trail, Pine Point Road

- May 7: Active Communities Conference, Waterville, Maine
- May 9: ETA Annual Meeting at Old Marsh Country Club, Wells
- May 27: Annual Memorial Day Snowy Egret Run, Scarborough ET (Chiropractic Family Wellness Center in Scarborough, Maine Audubon, ETA)
- June 2: BCM's Women's Ride, Freeport
- June 14-16: BCM's Trek Across Maine, Sunday River
- June 29: Be Healthy 5K (Southern Maine Medical Center, ETA)
- July 12-14: 25th Annual Maine Bike Rally, Biddeford www.mainebikerally.org
- July 21: BCM's Annual Lobster Ride, Rockland
- September 7: 10th Annual Maine Lighthouse Ride (See description on this page.)
- September. 7-14: BCM's Inaugural BikeMaine Week Long Adventure Ride
- September 29: Community Bicycle Center & Big Brothers Big Sisters of Southern Maine Fundraising Bike Ride www.communitybike.net/

A Dream Fulfilled (Continued from page 4)

We expect that with the coming of warm weather and more activity on the trail many weary hungry hikers and cyclists will be stopping in for a meal or liquid refreshment. They will receive a warm welcome! Further, as a good neighbor and supporter of the Eastern Trail they will permit parking in their lot for cyclists

and hikers starting the trail at this point. THE VILLAGE TAVERN is open 7 days a week from 3 PM to close. Their motto is: Come as you are, feel comfortable, leave content!

The Village Tavern and The Eastern Trail—looks like a symbiotic success story to me.

Join Us – the All-Volunteer ETA

- \$35 Individual
- \$50 Family Name _____
- \$75 Trailblazer
- \$150 Pioneer Street Address _____
- \$1000 Lifetime City, State, Zip _____
- \$250 Corporate
- \$250 Municipality Email _____

Make check payable to the ETA and mail to our address below. You can also join by visiting our web site, www.easterntail.org, where you can use a credit card. The ETA is a 501(c)3 nonprofit: your donations are tax deductible.

Eastern Trail Alliance

P.O. Box 250, Saco, Maine 04072
207-284-9260



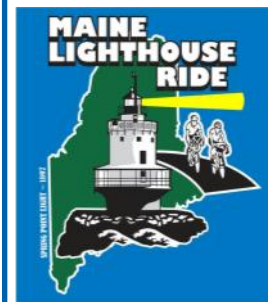
www.Eastern Trail.org

Cap Your Summer 2013 with up to 9 Lighthouses

Be Sure to Register for the 10th Maine Lighthouse Ride!

The Eastern Trail Alliance is looking ahead to September 7th, the date of our 10th Annual Maine Lighthouse Ride! Choose from four different ride lengths – 25, 40, 62, or 100 miles – and incomparable coastal scenery. Visit the registration link today: www.easterntail.org/mlr.

More than 150 riders have signed up for the ride so far – an unprecedented early tally in our 10 years of hosting this event! We do limit the ride to 1,000 riders, so don't wait to reserve your spot. Join up now by registering today.



ETA

Spring/Summer 2013

Eastern Trail Alliance

P.O. Box 250 • Saco, ME 04072
207-284-9260 • www.EasternTrail.org

PR STD
U.S. POSTAGE
PAID
PERMIT 1008
SACO, MAINE

THE EASTERN TRAIL

A transportation-recreation greenway
connecting Kittery to Casco Bay in South Portland

CHANGE SERVICE REQUESTED

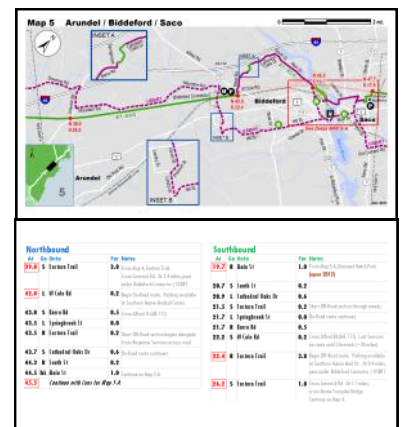
Available now:

Up-to-Date Full-Color Guide to the Eastern Trail

Features:

- New Kennebunk-Arundel-Biddeford and Saco to Old orchard Beach sections.
- High resolution, 1 mile per inch scale.
- Cue sheets from Kittery to Casco Bay.
- The all on-road US Bike Route 1, approved by Maine DOT and American Association of State Highway Traffic Organizations, AASHTO.
- Expected Future off-road ET routes.
- Sized to fit snugly into a handlebar bag with viewing window.

Available for purchase or download at www.easterntail.org



Join online or invite a friend to join online at www.EasternTrail.org

The Eastern Trail Alliance is a 501 (c) (3) non-profit land trust. Your donations are tax deductible as provided by law.