You Talk the Talk...

Be Well Walk
austin 2011

...Now Walk the Walk - the inaugural Be Well Walk, that is. On October 2, join Susan Dell and fellow Austin families for a parent- and kid-friendly Sunday stroll around the east side of Lady Bird Lake to promote fitness and nutrition. Register for the 3.6-mile walk here and be sure to check The Trail Foundation box so that The Michael and Susan Dell Foundation can match your $25 entrance fee and donate those funds to TTF. There'll be fun for all ages, including interactive activities for the kids at the expo prior to the walk. Raising $50 for The Trail Foundation by simply taking a leisurely Sunday stroll - how cool is that! Need more information? Contact Jenny for details.

Live, Love, Run, Give

Rose Marie Hagman enjoying a much-deserved celebration at Maudie's Tex-Mex after finishing her birthday half marathon!
We all love the Trail and appreciate what it brings to our lives. Rose Marie Hagman is no exception. In fact, she feels like the Trail has given her so much she wanted to give something back. Each year, to celebrate her birthday - as well as "toast" the health and happiness of her loved ones - Rose Marie and several friends have established the tradition of running a half marathon. This year, in lieu of presents, Rose Marie has asked her friends to donate to The Trail Foundation. You can read the full interview here. Following is a preview:

What inspired you to ask your friends to donate rather than give birthday presents?
Well, first of all, the Trail is my "home away from home." It is one of my favorite places in Austin; I have been running on it since the 1970's and wanted to give back to something that has given so much to me. Secondly, The Trail Foundation is the organization that protects the Trail and helps take care of it. We are so fortunate to have this space. I would rather people give to something that is important to me and helps protect this green environment than give me more "stuff."

Do you have a favorite memory on the Trail?
Yes. It was the first Daisy 5K organized by the Austin Runner's Club. It was an all-women's race with about 60 runners. The course was an out-and-back starting where the baseball fields are today, crossing the MoPac pedestrian bridge and then leading to the turn-around near the railroad tracks by Zilker Park. It was so nice to have an all-female race that was run on the Trail.

Trailhead Talk

Soon-to-be rainwater garden that will be filled with drought tolerant native Texas flowering plants

Seen all the changes yet at the Johnson Creek Trailhead, aka "the Rock?" The transformation is well on its way! We've already installed a curved retaining wall with two sets of steps leading down to Lady Bird Lake near the Roberta Crenshaw Pedestrian Bridge (under MoPac) and widened the Trail just east of the trailhead. We're now working on the rainwater garden. You may have noticed the large limestone rocks forming a circle to the west of the trailhead...no, this is not an Austin Stonehenge. This area will be beautifully landscaped with drought tolerant native Texas flowering plants. Cisterns collect stormwater (remember what that is?) runoff to water the garden. There will also be
backup irrigation. Additionally, we are installing a bank of drinking water fountains near the rainwater garden.

Restrooms are also part of this renovation and will be a popular addition to this heavily trafficked Trail gateway. Join us as we make this trailhead a true Trail gem; a few sponsorship opportunities are still available. All sponsors at or above the level of Bridge Sponsor ($10,000) will have onsite permanent recognition on the new axis of granite blocks. Contact Jenny for more information.

Complete the Trail: Boardwalk Update

Construction on our public-private partnership with the City for Trail Completion (aka the Boardwalk Trail) is projected to start in early 2012. This project will take about eighteen months to two years to complete.

Late this fall, we will publicly launch our effort to finish the ongoing fundraising campaign for the $3 million committed to the City by TTF. We are having great success with the initial phase of the campaign and will have some exciting news on that front late this fall.

We invite you to support this major addition to the Trail; donate online here.

The City of Austin is required to include works of art in capital improvement construction projects, including Trail Completion. In May, curators and public art professionals received a nationwide call to nominate Texas artists for the "lead artist" role in Boardwalk Trail art. All told, twenty three candidates applied. Finalists, Sharon Engelstein, The Art Guys, and Margo Sawyer, are now putting together proposals for the project. Selection panelists included McNay Art Museum curator Rene Barrilleaux of San Antonio; New York-based artist Matthew Geller, and Houston artist Kathy Kelley. Todd Runkle, newly appointed TTF board member and regional managing principal for global architecture firm Gensler, serves as an advisor to the Art In Public Places selection panel. The lead artist announcement will be made in September.

AMD+TTF+FB=Free ACL Tickets!!!

Love the Trail? Then "Like" us on Facebook and post a FB message about why you love the Trail - You become instantly eligible to win a pair of 3-day passes to the Austin City Limits Music Festival September 16-18 and two backstage passes to the AMD stage! For those who already "Like" us, simply post a message on our FB wall to be entered. If you have been living under a rock and do not "Like" us yet, now is the time! The contest runs on The Trail Foundation Facebook page from August 29 through September 11.

A big "Thanks!" To AMD for donating the tickets and backstage passes! AMD's been Austin-proud since 1979.

Open to anyone who is a legal resident of the U.S., 18 years of age and older. The official rules are posted on our website. Void where prohibited. No purchase necessary.

Five Races, One Challenge
The Trail Foundation is honored to be this year's Distance Challenge beneficiary!

The Austin Fit Magazine Distance Challenge is a series of five races starting in October 2011 with increasing distances leading up to the February 2012 Livestrong Austin Marathon & Half Marathon. Participants sign up (separate from signing up for each race) to compete against personal goals and for standing awards for Overall, Masters and Age Groups (M & F). Participants in the series receive running gear, get special treatment at each race, enjoy a series-end celebration party and have a lot of fun. Click [here](http://archive.constantcontact.com/fs015/1101789453035/archive/1107330277484.html) to meet the challenge and support The Trail Foundation!

There are 5 races in the 2011-2012 Austin Distance Challenge:
- IBM Uptown Classic 10k - October 2, 2011
- Run for the Water 10 Miler - October 30, 2011
- ARC Decker Challenge Half Marathon - December 11, 2011
- 3M Half Marathon & Relray - January 29, 2012
- Livestrong Austin Marathon & Half Marathon - February 19, 2012

Need Volunteer Hours?
Help us get the Trail ready for ACL visitors in early September or come help out at **this weekend's** Austin AVIA Triathlon.

We are looking for 12-15 Trail enthusiasts to clean the MoPac pedestrian bridge before the ACL Festival on September 16-18. This is a great team-building opportunity for students needing some community service hours or a company looking to give back a few hours to an Austin treasure.

Volunteer spots are also available **this weekend** at a TTF information table at the Austin AVIA Triathlon Expo on Sunday September 4 or volunteer at the Triathlon itself on Monday, September 5.

Contact [Jenny](mailto:Jenny) if you are interested.

Thank you!