

Spring Programs on the Kalamazoo River Valley Trail

April-May, 2019

Welcome to TrailBlazer 2019. Enjoy one of the first rides of spring on the Kal-Haven Trail. The 34-mile Trail links Kalamazoo and South Haven. Built on the abandoned Kalamazoo & South Haven Railroad, it offers a compacted limestone/slag surface. Adjoining road routes of 25, 45, 70, and 100 miles are marked for road bikes. There are five rest stops provided along the route.

Many riders like to bike the Kal-Haven one way, parking at either South Haven or Kalamazoo and taking our early morning shuttle to the opposite staging area to bike back. See details in the brochure on the right side of the page.

Be sure to join us in Bloomingdale for music and hot lunch.

This year's TrailBlazer is being hosted by the Friends of the Kal-Haven Trail and the Friends of the Kalamazoo River Valley Trailway. The mission of these groups is to provide support for expansion and maintenance of the Trails and continued programming, thereby attracting more people to take advantage of this regional resource.

Enjoy the ride!

Sign Up: <https://snapregistration.com/kalhaven/>



May 11, 2019

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Kalamazoo County Parks

2900 Lake St. Kalamazoo, MI 49048
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www.krvtrail.com

Monday Morning Cruisers

KRVT Bicycle Club

If you are looking for a group to bike with at a casual pace, we have the solution. Join us Monday mornings for an easy ride along the Kalamazoo River Valley Trail. Meeting points will rotate every two weeks, giving you an opportunity to experience all of the beauty of the Kalamazoo River Valley Trail.

For questions, please call 269-383-8778.

Fee: Free

Monday mornings, 9 a.m. beginning April 15.

Monday Morning Cruisers Schedule

April

15 - Meet at Commerce Lane in Parchment, across from the Post Office at Mosel Ave.

22 - Meet at Commerce Lane in Parchment, across from the Post Office at Mosel Ave.

29 - Meet at KRV Trail Parking lot in Verburg Park, just west of Riverview Drive on Paterson St.

May

6 - Meet at KRV Trail Parking lot in Verburg Park, just west of Riverview Drive on Paterson St.

13 - Meet at Mayors' Riverfront Park, 251 Mills St. Park in the parking lot near playground, next to the baseball stadium.

20 - Meet at Mayors' Riverfront Park, 251 Mills St.

27 - **Memorial Day – No Ride.**

Weekly Walking Clubs

Galesburg Family Walking Program – an after-school walking club on the Kalamazoo River Valley Trail

Studies have shown that children mimic their parents' behavior, so if you've been sedentary, then in effect you may be teaching your children to be less active as well. Walking can be fun and truly a great way for your family to bond and for everyone to get healthy and stay fit. Our 5-week walking program meets once a week and gives you the opportunity to experience the Kalamazoo River Valley Trail, socialize, stay active, and be outside! All levels and abilities are welcome and walking distances vary throughout the group. Pre and post-fitness tests are part of the program.

Wednesdays after school beginning at 3:25 p.m.

April 10 - May 15

Meet outside at the East end of the school at Galesburg-Augusta Primary School, 315 W Battle Creek St., Galesburg. Children under the age of 16 must be accompanied by an adult (unless they are enrolled and participating with the afterschool childcare program).

Questions? Call, 269-383-8778

Guided Nature Programs

We are pleased to once again partner with the Audubon Society of Kalamazoo to provide knowledgeable leaders to guide you along the trail and expand your awareness of what is around you. The guided walks are free, fun and educational! All ages are welcome, but children under age 16 must be accompanied by a parent or guardian. For questions please call 269-383-8778.

Spring Wildflower Golf Cart Tours - provided in partnership with Friends of the KRVT

We are pleased to also offer the wildflower tours via golf carts for senior citizens and persons with a disability. Golf cart space is very limited, and pre-registration for this program is required. For registration or questions, please call 269-383-8778. This leisurely journey will allow you the opportunity to see and learn about our native spring wildflowers that grow along the trail.

Golf Cart Tour 1: Wednesday May 1, 12pm

Meet near the campground area at Markin Glen County Park, 5300 N. Westnedge (park fee waived for participants).

Golf Cart Tour 2: Thursday May 2, 12pm

On the Kal Haven Trail, beginning at the 10th Street parking lot near the Caboose (2 miles North of W. Main).

Sign-Up: Golf cart space is limited, so pre-registration is required. Those wishing to walk are welcome as well. For registration or questions, please call 269-383-8778. This program is free, although donations are appreciated.

Opportunities to Help Support the Trail

All of the proceeds from these opportunities go to support trail maintenance and programming

Become a Friend of the Kalamazoo River Valley Trail

One of the best ways to help support your trail is to become a Friend of the Kalamazoo River Valley Trail. There are several different membership options starting as low as \$50 per year. The proceeds go directly to help fund trail programming, trail maintenance, and trail operations on the KRVT. All membership options include a personalized sign along the trail. Please visit www.krvtrail.com for details.



KRVT Window Decals

We are currently selling some new KRVT merchandise. These decals are \$5 each and come in black and white.

Silent Auction to benefit the Kalamazoo River Valley Trail

Preparations are being made for our seventh annual silent auction to benefit programming on the Kalamazoo River Valley Trail. The auction will be at the Kalamazoo County Youth Fair, being held August 6-10.

There are two ways you can help: 1) we need volunteers to help run the auction. 2) We are also still seeking auction items. If you, your business, or your organization is able to support this great cause, please contact us at 269-383-8778. 3) Visit the fair and bid on some great items!

Community Trail Events

Open Roads Community Bike Rides (Once per month)

Community Bike Rides are free and open to the public. All ages and skill levels are welcome. Arrive early! Ride starts promptly at 5:30pm. See schedule at www.openroadsbike.org/calendar-of-events
Questions? Email us at info@openroadsbike.org or give us a call at 269-365-9142

Bike the Zoo (First Monday of Every Month)

Monthly bike rides through the beautiful neighborhoods of Kalamazoo. Bike the Zoo exists to see more people riding bikes in Kalamazoo, Michigan. We envision a Kalamazoo community where *every person* age 8-80 has access to safe routes to ride their bikes anywhere they seek to go.

<https://www.bikethezoo.com/>

Kal-Haven Ultra Marathon (April 6)

First presented in 1991, the Kal-Haven Trail Run is a point to point 33.5 mile race on a "rails to trails" with a crushed limestone surface. The event begins in Kalamazoo at the Kal-Haven Trail's 10th Street trailhead and finishes in South Haven. Kal-Haven Trail Run benefits Girls on the Run of Greater Kalamazoo and Kalamazoo Area Runners.

<https://runsignup.com/Race/MI/Kalamazoo/KalHavenTrailRun>

Borgess Run for the Health of It (May 5)

Family fitness is literally "hitting the trail" in Kalamazoo the weekend of May 5-6. The courses for both the Kalamazoo Marathon and the Borgess Half Marathon utilize a portion of the Kalamazoo River Valley Trail. Complete details at:

www.borgessrun.com

Kalamazoo Bike Week (May 11-18)

Kalamazoo Bike Week is all about celebrating cycling. It promotes cycling advocacy, awareness, education and most importantly, fun! For a complete list of events, please visit: www.kalamazoobikeweek.com

Annual Open Roads Bike-a-Palooza (Saturday, May 18)

This fundraiser event supports the Open Roads Bike Program, and includes a scavenger hunt on the Kalamazoo River Valley Trail, a silent auction, and live music. Complete details at www.openroadsbike.org/bike-a-palooza

Monarch March (Saturday, May 18)

Run, walk, or jog on the scenic Kalamazoo River Valley Trails with the Michigan Nature Association! This 5K will promote efforts to preserve habitat for monarch butterflies throughout Michigan. Monarch butterflies are one of the most recognizable and beloved butterfly in North and Central America. Millions of monarchs migrate across the United States; spending their summers in Michigan and winters in Mexico.

<https://runsignup.com/Race/MI/Kalamazoo/MonarchMarch>

Run Michigan Cheap – Kal-Haven Trail - (May 25)

MISSION: The goal of Frank Race Management is to create inexpensive quality opportunities for athletes of all abilities to challenge themselves and others. The RUN MICHIGAN CHEAP series was created with that goal in mind.

<http://www.runmichigancheap.com/>

