



MISSISQUOI VALLEY RAIL TRAIL



Fall 2016

Cynthia Scott retires as Rail Trail Coordinator

Cynthia Scott has been our MVRT coordinator for almost 20 years interacting with NRPC, VTrans and the trail users. She chairs our Council meetings creating the agenda and reviewing the financial reports and keeps the checkbook current. In addition to creating the Friends of the Trail newsletter she also rides the trail and inspects the surface for damage and the rest areas and benches for maintenance. Users who note a trail sign or mile marker in need of repair contact Cynthia who then gets the problem rectified.

Some of the annual events that are hosted by the MVRT Council have been the photo contest, Health Fair along with community agencies, the Richford paddle and pedal to name a few. She and Council members also are contact with the rest areas along the interstate providing advertisement of the trail and the towns it connects.

It has been since 1997 that we have been working with the state and VTrans to get the ever popular Green's Corners parking lot established. This effort has seen direction and help from consecutive Regional Planners. It became a time of light heated banter at our meetings as the project went through revisions and had its own ebb and flow. We are so happy to see it completed!

Cynthia also was present to help with the resurfacing project with the stimulus money that the federal government provided. This was so important

as the next summer saw the visit of Hurricane Irene and we were so fortunate to have the trail surface crowned, resurfaced and ditched which helped the trail weather the flooding.

She also has been involved with trying to get the trail to connect into Canada through the town of Richford. Unfortunately the circumstances of 9/11 in 2001 had made this very difficult. However, the council has sponsored bike trips throughout the region including one into Beebe Plain.

She has done so much for the trail and surrounding NW Vermont. We wish her the best in her many activities including walking tours, traveling, choral and music interests. And a special thanks for her many years as the Coordinator.

Amy Adams from Northwest Regional Planning Commission will be taking on the responsibilities of the Coordinator and Bethany Remmers also from NRPC will be assisting in some of the activities.



Cynthia Scott and Amy Adams

My Top Ten Reasons to Bike the MVRT

Mary Tryhorne, Enosburg Recreation Director and RiseVT Health Advocate

Though I've lived in the area for more than 10 years I only recently started to really appreciate the beauty and convenient accessibility of the Rail Trail. My husband and the girls have a fun tradition of parking in E. Berkshire and riding to the Pine Cone Snack Bar for the occasional "treat." Anytime we ride, even a short distance, to a location we all feel like we've had an adventure. Last year I purchased a bike trailer to use with my 2 year old daughter while my oldest is in school. One late spring day this year we headed down to Enosburgh for our first ride of the year. I couldn't help but think about all the wonderful reasons why others might enjoy this experience. So while riding along with a grin on my face I mentally compiled a top 10 reasons to get out on the Rail Trail list (yes that is what us RiseVTER's think about when we go out to play). So here we go-



My top 10 reasons to ride your bike on the Missisquoi Valley Rail Trail:

1. A change in routine and scenery has been shown to increase happiness.
2. Gain a new appreciation of the local landscape.
3. Get exercise and build stamina and strength.
4. Enjoy the variety of wild flowers and foliage along the trail.
5. Being out in nature has been proven to provide loads of health benefits and just feels great.
6. Bike riding makes us feel like a kid again!
7. Connect with your friends and family in a healthy way and be a role model.
8. Biking is low-impact and easier on your joints.
9. The trail is safe, relatively flat and there are many places to start your ride.
10. You won't regret it! We tend to only regret the things we don't do. If you've thought of getting out there and exploring the trail; go for it. You'll be glad you did!

A few facts and tips for you:



The Missisquoi Valley Rail Trail is 26.4 miles long running from St. Albans to Richford.

Go to mvrailtrail.com for more information about the trail

Make the experience enjoyable by remembering to wear sunscreen, glasses and a helmet. Bring along some water. Pack a bag with a snack and have a picnic along the way. Take pictures and share them with friends and RiseVT!

Raid Half Marathon – A Unique Race with a Historical Twist

St. Albans, VT – The Franklin County Regional Chamber of Commerce
4TH ANNUAL RAID HALF MARATHON



A volley of gunshot started the race at 8:00 am on August 21, 2016, when a throng of mask-wearing runners hit the streets of downtown St. Albans, Vermont, running the same route a band of Confederate bandits took in October, 1864, after robbing the St. Albans Bank, the Franklin County Bank and First National Bank. The race course is a traditional 13.1 mile half marathon on rolling terrain (a bit of pavement to begin, but mostly gravel for the duration of the course) that begins just outside the first bank looted by the Confederate gang. Runners headed out of downtown St. Albans and onto the historic Rail Trail. At the 6.55 mile marker, the runners turned around and headed back to the downtown finish line for food, celebration and awards.

Additional Information: info@fcrccvt.com or 802.524.2444



Missisquoi Paddle Pedal

Sandy Tarburton, on behalf of the Northern Forest Canoe Trail



Photo Credit: Scott Staple

On Saturday, June 25, nearly 80 people canoed, kayaked, and cycled—along with one paddle boarder and one runner—in the Missisquoi River Paddle-Pedal in Richford, Vermont. The 6.5-mile river paddle and 4.5-mile ride on the adjacent Missisquoi Valley Rail Trail occurred beneath a bluebird sky and amidst lush, early summer green. Despite low water in some spots causing boaters to navigate around gravel bars (or hop out to push boats over them) it was a scenic race enjoyed by participants aged from preschool to retiree.

The event was co-hosted by the **Northern Forest Canoe Trail** and the **Northern**

Tier Center for Health, and sponsored by the **American Canoe**

Association, Missisquoi Valley Rail Trail, Richford Conservation Commission, RiseVT and The Jay Cloud Cyclery. We thank **Grey Gables Mansion Bed & Breakfast, Montgomery Adventures and the Richford River Fest** for their invaluable support, as well as **Russ Ford, Scott and Susan Staples, Rail Trail volunteers, and NFCT interns** for their help in running the event.

We also thank our **Richford Trail Town Committee**, comprised of local leaders and NFCT staff, who help with key logistics for this annual event as part of our continuing efforts to promote outdoor recreation in northern Vermont.



Photo Credit: Scott Staple

Friends of the MVRT

Thank You to all of our friends for your continued support of the
Trail and the Council:

Grayce Anderson
Bryant Andrews
Carolyn & William Barnes
Gail Benjamin
Lorraine Bertrand
John & Marguerite Bolog
Steve & Debbie Bourgeois
Anne Bowers
Marie Brouillette
Frances Casey
Janet Cheffins
The Chesarek Family
John Chicoine
Scott Christiansen
Karen Drennen
Mr. & Mrs. Jan Edick

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Martha Smith
Tom Smith
Chapin Spencer
Carol & Dave Stanley
Marilyn Takefman
Marlene & Francis Thibault
Jane Williams
Shirley Wolfe & Roy Neuer
Judith & John Zimmerman

**And a Hearty Welcome to our new Friends;
we value your Friendship and Thank You!**

Anne Jobin-Picard Mary Landon Fred Pond Ellen Stanley Michael & Emily Wetherell

Northwest Vermont Rail Trail Council
c/o Northwest Regional Planning Commission
75 Fairfield Street
St. Albans, VT 05478

The Missisquoi Valley Rail Trail

Farms, Forests, Fields, and Communities: Come Harvest Our Agricultural Heritage!