



Trail Tales

June 2017

The Newsletter of
RAILS TO TRAILS OF THE WITHLACOOCHEE, INC.
The Citizen Support Organization for the Withlacoochee State Trail
The Friendliest Trail in the Country

Important Reminder

We have quite a few volunteer crews out and about working on the Trail. The Wednesday crew has been removing the uprights at each intersection, and the Friday crew has been pressure washing and repainting the historic trail markers, as well as making Americans with Disabilities Act (ADA) improvements along the trail.

At times you will also see crews from Citrus County that are partnering with us to fix some areas along the trail edge.

When you see them, please be sure to slow down (or stop and say hi!), and after making sure it's safe to do so, use the side of the trail on which they aren't working. Remember, too, if they happen to be using power tools, they probably don't know you're approaching, so be extra cautious as you pass.

Welcome aboard, Bob & Rosalyn Moore!

Bob and Rosalyn Moore have graciously agreed to straighten up and maintain the landscaping at Inverness and Floral City trailheads. If you see them working, feel free to stop and say hi!

They have volunteered to work specifically on these two trailheads because, well, these are the only two trailheads with landscaping! Do you have a green thumb with a hankering to put it to use? Perhaps you would enjoy creating and maintaining landscaping on the other trailheads near you?

Welcome aboard, Terry Sacca!

You will see Terry out on the trail on Tuesdays pressure washing benches, pavilions, kiosks, signs picnic shelters and other infrastructures on the Trail. Yes, the entire 46 miles of our trail!

This is quite a bit of work, and we're grateful for Terry's efforts!

Upcoming Calendar

JUNE

1	Volunteer Hours due
2-15	LifeSouth Community Blood Drive Call 352-596-2002 for locations & times
3	National Trails Day
7	Global Running Day – Trail might be busy!
15	Nature Photography Day – Trail might be busy!
23	Deadline to submit articles, ideas, or questions for the July Trail Tales



Trail Tales

RTW Looking for an Administrative Officer

Are you looking for a way to give back to the Trail a little more than you do right now? We have the perfect opportunity for you!

The Rails to Trails of the Withlacoochee, Inc. is looking for a new Administrative Officer. The duties aren't difficult or terribly time-consuming, but they help the other Officers and Directors quite a bit!

- Record the minutes of all meetings
- Conduct the correspondence as requested by the President
- Keep a separate record of the Bylaws and Standing Rules
 - Record amendments to the Bylaws
- Post the membership meeting minutes on the website once accepted and approved by the Board of Directors
- If the President and Vice President are not present, the Administrative Officer will call meeting to order and call for election of chair pro tempore

The ideal volunteer will be comfortable using a computer (word processing and converting to PDF format specifically).

Think you can help us? Contact the President of RTW, Sherry Bechtel, by email at president@rttwst.org

A Note from the Editor

As the new editor of the newsletter, I'd like to welcome you to reach out if there is a topic you'd like me to cover, a question you'd like me to answer, or if you have an idea for an article. You can contact me, Nancy Keefer, at njnkeefe@yahoo.com.

Find a Treasure on the Trail?

People lose – and find – all kinds of things on the Trail! Kids toss toys and other things from their caboose-mobiles, and just about anything that can be tucked into a pocket or in a basket or bike pack can find its way onto the Trail.

If you do find something, the best option – if possible – is to drop the found item by the Trail Office at Ft. Cooper State Park, 3100 Old Floral City Road, Inverness. You can also call them at 352-726-0315 to let them know what you found and where you found it. You can also give it to any Trail Ranger, and he or she will make sure it gets into the Lost & Found.

Also, if you happen to discover you've lost something, call the Trail Ranger at the above number to see if someone else turned it in.

Support our Trail!

The easiest, most fashionable way to help the Trail: Go to our website at <http://www.rttwst.org> and click the Shop button. All the profits from merchandise sales are used to support the work of RTW, Inc.

Our Merchandiser is in the process of redesigning a new t-shirt for our annual October ride, and a new bike jersey T, too! If you love the current versions – get them while they last!

Bike Walk Action

Founded by Bike New York and the League of American Bicyclists, this is a new coalition of organizations promoting bicycle-friendly policy at the federal level. You can check out their first federal policy here:

<http://tinyurl.com/yd34g82h>

They hope to produce a 30-minute webinar each month discussing what's new in transportation policy and how it effects bicycling and walking. Send comments and suggestions to Caron@bikeleague.org



Sunscreen – Protect Yourself

According to the American Academy of Dermatology (AAD)¹ and the Environmental Working Group (EWG)², every day we are outside, we need to wear sunscreen. Even on cloudy days, about 80% of the UVA and UVB rays get through. Yes, our friendly Trail has a lot of shade, but there are stretches and times of day when the sun still breaks through the trees and endangers our skin.

Consider these recommendations:

- To best protect our skin, use
 - Broad-spectrum protection
 - Sun Protection Factor (SPF) 30 or higher
 - Water resistant sunscreen
 - Spray your scalp, too!

However, sunscreen alone cannot fully protect us, especially because as users of the trail, we spend a lot of time outside. Dermatologists recommend we also:

- Seek shade when appropriate
 - Remember: the sun’s rays are strongest between 10 a.m. and 2 p.m.
 - If your shadow is shorter than you are, seek shade
- Wear protective clothing, such as a long-sleeved shirt, pants, a wide-brimmed hat and sunglasses, when possible.
 - You can also carry a covering in your bag for stops. Consider light-colored, loose linen or cotton for comfort.
- Get vitamin D safely through a healthy diet that may include vitamin supplements. Your doctor can test you and recommend a vitamin if you are low on D.
- Check our birthday suits on our birthdays. If you notice anything changing, itching or bleeding on your skin, see a board-certified dermatologist. Skin cancer is very treatable when caught early.

¹<https://www.aad.org/media/stats/prevention-and-care/sunscreen-faqs>

Additional information from the EWG² includes:

- Use SPFs between 15 and 50.
- Avoid sunscreen with vitamin A; government data show that tumors and lesions develop sooner on skin coated with creams laced with vitamin A, also called retinyl palmitate or retinol
- Avoid oxybenzone, a synthetic estrogen that penetrates the skin and can disrupt the hormone system.
- Look for products with zinc oxide, 3 percent avobenzone or Mexoryl SX. They protect skin from harmful UVA radiation.
- No insect repellent in the sunscreen
 - If you need bug repellent, buy it separately and apply it first.
- Don’t spray. Sprays cloud the air with tiny particles that may not be safe to breathe.
- Reapply cream often. Sunscreen chemicals sometimes degrade in the sun, wash off, or rub off on towels and clothing.
- Men: Your skin is just as susceptible as women’s. In 2014, nearly twice as many American men died from melanoma as women. Please use your sunscreen!

²<http://www.ewg.org/sunscreen/top-sun-safety-tips/>

RTW Trail Tales	
www.rttwst.org	
Sherry Bechtel	President
Rich Roussel	Vice President
Linda Harris	Treasurer
Al Cairns	Board of Directors
Steve Diez	
Mike Dolan	
Jim McLean	
Dennis Reiland	
Ken Spilios	
Don Zutaut	
Nancy Keefer	Editor



Trail Tales

--- Clip and Carry! ---

FOR EMERGENCIES, CALL 911

For Wildlife-related Issues or Trail Policy Violations,
Call the Florida Fish and Wildlife Conservation
Commission (FWC) (888) 404 3922
(24-hour line)

TRAIL CONTACT NUMBERS

Withlacoochee State Trail (352) 726-0315
Office at Fort Cooper State Park

Trail's Cell Phone Number (352) 302-0051

NUMBERS FOR NON-EMERGENCY & ANIMAL ISSUES

Citrus County Sheriff Office (352) 726-1121

Hernando County Sheriff Office (352) 754-6830

Pasco County Sheriff Office (727) 847-8102
