



ESSEX COUNTY TRAIL ASSOCIATION

Riverbend, West Newbury

Preserve, Maintain, Respect

Fall 2024

A View from the Chair

Dear Friends,

We've been busy! Thanks to lovely, dry conditions for the last couple of months, we've been able to complete some projects and are preparing for more. We've been mowing trails in all our towns and are assisting with smaller projects, like building boardwalks, downed tree removal, and brush clearing. See Carol Llyod's trail report on pages 4 & 5.

Our work protecting trail segments continues, and we have several easements in process, or completed. Our amazing network of trails exists due to the connectivity provided by small sections on private land. We're deeply grateful to the landowners who choose to ensure the survival of our network by protecting these segments.

Susan Lawrence, former Chair of the ECTA board, has taken over the role of treasurer from Chris Pulick, who stepped down from the Board in April. We have two new directors who have recently joined our Board: David Santomenna, former Director of Land Conservation at Greenbelt and current Director of Land Conservation at Mass Audubon, and John Linsley, trail runner, hiker, cyclist, EMT, and international youth group leader. We're looking forward to working with them!

In early May, ECTA was contacted by David Alden-St.Pierre, a regular trail user and PA-C who works in Emergency Services at Beverly Hospital, about an initiative to help first responders locate and assist those who become injured on the trails. There have been injuries that became severe or resulted in a fatality due in part to the duration of the response, because of locational or ground condition complexities. We've been part of a team of first responders, police, fire departments, land trusts, trail associations, and medical professionals who have been investigating ways to make it easier for those injured on the trails to get help. You may ask, "what can I as a trail user do to be found more easily in case of a traumatic injury?" See David's article here for an answer, and for more info, see David's blog on Trail Safety: safetrailsfirstaid.blogspot.com

As always, we rely on you, our members and supporters, to make our work possible. We can't do it without you!

With gratitude,

Martha Sanders
Chair, Board of Directors



Trail Safety, By David Alden-St.Pierre, MS, PA-C

Location, location, location; not only important in real estate, but crucial when you need help on the trails.

Sure, most hikes or rides end without incident but, things do sometimes go wrong. Perhaps my perspective working in an emergency department has heightened my awareness of these uncommon events as on any given weekend, we see people who fall off horses, fall off bikes, or just fall while hiking. Most injuries are minor, but not all. We've handled head injuries, cervical spine injuries, and even a couple of fatalities. I don't think most of us head out in the trails thinking about this, but even a sprained ankle, a mile from a trailhead, can lead to someone calling for help.

If you ever do need to call for help, you're going to need a way to do it. From an emergency medicine provider, I ask that you please bring your phone. I totally understand the need to disconnect, and the beeps and alerts that come in can distract from a peaceful venture outdoors. But you can turn your phone to silent, or Do Not Disturb, or just turn it off, and throw it in a pack or pocket. Now, if you need help you can call 911.

The dispatch center should be able to pinpoint your location, not with latitude and longitude, but with a new(ish) mapping system called "What 3 Words." This system has taken the entire globe and broken it down into 3 meter (10ft) squares. Every square has a unique set of three words assigned to it. For example, I'm writing this while camping, and my location is "ponies.seatbelt.downgraded." Go to the W3W website, punch in that set of words, and boom, there I am. That might not seem that much better than the campground's address, but this shows exactly where I am within the campground. W3W can also give an exact location for places that don't have an address, such as on a trail.

W3W has been used in Europe for years but is being adopted here in the US by first responders. It's easier to use than Lat/Long and eliminates the confusion that can occur when trying to describe where you are on a trail.

ECTA and many other local trail organizations are working on ensuring that local first responders have the most up-to-date trail information that they can use with the W3W location. So again, bring your phone, you never know if your trail visit will take an unexpected turn, and you end up seeing me in the emergency department.

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20TH RUNNING OF RUN FOR THE TRAILS!

Who would have guessed that we'd still be at it 20 years later? Well, we are and stronger than ever! Run for the Trails started with the simple premise of "let's do something for our trail running community. We can use some private trails that aren't open to the public on a regular basis to show off more of the countryside."

Our first run was held at the Winthrop property in 2005 in October. It snowed as people were running through the farmyard, a scene that was deemed postcard beautiful. Subsequent races started at Brick Ends Farm, Waldingfield Farm, and Devon Glen until finally finding a home in the Schooling Field at Myopia. Our early races went off with 44 to 81 runners and we are now up to 150 running this year. We love putting on an event for such an appreciative group of people!

2009 Starting Line



2024 Starting Line



Some fun facts:

Most races run by a male: Steve Whittey – 16 races

Most races run by a female: Bonnie Hallinan – 14

Most races run by a sponsor: Derek Cavatorta – Black Brook Veterinary Services – 6

Most races run by a landowner: Peter Britton – 5

Most water stations manned: Ann Getchell and Susanna Colloredo-Mansfeld – 20!

Most runners from one team: Team Gloucester (too many to count!)

Fastest Times:

5 Miles

Youth Male: Zac Pinciario – 41:24 – 2009

Youth Female: Lily Stewart – 37:59 – 2015

Male: Andy King – 31:12 – 2006

Female: Allison Theriault – 35:12 – 2017

10 Miles

Youth Male: Henry Mitchell – 1:30:56 – 2012

Youth Female: Kay Sherwood – 1:20:47 – 2005

Male: Daniel Cosgrove – 58:07 – 2023

Female: Courtney Kelly – 1:07 – 2022

We can't thank the running community enough for their support over the past 20 years. Looking forward to 20 more!

Carol Lloyd, *Race Director*



RUN FOR THE TRAILS

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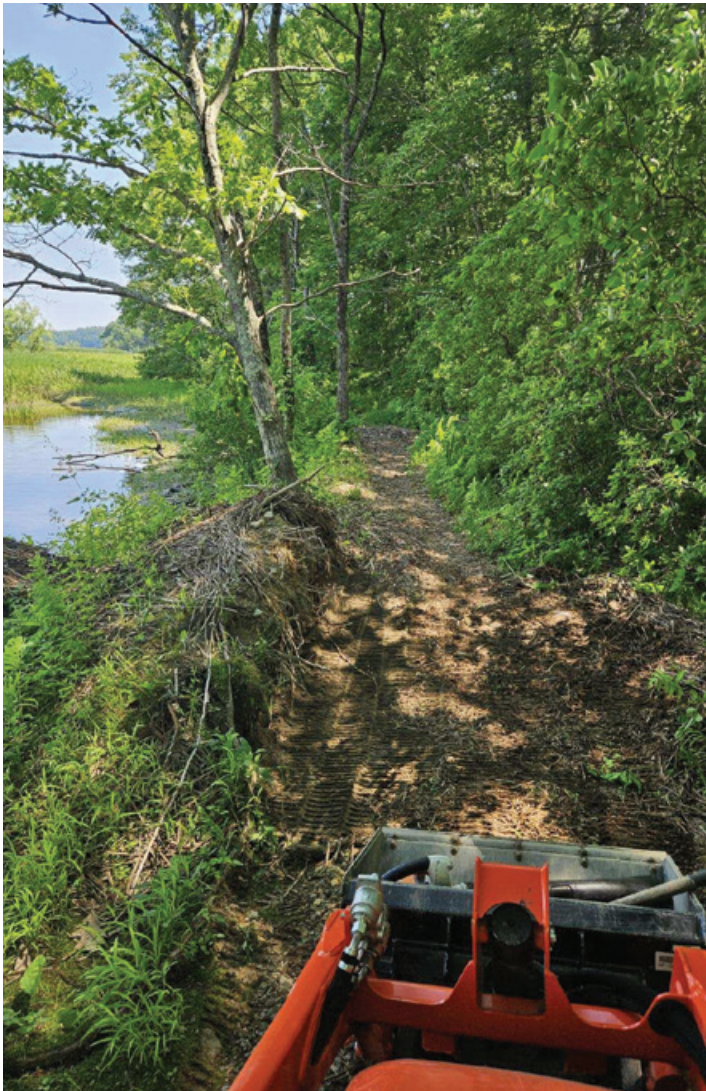
TRAIL MAINTENANCE | FALL 2024

By Carol Lloyd, *Director of Trail Maintenance & Management*

THIS HAS BEEN A GREAT SUMMER FOR TRAIL PROJECTS. HERE ARE A FEW:

Riverbend Conservation Area – West Newbury

This property is owned by the town. The trail we worked on runs along the river and is known as the River Road Trail. This winter a tree blew over in one of the storms and a hole was created in the trail from the roots that was unsafe. The person who was coordinating the maintenance of the trail contacted us and said that she was leaving her position and that she didn't know how the project would be completed. Riverbend is an important trail system and this trail is beautiful so we jumped in. Working with DPW we filled in the hole and regraded this spot making it safe for trail users. We have also spent time mowing these trails and hope to do more this fall.



Willowdale West – Equestrian Safe Re-route

The background: A beautiful boardwalk was installed over the stream about 6 years ago. It's located in Willowdale West just off Rowley Road between markers 67 and 70. It was built to accommodate pedestrians and bikers. Unfortunately, it is not strong enough or wide enough to support horses. In order for the equestrian community to get to the trails they had to go on the road. The road has little to no shoulders, is curvy so the site lines are random, and the cars travel fast. This created a dangerous situation for the horses. The equestrian community asked ECTA for help. We looked at a number of options from making the existing boardwalk wider to creating another boardwalk downstream. The least impactful solution was to cut a trail from the existing trail to the road, cross the river on the road, and cut back in after the culvert back to the existing trail. We worked with DCR to get their permission to do the work and the Ipswich Conservation Commission to get permission to build it under our Townwide Trail Management Plan.



Donovan Hill Trail – Hamilton

ECTA holds an easement on the trail that starts at the kiosk on Sagamore Road going up into the Donovan Reservation ending at the ball field. There is a section at the bottom of a hill by a small bridge that collects the runoff from the hill. The mud had gotten quite deep and was getting wider as people walked off the trail in order to avoid the mud. Working with the Hamilton Conservation Commission we were able to get permission to fix this trail as part of our Townwide Trail Management Plan. We worked with the abutting neighbors and Greenbelt to get permission to get the equipment to the site and to build a small staging area. The fix is beautiful and should last for many years!



Easements

We are also very excited about two easements that were recently granted to ECTA. One from Tom and Jennifer Eddy on County Road. This equestrian use only trail is part of the connection from Appleton Farm to Bird Field and the Ipswich River Watershed in Ipswich. The second easement was granted to ECTA by James and Debra Thomas on Sagamore Road in Hamilton. This multi-use trail is a part of the connection from Moulton Street to the Donovan Reservation and going the other way to Biolabs in Ipswich. Our thanks go out to the Eddys and Thomases for protecting their trails in perpetuity!

ECTA EVENTS

OUR EVENTS ARE A CRITICAL SOURCE OF FUNDING FOR OUR TRAIL WORK. THANK YOU, ALL WHO PARTICIPATED!

This March we held our 2nd annual **Tails for the Trails** on a bright and windy day in West Newbury. Our 29th annual **Equine Expo & Tack Sale** was held at the Topsfield Fairgrounds in April. In May we kicked off the

North Shore Trail Series with our 10th annual **Spring for the Trails** half marathon in Willowdale State Forest. In partnership with Outside Mind, we led a **Bird Walk** at Castle Neck River Reservation in Ipswich in late May. Our 7th annual **Ride in Memory of Patrick Keough** was held on a lovely June afternoon through picturesque private trails in Topsfield. We had a beautiful night for our **Summer Solstice Party** at Groton House Farm in Hamilton in late June. Our 20th annual **Run for the Trails** was held in September, celebrating two decades of trail runs. Thank you to all our 2024 sponsors, volunteers, participants, and attendees for a fun and successful year of events!



Registration for our annual Thanksgiving 5k and Kids Fun Run, Thanks for the Trails, is now open. Go to www.ectaonline.org and click on Events for more info.







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Photo by Meredith Best

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